

# Chapter 10

## Application of essential oils 2

by

Dr. Rattana Panriansaen

Faculty of Allied Health Sciences

Suan Sunandha Rajabhat University

# Topics



- Use of essential oils in everyday life
- Using essential oils in the spa
- Medical use of essential oils
- Use of specific essential oils

## The Use of Aromatherapy in Women's Health

### Abstract

Women face problems in different stages of life such as menstruation, prenatal, postnatal, and menopause. The commonality of women's health problems is that they affect women's productivity, performance, and quality of life. The diversity of problems related to women's health and the absence of a drug or treatment that can completely eliminate these problems have led women to traditional and alternative therapy methods. Aromatherapy is one of the traditional and alternative therapies that help women cope with their health problems and relieve symptoms. This review article was conducted to investigate the use of aromatherapy in women's health.

*Keywords: Aromatherapy, women's health, nursing*

Tuğba Uzunçakmak<sup>1</sup>,  
Sultan Ayaz Alkaya<sup>2</sup>

<sup>1</sup>Department of Public Health Nursing, Yozgat Bozok University Faculty of Health Sciences, Yozgat, Turkey  
<sup>2</sup>Department of Public Health Nursing, Gazi University Faculty of Health Sciences, Ankara, Turkey



# *Aromatherapy in Obstetrics: A Critical Review of the Literature*

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**ANNA C. BERTONE, MPH,  
and REBECCA L. DEKKER, PhD, RN**

*Evidence Based Birth, Lexington, Kentucky*

**Abstract:** Aromatherapy is the use of highly concentrated aromatic plant oils administered in various ways for a wide range of therapeutic indications. The purpose of this review is to present an overview of the evidence on aromatherapy during the perinatal period. There is research on the prenatal use of aromatherapy to treat nausea and vomiting, reduce stress, and support immune function; the intrapartum use of aromatherapy for labor pain/anxiety and labor progress; and the postpartum use of aromatherapy for postcesarean symptoms, perineal trauma, sleep, and symptoms of depression and anxiety. Overall, the

aromatic essential oils from plants have been used as perfumes and medicines for over 3500 years. René-Maurice Gattefossé, a French chemist and perfumer, coined the term, perhaps to distinguish between essential oils used in perfumery versus those used medicinally to enhance physical and mental wellbeing.<sup>1</sup> Unlike herbal medicine, which uses whole plants to achieve a therapeutic effect, essential oils used in aromatherapy

## **Aromatherapy: The Doctor Of Natural Harmony Of Body & Mind**

**<sup>1</sup>Yatri R. Shah, <sup>2</sup>Dhrubo Jyoti Sen, <sup>2</sup>Ravi N. Patel, <sup>2</sup>Jimit S. Patel, <sup>2</sup>Ankit D. Patel and  
<sup>3</sup>Parimal M. Prajapati**

<sup>1</sup>Shree H. N. Shukla Institute of Pharmaceutical Education & Research, Gujarat Technological University,  
Behind Marketing Yard, Nr. Lalpari Lake, Amargadh (Bhichari), Rajkot, Gujarat

<sup>2</sup>Department of Pharmaceutical Chemistry, Shri Sarvajanic Pharmacy College, Gujarat Technological University,  
Arvind Baug, Mehsana-384001, Gujarat, India.

<sup>3</sup>I. K. Patel College of Pharmaceutical Education and Research, Samarth Campus, Opp. Sabar Dairy,  
Himmatnagar-383001, Sabarkantha, Gujarat, India.

### **Abstract**

*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. Since some essential oils such as tea tree have demonstrated anti-microbial effects, it has been suggested that they may be useful for the treatment of infectious diseases. Evidence for the efficacy of aromatherapy in treating medical conditions remains poor, with a particular lack of studies employing rigorous methodology; however some evidence exists that essential oils may have therapeutic potential. Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these "essential" oils is widely believed to stimulate brain function. Essential oils can also be absorbed through*

### **Key words:**

Aromatherapy, Fragrance, Essential oils, Mind, Mood, Cognitive function or health.

