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Aromatherapy: Less Heard yet Magical Therapy

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The way to health is the way to have an aromatic bath and a scented massage every day. Aroma therapy is the process of using fragrant Volatile plant oils for healing and various therapeutic benefits. Aromatherapy is a holistic approach to use essential oils that focuses on the wellbeing and relaxation of the individual. It can be used to treat various conditions, such as anxiety, insomnia, and stress. The actual term "aromatherapy" was invented by the French chemist Rene- Maurice Gattefosse in 1935 after a burn incident; he claimed he treated it effectively with lavender essential oil.

More About Aromatherapy

- Plants which are storehouses of cosmic energy are the main source of energy for mankind. In aromatic Species this energy is concentrated in some volatile fragrant substances with an oily consistency identified as essential oils. These oils are heart of aroma therapy.
- This therapy works in many ways like - massage, smelling, bathing and cooking with herbs and essential oils.
- Many essential oils have some medicinal properties like antibacterial, antifungal and anti inflammatory. For example lavender can cure epilepsy, apoplexy and mental problems.
- Smelling a fragrance can influence us physically and emotionally by altering hormone Production, brain chemistry, stress levels and general metabolism.

Safe and Effective Use

- Only pure essential oils should be used.
- Should be diluted in a suitable medium before use to prevent burning and skin irritation.
- Contact should always be avoided.
- Use only 1/3 or 1/2 adult doses for children.
- Avoid using essential oils during first 3 months of pregnancy.
- Should not be consumed internally for any medicinal purpose.
- Over exposure can cause headache, irritation, emotional unease and nausea.

Dilutants for Essential Oils

High quality vegetable oils such as almond, apricot, hazelnut, olive, grape seed, coconut or sesame are good carriers for diluting concentrated essential oils. A safe limit for adults is 2% solution.

Treatment with Essential Oils

- 1) **Heart and circulation:** Basil, Rosemary, thyme, marjoram and clove improve general circulation.
- 2) **Digestive system:** Essential oil such as Rosemary, Basel, cumin, Anise, coriander, ginger and cinnamon are used in culinary and they also help digestion.
- 3) **Bowel problems:** Ginger, peppermint, fennel, coriander and dill help counter gas. Rosemary and black pepper are used for Constipation.

- 4) **Respiratory system:** Oils of thyme, Rosemary, peppermint, tea tree, eucalyptus, bergamot, black pepper, Melissa and hyssop inhibit most flu viruses.
- 5) **Nervous system:** Lavender, chamomile, bergamot and Melissa are good for stress and marjoram ylang- ylang and neroli are good for insomnia.
- 6) **Urinary tract:** Cedar wood, tea tree, bergamot and fennel are beneficial for bladder infections.

Conclusion

Aroma therapy is an ancient though emerging method. Essential oils give calmness, emotional and hormonal balance, stress relief and rejuvenation. Aroma therapy restores or enhances mental, emotional, physical or spiritual health. Incorporating aroma therapy into life enhances overall health, beauty and psychological wellbeing. It reduces stress, improves sleep and gives more energy.