

Chapter 1 History and Background

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Topics

- Introduction
- History of Aromatherapy
- Concepts and key principles of Aromatherapy
- The benefits of aromatherapy in life
- Conclusion

Introductions





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History of Aromatherapy

Definition

- Aromatology is a subject or science that uses fragrance for health. A related word is Aromatherapy ,canttherapy.
- Aromatherapy is a form of alternative medicine that uses volatile plant materials, known as essential oils, and other aromatic compounds for the purpose of altering a person's mind, mood, cognitive function or health (Shah, *et.al*, 2011)

Definition

- Jongkotphon Pinichaksorn (2011) explained that Aromatherapy comes from the word Aroma (fragrance) combined with Therapy (treatment), meaning that the fragrance from essential oils is used in health care.
- Aromatherapy is the science and art of using the aroma of essential oils from natural plants to help treat physical and mental ailments. affects the nervous system Relieve stress and anxiety symptoms. Relax or stimulate your body and mind to balance and improve your condition. as well as preventing non-fatal illnesses as well Therefore, it can be regarded as an alternative medicine. (Kuriyama, H., et al., 2005)

Definition

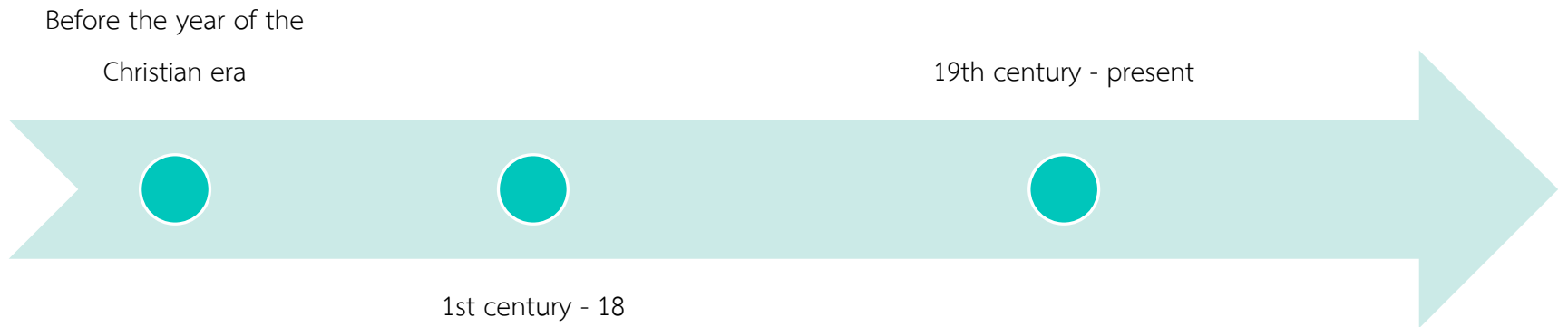
- Aromatherapy is the study of the utilization of scents or essential oils from plants in health care to bring balance to the body, mind and emotions. feel relaxed which results in the body preventing non-fatal illnesses



History

- The use of scents for health has been around for over 5,000 years, but the definition of aromatherapy was only established in the 20th century.
- China is perhaps the first nation to have a culture of using aromatic plants for health in the form of burning myrrh to balance mood.
- Evidence found in Egyptian, Greek, Roman, and up to the present, such as frankincense for worshiping the sun god (Ra) and myrrh (Myrrh) for worshiping the moon, etc.

The utilization of smell in humans is divided into 3 phases.



