

COMMENTARY

AROMATHERAPY: THE ANCIENT AND MODERN APPROACH TOWARDS DRUG DEVELOPMENT

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ABSTRACT

Traditional or complementary medicine system is another way of treatment for the healing of medical ailments by natural therapies. Historically the use of aromatherapy is known in the field of clinical sciences by using herbal essential oils in different techniques. Nowadays this field of therapy is used in modern drug development and curing various diseases by essential aromatic oil. The objective of this review is to evaluate the current findings of aromatherapy in the scope of health conditions.

Keywords: Essential oils, Aromatherapy, Complementary medicine, Alternative medicine.

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level of drug discovery and development of novel drug delivery and techniques [3].

A study has been done on the use of aromatherapy for the treatment of dementia. The main objective of this study was to assess the efficacy of aromatherapy as an intervention for people with dementia. It was a randomized controlled trial in which 428 participants were included. They have used different essential oils, i.e. lavender oil, lemon oil and rose oil against the placebo and evaluated the results [1,4]. One research study was performed by Korean scientists in 2012 they revealed the efficacy of aromatherapy on anxiety, sleep and blood pressure of percutaneous coronary intervention (PCI) in an intensive care unit. They allocated 56 patients in which one group was on conventional therapy and the other group was under the treatment of essential oils aromatherapy in which a blend of lavender, roman chamomile and naroliwas used. They concluded that aromatherapy is an independent nursing intervention for improving sleep quality and reducing the anxiety level of PCI patients in intensive care unit [2,5].

INTRODUCTION

Aromatherapy is the word which sounds pleasant and gives a wonderful feeling after hearing of this well-known term. If the word gives a lot of sensational feelings of wellbeing imagine how beautifully it affects our internal body. Aromatherapy as the name indicates is the world of aromas, fragrances and essential oils of plants and herbs which are used as a medication due to its therapeutic activity.

The history of aromatherapy is 4000 BC years ago but the term Aromatherapy was initially used by the French chemist Rene Maurice Gattefose in 1920 [1]. Besides this, it is historically proved by the ancient Egyptians, Greeks, Persians and Romans, as they also used herbal essential oils for the relief of pains and other various types of medical conditions. The ancient use of essential oil in China is well-known as the Traditional Chinese medicine system covers the therapeutics of aromatherapy in massage and in other clinical conditions [1,2]. Now, in the current scenario, the modern use of aromatherapy is widely distributed all over the world. This approach now reaches the

Dysmenorrhea, painful menstruation is a very common medical condition in young to middle aged females. Aromatherapy is also effective in the relief of symptoms of dysmenorrhea. One research has been performed on Turkish students. The study evaluated the efficacy of aromatherapy on

dysmenorrhea. They used Lavender oil against placebo by massage therapy and found successful results in pain reduction [6]. A randomized control trial was performed on aromatherapy for the treatment of postoperative nausea. The researchers found significant reduction of postoperative nausea after the use of aromatherapy essential oils i.e. ginger oil, a blend of ginger, spearmint, peppermint, cardamom oil and isopropyl alcohol [7].

In postpartum women, a level of depression and anxiety is clinically reported. A pilot study has been performed in which the clinical effects of aromatherapy for anxiety and depression in the high-risk postpartum women were evaluated. The purpose of this study was to provide the complementary therapy tool for healthcare practitioners. A blend of rose otto and at 2% dilution was used in all treatments. The researchers used both techniques of aromatherapy hand m' technique and inhalation. The study was performed on 28 women postpartum of 0-18 months. This study evaluated the positive and successful findings in terms of anxiety and depression in high risk postpartum women [8].

DISCUSSION AND CONCLUSION

Aromatherapy is the science of aromas which has now developed into a fully formed tree. Aromatherapy is now-a-day used in various diseases for e.g. in anxiety and depression, the use of lavender oil is very much beneficial. Lavender oil is also effective in dementia it provides sound sleep and reduces anxiety in critical care patients. Use of aromatherapy in nausea and vomiting after surgery is also found effective. Aromatherapy provides relief in pain as it is also effective in dysmenorrhea. Furthermore advancements are necessary for the development of aromatherapy. Need of novel essential oils in the treatment of more advanced diseases are required since their use shows minimal risk in the treatment.

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Author's Contribution

MK: Conception or design of the work

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