



植物家族

分別精油

植物都是根據林奈在十八世紀時研究的一套生物分類法則而分類的。每一種植物隸屬於一個科，然後被給予一個**屬名**(斜體書寫和首字母大楷)和**種名**(斜體小楷)；例如薰衣草最常用的分類名稱如下：

界 - 植物界
門 - 維束管植物門
綱 - 開花植物綱
目 - 唇形目
科 - 唇形科
屬 - 薰衣草屬
種 - 窄葉薰衣草種

能夠正確為植物分類是非常重要的，因為在同一個屬裡，會有其他植物的醫療用途比香薰治療來得更適合。窄葉薰衣草，通常被稱為薰衣草，在香薰治療裡常被廣泛應用。要正確為植物分類，我們需要至少有

屬名和種名。

- “**細分**” (**subsp. or ssp**) 通常指植物的地區分類，例如法國薰衣草，細分為大西洋 *Lavandula stoechas subsp. atlantica*。
- “**變種**” (**var.**) 通常指一個植物的亞種，例如橙，細變種為苦橙 *Citrus aurantium var. amara*
- “**形態**”是指一些微小的植物變化，例如法國薰衣草，形態分為白花
- “**品種**”(通常不用斜體和有括號括著) 是由天然物質生產和園藝栽培上保持的的品種，例如窄葉薰衣草，品種分為‘海德科特別墅花園’
- “**雜種**”(用 **X** 表示)是天然或人工方法，以不同種的植物去交配，例如胡椒薄荷是以水薄荷和綠薄荷雜交而成的
- **化學形態** (**ct.** 後是化學成份) 是表面上一相同的植物但有著不同的化學成份，以致帶有不同的治療特性

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種類	Essential Oil 精油	Physical Domain 主治範疇
<p>Annonaceae 蕃荔枝科 Shrubs, trees, climbers, fragrant flowers; 128 genera, 2000 species; mostly tropical, found in Old World & rain forest. 灌木，喬木，藤本，香花; 128 屬，2000 種; 主要是熱帶，在舊世界和熱帶雨林發現。</p>	<p>Cananga, Ylang Ylang 依蘭依蘭</p>	<p>Circulation, nervous system - calming, reproductive system -aphrodisiac 循環系統， 神經系統 - 鎮靜， 生殖系統 - 壯陽</p>
<p>Apiaceae 繖形科 (umbelliferae) Herbs, few shrubs; flowers borne in umbels; important as food - carrot, celery; others very poisonous; found throughout world, mostly northern temperate regions. 草本，很少灌木;花得緊繖形花序;重要的食物 - 胡蘿蔔，芹菜;其他的毒性很強;遍布全球，主要是北方溫帶地區。</p>	<p>Angelica, aniseed, asafoetida, caraway, carrot seed, celery seed, coriander, cumin, dill, fennel, galbanum, lovage 當歸，茴香，阿魏，香菜，胡蘿蔔籽，芹菜籽，芫荽，小茴香，蒔蘿，茴香，白松香，獨活草</p>	<p>Digestive system, respiratory system, endocrine (uterine), skin (tissue regeneration) 消化系統，呼吸系統，內分泌（子宮），皮膚（組織再生）</p>
<p>Asteraceae 菊科 (compositae) Largest family of flowering plants; 1317 genera & 21,000 species; largest botanical family representing almost every life form spanning every continent, altitude and climate. 開花植物的最大家族; 1317 屬和 21,000 種; 最大的植物家族代表,幾乎每一個生命形式橫跨每一個大</p>	<p>Chamomile (German, Roman, Maroc, English), cotton lavender, calendula, costus, helichrysum, immortelle, marigold, tagetes, tarragon, yarrow 洋甘菊（德國，羅馬，摩洛哥，英國），棉花薰衣草，金盞花，木香，蠟菊，永生花，萬壽菊，龍蒿，西洋蓍草</p>	<p>Vital body, skin, digestive system 重要的身體，皮膚，消化系統</p>