Before Christ Era

Before Christ Era

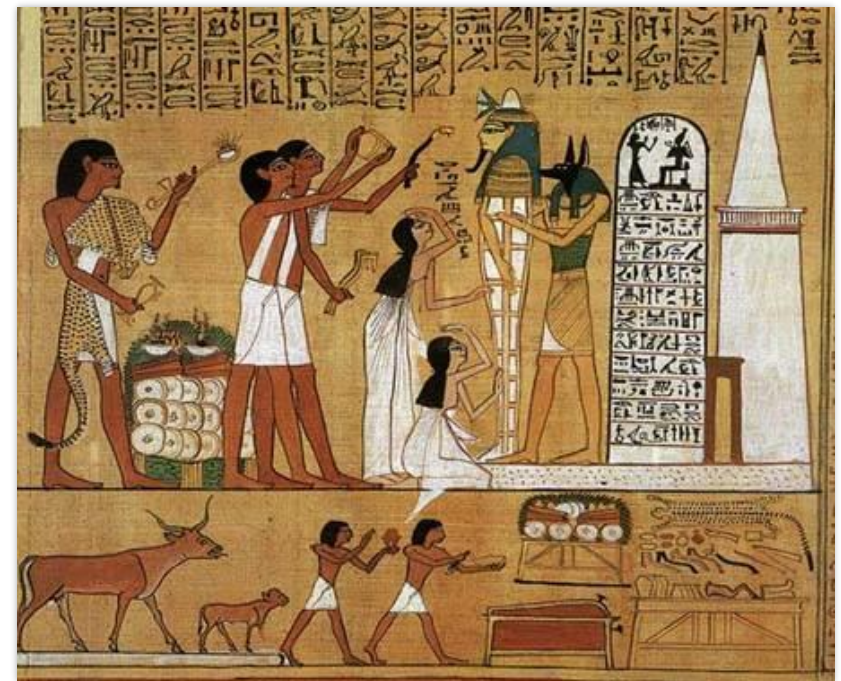
- In ancient China, fragrant herbs were used to make medicines and frankincense.
- Records have been found on papyrus of the plant's medicinal use. and found more than 100 medicinal recipes, including the use of essential oils in the treat
- Ancient Egyptians used various plants. In the form of oils and resins from cedarwood, clove, cinnamon, nutmeg and myrrh.
- In Egyptian religious places, Kyphi or Kapet are used, which are myrrh to be burned to create a fragrance for worshiping gods in various rituals.

Chinese incense and kafi



before the year of the Christian era

- The clearest evidence is the embalming to preserve the body from decomposition in the mummification of the king.
- King Tutankhamen's body was cremated. Tutankhamen with or frankincense



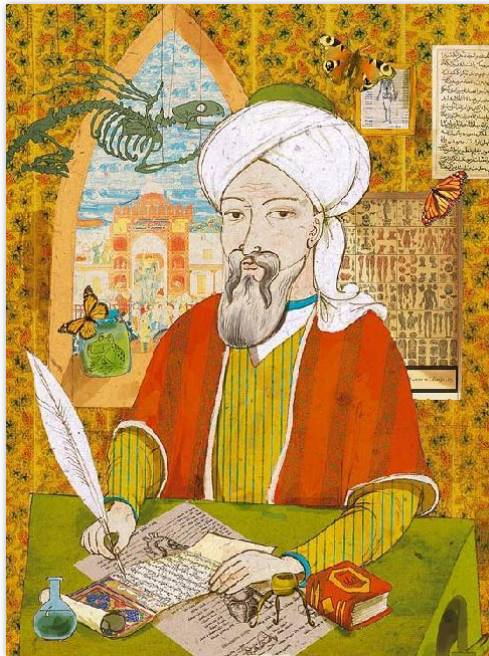
1st century - 18th century

1st century - 18th century

- In the Greek period A.D. 40-90 Pedanius Dioscorides, who was a physician, pharmacist and botanist Wrote a textbook called De Materia Medica, considered an encyclopedia of Pharmacopeia.
- In the Roman period or around AD 100, there was a serious study on medicinal plants. There was a wide distribution of knowledge of the trade of rose essential oil from Persia to Europe.
- In 980 AD, in Persia, Ibn Sina ,Avicenna ,discovered the first method of distillation and purification of essential oil from the Rosa rose. centifolis wrote The Book of Healing & The Canon of Medicine, considered the first treatise on the use of essential oils and other medicinal plants.
- An Italian lady, Catherine de Medici, who traded essential oils and perfumes to France, married to Prince Henri II of France, initiated the cultivation of jasmine, rose, and lavender to produce essential oils.

