

Chapter 8

Essential oil and Body Elements 2

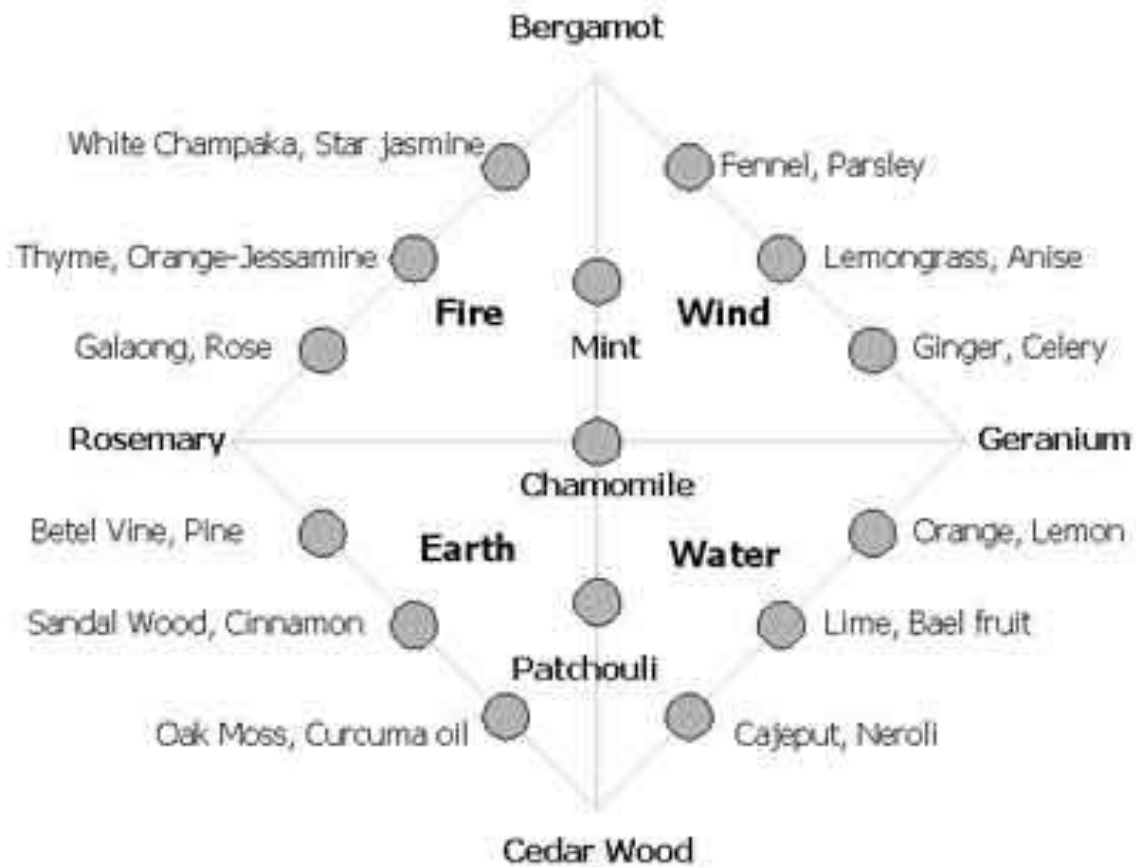
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Essential oil for Wind element

Lemongrass essential oil (Lemongrass, Citronella) has a fragrance similar to that of citronella oil. but has a milder scent Can be burned in the air to help freshen the air. Deodorizes musty smells in the room and repels various insects well.

Bergamot essential oil (Bergamot) is extracted from bergamot skin. It has a fresh, sweet and sour aroma at the same time. Help strengthen hair growth. Helps treat insect bites Prevent infection and spread of germs It can be used to treat all kinds of skin diseases.

Lemon essential oil (Lime) is extracted from the skin of lemons. Stimulates the body and mind to be bright and cheerful.

Essential oil for Wind element (cont.)

Orange essential oil (Orange) is extracted from the skin of orange fruit, has a sweet aroma. Helps to relieve stress and relax. Can be used to diffuse scent in the air to refresh the room. It helps to calm the mind and sleep comfortably. It is highly effective in massaging the abdomen to help reduce gas in the stomach. Relieves constipation or indigestion. Or take it to massage to relieve muscle pain.

Peppermint essential oil (Peppermint) is an essential oil that There are many benefits With a cool scent and properties that help stimulate the body to feel awake. body and cool Suppress migraine headaches by inhaling or massaging oil around the temples and the back of the neck. Help relieve fatigue. Prevents sinus symptoms, flu, relieves nausea, dizziness, motion sickness, seasickness, heartburn and diarrhea.

Essential oil of Water element

Ylang Ylang Essential Oil (Ylang Ylang Extra) Ylang-ylang is the same species as Thai ylang-ylang that grows in Asia. It has an intense sweet aroma. Helps to make the atmosphere relaxed, making you feel more comfortable and easier to fall asleep. Reduces stress and alleviates pre-menstrual mood swings.

