



Terpenoids comprise a large group of hydrocarbons found in the resins of many plants. They are responsible for citrus scents, floral aromas, and the characteristic fragrances associated with pine trees, basil, clove, camphor, mint, eucalyptus, and countless others. The art of aromatherapy studies the medicinal applicability of these compounds, and uses them to treat specific symptoms and conditions.

It is now understood that terpenoids can actually change how the body absorbs cannabinoids - the active compounds in cannabis - like tetrahydrocannabinol (THC) or cannabidiol (CBD). By identifying each strain's unique fragrance profile, iStrainGuide is capable of offering patients a legitimate correlation between strains, and the medical symptoms they most effectively treat.

This complete version of iStrainGuide's Terpene Chart is a comprehensive list of the terpenoids most commonly found in cannabis. Every entry includes the terpene's **Aroma**, a list of published **Medical Benefits**, and notes of any **Essential Oils** that may help illustrate characteristic fragrances.

Familiarize yourself with this chart, and improve your ability to self-titrate in a safer, and more effective manner.

We Hope You Enjoy the iStrainGuide Terpene Chart - use it in good health!

Terpene	Medicinal Value & Essential Oil Notes
<p style="text-align: center;">Myrcene</p> <p>citrus, clove, earthy, fruity, green, vegetative, mango</p>	<p>“Myrcene is a potent analgesic, anti-inflammatory and antibiotic. It blocks the effects of the pro-mutagens implicated as carcinogens such as aflatoxin B” (218-9) [1]</p> <p>“Myrcene probably affects the permeability of the cell membrane, allowing more THC to reach the brain” (219) [1]</p> <p>“[A] synergist of THC” (99) [11]</p> <p>“It blocks the actions of cytochrome, aflatoxin B and other pro-mutagens...implicated in carcinogenesis” (98) [11]</p> <p>Found in small amounts in many essential oils associated with anti-depressive and uplifting behavior” (218-219) [1]</p> <p>Prevalent in hops, lemongrass, West Indian bay tree, verbena...” (98) [11]</p> <p>Found at high-concentrations in Cavalo, Rosa, Espada, and Paulista mangoes (98) [11]</p>
<p style="text-align: center;">Limonene</p>	<p>Thought to enhance alertness and focused attention...” (218) [1]</p>

<p>citrus odors: orange, tangerine, lemon, and grapefruit. [1] Rosemary, juniper, peppermint.</p>	<p>“Increases cerebral acetylcholine activity (which decreases memory loss), antibacterial, anti-fungal” (403) [15]</p> <p>“Inhibits the Ras cancer gene cascade, which promotes tumor growth” (99) [11]</p> <p>“Limonene sprays are used to treat depression” (99) [11]</p> <p>As such “a potent anti-fungal and anti-cancer, it is thought to protect against Aspergillus fungi and carcinogens found in cannabis smoke streams” (99) [11]</p> <p>“Increases systolic blood pressure” (99) [11]</p> <p>“[C]an cue the brain to sexuality, buoyancy or focused attention” (99) [11]</p> <p>Limonene inhibits initiation of cancer in the lung and mammaries (96) [2]</p> <p>anti-spasmodic (188), anti-viral (188), AChE-inhibitor (82), anti-tumor (111), anti-mutagenic (193), sedative (116) [2]</p> <p>Dominant in essential oils of citrus fruits, the oil from seeds of the Indian Zanthoxylum armatum [6]</p> <p>Found in the leaves of several native Tasmanian conifers. [12]</p>
<p>Caryophyllene</p> <p>spicy, sweet, woody, clove, camphor, pepper</p>	<p>“A swiss study published in 2008 discovered that beta-caryophyllene binds to the CB-2* receptor and exhibits anti-inflammatory effects in mice” (219) [1]</p> <p>“[I]t soothes the immune system, increases bone mass, and blocks pain signals — without causing euphoria or interfering with the central nervous system” [8]</p> <p>antiedemic (224), sedative (246), anti-inflammatory (188), anti-spasmodic (252) [2]</p> <p>“Topical analgesic...used to treat toothache” (99) [11]</p> <p>Beta-caryophyllene is “a kind of non-psychoactive cannabinoid analog” (219) [1]</p> <p>Major component of the oils from clove and black pepper (219) [1]</p> <p>Major component of oil from cotton (99) [11]</p>
<p>Pinene</p> <p>alpha: pine needles, rosemary</p> <p>beta: dill, parsley, rosemary, basil, yarrow, rose, hops</p>	<p>“Thought to help memory by crossing the blood-brain barrier and inhibiting activity of the chemical that destroys an information transfer molecule. As a result, this molecule has a longer time to work before it is inactivated, resulting in better memory” (219) [1]</p> <p>”effective in prevention of acute inflammation”(118) [13]</p> <p>sedative (252), tranquilizer (252), anticancer, anti-flu, anti-inflammatory,</p>