1st century - 18th century

Ibn Sina or Avicenna



Catherine de Medici



1st century - 18th century

- In 1533 essential oils and perfumes were commercially produced in Grasse.
- The 16th century was a period where extensive studies of chemistry and elements were conducted in Germany. The invention of the distillation process and the knowledge of essential oils has been extended.
- In the 17th century, essential oils were introduced for healing purposes. There was the first laboratory study on essential oils. Lavender and oregano essential oils were found to be antibacterial.
- In the 18th century, spices and herbs were used to curb bad breath. Its use is officially documented in the book. Pharmacopoeia in Germany

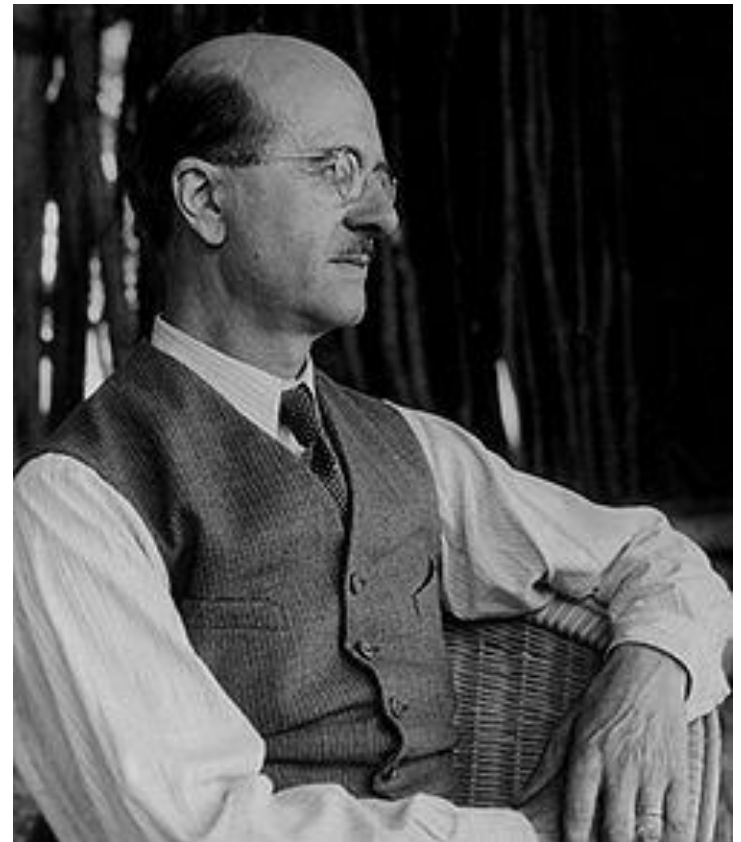
19th century - present

19th century - present

- 19th century Scientists of this era were interested in isolating active ingredients in various pharmaceutical formulations. drug synthesis Traditional or holistic medicine has been replaced by Western medicine or mainstream medicine. Therefore, the use of essential oils is not popular.
- The use of essential oils made a comeback in the 20th century.
- 1920-1930, Dr. Renato Cayala (Reneto Cayala) and Dr. Giovanni Gari (Giovanni Gari) have tried essential oils on the nervous system. and to evaluate the antiseptic efficacy of essential oils.
- In 1928, French chemist Rene-Maurice Gattefosse accidentally discovered the properties of lavender oil in relieving pain. Treatment of scald wounds Therefore began to study seriously.