Geranium Rose Essential Oil (Geranium Rose) is a useful, aromatic essential oil that helps relieve stress, exhaustion and depression Suitable for fever, will refresh the body and recover better. Relieves hangovers or dizziness, eliminates cellulite and stimulates the functioning of the lymphatic system. circulatory system natural insect repellent

Lavender essential oil (Lavender) originated in Europe, especially France. English and Bulgarian It has properties that help maintain the balance of the nervous system. Treat burns, relieve pain, cure depression, insomnia, relieve stress, relieve migraines. It has a pleasant aroma that helps to calm and relax as well as helping to maintain the skin's moisture balance. Reduce the dryness of the skin.

Essential oil for Earth element

Plai essential oil is very useful in traditional Thai medicine. All parts of Plai are used to benefit, especially Plai oil is used to cure canker sores, swelling, sore throat, sprains, bruises and blood loss. Nowadays, Plai essential oil is used for massage and aromatherapy. to relax muscles and relieve joint pain Various aches, reduce inflammation and act as a local anesthetic.

Patchouli Essential Oil Patchouli or Patchouli is a viscous, amber-orange, long-lasting essential oil. Has disinfecting properties can cure acne dermatitis Can be used for rashes or can be used for beauty purposes with the ability to help rough skin. with moisture wrinkles Used to marinate hair to eliminate dandruff. Improve dry hair condition. make hair shiny Relieve stress, reduce depression, stimulate the nervous system.

Essential oil for Earth element (cont.)

Jasmine essential oil (Jasmine) is extracted from jasmine flowers. It has a clear white color and a sweet jasmine fragrance. Giving a feeling of sweetness and softness Helps to suppress toxins and relieve muscle pain as well. But should not be used while pregnant. Help reduce discouragement, depression. insomnia relief solve the problem of erectile dysfunction

Sandal Wood Essential Oil Sandalwood or Sandalwood Recognized as essential oil from The heartwood of the best quality in the world. It has a clear light yellow color with a long lasting sweet fragrance. give a feeling of comfort reduce stress Relax the mind to calm and strengthen concentration. help induce sleep It is an important component of ancient Indian Ayurvedic texts. In the treatment of various skin care to add moisture for dry skin. Reduce inflammation and prevent infection Heals the skin and treats damaged hair as well.

Essential oil for Fire element

Rosemary essential oil (Rosemary) is very fragrant. It is useful both in making incense and in the field of healing. Has properties to help treat muscle pain. Treat irritation and rashes stimulate the creation of new cells Reduce oily skin problems. It cares for the scalp, treats dandruff and keeps hair shiny. Enhance memory, concentrate, refresh and have energy.

Chamomile Roman essential oil (Chamomile Roman) is highly effective and safe. Originated in Europe, especially England and France, has medicinal properties. Helps treat stress, sinusitis, headaches and migraines. Helps to suppress feelings of fatigue and relieve stress

Essential oil for Fire element (cont.)

Eucalyptus essential oil (Eucalyptus) has a very refreshing scent. Reduces shortness of breath, cough, bronchitis, flu and sinusitis. Has antiseptic properties relieve stuffy nose shortness of breath joint pain relief heal wounds to heal faster Regulating the sebaceous glands can eliminate excess sebum that causes oily skin or acne.

Tea Tree Essential Oil (Tea Tree) Tea tree is a native plant. Only in Australia (Do not confuse with Tea, which means tea tree) has a light yellow color, smells like spices. It has the main features in terms of sterilization. Treat wound infections, treat acne, reduce dandruff Cleanses and refreshes the skin.

Basil Sweet essential oil has properties to help reduce stress, revitalize the mind, make it lively. reduce headache Reduce menstrual pain Helps to relieve fatigue and tiredness reduce irritation Swelling, itching or burning pain due to insect bites

Tri dosha essential oil recipe



Tri dosha essential oil recipe

Formula 1: Vata element group contains a mixture of bergamot oil, Lavender and Ginger Oils

Formula 2: Pitta element group, contains a mixture of lemon oil, peppermint oil and ylang-ylang flower oil.

Formula 3: Kaffa element group contains a mixture of orange oil, basil oil and juniper berry oil.

Tri dosha essential oil recipe

Recipe	Element group	Aroma	Volume
1	วาตะ	Bergamot oil	3
		Lavender oil	3
		Ginger oil	1
2	ปิตตะ	Lime oil	3
		Peppermint oil	1
		Ylang Ylang oil	3
3	คัฟพะ	Orange oil	3
		Basil oil	1
		Juniper berry oil	2

Aromatherapy massage based on the fire element

Characteristics, character, habits of people with the fire element are healthy people. But hot-tempered, easily irritated, angry, but has so much determination to work that sometimes it is called overdoing it. The body is often exhausted and loses a lot of energy each day. But in the digestive system is considered a very good digestive system. In normal times, it is quite fussy and sweats a lot, is hot, tends to have body odor more easily than other elements.

