

Lemon grass essay



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Lemon grass (*Cymbopogon citratus*), also known as “ tanglad”, is used in medicine, cooking and as insect repellent, in food and beverages, and in manufacturing. Lemon grass helps prevent the growth of bacteria and yeast and it has substance that can help relieve pain, reduce fever, stimulate the uterus and menstrual flow, and have antioxidant properties. Background of the Study Dengue cases have been growing in number lately. The daily news on the television reports show numerous dengue patients, most of which are children lying in hospital beds, folding beds and even in chairs in government hospitals.

Now that the dengue epidemic has subsided, another recently monitored disease known as “ Chikungunya” starts another new outbreak in Surigao del Sur. Chikungunya is caused by the same Dengue-carrier mosquito *Aedes aegypti*. According to the World Health Organization (WHO) website, chikungunya is a “ mosquito-borne viral disease first described during an outbreak in southern Tanzania in 1952. ” People have used various instruments to control and prevent the mosquito manifestations in homes, school, and in the community. The most popular among these instruments is the mosquito coil.

According to a pediatrician named Dr. Ang Ai Tin, “ Mosquito coils are made of substances like coconut husk, sawdust and dyes to keep them burning for up to eight hours. A recent study suggests exposure to the emitted smoke can pose significant acute and chronic health risks. Burning one mosquito coil would release the same amount of smoke as burning 75 to 137 cigarettes. ” Unlike cigarettes, mosquito coils do not contain tobacco but harmful chemicals are released from burning, chemicals used in many bug

sprays. These are formaldehyde, octachlorodipropyl ether and bischloromethyl ether. The active ingredient in mosquito coils is pyrethroid insecticides, used in many bug sprays.

Pyrethroids are mostly harmless to humans, but Dr Ang said they can irritate the skin and eyes. All these aside, the question is “ What can be a handy, effective and natural mosquito repellent? ” Lemon grass (*Cymbopogon citrates*), commonly known as “ tanglad” is a perennial herb widely used in Asian cuisine, which is commonly used for curries, teas, soups, and other delicacies. In a study Evaluation of Herbal Essential oil against Mosquitoes by the Department of Plant Production Technology and Faculty of Agricultural Technology in Bangkok Thailand affirmed that lemon grass indeed contains organic repellents against mosquitoes.

According to Dr. Marilyn Patricio, professor from the Central Luzon State University, lemon grass is being used to repel pests in organic farming as part of the integrated pest management (IPM) strategy in agriculture. “ Planting lemon grass as border crop is very effective to prevent the entry of insect pests in the farm. In fact, aside from lemon grass, we also plant peppermint and other aromatic herbs to detract insect pests from destroying the crop,” said Dr. Patricio. Like farm pests, Dr. Patricio believes that dengue mosquitoes are detracted with the pungent aroma of lemon grass.

She also recommends planting lemon grass on backyard, especially near doors and windows to shoo dengue mosquitoes in entering the home.

Lemongrass is an anti-microbial and anti-bacterial herb. It helps limit bacterial or microbial growth on the skin and ward off skin infections as well

as lessen skin issues caused by bacterial infections, such as folliculitis and cellulitis. Lemongrass is also fungicidal, which means it helps cure fungus infections on the skin. The herb also acts as an astringent, which constricts the skin.

This helps to minimize pores, limit the secretions of oil and provide a temporary skin-firming treatment. The researchers decided to choose this study to create a safer and natural product not for the places where the mosquitoes manifest but for the population in the community itself. The researchers figured a better and more efficient way to prevent mosquito bites. Instead of using a product for the places where mosquitoes subsist, the researchers opt to make a lotion out of the lemon grass extracts and oils.