Gattefosse and Aromatherapy

- The French chemist Rene-Maurice Gattefosse “**Father of Aromatherapy**”
- Accidentally discovered the special properties of lavender oil in relieving pain. Treatment of scald wounds
- Therefore began to study seriously. and gave the definition of the word "Aromatherapy" .
- To study the effects of essential oils in treating various symptoms.
- During World War I, essential oils were used to treat war wounds in military hospitals.
- Wrote the treatise “Gattefosse’s Aromatherpy” on its anti-inflammatory properties. and restoring the skin to a youthful appearance



19th century - present

- 1939 Dr. Arthur Penfold, an Australian chemist who discovered the extraction and use of tea tree oil and its use in wounded soldiers of World War II
- 1942 Dr. Jean Valnet published a book titled “Aromatherapie”
- 1964 Marguerite Maury and Micheline Arcier began to use essential oils in cosmetics. and mixed with massage
- 1965-Present There are studies and researches on the extraction, composition and testing of the effects of each essential oil. There is a synthesis of substances that give a fragrance that mimics the smell of essential oils. Perfume head is synthesized. And the application of natural essential oils and perfumes in various industries. widely

History of aromatherapy in Thailand

- In Thailand, essential oils have been used for a long time.
- Appears in the form of fragrant medicine, inhaler, food preparation various herbal baking, flavored water, baking powder, powder, or the use of incense and fragrant flowers in religious ceremonies, etc., but has faded over time. with synthetic perfumes from foreign countries to replace
- In the past, direct use of essential oils was still rare. But nowadays, essential oils are brought back to use. And is very popular in the alternative medicine industry (Alternative medicine) and the massage and spa business.
- There are 2 types of essential oils used in health care, including massage establishments and health spas, which are essential oils imported from abroad. and essential oils produced in the country use of plant fragrances
- The nature is the use of essential oils mixed in various products. Provide service to service recipients and the use of plants or herbs, both fresh and dried, that have not been extracted, such as baking, compressing, scrubbing, masking, etc.



Summary of the use of aromatics

- Essential oils have been used for spiritual healing, hygiene and religious rituals. Which has been used for a long time in many races, including Chinese, Indian, Egyptian, Greek, Roman, and Thai. In the past, essential oils were used directly extracted from plants. Later, knowledge has been developed until it can be synthesized and imitated.
- There are 2 forms of use, direct use and blending in various products such as cosmetics, perfumes and pharmaceuticals, with applications in various fields including food, medicine, health, spa and beauty.

Concepts and principles of Aromatherapy

The concept of Aromatology

- Aromatology or Aromatherapy is the science of using essential oils for treatment. Restoring the balance of body, mind and spirit .
- There are various methods of using essential oils such as inhalation, massage, steaming and bathing, etc. (Jonas W.B., 2005).
- Essential oils are liquids extracted from various parts of plants, which are beneficial to the body and mind when used appropriately and in the right way from the following plants :

