

# Possible Benefits of Eucalyptus Oil



Medically reviewed by [Avi Varma, MD, MPH, AAHIVS, FAAFP](#) — Written by [Amy McLean](#) and [Peggy Pletcher, M.S., R.D., L.D., CDE](#) — [Updated on September 27, 2024](#)

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Possible health benefits of eucalyptus oil include treating a cough, clearing your chest, disinfecting wounds, and more. However, more research is necessary.

Originally native to Australia, eucalyptus trees are now grown all over the world and used for their medicinal properties. Their healing power comes from eucalyptus oil, which is made from the tree's oval-shaped leaves.

The leaves are dried, crushed, and distilled to release the essential oil. After the oil has been extracted, it must be diluted before it can be used as an alternative or complementary therapy.

While research suggests there are health benefits, the FDA doesn't monitor or regulate the purity or quality of essential oils. It's important to talk with a healthcare professional before you begin using essential oils and be sure to research the [quality](#) of a brand's products. Always do a [patch test](#) before trying a new essential oil.

Read on to learn more about the possible benefits of eucalyptus oil.

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## 1. Treat a cough

A [2022 review](#) suggests that eucalyptus products may be beneficial for treating a [cough](#). In particular, the review indicates that they may be safe for coughs related to respiratory conditions like [bronchitis](#) and upper respiratory tract infections.

However, the review also notes that eucalyptus products may only slightly help alleviate a cough. Other products may be more suitable.

Learn more about [essential oils for coughs](#).

## 2. Clear your chest

Eucalyptus essential oil may help you get the mucus out of your chest.

Inhaling the vapor made with the essential oil [can loosen mucus](#) so that, when you do cough, it's expelled. Using a rub containing eucalyptus oil can produce the same effect.

Learn about [essential oils for sinus congestion](#).

## 3. Protect against MRSA

Eucalyptus oil contains antibacterial and antimicrobial properties. According to a [2023 review](#), this may help protect against [MRSA](#). MRSA is a type of bacteria that can cause an infection in the body.

However, more research is necessary. It's important to contact a healthcare professional if you have concerns about MRSA.

Learn about [killing bacteria with essential oils](#).

## 4. Breathe easier

It may be possible to help relieve respiratory conditions by inhaling steam with added eucalyptus oil. The oil reacts with mucous membranes, not only reducing mucus but helping loosen it so that you can cough it up.

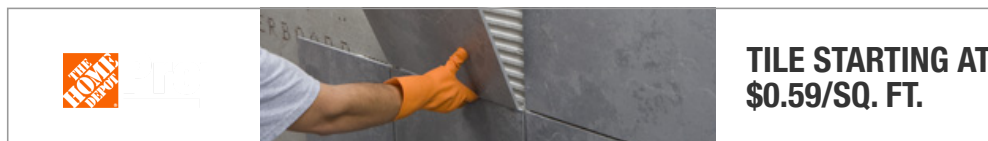
A [2021 review](#) indicates that certain products containing eucalyptus can help alleviate symptoms of conditions such as:

- [sinusitis](#)
- [bronchitis](#)
- [COPD](#)
- [asthma](#)

However, eucalyptus may worsen asthma in people who are allergic to it. More research is necessary to determine how eucalyptus affects asthma.

If you're allergic, it's important to of course avoid products containing eucalyptus.

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## 5. Manage blood sugar

Eucalyptus citriodora oil has potential as a treatment for [diabetes](#), according to a [2021 study](#) in obese rats with diabetes.

However, researchers do not know exactly how beneficial it can be in lowering blood sugar in people with diabetes. Larger-scale, human studies are necessary.

You should contact your doctor before incorporating eucalyptus oil into your treatment plan.

Learn more about [managing blood sugar levels](#).

## 6. Soothe cold sores

The [anti-inflammatory properties](#) of eucalyptus may ease symptoms of [cold sores](#). Applying eucalyptus oil to a cold sore may reduce pain and speed up the healing process.

However, research that specifically looks at the benefits of eucalyptus oil for cold sores is necessary.

Always dilute an essential oil with a [carrier oil](#), such as jojoba or almond oil, before applying to your skin.

Learn about how to [get rid of a cold sore as quickly as possible](#).

## 7. Freshen breath

Because of its antibacterial properties, eucalyptus oil may help fight the germs that cause mouth odor.

According to a [2020 review](#), essential oils, including eucalyptus, may be suitable for preventing or treating [halitosis](#).

However, the review also notes that further research is necessary to establish how safe and effective it is.

Learn more about [home remedies for bad breath](#).

## 8. Ease joint pain

Research suggests that eucalyptus oil may help ease joint pain.

A [2022 clinical trial](#) looked at the benefits of eucalyptus oil in people with [rheumatoid arthritis](#). Individuals inhaled 1 milliliter of eucalyptus oil 3 times per day for 5 minutes, for a total of 1 month. Compared with the control group, those inhaling eucalyptus oil saw a greater reduction in pain.

Eucalyptus oil may help alleviate pain associated with other conditions. Talk with your doctor about if it may be right for you.

Learn more about [essential oils for pain relief](#).

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## The bottom line

Some research suggests that eucalyptus essential oil may be helpful for treating a cough, clearing mucus from the chest, and making breathing easier in people with respiratory conditions.

Eucalyptus oil may also help protect against MRSA, freshen your breath, and ease joint pain.

Larger, human-based studies are necessary to further understand the possible health benefits of eucalyptus oil. Talk with your doctor if you wish to incorporate eucalyptus oil into your treatment plan for an existing condition.

## How we reviewed this article:



SOURCES



HISTORY

Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available.

○ **Current Version**

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