	<p>antispasmodic, sedative (65) [2]</p> <p>“inhibited acetylcholinesterase...suggesting utility in the clinical treatment of Alzheimer’s disease” (118) [13]</p> <p>Increases focus, self-satisfaction, and energy (100) [11]</p> <p>“relative bronchodilation effect” (118) [13]</p> <p>Major component of turpentine found in pine needles as well as rosemary, sage, and eucalyptus” (219) [1]</p> <p>skunky odors are created by analogs of this terpene (219) [1]</p> <p>Probably gives true skunk varieties their distinctive odor (100) [11]</p>
<p>Terpineol</p> <p>floral; lilac, citrus, apple/ orange blossoms, lime</p>	<p>[Terpenol] causes drowsiness and desire to sleep; fantastic as a sleep-assistant or anti-anxiety (220) [1]</p> <p>sedative (188), ACE-Inhibitor [Alzheimer’s disease] (63,82), anti-cancer (110), anti-proliferant (193) [2]</p> <p>Often with Pinene, which masks the odor; thus many sedative afghanis hide beneath their piney aromas (220)[1]</p>
<p>Borneol</p> <p>menthol and camphor, pine, woody</p>	<p>In chinese medicine, it was referred for helping patients relax (220) 1 ; a “calming sedative” (101) [11]</p> <p>Analgesic, anti-acetylcholine, anti-bronchitic, anti-inflammatory, antipyretic, antispasmodic, sedative (65), CNS-Stimulant (64) [2]</p> <p>Found in rosemary, Found in the wood of camphor laurel trees, large evergreens found throughout Asia - specifically, Borneo.</p> <p>Derived from artemisia plants like wormwood and certain species of cinnamon.</p> <p>Present in oils of: spike lavender, rosemary, ginger, thyme, coriander and nutmeg.</p>
<p>Delta 3-Carene</p> <p>sweet, pine, cedar, woody, rosemary</p>	<p>Used in drying excessive fluids; tears, runny nose, heavy menstrual flow, and perspiration (101) [11]</p> <p>May contribute to the symptoms of dry eye and dry mouth (101) [11]</p> <p>Prominent constituent in the pungent oils of black pepper and cypress.</p>
<p>Linalool</p> <p>floral (spring flowers), lily, citrus and candied spice.</p>	<p>“Currently tested for use on some cancers - severe sedation when inhaled. [Beneficial to those] seeking sleep.” (220) [1]</p> <p>Reducing the patient’s awareness of pain or discomfort. (220) [1]</p> <p>sedative, anxiolytic (403) [15]</p> <p>Anti-cancer (110), Anti-spasmodic (188), sedative (320), anesthetic (152), anti-</p>

	<p>allergic (152), bronchorelaxant (112) [2]</p> <p>Component of lavender oil (220) [1]</p> <p>“The undercurrent of linalool’s presence can be hinted by floral sweet undertones subtly veiled by the pungent limonene”(220) [1]</p>
<p>Pulegone</p> <p>mint, camphor, rosemary, candied</p>	<p>Counteracts the influence of THC on the chemistry of the brain, effectively reducing a well-known side effect to cannabis: short-term memory loss. (123) [13]</p> <p>Acetylcholinesterase inhibitor (101) [11]</p> <p>Makes one more alert and may counteract terpenol and linalool (220) [1]</p> <p>Antipyretic properties (117) [6]</p> <p>Antipyretic (93) [2]</p> <p>High concentration in rosemary (aka “the herb of remembrance”) (117) [13]</p>
<p>Eucalyptol (aka 1,8-Cineole)</p> <p>spicy; camphor, refreshing, rosemary</p>	<p>“[i]ncreases cerebral blood flow and enhances cortical activity” (117) [13]</p> <p>“Controls airway mucus hyper-secretion and asthma via anti-inflammatory cytokine inhibition.” [6]</p> <p>Reduces skin inflammation and pain as a topical. [6]</p> <p>“Increases cerebral acetylcholine activity and blood flow, and enhances cortical activity” (403) [15]</p> <p>Treats: Cough Suppressant, non-purulent rhinosinusitis [9]</p> <p>“[c]ontrol airway mucus hyper-secretion by cytokine inhibition...long-term treatment to reduce exacerbations in asthma, sinusitis and COPD” [7]</p> <p>anesthetic, anti-allergic, anti-bronchitic, anti-flu, sedative, anti-spasmodic (64) [2]</p> <p>Analgesic properties (117) [13]</p> <p>Produced a synergistic inhibition of acetylcholinesterase, suggesting use in clinical treatment of Alzheimer’s disease (118) [13]</p> <p>“Specific induction of apoptosis by 1,8-cineole was observed in human leukemia” [10]</p> <p>Found In: Many Eucalyptus Species, Camphor Laurel, Bay Laurel, Tea-Tree, Lemon Grass, Cardamon and Rosemary</p> <p>Eucalyptus oil is considered centering, balancing, and stimulating” (101) [11]</p>
<p>Farnesol</p>	<p>Possible anti-tumor agent, and chemo-</p>

<p>floral; muguet, lily, tuberose, rose, musk, acacia, lemon grass; delicate, mild, sweet</p>	<p>preventative [5]</p> <p>anti-melanomic (193), anti-spasmodic (152), sedative (116), apoptotic (82,111) [2]</p> <p>As an aerosol, Farnesol has exhibited a capacity to kill cancerous cells in the lungs. [16]</p> <p>Enhances floral fragrances.</p> <p>Found in: citronella, neroli, cyclamen, lemon grass, tuberose, rose, musk, and balsam, ginger, star anise, cinnamon, juniper, frankincense [2]</p>
<p>Nerolidol</p> <p>woody (like fresh tree bark), floral, green, waxy, citrus</p>	<p>“Nerolidol may increase skin penetration of topical medicines” [14]</p> <p>Found In: neroli, ginger, jasmine, lavender, tea tree, lemon grass.</p>
<p>Humulene</p> <p>vietnamese coriander, hops, woody, clove</p>	<p>Humulene prevented both tumor necrosis factor-α (TNFα) and interleukin-1β (IL-1β) [3]</p> <p>anti-tumor (82) [2]</p> <p>Major component of hops essential oil. [3]</p>