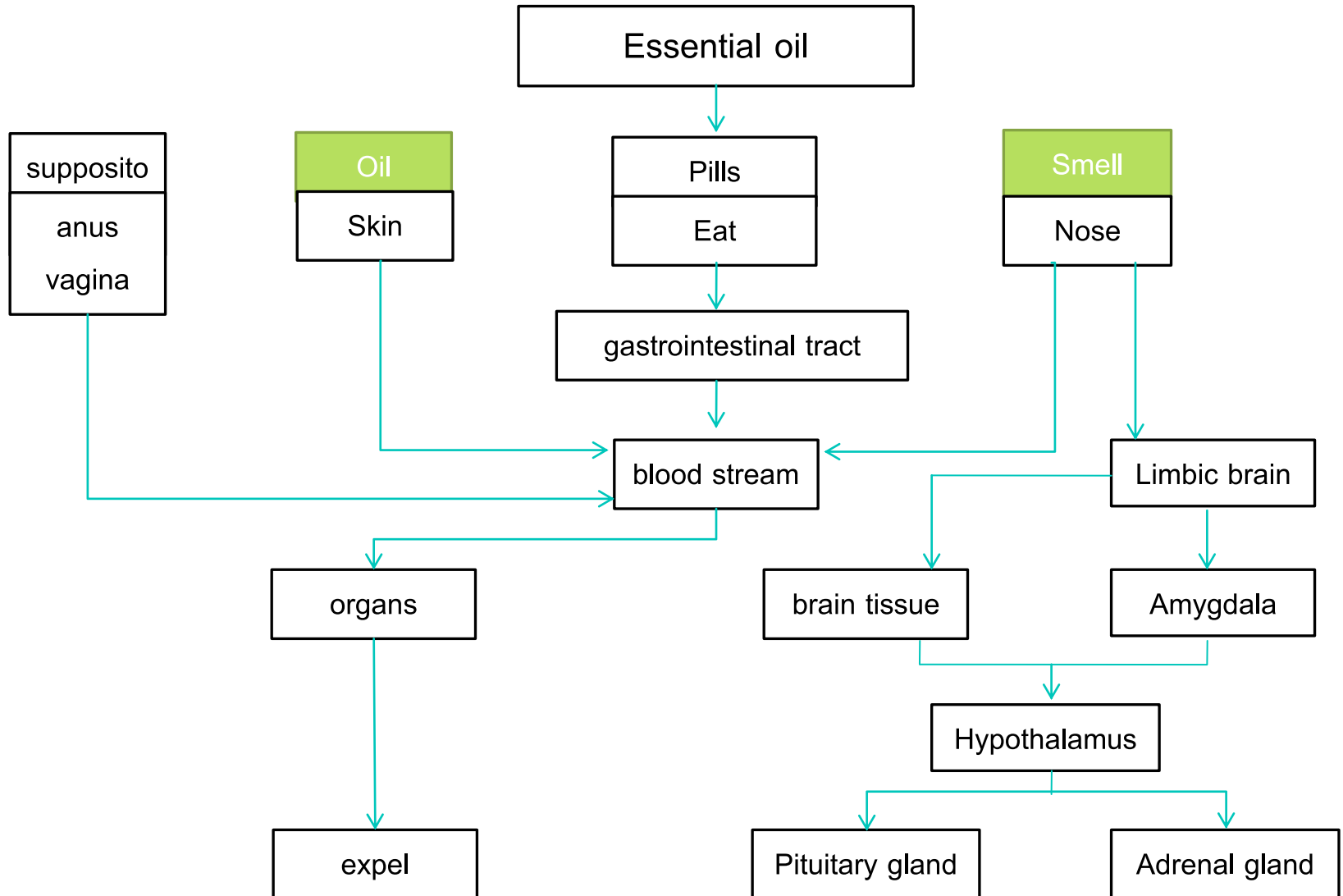
The concept of Aromatology

1. Holistic aromatherapy is a term commonly used in Western countries. It is the use of essential oils in conjunction with massage by a well-trained artisan such as a Reflexologist, Acupressure practitioner and hypnotherapist using essential oils will affect both the body and mind.
2. Medical aromatherapy or Aromatic medicine is a popular term used in France. The use of essential oils by a doctor, or specialist This is an alternative medical treatment such as Osteopathy or Homeopathy along with the mainstream medical system.
3. Clinical Aromatherapy is a term used to refer to the use of essential oils in health care that focuses on external use. This is a traditional use that focuses on balancing the body and emotions, which can reduce the severity of the illness

The main principles of Aromatology

- The action of essential oils on the body has two basic mechanisms:
- Firstly, the scent of essential oils affects the brain, especially the limbic system, the olfactory system (Mathran, 2008).
- Secondly, essential oils have direct pharmaceutical effects on the body. (Prabuseenivasan, et.al, 2006)
- In general, essential oils enter the body in three ways.
- Inhalation through the nose
- Topical application
 - Orally taken each of which gave different results.