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Article

# Effects of Aromatherapy on the Physical and Mental Health and Pressure of the Middle-Aged and Elderly in the Community

Mei-Hua Ke <sup>1</sup>, Kun-Ta Hsieh <sup>2,\*</sup> and Wen-Ying Hsieh <sup>2</sup>

<sup>1</sup> Department of Health Beauty, Fooyin University, 151 Jinxue Rd., Daliao Dist., Kaohsiung City 83102, Taiwan; FT081@fy.edu.tw

<sup>2</sup> Graduate School of Technological and Vocational Education, National Yunlin University of Science and Technology, 123 University Road, Section 3, Douliou 64002, Taiwan; hsiehwy@yuntech.edu.tw

\* Correspondence: dartribute@cyivs.cy.edu.tw; Tel.: +886-928778810

**Abstract:** The physical and mental health of an aging society has become a major issue, and stress reduction and the improvement of physical and mental health are important physical and mental health issues for middle-aged and elderly people. This research sought to explore the application of aromatherapy for the improvement of physical and mental health and stress levels, as well as other issues, that concern the elderly in the community. The research was based on intentional sampling. A pre- and post-test design with unequal groups was employed. The experimental treatments were divided into five groups: Group A (compound essential oil massage plus sniffing), Group B (compound essential oil massage), Group C (pure base oil massage), Group D (compound essential oil sniffing), and control Group E (without any aromatherapy intervention). To explore the effects of aromatherapy on physical and mental health and stress relief among the elderly in the community, the self-completed Mental and Physical Health Scale for the Elderly and the Stress Index Measurement Scale were used to collect data. The obtained data were analyzed using descriptive statistics and by paired sample *t*-test. It was concluded that aromatherapy can improve the physical and mental health of the elderly in the community and can significantly reduce stress. The experimental results on aromatherapy in this study can provide a basis for home application to help the elderly in the community. They also provide a foundation for the organization of health promotion courses for the elderly and other practical applications in social welfare group planning.

**Keywords:** aromatherapy; middle-aged and elderly; physical and mental health; stress



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## Aromatherapy and nursing: historical and theoretical conception

Aromaterapia e enfermagem: concepção histórico-teórica

Aromaterapia y enfermería: concepción histórico-teórica

Juliana Rizzo Gnatta<sup>1,2</sup>, Leonice Fumiko Sato Kurebayashi<sup>1,3</sup>, Ruth Natalia Teresa Turrini<sup>4</sup>, Maria Júlia Paes da Silva<sup>4</sup>

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<sup>1</sup> Universidade de São Paulo, Escola de Enfermagem, São Paulo, SP, Brazil.

<sup>2</sup> Universidade de São Paulo, Hospital Universitário, Centro Cirúrgico, São Paulo, SP, Brazil.

<sup>3</sup> Instituto de Terapia Integrada e Oriental, São Paulo, SP, Brazil.

<sup>4</sup> Universidade de São Paulo, Escola de Enfermagem, Departamento de Enfermagem Médico-Cirúrgica, São Paulo, SP, Brazil.

### ABSTRACT

Aromatherapy is a Practical or Complementary Health Therapy that uses volatile concentrates extracted from plants called essential oils, in order to improve physical, mental and emotional well-being. Aromatherapy has been practiced historically and worldwide by nurses and, as in Brazil is supported by the Federal Nursing Council, it is relevant to discuss this practice in the context of Nursing through Theories of Nursing. This study of theoretical reflection, exploratory and descriptive, aims to discuss the pharmacognosy of essential oils, the historical trajectory of Aromatherapy in Nursing and the conceptions to support Aromatherapy in light of eight Nursing Theorists (Florence Nightingale, Myra Levine, Hildegard Peplau, Martha Rogers, Callista Roy, Wanda Horta, Jean Watson and Katharine Kolcaba), contributing to its inclusion as a nursing care practice.