洲，海拔高度和氣候。		
<p>Betulaceae 樺木科 Shrubs, trees; fruit is one-seeded nut often winged; includes birches, alders, hornbeams & hazels; 6 genera, 150 species; from northern hemisphere to tropical mountains 灌木，喬木;水果是單種子堅果,經常帶有翅羽;包括樺樹，椴木，鵝耳櫪和榛子; 6 個屬，150 種; 從北半球到熱帶山區</p>	<p>Birch (black) 樺木(黑色)</p>	<p>Kidney, urinary, respiratory, muscular 腎臟, 泌尿系統, 呼吸系統, 肌肉系統</p>
<p>Burseraceae 橄欖科 (means 'dry fire') resinous tropical timber trees, drupe or capsule fruit; 21 genera, 540 species (意思是“乾火”) 樹脂熱帶木材樹，核果或果囊; 21 屬，540 種</p>	<p>Frankincense, linaloe, myrrh, opopanax, West Indian Birch, West Indian Elemi 乳香，沉香，沒藥，紅沒藥，西印度樺木，西印度欖香脂</p>	<p>Skin, lung secretion, mind (psychic centres) 皮膚，肺分泌，精神（心靈中心）</p>
<p>Cistaceae 半日花科 Low shrubs, few herbs; capsule fruit; <i>Cistus</i> species have large flowers; 7 genera, 175 species; Mediterranean, through Europe, central Asia & America 低矮的灌木，很少草本;囊果;岩薔薇品種有大花; 7 屬，175 種; 地中海，穿越歐洲，中亞和美洲</p>	<p>Labdanum, cistus 勞丹脂，岩薔薇</p>	<p>Mental, emotional, skin care 精神, 情緒, 皮膚</p>
<p>Cupressaceae 柏科 Conifer, cypress family; needle-like leaves and cones; 17 genera, 113 species most in northern temperate zones.</p>	<p>Cade, cedarwood, cypress, juniper 刺檜，雪松，柏樹，杜松</p>	<p>Lungs, nervous system, glandular system 肺部, 神經系統, 腺系統</p>

<p>針葉樹，柏科;針狀的葉子和球果; 17 屬，113 種 最北方的溫帶地區。</p>		
<p>Dipterocarpaceae 龍腦香科 Resinous trees, winged nuts; 16 genera, 520 species; abundant in lowland rain forests of Malaysia, lofty species. 樹脂的樹木，帶翅的堅果; 16 屬，520 種; 在馬來西亞的低地雨林尤其 豐盛，高大的品種。</p>	<p>Borneol, Gurjun balsam 冰片, 古藝香脂</p>	<p>Skin (muscles), respiratory, circulatory system 皮膚(肌肉), 呼吸, 循環系統</p>
<p>Fabaceae 豆科 (leguminosae) Third largest family of flowering plants; comprised of trees, climbers, shrubs and herbs – some are aquatic; economically important for timber, fodder, drugs or food – peas; Three sub families: Caesalpinoideae & Mimosoideae are tropical & Papilionatae has temperate species & herbs; 657 genera, 16,400 species. 開花植物的第三大家族;包括 喬木，藤本，灌木和草本植 物 - 有些是水產;而木材，飼 料，藥物或食物具有重要經 濟意義 - 豌豆; 三個子系列：雲實亞科與含 羞草亞科是熱帶植物, 鳳蝶 科有溫帶樹種和草本植物; 657 屬，16400 種。</p>	<p>Balsam (Copaiba, Peru, Tolu), cassie. 香脂（古巴，秘魯，塔魯），金 合歡。</p>	<p>Metabolism, circulation, respiratory, mental/emotional 新陳代謝，血液循環，呼吸 系統，精神/情緒健康</p>
<p>Geraniaceae 牻牛兒苗 Herbs or low shrubs;</p>	<p>Geranium, (rose, Bulgarian)</p>	<p>Excretion – kidneys Metabolism – liver, pancreas</p>