How essential oils work for the body and mind



Concept of Aromatology

- Principles of using essential oils in health care There are 2 important factors that must be taken into account: duration and frequency of use and coordinates (Dosage) or amount that should be used.
- The duration and the frequency have three main considerations: treatment to match the illness problem. adjusted to be in equilibrium and treat according to symptoms
- Dosage or amount that should be used When using some essential oils for therapeutic purposes, it is necessary to take into account the appropriate dosage or coordinates. Some types use small amounts to stimulate the body. But if used in concentrated amounts, it will have the effect of restraining the body.
- Essential oils are rapidly excreted from the body after inhalation. Or absorbed through the skin for about 15 minutes and will be excreted within 48 hours.
- The main mechanism of action of essential oils is to stimulate the nerves and brain to order according to the action of that smell.

Examples of plants that make use of essential oils.

Name in Thai	English	oiling part
กานพลู	Clove	
กระดังงา	Ylang Ylang	
กะเพรา	Holy basil	
ขิง	Ginger	
ขมิ้นชัน	Turmeric	
ขึ้นช่าย	Celery seed	
ตะไคร้หอม	Citronella	
ตะไคร้บ้าน	Lemongrass	

Examples of plants that make use of essential oils.

Name in Thai	English	oiling part
ตะไคร้บ้าน	Lemongrass	
มะนาว	Lime	
มะกรูด	Kaffir lime	
มะกรูดฝรั่ง	Bergamot	
ยี่หระ	Anise	
สะระแหน่	Mint spearmint	
เปปเปอร์มินต์	Peppermint	
พิมเสนใบ	Patchouli	

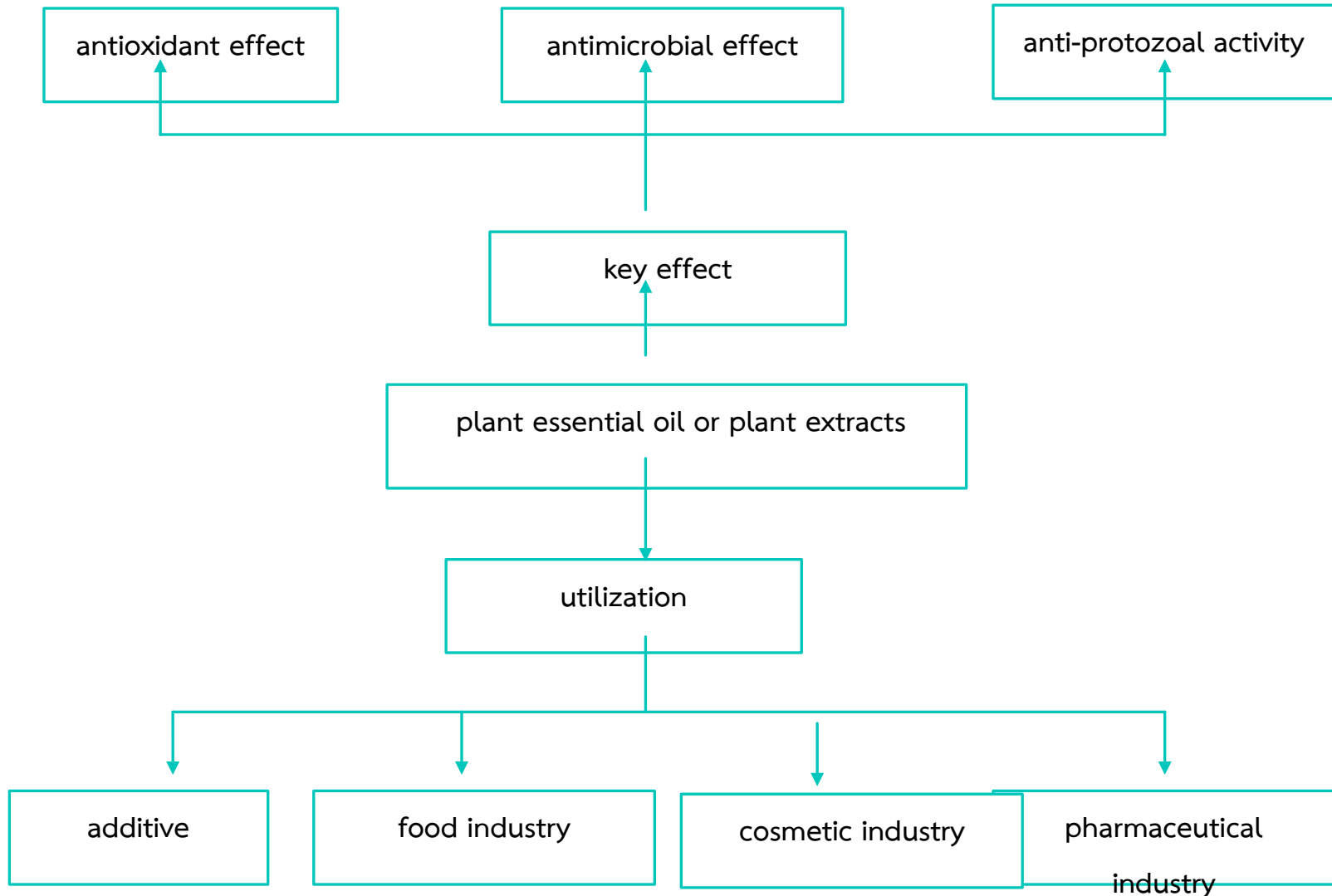
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Name in Thai	English	oiling part
พริกไทย	Pepper	
ไม้จันทน์	Cedarwood	
โรสแมรี่	Rosemarry	
ไพล	Plai	
ส้มเขียวหวาน	Tangerine	
ยูคาลิปตัส	Eucalyptus	
ทีทรี	Tea Tree	
สน	Pine	
หญ้าแฝก	Vetiver	

