

**A COMPREHENSIVE REVIEW ON AROMATHERAPY****Nikita Savita<sup>1\*</sup> and Manju Vyas Singh<sup>2</sup>**

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**ABSTRACT**

Essential oils have been used for religious and medical purposes since the ancient Egyptians and Greeks. Aromatherapy was provided to French soldiers returning home from World War I not only to treat their wounds but also to help them relax. Essential oils are now available in a variety of forms, from perfumes to spa treatments and meditation sessions. Aromatherapy is an alternative healing treatment that uses essential oils extracted from plants (flowers, herbs, or trees). The most popular reasons to use essential oils are to inhale them or to apply them to the skin in a minute quantity. Aromatherapy uses essential oils from Roman chamomile, geranium, lavender, tea tree, lemon, ginger, cedarwood, and bergamot, among others.

Aromatherapy's broad benefits include: Anxiety medication that lowers stress, Calm and relaxation have improved. Muscle tension goes down, Relieved pain Symptoms of depression are less severe.

**KEYWORDS :** Essential oils, Treatment, Anxiety, Stress, Benefits.

**INTRODUCTION**

Aromatherapy is inferred from the words aroma (fragrance or smell) and therapy (treatment). This therapy is a traditional way to heal a human's body and soul. For at least 6000 years, several ancient civilizations such as Egypt, China, and India have employed this as a prominent supplementary and alternative therapy.<sup>[1]</sup>

Essential oils can be extracted from various portions of the aromatic plant using a variety of processes, including water or steam distillation, solvent extraction, expression under pressure, supercritical fluid, and subcritical water extractions.<sup>[2]</sup>

The essential oils found in plant materials form the foundation of this therapy. Leaves, flowers, roots, seeds, bark, and resin all contain these compounds. These oils are highly concentrated, and once extracted, they can be used either in their pure form or diluted and combined with other oils to achieve the desired quality.<sup>[3]</sup>

Aromatherapy is a therapeutic procedure that includes the use of essential oils. For years, aromatherapy has been used. When essential oils are inhaled, the fragrance molecules travel directly to the brain through the olfactory nerves, influencing the amygdala, the brain's emotional area.<sup>[4]</sup>

The aroma of essential oils can change your mood and make you feel wonderful.<sup>[5]</sup>

## **TYPES OF AROMATHERAPY**

Aromatherapy can be classified into the following types

### **A. Massage aromatherapy**

Several essential oils are commonly used in massage to relax and relieve pain, stress, as well as other problems in the body. Massage with grape seed, almond, or jojoba oil in pure vegetable oil has been proved to have great results.<sup>[1]</sup>

### **B. Cosmetic aromatherapy**

Cosmetic aromatherapy products are essential oils that are applied topically to be absorbed through the pores. They are frequently used to clean, hydrate, and tone the skin. They may be used to treat skin infections caused by fungus or bacteria.<sup>[6]</sup>

### **C. Olfactory aromatherapy**

Essential oils are abundant in olfactory aromatherapy oil. The most diverse set of oils available today. This kind of oil works by inhaling the fragrance or smell of the oil, which further goes to the brain and body. As per aromatherapy scientists, olfactory essential oils stimulate the brain to generate several natural hormones that help the body relax and feel good by sending their relaxing scents to the brain through the olfactory nerves.

Aromatherapy oils can help people relax, improve their mood, sleep better, and remember more. They are also utilized to help the circulatory, immunological, and respiratory systems to perform better.<sup>[6]</sup>

## VARIOUS ESSENTIAL OILS USED IN AROMATHERAPY

### (A) Lavender

Lavender is a plant that belongs to the lavender family, is a lovely garden herb. Lavender is a herb that is commonly used in aromatherapy. Lavender is a plant in the Lamiaceae family with the scientific name *Lavandula angustifolia*.

Camphor, terpinene-4-ol, linalool, linalyl acetate, and betaocimene are one of the ingredients.<sup>[1]</sup>

Anti-pain, anti-anxiety, anti-depressant, and sleep-improvement benefits have been widely studied.<sup>[4]</sup>

Anxiety. According to several studies, taking a certain sort of lavender oil supplement by mouth can help some people with anxiety symptoms. Lavender oil aromatherapy or aromatherapy massage has also been shown to reduce anxiety in most studies.

Depression. Taking lavender preparations by mouth appears to alleviate depression symptoms. While lavender appears to be slightly less effective than the antidepressant imipramine, combining the two may provide additional benefits.<sup>[7]</sup>

### (B) Eucalyptus

Eucalyptus, a member of the Myrtaceae family, is a tall evergreen tree that can reach a height of 250 feet. Its oils have been utilized to regulate and activate numerous systems such as the neurological system, which has been used to treat neuralgia and headaches.

