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Review Article

To Review on Aromatherapy and Herbs List Use in Aromatherapy

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ABSTRACT

Aromatherapy is the use of essential oils derived from herbs, flowers, and other plants for therapeutic purposes. Essential oils can enter the body through the skin or through the olfactory system. Aromatherapy is delivered in a variety of ways, including diffusers, baths, massage, and compresses. Aromatherapy is the use of essential oils derived from herbs, flowers, and other plants for therapeutic purposes. The goal of this overview was to give a summary of systematic reviews that evaluated the efficacy of aromatherapy. This overview aims to summarise and critically assess all systematic evaluations on aromatherapy as a treatment for any health problem. Our ultimate goal is to provide clearer recommendations to clinicians on the efficacy of this method.

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INTRODUCTION

A wide variety of therapeutic plants can be found all over the world. Many weeds in our environment are highly effective medicinal plants that can help with a variety of significant health issues^{1,2,3}. India has long been known as a great store of natural remedies among ancient cultures^{4,5,6}. Some people believe that aromatherapy consists solely of inhaling. Others feel that aromatherapy massage is the same as aromatherapy. Aromatherapy is defined by doctors in France as the use of essential oils through oral, rectal, and vaginal methods.

Different degrees of training are clearly required, and they must be relevant to the student. Aromatherapy is a separate science and practise from herbal medicine, although the study and use of essential oils in herbal medicine is not. In herbal medicine courses and programmes, essential oils are

taught as part of the botany curriculum. The majority of herbalists work with whole plants rather than plant elements like essential oils. However, it is not uncommon for a traditional or medical herbalist to produce or use a medicinal grade essential oil in their profession. The herbalist who employs essential oils calls himself or herself a herbalist, not an aroma therapist. Plants like lemon balm (*Melissa officinalis*) have an essential place in contemporary holistic mental health and mind-body care, as Carl Jung knew. Mind-body practitioners frequently collaborate with aroma therapists or use simple essential oil applications in practice to create healing environments that demonstrate how plants may boost their clients' moods^{12,13}.

A natural product produced from a single plant species is known as an essential oil. Essential oils are volatile, meaning that at room temperature or above, they can quickly transition from a liquid to a gaseous state. The

average amount of essential oil present in plants is 1-2 percent, although it can range from 0.01 to 10%. The composition varies depending on the section of the plant you're looking at. Orange trees, for example, produce neroli oil in their blossoms, citrus oil in their fruit, and petit grain oil in their leaves. Essential oils are also incredibly concentrated and strong, with some being 75-100 times more concentrated than water^{14,15}.

METHODS OF AROMATHERAPY

There are four ways to absorb essential oil components:

TOPICAL: employing massage, the 'M' Technique, a compress, or a bath to apply to the skin.

INHALED: using diffusers, aroma tones, fans, humidifiers, aroma sticks individual patches, individual packets, or nose clips, either directly or indirectly, with or without steam.

INTERNAL: mouthwashes, gargles, douches, peccaries, or suppositories are applied to the internal skin.

ORAL: gelatin capsules or honey, alcohol, or dispersant diluted. Each application method has its own physiologic mechanism, benefits, and drawbacks^{16,17}.

Essential Oils Can Be Used Therapeutically In A Variety of Ways Inhalation

Steam inhalation is beneficial for sinusitis, coughs, colds, sore throats, nasal allergies such as hay fever, and skin cleansing. Inhalation can be done in a variety of ways.

- Treats headaches, memory issues, nausea, and other ailments straight from the bottle.
- Oil burners eliminate airborne microorganisms, avoiding the spread of colds, insomnia, stress, and other ailments.
- Colds, coughs, migraines, and other ailments can be treated with droplets on a tissue or a cotton ball.
- In a bowl of hot water, droplets (3-4) treat respiratory infections, colds, catarrh (runny nose), and other ailments^{18,19}.

BATH

One of life's greatest pleasures is bathing with pure essential oils. The warmth of a bath not only calms a person, but it also improves the absorption of essential oils into the skin.

They come in a variety of shapes and sizes:

- A hot or warm bath relieves colds, muscle cramps, stiffness, and other ailments (use 10 drops maximum).
- A foot bath can be used to treat athlete's foot, hurting feet, arthritis, and other conditions (use 5 drops maximum).
- A shallow bath can help with thrush, piles, and other issues²⁵.

MASSAGE

It's a fantastic way to unwind and de-stress. Massage increases the availability of nutrients and oxygen to the

cells by stimulating blood circulation. Massage improves tissue drainage and the immune system by stimulating lymphatic flow.

Much of the volatile oils will be inhaled during a massage, and some will likely be absorbed through the mucus of the nose and mouth.

- Massage with diluted oil on the afflicted area treats varicose veins, strain, constipation, muscle pains, and so on.
- Massage with diluted oil on the affected area treats varicose veins, strain, constipation, muscle aches, and so on.
- A full-body massage with diluted oils relieves stress, sleeplessness, and anxiety^{20,21}.