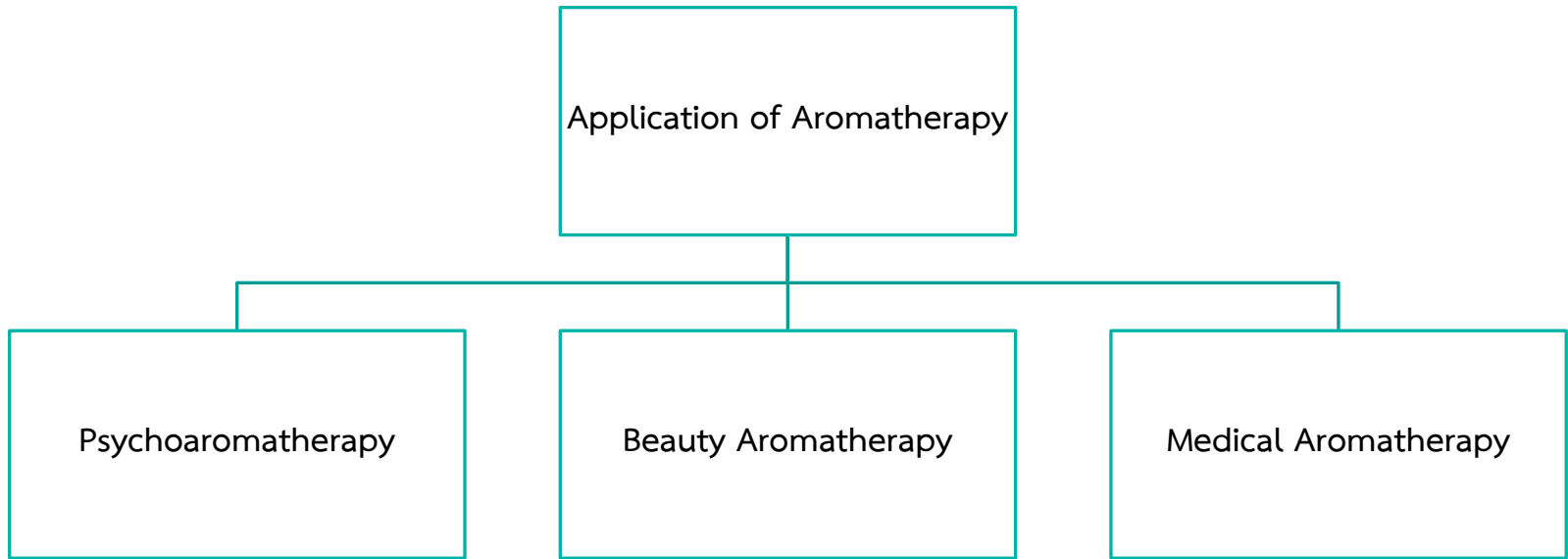
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Name of plants	Effect on the body	Type of plants	Effect
Basil	Promotes peace and happiness	Lavender	Counteracts insomnia
Bergamot	Promotes restful sleep	Lemon	Promotes health, healing, and energy
Black pepper	Increases alertness	Lemon grass	Purifies the body
Chamomile	Promotes sleep and tranquility	Nutmeg	Increase energy
Cinnamon	Increase energy and awareness	Orange	Increase joy and energy
Clove	Promotes healing, Dill Sharpens the conscious mind	Peppermint	Sharpens the conscious mind
Eucalyptus	Promotes healing	Rosemary	Promotes longevity
Geranium	Promotes happiness	Sage	Improve memory
Ginger	Increase energy	Thyme	Promote good health
Jasmine	Promotes love, sex, and sleep	Water lily	Promotes peace and happiness