<p>14 genera, 730 species; temperate and tropical zones. 草本或低矮的灌木; 14 屬, 730 種; 溫帶和熱帶地區。</p>	<p>天竺葵 (玫瑰, 保加利亞)</p>	<p>Nervous system Adrenal cortex 排泄 - 腎臟 代謝 - 肝臟, 胰腺 神經系統 腎上腺皮質</p>
<p>Hamamelidaceae 金縷梅科 Trees and Shrubs; 28 genera, 90 species throughout world in sub tropical & temperate, concentrated in eastern Asia; some give useful timber and aromatic gums, medicinals. 樹木和灌木; 28 屬, 90 種 世界各地的亞熱帶和溫帶, 主要集中在亞洲東部地區; 一些會有有用的木材和芳香樹膠, 藥材。</p>	<p>Levant styrax, witch hazel 地中海東部蘇合香, 金縷梅</p>	<p>Mental, emotional (first chakra) 心理, 情緒 (海底輪)</p>
<p>Illiciaceae 八角科 Shrubs and small trees; 1 genus, 42 species; occurring in south-east Asia, N America & West Indies. 灌木和小喬木; 1 屬, 42 種; 發現在東南亞, 北美和西印度群島。</p>	<p>Star Anise (Chinese, Japanese) 八角茴香 (中國, 日本)</p>	<p>Respiratory, urinary, digestive, reproductive 呼吸, 泌尿, 消化, 生殖</p>
<p>Labiatae 唇形科 (Lamiaceae) Herbs or low shrubs with quadrangular stems; largest of all the essential oil producing plant families; 224 genera, about 5600 species; main distribution tropical and warmer temperate regions. 草本或低矮的灌木與四邊形莖; 所有精油生產植物的最大</p>	<p>Basil, calamintha, hyssop, lavandin, lavender, marjoram, melissa, mint, oregano, peppermint, patchouli, rosemary, sage, clary sage, thyme. 羅勒, calamintha, 牛膝草, 醒目熏衣草, 薰衣草, 馬鬱蘭, 蜜蜂草, 薄荷, 奧勒岡, 胡椒薄荷, 廣藿香, 迷迭香, 鼠尾草, 快樂鼠尾草, 百里香。</p>	<p>Organisation of vital centres – metabolism, digestion, respiration, blood formation. 組織系統的調節 - 代謝, 消化, 呼吸, 血液形成。</p>

<p>家族; 224 屬, 約 5600 種; 主要分佈在熱帶和溫暖的溫帶地區</p>		
<p>Lauraceae 樟科 Trees & shrubs with evergreen leaves and aromatic oils; some are valued as ornamental, or for timber, oil or spices; 45 genera, 200-2500 species; occurring in tropics and sub-tropics in Amazon and South-east Asia . 樹木及灌木, 帶有常綠葉子和芳香油; 有觀賞價值, 或被用作木材, 油或香料; 45 屬, 200-2500 種; 發現在亞馬遜熱帶和亞熱帶地區的和東南亞。</p>	<p>Bay Laurel, camphor, cinnamon, listea cubeba, rosewood, sassafras, ravensara. 灣月桂, 樟腦, 肉桂, 山雞椒, 花梨木, 黃樟, 羅文沙葉。</p>	<p>Skin (cellular regeneration); nervous system regulator (uplifts, calms); sex organs – aphrodisiac; circulatory, cardiac and pulmonary stimulant 皮膚 (細胞再生); 神經系統調節器 (興奮, 平靜); 性器官 – 壯陽作用; 循環系統, 心臟和肺的興奮劑</p>
<p>Liliaceae 百合科 Mostly herbs with elongated leaves from rhizomes, corms or bulbs; some are shrubs or trees; cultivated for flowers – hyacinth, vegetables – onion and flavour – garlic. 大多是從根莖, 球莖或鱗莖生長, 帶有細長葉子的草本植物; 有些是灌木或喬木; 種植花卉 - 風信子, 蔬菜 - 洋蔥, 調味 - 大蒜。</p>	<p>Hyacinth, onion, garlic 葫蘆, 洋蔥, 大蒜</p>	<p>Circulatory, lymphatic, mental, emotional. 循環, 淋巴, 精神, 情緒系統</p>
<p>Malvacea 錦葵科 Herbs with some shrubs and trees; flowers cultivated from Hibiscus, Malva & Althaea (hollyhock): <i>A. officinalis</i> (marshmallow) for confectionery and medicine; 121 genera, about 1500 species;</p>	<p>Ambrette seed 葵子</p>	<p>Endocrine, nervous system, reproductive 內分泌, 神經, 呼吸系統</p>

