

AROMATHERAPY: A SYNERGY THERAPY

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Aromatherapy involves using essential oils extracted from plants to promote and improve both physical and psychological health¹. Plant part used flowers, barks, stem, leaves, roots. It is a type of complimentary and/or alternating medicine. Complimenting Aromatherapy synergies lthe standard treatment, alternating treatments offered like Ayurveda, Acupuncture, Naturopathy etc². Sometimes, people use it together with massage and other therapeutic methods as a part of a comprehensive treatment approach.³. Scientific evidences of its efficacy are increasing. In aromatherapy, the essential oils have a unique composition when compared to other herbal products. This is because the distillation process used in aromatherapy helps to extract the volatile phytochemical, as shown in Figure 1



Figure 1

Mode of Application (fig. 2): An aroma therapist uses pure or a combination of therapeutic essential oils to stimulate a desired response. These oils are applied topically, through massage, inhalation, or water immersion.. The processes of application are:

- a. Aerial Diffusion:** On aerial diffusion, oil evaporate into the air. the principle target is to give the air a awesome aroma ex. Eucalyptus oil, tea tree oil, citronella oil, jasmine oil.
- b. Direct Inhalation:** The individual breath the aroma of oils straight in. that is usually used for pulmonary disinfection, decongestion and expectorant in addition to mental results.
- c. Topical Utility:** Carried out at the skin. commonly used rub down, bath, compresses and therapeutic pores and skin care⁴ ex. sweet almond, apricot, lavender, ginger, etc.

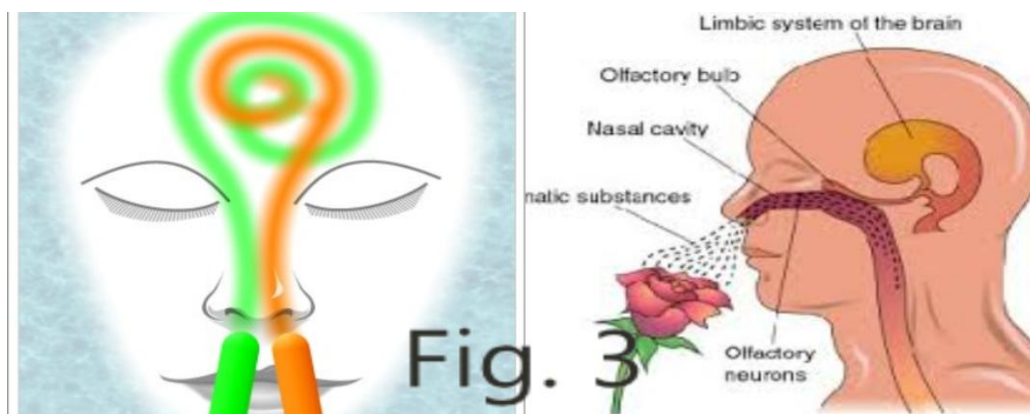
Substance: Substance that used include:

- a. Vital Oil:** Aromatic oils extracted from flowers chiefly via steam distillation or expression or via any solvent extraction particularly non polar solvents like light petrol at 50°C.
- b. Absolute:** Fragrant oils extracted from flowers or sensitive plant tissues through solvent or extremely good critical fluid extraction or via enfleurage approach.
- c. Carrier Oils:** Normally oily plant base triglycerides that dilute critical oils to be used on the pores and skin.
- d. Herbal distillates or Hydrosols:** The aqueous by means of product of the distillation method.
- e. Infusion:** Aqueous extract of diverse plant materials.
- f. Phytoncides:** Terpene primarily based aromatic risky natural compounds from flowers that killed microbes.



Figure 2

Theory of Aromatherapy: Essential strategies are supplied to provide an explanation for the consequences. One is inhalation of essential oils that stimulate the a part of the brain linked to odor-the olfactory machine and neuron: a signal is despatched to the limbic device of the mind that manage feelings and regain discovered memories⁵. This lead to the discharge of the chemical compounds that make the person experience comfortable, calm or even inspired. (Fig. 3). The alternative is the direct pharmacological effects of the essential oils⁶. It is through rub down: that impact the individual to loosen up. In topical utility important oil spark off thermal receptors and ruin microbes and fungi. Internal and oral application can also stimulate the immune system⁷.

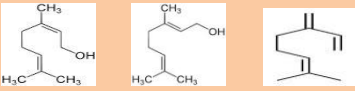
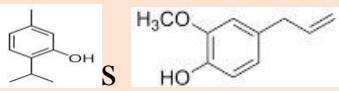




















Popular Uses ^{8,9}

Name	Medicinal Uses
Bay laurel	Antiseptic, diuretic, sedative
Basil	Depression, headache, migraine
Bergamol	Urinary tract and digestive tract
Black pepper	Stimulating circulation, muscular aches and pains
Citronella	Insect repellent
Clove oil	Topical analgesic, antispasmodic, antiemetic, carminative
Clary sage	Relaxant, anticonvulsive, anti-inflammatory, antiseptic
Chamomile	Sedative, anti-inflammatory, antiseptic, pain reliever.
Eucalyptus	Antiseptic, antibacterial, astringent, expectorant, analgesic.
Geranium	Diuretic
Lavender ³	Analgesic, antiseptic, calming /soothing.
Lemon oil ¹⁰	Mood lift, antistress, antidepressant
Peppermint	Pain reliever
Rosemary	Antiseptic, stimulant, diuretic.
Sandalwood	Aphrodisiac
Tarragon	Diuretic, laxative, antispasmodic, stimulant.
Tea tree	Antimicrobial, antiseptic, disinfectant
Thyme ¹¹	Stimulant, antiseptic antibacterial, antispasmodic.
Yarrow	Cold, influenza, joint inflammation