### DESCRIPTORS

Aromatherapy; Complementary Therapies; Oils, Volatile; Nursing; Nursing Theory.

RESEARCH ARTICLE

Open Access

# Perspectives on the use of aromatherapy from clinicians attending an integrative medicine continuing education event



Amy C. S. Pearson<sup>1\*</sup> , Susanne M. Cutshall<sup>2</sup>, W. Michael Hooten<sup>3</sup>, Nancy J. Rodgers<sup>4</sup>, Brent A. Bauer<sup>4</sup> and Anjali Bhagra<sup>4</sup>

## Abstract

**Background:** The use of essential oils is growing in the United States, but clinician attitudes, experience, and beliefs regarding their use have not previously been studied.

**Methods:** One hundred five of 106 clinician attendees (99.1%) of an integrative medicine continuing education conference were surveyed using an audience response system to obtain baseline information. Response frequencies of each item were reported. Nonparametric correlations were assessed comparing the statement "In the last 12 months, I have used essential oils for myself and/or my family" with the other agree/disagree statements using Spearman's rho.

**Results:** A majority of participants personally used integrative medicine approaches other than aromatherapy (92.6%) and recommended them clinically (96.8%). Most had personally used essential oils (61%) and wished to offer essential oil recommendations or therapies to their patients (74.0%). Only 21.9% felt confident in their ability to counsel patients on safe use. Personal use of essential oils was highly correlated with confidence in the ability to counsel patients on safe use (Spearman coefficient 0.376,  $P = 0.000$ ).

**Conclusions:** This study indicates that clinicians interested in integrative medicine desire to provide aromatherapy recommendations, but do not feel confident in their ability to do so.

**Keywords:** Aromatherapy, Essential oils, United States, Physician, Nurse practitioners, Physician assistants, Integrative medicine



*Ethnobotanical Leaflets 12: 591-98. 2008.*

## **Aromatherapy: The Power of Scent**

**\*M. Sugumaran and T.Vetrichelvan**

Department of Pharmaceutical Chemistry  
Adhiparasakihi College of Pharmacy, Melmaruvathur, T.N -603 319-India  
\*E.mail: murugesansugumaran@yahoo.com

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### **ABSTRACT**

An alternative (in medicine) is a substance that speeds up the renewal of the tissues so that they can carry out their functions more efficiently. Aromatherapy is one such method of healing, using volatile oils. This article was prepared to give the reader more information on the usage of essential oils.

**Key Words:** Aromatherapy, essential oils, therapeutic uses.

### **INTRODUCTION**

Aromatherapy is one of the most ancient healing arts and traces its origin to 4500 B.C., an era when Egyptians used aromatic substances in medicines. Greeks also used plant essences for aromatic baths and scented massages. In ayurveda, there is mention of scented baths (bhyanga). Prof . Gantle Fosse, a French cosmetic chemist coined the term aromatherapy and described properties of essential oils.

# Aromatherapy in nursing and mental health care

Gillian van der Watt Senior Mental Health Nurse and Clinical Research Coordinator &

Aleksandar Janca Professor of Psychiatry and Head of School

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## Abstract

There is well documented evidence for the increasing and widespread use of complementary and alternative medicine in the treatment of symptoms of both physical and mental disorders within Western populations. This paper aims to provide a focused review of recent literature on the use of one of these therapies, namely aromatherapy, in nursing and mental health care of people suffering from anxiety and depressive disorders.

The evidence base for the efficacy of aromatherapy used to treat these conditions remains poor with a particular paucity of methodologically rigorous studies. However, there are some promising results which suggest that further research is warranted to investigate the potential of essential oils in treating anxiety, depression and symptoms of stress. The experimentally designed inhalation studies are of particular importance as both health professionals and consumers demand more accurate and scientifically based information about the effects and safety of essential oils.

