



Aromas in Plants: Terpene

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COMMENTARY

Terpenes are aromatic compounds found in many plants including cannabis plant. Compounds creates scent of many plants, such as cannabis, pine, and lavender, as well as fresh orange peel. Combining of terpenes provides fragrance to plants and protects plants from animal grazing. Terpenes are formed in cannabis trichrome of Cannabis plant. Terpenes are removed from plant to manufacture perfumes and body products. Apart from fragrance, terpenes attract pollinators in plants, repels predators, helps plant to recover from damage and keep plant away from germs. Terpenes are used in production of oils because of fragrant smell and thus is helpful in therapies such as aromatherapy and can causes mood swings. Terpenes are present naturally in the plants but when plant dries then terpenes oxidizes to from terpenoids [1-3]. There are 10 types of the terpenes which are as follows:

Limonene

Limonene can be recognized by its scent and is found in citrus fruits. It boosts immune system, lessen heartburn symptoms and is also used as solvent to dissolve gallstones rich in cholesterol. It has therapeutic properties: anti-inflammatory, antioxidant, antiviral, anti-diabetic and anticancer.

Pinene

Pinene is the dominant terpene among all terpenes. There are two forms of pinene: a-pinene and b-pinene. It provides the fresh, bright scent of plants such as pine needles, rosemary, and basil. It has piney aroma and has anti-inflammatory properties, protect from ulcers and improve airflow to the lungs. It acts as a bronchodilator by allowing more air into the lungs.

Linalool

Linalool is found in lavender plant and provides its scent to the flowers of the plant. It is used in aromatherapy and has calming effect with lavender smell. It has therapeutic effects such as anti-inflammatory, antimicrobial, neuroprotective, anticonvulsant and antidepressant. It is used in soaps and perfumes.

Myrcene

Myrcene is found in plants such as hops, lemongrass, thyme and in flowers of the cannabis plant with earthy aroma. It is an antioxidant and thus protects brain from oxidative stress and ultimately reduces risk of stroke or heart attack. It has an anti-inflammatory effect, reduces pain and prevents breakdown of cartilage cells and thus treats osteoarthritis.

Beta-caryophyllene

Beta-caryophyllene is present in herbs such as cloves and black pepper. It has an anti-inflammatory effect and reduces pain. It has herbal aroma and has pain relieving properties.

Humulene

Humulene is found in hop plant and has hoppy aroma. It prevents allergic reactions, asthma and reduces allergic inflammation. It has anti-cancer property and thus prevents cancer.

Terpinolene

It has fresh herbal-citrus aroma and is found in rosemary, lilacs and apples. It is antioxidant and has sedative properties. It reduces proliferation of cell leading to cancer.

Ocimene

It has strong herbal scent and is found in mint, mango, basil and orchids. It has anti-inflammatory, antiviral and antifungal properties.

Bisabolol

It has mild floral scent and is used in cosmetics. It reduces inflammation and heals the skin.

Guaiol

It is found in guaiacum and cypress pine. It has antimicrobial property and prevents growth of lung cancer. It is used in making essential oils [4-5].

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