Concept of Synergist: Synergist provided whole, actual, unrefined, unaltered essential oil. Synergy idea is important and useful for Aromatherapy. Certain chemical substances have additive or adverse effect. An additive impact is found whilst the blended final results is equal to the sum of the character pars. An adverse effects found while the impact of one or each components is much less when they're carried out collectively then when for my part implemented^{8,9}. This synergy takes place in aromatherapy through numerous ways those are:

- a. Synergy Within the Essential Oil Itself:** This idea manner that within a given vital oil, synergy happens between predominant and minor components or among fundamental factor that act collectively to seriously increase the entire oil activity¹².
- b. Synergy Among Essential Oils in a Blend:** This idea suggests that when an aroma therapist combines two or more oils, they can create a blend or product that works better than using just one essential oil. There are two ways this can happen. One way is by combining oils that have complementary therapeutic properties. The other way is by combining oils that have chemical components that work well together^{13,14}.
- c. Synergy Between Vital Oils and Service Products:** Aromatherapy products designed to be applied to the pores and skin are mainly located with a provider of same kind. This carrier encompass creams, gels, lotions, vegetable oils, salt, milk, honey and many others^{15,16,17}. The base or service used is as important as essential oils. Carrier used also play a synergistic function, researchers supported this idea.

Blends	Activity
 <p>Geraniol+Nerol with Myrcene</p>	<p>Enhances antibacterial activity¹² on gram negative & gram positive</p>
 <p>Thymol + Eugenol rich</p>	<p>Highly effective antimicrobial¹⁰</p>
 <p>Peppermint + Caraway</p>	<p>Relief of irritable bowel and dyspepsia¹⁰</p>
 <p>Clove + Rosemary</p>	<p>Antimicrobial activity¹³ against bacteria & fungi</p>
 <p>Oregano + Basil or Thyme</p>	<p>Anti microbial against <i>E.coli</i> and <i>P.aureginosa</i>¹⁴</p>
 <p>Oregano + Marjoram</p>	<p><i>E.coli</i>¹⁴</p>
 <p>Marjoram +Thyme +Rosemary</p>	<p><i>L.monocytogenes</i>¹⁴</p>
 <p>Anise + Fennel + Caraway oil</p>	<p>Dyspeptic discomfort with mild spasms of the gastrointestinal region, flatulence¹⁰</p>

  Eucalyptus + Pine needle oil	Respiratory track (inhalation) ¹⁰ Illness caused by cold
  Eucalyptus + Bergamot	Skin problems Skin affected by chicken pox
  Lavender + Roman Chamomile	Sedative ¹⁰
  Ocimum gratissimum +Aloe vera (carrier)	Acne vulgaris ¹⁵
  German Chamomile + Aloe vera (carrier)	Moisture to the skin ¹⁶
  Ocimum gratissimum + honey (carrier)	Anti bacterial, antiseptic agent for wounds. ¹⁷

Precautions: Health care professionals should supervise the administration of highly toxic essential oils. Taking eucalyptus, warm wood, and sage internally is not recommended. It is advisable to wait at least four hours after applying citrus based essential oils before using them. Before applying topically, make sure to check the concentration as it can be irritating in high amounts. Black pepper, camphor, eucalyptus, and peppermint essential oils act as a remedy to counteract the effects of homeopathic treatment. Pregnant or nursing women, as well as individuals with certain illnesses or physical

conditions, should avoid using certain essential oils. It is important for individuals with chronic or acute health conditions to inform their healthcare provider before incorporating any essential oils into their treatment plan. Individuals who have asthma, allergies, hay fever, skin conditions such as eczema or psoriasis, epilepsy, or deep vein thrombosis should exercise caution when using essential oils. Additionally, it is crucial to keep in mind that essential oils are flammable and should be stored away from sources of heat.

Side Effects ^{18,19}: Aromatherapy can sometimes have mild side effects, but they usually don't last long. These side effects may include feelings of nausea, headaches, and occasional allergic reactions. Additionally, certain citrus-based essential oils have the potential to increase the skin's sensitivity to sunlight, which can make a person more prone to sunburn.

I. CONCLUSION

The idea of synergy holds immense importance for aroma therapists as it helps them determine which essential oils to combine and why, for a shared purpose. There are numerous imaginative ways to apply this concept of synergy by experimenting with different combinations of essential oils, making observations, and seeking feedback.

II. TIPS FOR BLENDING

Focus: One formulation must be utilize for one remedy.

Selection: Essential oils complement each other therapeutically, chemically, energetically, and/or aromatically selected.

Dosage: When treating acute conditions, it is recommended to use higher dosages. To avoid diluting the intended effect, it is best to use a combination of 3-5 essential oils in a formulation. When creating a blend from a clinical perspective, it is important to either focus on

families or components and ensure that the essential oils chosen complement the desired outcome. The base used in the formulation is also crucial as it should be selected to enhance the therapeutic goals of the essential oils working together.

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