<p>mostly temperate and tropical regions. 一些灌木和樹木的草本植物; 從花木槿, 錦葵和蜀葵培養: 葯蜀葵 (又名棉花糖) 作糖果和醫藥用途; 121 屬, 約 1500 種; 大部分長於溫帶和熱帶地區。</p>		
<p>Monimiaceae 杯軸花科 Evergreen trees and shrubs, may aromatic species; produced for oils, perfumes, medicines and dyes; locally used for timber and edible fruits; 35 genera, about 450 species; occurring in warm and tropical climates. 常綠喬木和灌木, 可芳香物質; 可製造油, 香水, 藥物和染料; 在本地用作木材和食用水果; 35 屬, 約 450 species; 生長在溫暖的熱帶氣候。</p>	<p>Boldo leaf, boldu 波耳多葉, 波耳多油</p>	<p>Genito-urinary system, liver 生殖泌尿系統, 肝</p>
<p>Myristicaceae 肉荳蔻科 Plants whose bark produces water, blood-like exudates; fruit is fleshy with one large seed; 19 genera, about 400 species; throughout the tropics, centred in Malaysia, lowland rain forest. 植物的樹皮可產生水, 血般的分泌物; 果實有肉質和有一個大的種子; 19 屬, 約 400 種; 分佈於整個熱帶地區, 集中在馬來西亞, 低地雨林。</p>	<p>Nutmeg, mace 肉豆蔻</p>	<p>Digestion, nervous and intellectual centres 消化, 神經, 智慧中心</p>

<p>Myrtaceae 桃金娘科 Mainly tropical & sub-tropical plants; with leaves dotted with oil glands; fruit is woody capsule or berry with one or many seeds; some are ornamental with snowy flowers; many produce valuable timber; 121 genera, 3850 species; tropical and warm regions, abundant in Australia. 主要是熱帶和亞熱帶植物;用樹葉點綴著油腺;果實為木質果囊或漿果,有著一個或多個種子;有些是觀賞性的雪白花朵;許多可生產名貴木材; 121 屬, 3850 種; 生於熱帶和溫帶地區, 豐盛於澳大利亞。</p>	<p>Allspice, West Indian bay, cajuput, eucalyptus, myrtle, niaouli, tea tree 五香粉, 西印度灣, 白千層, 桉樹, 桃金娘, 綠花白千層, 茶樹</p>	<p>Energy metabolism, respiratory 能量新陳代謝, 呼吸系統</p>
<p>Oleaceae 木犀科 Trees or shrubs; including <i>Olea</i> (olive) and <i>Fraxinus</i> (ash) used for timber; 24 genera, 900 species; widely distributed, Central Asia. 喬木或灌木;包括油橄欖, 水曲柳(灰)用作木材; 24 屬, 900 種; 分佈廣泛在中亞。</p>	<p>Jasmine 茉莉</p>	<p>Mental, emotional, reproductive system – aphrodisiac 精神, 情緒, 生殖系統 – 壯陽作用</p>
<p>Pinaceae 松科 (Abietaceae) Conifers with male and female cones; 9 genera, 194 species; occurring in northern hemisphere, temperate climates. 有雄性和雌性松果的針葉樹; 9 屬, 194 種; 發現在北半球的溫帶地區。</p>	<p>Canadian Balsam, cedarwood Atlas, silver fir tree, pine, spruce, turpentine 加拿大香脂, 雪松阿特拉斯, 銀杉樹, 松樹, 雲杉, 松節油</p>	<p>Respiratory, nervous and glandular systems 呼吸, 神經, 脂系統</p>