COMPRESSES

A hot or cold compress, depending on the disease, is a useful technique to cure many local problems.

- Use essential oil droplets in cold water to make a cold compress to treat fever, edoema, and other ailments.
- Hot compresses with essential oil droplets heal headaches, menstrual cramps, skin infections, rheumatism, strains, sprains, and backaches, among other ailments²⁴.

VAPORIZERS AND BURNERS

They can be used to deodorise, fumigate, or simply create a unique environment.

Internal Use: Inhaling the fumes can be helpful.

Peppermint and cinnamon essential oils, for example, can be used to prepare teas or mouthwashes, or blended with honey and water.

APPLIED DIRECTLY TO THE SKIN

Lavender, sandalwood, tea tree, and chamomile are the only essential oils that can be safely applied directly to the skin. Only apply the oil to the damaged area, such as a cut or burn.

TONICS FOR THE SKIN AND HAIR

The essential oils are mixed with isopropyl alcohol and applied exclusively to an oily scalp. Table-1 shows the list of the essential oil that are used in aromatherapy^{22,23}.

CONCLUSION

Essential oils can be a useful addition to cancer treatment, helping to control side symptoms including sleeplessness and nausea. When employing essential oils for clinical purposes, healthcare professionals should be aware of their quality and safety. Using low-quality essential oils and failing to follow safety rules can have a negative impact on clinical outcomes. The literature review does not provide enough evidence that aromatherapy is an effective therapy for any ailment, hence more research on the subject is needed and more awareness should be done between the people, nurses, researchers to proper use of essential oils in aromatherapy.

Table- 1: Literature Review on the Essential Oils Used In Aromatherapy

S. No.	Essential Oil Name	Pharmacology	References
1	<i>Melissa officinalis</i>	Agitation in dementia	Ballard et al., 2002
2	<i>Mentha piperita</i>	Post-herpetic pain	Davies, 2002
3	<i>Melaleuca alternifolia</i>	Athlete's foot	Satchell et al., 2002
4	<i>Melaleuca alternifolia</i>	MRSA skin colonisation	Dryden et al., 2004
5	<i>Mentha x piperita</i>	Preventing nipplecracks in breast feeding	Melli et al., 2007
6	<i>Ocimum basilicum</i> <i>Citrus sinensi</i>	Acne	Matiz et al., 2012
7	<i>Piper nigrum</i>	Fase IV insertion	Kristiniak et al., 2012
8	<i>Melaleuca alternifolia</i>	Oropharyngeal candidiasis in AIDS	Jose et al., 2002
9	<i>Melaleuca alternifolia</i>	Gingivitis	Soukoulis&Hirsch 2004
10	<i>Artemista abrotanum</i>	Allergic rhinitis	Remberg et al., 2004
11	<i>Zatariumudtiflora</i>	Vaginal candidiasis	Khosravi et al., 2008
12	<i>Thymol and eugenol</i>	Bacterial vaginitis, Vaginal candidiasis	Solsto&Benvenuti, 2011
13	<i>Melaleuca alternifolia</i>	Hemorrhoids	Joksimovic et al., 2011
14	<i>Mentha piperita</i>	Daytime sleepiness	Norris & Dwyer, 2005
15	<i>Lavandula angustifolia</i>	Dental anxiety	Kritsidima et al., 2008
16	<i>Lavandula angustifolia</i>	Salivary stress markers	Toda & Morimoto, 2008
17	<i>Mixture</i>	Drug addiction	Komori et al., 2006
18	<i>Citrus limon, Mentha piperita</i>	Chemo induced nausea	Stringer & Donald, 2011
19	<i>Commiphoramyrtha, Santalumalban</i>	NIRS brain blood flow	limbo et al., 2012
20	<i>Pelargonium graveolens</i>	Bipolar disorders	Buckle, Jane, 2014
21	<i>Lavandula angustifolia</i>	Bipolar disorders	Buckle, Jane, 2014
22	<i>Santalum album</i>	Bipolar disorders	Buckle, Jane, 2014
23	<i>Angelica archangelica</i>	Bipolar disorders	Buckle, Jane, 2014
24	<i>Rosa damascene</i>	Bipolar disorders	Buckle, Jane, 2014
25	<i>Pogostemoncablin</i>	Bipolar disorders	Buckle, Jane, 2014
26	<i>Cananga odorata var.</i>	Bipolar disorders	Buckle, Jane, 2014
27	<i>Valeriana faurici</i>	Bipolar disorders	Buckle, Jane, 2014
28	<i>Vetiveriazizanoiodes</i>	Bipolar disorders	Buckle, Jane, 2014
29	<i>Nardostachysjatamansi</i>	Bipolar disorders	Buckle, Jane, 2014
30	<i>Melissa officinalis</i>	Bipolar disorders	Buckle, Jane, 2014

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