Guidelines for the utilization of aromatics in life



Guidelines for the utilization of aromatics in life



Guidelines for the utilization of aromatics in life

- **Psychoaromatherapy**
 - Use essential oils to balance your mind
 - The effects of essential oils are different, such as calming, relaxing, stimulating, energizing, warming, anti-depressive.
- **Beauty Aromatherapy/ Beauty and Aesthetic Aromatherapy**
 - External use May be used directly or mixed with cosmetics.
 - Apply to the skin, marinate the skin, nourish the skin and head, etc.
- **Medical/ Therapeutic Aromatherapy**
 - Treat various diseases such as wound healing, anti-inflammatory, increase circulation
 - Must be in control

Styles of using aromatics in everyday life

Aromatic Bath



Foot Bath



Aromatic Fuming



Inhalation



Aroma Massage



Sitz Bath



Using scents on products

Mint

- relieve motion discomfort of travel
- hay fever treatment
- relieve nervous stress & vertigo

Eucalyptus

- clear the nasal passages
- mood enhancer
- stimulates mental activity

Myristica Fragrans Linn

- improve concentration
- treat anxiety symptoms
- give calming effect & improve quality of sleep

Cinnamomum Bejolghota

- relieve dizziness
- boost a person focus & concentration
- increase an individual mental strength.

Piper Nigrum Linn

- relieve cough & cold
- delay your next nicotine & increase the possibility of reduce smoking habit

Amomum Kravanh Pierre

- creates feeling of relaxation
- relieve headache & nervous tension
- revitalize body & mind
- relieve nausea



Massage Spa Aromatherapy
 Thai herbs
 Rich Treatment
 Blood Circulation
 Relaxation

Manufacture Massage Spa Aromatherapy
 Thailand products
 Tiger Herbal Balm
 Aroma Massage Oil
 Natural Extract
 100 %

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Conclusion

- Aromatology is a subject that deals with the use of fragrance for health. There are many related words. But there is a word that is widely used, aromatherapy. (Aromatherapy) is the use of essential oils (Essential oils) which are extracted from many plants. to adjust the balance of the body with a history of use for thousands of years and has continued to develop applications
- Each essential oil reacts and is delivered to the body differently based on the chemical composition of the essential oil. The effect depends on the size and frequency of use.
- The use of essential oils and fragrances in daily life for three purposes: psychotherapy, aesthetic use medical use There are many ways to bring essential oils into the body, such as bathing, inhaling, soaking, mixing in various products. Each method is suitable for taking care of the body differently.