Aromatherapy massage based on the fire element

Massage. How to massage for fire element people.

Forms of massage Suitable massage to balance the body for people with the fire element by foot reflexology massage. because it will affect the endocrine glands in the body as well Especially in the summer, the body of people with the fire element is most easily attacked. Therefore should pay attention to foot massage to balance the elements.

Massage method, massage weight It must be light and should be kneaded slowly.

Foot massage

1. สมองส่วนหน้า
2. โภจวิทยาการศานีนภาพ
3. สมองส่วนหลัง และก้านสมอง
4. ต่อมไทรอยด์
5. บริเวณลำคอ 5
6. จมูก
7. คอ
8. ตา
9. หู
11. กล้ามเนื้อโพส
12. ต่อมไฮโปทาลัม
13. พาราไทรอยด์
14. หลอดลม ปอด
15. กระเพาะอาหาร
16. ลำไส้เล็กตอนต้น
17. ตับอ่อน
18. ตับ
19. ต่อมไพเนียล
20. กล้ามเนื้อขาหลังข้อต่อ



ภาพแสดงเขตสะท้อนบริเวณฝ่าเท้าขวา

21. ต่อมทิวติ
22. ไต
23. พอลไต
24. กระเพาะปัสสาวะ
25. ลำไส้เล็ก
26. ลำไส้
27. อวัยวะเพศหญิง
28. ลำไส้ใหญ่ส่วนขึ้น
29. ลำไส้ใหญ่ส่วนขวาง
30. ลำไส้ใหญ่ส่วนลง
31. ลำไส้ใหญ่ส่วนตรง
32. ทวารหนัก
33. หัวใจ
34. ม้าม
36. รังไข่ ขูดังเพศ
62. เส้นประสาท
63. ขูดังเพศ
64. หลอดอาหาร
65. ขูดังความดัน



ภาพแสดงเขตสะท้อนบริเวณฝ่าเท้าซ้าย

Aromatherapy massage based on wind element

Characteristics, personality, character of people with the wind element. In the body, there is a good blood circulation system. The blood supply to the brain is quite excellent. As a result, people are cheerful, enthusiastic, imaginative, imaginative, quick-spoken, quick-thinking, but easily bored. by using too much thought power Therefore, there is often stress and fatigue in the brain easily. Wind element people are quite fragile. don't like cold weather

Aromatherapy massage based on wind element

Massage. How to massage for people with the element of wind.

The form of massage, oil massage, helps with blood circulation and relaxes the body quite a lot. combined with the expertise of the massage therapist will result in better circulation of the lymphatic system and blood circulation in the body strengthen the immune system Helps eliminate waste from cell function It is a diuretic and may help relieve some pain. and if massaged with essential oils will help result in muscle strength Joints and bones have better flexibility. Stimulates and adjusts hormones in the body to better balance.

Massage method, massage weight Moderate and continuous fast massage

Body Oil massage



Water elemental essential oil massage

Characteristics, personality, and character of people with the water element, they are peace-loving, empathetic, stable, and like to eat sweet food. speak slowly but softly have self-confidence What might be a problem might be some inertia. not very enthusiastic He's quite charming. In terms of health, water element people have weaknesses in the respiratory system. especially during cold weather easy to catch a cold

Water elemental essential oil massage

Massage. How to massage for water element people.

Massage style The water element massage is similar to that of the wind element. is an oil massage with essential oils And after the massage should focus on herbal steam. Because the steam from various herbs will be absorbed into the skin and will help dispel the cold from within. make the respiratory system more flexible Sputum is easier to excrete. Reduce inflammation and swelling in the upper respiratory tract Reduce throat irritation Improves blood circulation Causing the expansion of capillaries resulting in better blood circulation, refreshing from within the body

Massage method, massage weight Moderate and exhausting massage like flowing water

Aromatherapy oil and hot steam massage



Earth element essential oil massage

Characteristics, personality, character of people with the earth element. General characteristics are people who are full of orderliness. have self-confidence But rarely shows and often does not have a lot of imagination about beauty Earth element people like challenging and strenuous activities. according to the characteristics of people who like to go to work because they have high determination is indefatigable and with hard work and patience beyond measure often accompanied by pain and fatigue of the body

Earth element essential oil massage

Massage. How to massage for people with the earth element.

The form of massage, massage that is suitable for people with the earth element are: Thai massage or traditional massage because it has the effect of relaxing the muscles quite well It also restores energy to the body quickly and unbelievably. Reduces muscle spasms Increase blood circulation and lymphatic system stimulate the nervous system improve the efficiency of the respiratory system Restoration of the musculoskeletal system make you feel comfortable, relieve stress

How to massage Heavy massage weight and should massage fast to stimulate the body.

Thai Massage/ Nuad Thai