<p>Piperaceae 胡椒科 Pepper family; small trees, shrubs and climbers; small fleshy drupe with single seed; some widely cultivated for condiments – pepper; 4 genera, over 200 species; found throughout tropics, most represented in rain forests. 辣椒的家庭;小喬木，灌木和攀緣植物;單核的小肉質核果;有些更是被廣泛種植的調味品 - 辣椒; 4 個屬，200 種; 遍佈在整個熱帶地區，最具代表性的則在雨林區。</p>	<p>Black pepper, cubeba 黑胡椒, 山雞椒</p>	<p>Digestive, nervous and circulatory systems (root chakra) 消化, 神經, 循環系統(底輪)</p>
<p>Poaceae (Graminaceae) 禾本科 nutritious grass family, most successful of flowering plants – these plants are used for ground covering and have a large root system; leaves and seeds are wheat, rice, corn, barely; important source of fibres; 737 genera, 7950 species; distributed throughout the world; plants grown in tropics grass-like and produce scent. 營養禾本科，最成功的開花植物 - 這些植物被用於地面覆蓋，並有大量的根系;葉和種子是小麥，水稻，玉米，大麥;纖維的重要來源; 737 屬，7950 種; 分佈在世界各地;植物生長在熱帶草類，並產生香味。</p>	<p>Citronella, lemongrass, palmarosa, vetiver 香茅, 檸檬草, 玫瑰草, 岩蘭草</p>	<p>Respiratory (disinfectant), circulatory and digestive system, skin 呼吸(消毒), 循環, 消化系統, 皮膚</p>
<p>Rosaceae 薔薇科 Large family of trees, shrubs and herbs, varied – some edible – fruits; many cultivated for fruits</p>	<p>Rose (cabbage, Damask) 玫瑰 (西洋, 大馬士)</p>	<p>Reproductive (female) system, aphrodisiac, heart chakra 生殖系統(女性), 壯陽作用, 心輪</p>

<p>(almond) or flowers (rose); 107 genera, 3100 species; cosmopolitan but in temperate climates. 大家族的喬木，灌木和草本植物，五花八門 - 有些食用油 - 水果;許多種植水果（杏仁）或花（玫瑰）; 107 屬，3100 種; 國際化但都在溫帶氣候區。</p>		
<p>Rutaceae 芸香科 Aromatic trees and shrubs, sometimes thorny; compound leaves are dotted with aromatic glands; includes citrus fruits; 161 genera, about 1650 species; occurring in tropical and warm temperate regions; well represented in Australia and S Africa. 芳香的樹木和灌木，有時棘手;複葉點綴著芳香腺體;包括柑橘類水果; 161 屬，約 1650 種; 發生在熱帶和溫帶地區;很好的代表在澳大利亞和南非。</p>	<p>Amyris, bergamot, grapefruit, lemon, lime, mandarin, orange (bitter, sweet), orange blossom (neroli), petitgrain, west Indian sandalwood, west Indian rosewood 香樹油，佛手柑，葡萄柚，檸檬，青檸，柑橘，橙（苦，甜），橙花，苦橙葉，西印度檀香，西印度玫瑰木</p>	<p>Digestion, kidneys, liver, nervous system, skin 消化系統, 腎臟, 肝臟, 神經系統, 皮膚</p>
<p>Santalaceae 檀香科 Herbs, shrubs and trees which are semi-parasitic on roots and stems of other plants; 36 genera, about 500 species; occurring in tropical and temperate regions. 草本，灌木和喬木的, 半寄生在根和莖等植物; 36 屬，約 500 種; 生長在熱帶和溫帶地區。</p>	<p>Sandalwood 檀香木</p>	<p>Balances nervous, respiratory and excretory system, genito-urinary tract disinfectant 平衡神經, 呼吸, 分泌系統, 預防泌尿系統感染</p>
<p>Tiliaceae 椴樹科 Trees, shrubs, few herbs;</p>	<p>Linden, lime tree</p>	<p>Nervous system</p>