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# Effectiveness and Safety of Aromatherapy in Managing Behavioral and Psychological Symptoms of Dementia: A Mixed-Methods Systematic Review

Becky Siu Yin Li<sup>a, b</sup> Carmen Wing Han Chan<sup>a</sup> Minjie Li<sup>a</sup> Irene Kit Yee Wong<sup>a</sup>  
Yvonne Hoi Un Yu<sup>a, b</sup>

<sup>a</sup>The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong, Shatin, Hong Kong SAR; <sup>b</sup>School of Nursing and Health Studies, Hong Kong Metropolitan University, Ho Man Tin, Hong Kong SAR

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## Keywords

Aromatherapy · Behavioral and psychological symptoms of dementia · BPSD · Dementia · Essential oil

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## Abstract

**Introduction:** Behavioral and psychological symptoms of dementia (BPSD) is the most prominent and distressing manifestation for older persons with dementia (PWD) and caregivers. Aromatherapy has demonstrated its effectiveness in managing BPSD in various studies. However, previous studies and systematic reviews have obtained inconsistent findings, and a review of qualitative studies is yet to be

synthesis, and integration of quantitative and qualitative evidence were performed. **Results:** A total of 12 randomized controlled trials, 10 quasi-experimental studies, and 2 qualitative studies were included in the review. Some inconsistent findings regarding the effectiveness of aromatherapy in reducing the severity of BPSD were observed. Some studies reported that aromatherapy significantly improved the QoL of PWD and relieved the distress and burden of caregivers, promoted a positive experience among caregivers, and had very low adverse effects on PWD (with aromatherapy inhalation reporting no adverse effects). **Conclusion:** Aromatherapy, especially in the inhalation approach, could be a potentially safe and effective strategy for managing BPSD. How-



Article

# Efficacy of Aromatherapy at Relieving the Work-Related Stress of Nursing Staff from Various Hospital Departments during COVID-19

Chi-Lun Hung <sup>1</sup> , Yun-Ling Lin <sup>1</sup>, Chin-Mei Chou <sup>1,\*</sup> and Ching-Ju Wang <sup>2</sup>

<sup>1</sup> Department of Industrial Engineering and Management, Yuan Ze University, Taoyuan 32003, Taiwan

<sup>2</sup> Taipei Veterans General Hospital, Hsinchu Branch, Taipei 112, Taiwan

\* Correspondence: kinmei@saturn.yzu.edu.tw

**Abstract:** This study aimed to evaluate the efficacy of aromatherapy in relieving the stress of nursing staff working in different departments during COVID-19. A total of 26 nursing staff from Taiwan were recruited for this study. Bergamot essential oil was diffused for over a four-week period in four different hospital departments. We assessed heart rate variability indicators, Nurse Stress Checklist, and Copenhagen Burnout Inventory before and after the intervention. The results of the analysis showed that during a high workload period, aromatherapy had no significant effect on regulating physical stress. Subjective measurements showed a significant impact on work concern and personal fatigue. Moreover, there were large differences among the four departments; the aromatherapy treatment had a weak effect on those with a heavy workload, whereas those with a lighter workload showed a stronger effect. Finally, this study provides practical results about aromatherapy stress reduction applied during the pandemic on first-line medical staff.

**Keywords:** aromatherapy; bergamot essential oil; nursing-related stress

## Original Article

# Usage of Aromatherapy in Symptom Management in Cancer Patients: A Systematic Review

**Baykal Dilek, PhD**

Assistant Professor, Halic University, School of Nursing, Istanbul, Turkey

**Comlekci Necmiye**

Research Assistant, Bartin University, Faculty of Health Sciences, Department of Nursing, Bartin, Turkey

**Correspondence:** Baykal Dilek, Assistant Professor, Halic University, School of Nursing, Istanbul, Turkey  
e-mail: dbaykal@hotmail.com

### Abstract

**Background:** Several symptoms caused by the disease itself and the treatments that are provided may be observed in cancer patients. It is important to eliminate or minimize these symptoms.