Cineole (70–85 percent), aromadendrene limonene terpinene, cymene, phellandrene, and pinene are some of the ingredients.<sup>[38,43]</sup>

The active chemical components of Eucalyptus Essential Oil contribute to its popularity as a purifying, detoxifying, clarifying, and immune-boosting oil suitable for use on skin and in aromatherapy. It is known for its capacity to reduce or remove dangerous surface and airborne germs, and illnesses upon contact.<sup>[8]</sup>

### (C) Lemon

Lemon is a member of the Rutaceae family. Long trees of lemon can reach a height of 15 feet and yield richly scented lemon fruits all year. The terpenes D-limonene and Limonene, which together make up around 90% of the oil, are rich in their components.

Its components include antibacterial, astringent, and detoxifying qualities as compared to other essential oils for blemishes linked with oily skin. Its oil revitalizes and brightens tired skin. Lemon essential oil is mostly utilized to help in the immune system's function.<sup>[1]</sup>

### (D) Peppermint

Peppermint is a member of the Lamiaceae family. To date, all 600 varieties of mint have been grown from 25 distinct species. The two most important are Peppermint (*Mentha piperita*) and spearmint (*Mentha spicata*).<sup>[1]</sup>

Peppermint Essential Oil's expectorant qualities help to cleanse the nasal passages, reducing congestion and allowing for easier breathing when used in aromatherapy. It's claimed to boost energy, balance hormones, and improve mental focus by stimulating circulation, reducing nervous tension, soothing irritation, and boosting energy.<sup>[8]</sup>

Other than this various essential oils such as geranium, clary sage, Rose marry, etc are used in aromatherapy.

## MEDICINAL USES OF AROMATHERAPY

### 1- Carcinoma

Researchers have been testing essential oils for anticancer activity because of their broad therapeutic potential and the fact that their mode of action differs from that of traditional cytotoxic chemotherapy drugs.

Monoterpenes have been found in mammary tumor models to have both chemopreventive and chemotherapeutic properties, suggesting that they could constitute a novel class of therapeutic drugs.<sup>[2]</sup>

### 2- Stress relief

Aromatherapy is a good stress-relieving strategy because it has few adverse effects and can be coupled with other stress relievers.

The Aroma Stress Buster is a brand-new aromatherapy dispenser created exclusively for workplace use.

This revolutionary aromatherapy diffuser is small and compact, fits on top of your computer monitor (and thus doesn't take up desk space or require an electric outlet), and emits stress-relieving smells only into your personal space and uses only 100 percent natural pure essential oils.<sup>[3]</sup>

### 3- Depression

Depression is a life-threatening mood condition characterized by several cognitive and physical symptoms that lead to a loss of interest in daily activities, people's quality of life and work performance.<sup>[9]</sup>

Depression is seen as one of the most serious health issues, and the number of people suffering from it is rising. Aromatherapy with lavender proves to be a complimentary, easy, and economical way for treating mild to moderate depression.

Some researchers believe lavender's psychological effects are mediated through the limbic system, particularly the amygdala and hippocampus. The mechanism of action of this plant on the cell surface is unknown, but it has been suggested that it functions similarly to benzodiazepines, increasing GABA (gamma-aminobutyric acid) in the amygdala.<sup>[10]</sup>

### 4- Cardiovascular diseases

Cardiovascular disorders are the leading cause of morbidity and mortality worldwide. According to the World Health Organization (WHO), they were responsible for 17.9 million deaths globally in 2016, accounting for 31% of all causes of mortality.

The emotional benefits of lavender may be connected with reduced levels of stress and anxiety, which control mood and emotion via stimulating the limbic system.<sup>[11]</sup>

### 5- Dentistry

By lowering dental anxiety, aromatherapy provides a soothing effect on patients having dental treatment. In the world of dentistry, new treatments are being developed and various modalities have also been used.

It's also utilized as complementary medicine. It is used in dentistry to treat a variety of conditions.<sup>[12]</sup>

#### 6- Palliative care

People with severe illness can suffer from a variety of issues, including- anxiety, exhaustion, and pain, for which traditional treatments may not be effective.

Aromatherapy, massage, and reflexology are three of the most often used alternative therapies.

These three therapies are routinely used in palliative care settings in the United Kingdom.<sup>[13]</sup>

### CONCLUSION

The purpose of this review is to shed light on the medicinal potential of essential oils and their aroma volatile constituents in the prevention and treatment of various diseases. Essential oils have been discovered to have antiviral, nematocidal, antifungal, antimicrobial, insecticidal, and antioxidant activities, and are thought to have potent anticancer activity. Massage, topical treatments, and inhalation are all examples of aromatherapy applications.

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