<p>some used for timber, source of jute, others ornamentals; About 48 genera, 725 species; Mainly in tropics, some in temperate areas. 喬木，灌木，少數是草本;一些用於木材，黃麻來源，其他是觀賞植物; 約 48 屬，725 種; 主要分佈在熱帶地區和一些溫帶地區。</p>	<p>椴樹</p>	<p>神經系統</p>
<p>Usneaceae 松蘿科 Family of Lichens; most only grow in non-polluted areas; some are bearded; most found on trees, rocks in mountain woodlands. 地衣的家族;大多只生長在無污染地區;有些是大鬍子;主要在樹木，岩石，高山林地找到。</p>	<p>Oakmoss 橡苔</p>	<p>Nervous system (root chakra) 神經系統 (底輪)</p>
<p>Valerianaceae 敗醬科 Herb family; fruit is dry, roots often used medicinally – Valium; some used as vegetables; About 17 genera, 400 species; Widely distributed except in Australia. 草本系列;果實是乾果，根部常用作入藥 - 安眠藥;一些用作蔬菜; 約 17 屬，400 種; 分佈廣泛，除了不在澳大利亞。</p>	<p>Valerian, spikenard 纈草，甘松</p>	<p>Nervous system, extremely calming 神經系統, 非常鎮靜</p>
<p>Verbenaceae 馬鞭草 Family of herbs, shrubs, trees and woody climbers; fruit is usually drupe or capsule; many useful timber</p>	<p>Lemon verbena 檸檬馬鞭草</p>	<p>Liver, digestive stimulant, nervous system, calming 肺部, 消化分泌, 神經系統, 鎮靜</p>

<p>plants – teak; some grown for attractive flowers; 91 genera, about 1900 species; most are tropical and sub-tropical, some extend into temperate zones.</p> <p>草本植物家族，灌木，喬木和木本攀緣植物;果實通常為核果或囊果 ;許多有用的木材植物 - 柚木; 一些會生長美麗的花;</p> <p>91 屬，約 1900 種;</p> <p>大部分在熱帶和亞熱帶區，有些延伸到溫帶地區。</p>		
<p>Violaceae 堇菜科 Herbs, shrubs and trees; solitary flowers; <i>Viola</i> – violets and pansies – is the largest species, cultivated for flowers; 23 genera, 930 species; found throughout world mainly in temperate zones.</p> <p>草本，灌木和樹木;單頂花朵;維奧拉 - 紫羅蘭和三色堇 - 是最大的品種;</p> <p>23 屬，930 種;</p> <p>世界各地主要分佈在溫帶地區。</p>	<p>Violet 紫羅蘭</p>	<p>Nervous system 神經系統</p>
<p>Zingiberaceae 薑科 Ginger family comprising rhizomatous herbs; many are huge and spicy in all their parts; 3 genera, about 1200 species; Occurring mostly in rain forest throughout tropics, but chiefly in Indo-Maylaysia.</p> <p>薑科家族，包括根莖植物;很多是巨大的，其所有部分都帶有辣性;</p> <p>3 屬，約 1200 種;</p> <p>大多生長在熱帶地區的兩</p>	<p>Cardamon, ginger, turmeric 豆蔻, 薑, 薑黃</p>	<p>Digestive system, reproduction, joints 消化, 生殖系統, 關節</p>

<p>林，但主要是在印尼和馬來西亞。</p>		
<p>Zygophyllaceae 蒺藜科 Mostly woody perennial shrubs, some herbs and trees; fruit is capsule, berry or drupe-like containing endospermic seeds; some valuable trees – <i>Guaiacum</i> species – which give durable timber; some produce edible fruit; some used medicinally; 27 genera about 250 species; found in tropical and sub-tropical regions of both hemispheres. 大多是多年生木本灌木，有些草藥和樹木；果實為蒴果，漿果或核果類含胚乳的種子；一些珍貴的樹木 - 愈瘡木種 - 都是耐用的木材；一些生產食用水果；有些可入藥； 27 屬, 約 250 種； 在南北半球的熱帶和亞熱帶地區發現。</p>	<p>Guaiacwood 愈創木</p>	<p>Skin 皮膚</p>

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