**Aim:** The purpose of this study was to investigate usage of aromatherapy practices in cancer patients for symptom management.

**Methods:** For the last 5 years (2014-2019), the keywords “cancer”, “pain”, “anxiety”, “depression”, “sleep management”, “aromatherapy” and “nausea and vomiting” were searched on the “PUBMED”, “CINAHL”, “Google Scholar” and “Web of Science” databases, and a total of 72 studies were reached. It was found that twelve of these studies were on usage of aromatherapy in symptom management in cancer patients, and these studies were examined.

**Conclusion:** It was observed in the reviewed studies that aromatherapy practices were utilized as a safe method in symptom management in cancer patients. Whether topically or in form of inhalation, aromatherapy is used in management of patient’s pain, sleep disorders, anxiety, depression, nausea and vomiting and improvement of their general health status.

**Keywords:** aromatherapy, symptom management, cancer patients

# Effect of aromatherapy in patients with Alzheimer's disease: a randomised controlled clinical trial

**Lin Lin**

Sichuan University

**Ran Duan**

First Affiliated Hospital of Chengdu Medical College

**QiHan Yang**

Chengdu Medical College

**TingTing Li**

Chengdu Medical College

**Heng Zhou**

Chengdu 8th People's Hospital

**JiXin Hou**

First Affiliated Hospital of Chengdu Medical College

**Huan Zhou** (✉ [zhouhuan@scu.edu.cn](mailto:zhouhuan@scu.edu.cn))

Sichuan University


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## Research Article

**Keywords:** Alzheimer's disease, aromatherapy, quality of life, randomised controlled trial

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## Research Article

# Comparing the Effect of Aromatherapy with Peppermint and Lavender Essential Oils on Fatigue of Cardiac Patients: A Randomized Controlled Trial

Somayeh Mahdavian,<sup>1</sup> Masoud Fallahi,<sup>2</sup> and Alireza Khatony <sup>3,4</sup>

<sup>1</sup>Nursing Department, Nursing and Midwifery School, Kermanshah University of Medical Sciences, Kermanshah, Iran

<sup>2</sup>Clinical Research Development Center of Imam Reza Hospital, Kermanshah University of Medical Sciences, Kermanshah, Iran

<sup>3</sup>Social Development and Health Promotion Research Center, Health Institute, Kermanshah University of Medical Sciences, Kermanshah, Iran

<sup>4</sup>Infectious Diseases Research Center, Kermanshah University of Medical Sciences, Kermanshah, Iran

Correspondence should be addressed to Alireza Khatony; akhatony@gmail.com

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**Background and Objectives.** There is limited and contradictory evidence about the effect of aromatherapy with peppermint and lavender essential oils on the fatigue of cardiac patients. Therefore, the present study was aimed to compare the effect of aromatherapy with peppermint and lavender essential oils on fatigue in cardiac patients. **Methods.** This randomized controlled clinical trial was conducted on 105 cardiac patients. They were randomly divided into three groups: peppermint essential oil ( $n = 35$ ), lavender essential oil ( $n = 35$ ), and control ( $n = 35$ ). Fatigue Severity Scale (FSS) was used to collect data. The intervention was performed for 7 nights. Before and after the intervention, the questionnaire was completed by all patients. In each intervention group, patients inhaled 3 drops of lavender or peppermint essential oils. In the control group, patients inhaled 3 drops of aromatic placebo. **Results.** The results showed the average fatigue decreased in the study groups. There was no statistically significant difference between the two groups of lavender and peppermint in terms of mean fatigue after the intervention. However, there was a statistically significant difference between lavender and control groups ( $P < 0.001$ ), as well as peppermint and control groups ( $P < 0.001$ ). **Conclusion.** Aromatherapy with peppermint and lavender essential oils can reduce the fatigue of cardiac patients, so

# Assignment

- Select publication that your team are interested.
- Orally present not over 15 min.