



Review Article

AROMATHERAPY FOR STRESS RELIEVE

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ABSTRACT

Most people work a 48 hour week so we can estimate that we typically spend almost about 3,000 hours at work each year. And many people work even more than this. Our jobs are often very stressful and stress is a known trigger for many common ailments and diseases. Mood and sleep disturbances, upset stomach, headaches and disturbed relationships with family and friends are examples of stress related problems that are quick to develop. Before you think about stress reduction, start by identifying the particular stresses in your work and the effect they have on you. What, specifically, is it about your work situation that makes you feel anxious, angry, frustrated, burned out, depressed, etc this question is unknown. For this aromatherapy enhance your mood and encourage a sense of general wellbeing. And if that's not enough for you, aromatherapy has also been shown to relieve minor pains and discomfort and to boost the circulation and the immune system.

Keywords: stressful, pains and discomfort, Mood and sleep disturbances, aromatherapy.

INTRODUCTION

The origin of Aromatherapy cannot be traced to any particular era or civilization. But the virtues of fragrance were known even in the earliest civilizations. In India and Egypt the art of distillation of essential oils were known as early as 1500 B.C. There are many legends that arise from nearly every land that proclaim the sanctity of one fragrance or another.

The Aroma - Therapist adopts the virtue of the fragrance of natural substances, extracts it into oil or synthetically reproduces it, and uses it for healing and health maintenance. In other words, the aim of the Aroma therapist is to capture the effects of the scents of the world-both conscious and unconscious and to blend them together in such a way that their effect is directed to a specific purpose. This therapy is used not only for the treatment of physical illnesses but also used to improve the mental and even the spiritual conditions as well. Aromatherapy is a generic term that refers to any of the various traditions that make use of

essential oils sometimes in combination with other alternative medical practices and spiritual beliefs. Popular use of these products includes massaging products, medicine, or any topical application that incorporates the use of essential oils to their products. It has a particularly Western currency and persuasion. Medical treatment involving aromatic compounds may exist outside of the West, but may or may not be included in the term 'aromatherapy' [1]

Aromatherapy is a holistic healing process for the body and mind with the use of fragrances. The basis of this therapy lies in the essential oils contained in plant materials. These can be found in leaves, flowers, roots, seeds, bark and resin. These oils are highly concentrated and when extracted, can either be used in a pure form or diluted and blended with other oils to produce the required strength. Essential oils are medicinal and fragrant and travel through the blood stream reacting with hormones and enzymes. When the fragrance is inhaled the nerve ends in the nose transmit pleasurable

signals to the brain which reacts to the positive power of the fragrant aroma inducing pleasant memories, restoring emotional balance and encouraging relaxation and energisation. Many of these fragrant oils have antiseptic and antitoxic qualities and often act as an antidote to viral infections, inflammations, aches and pains. [2]. The name "aromatherapy" is actually a little misleading, because it implies that the "aroma" of essential oils is the primary healing agent. Actually, essential oils can be used in many different ways: "The real beauty of aromatherapy is that the essences work on a cellular and physical level, and also in the emotional, intellectual, spiritual, and aesthetic areas of your life" It's difficult to pinpoint the official "start date" of aromatherapy, because plants and their essential oils have been used for their therapeutic properties for centuries. "Anthropologists speculate that primitive perfumery began with the burning of gums and resins for incense....From 8000 to 4000 BC, the fatty oils of olive and sesame are thought to have been combined with fragrant plants to create the original Neolithic ointments" (Keville & Green, pg. Today, the word "aromatherapy" can be found in just about any health food store and in many supermarkets and retail stores, as well. A "buzz word" for our times, it is often attached to items like scented candles, room fresheners, bath salts, and other household and personal care items. While this certainly increases the general public's awareness of aromatherapy, it very arguably "dumbs down" the healing modality, in essence using the label as a sellable fad rather than portraying it as a dynamic and viable alternative healing technique. Indeed, this is one of the things with which trained Aroma therapists must contend as they practice their craft in an ever commercializing world. [3, 4]

Stress..... Pardon?

I often get asked "What is stress", "What causes stress?", and my favorite, "What's the definition of stress?" That last one is usually asked by someone who likes to figure things out. If they can just get a solid scientific definition of stress, they'll be able to figure it out. Whenever I get asked these questions about "what is stress? I usually don't answer them. Instead I ask a question of my own. One which I've found very reliable in helping someone determine if they are stressed or not. When the people was stressed. Aromatherapy can be a tremendous help in stress relief. We

are all faced with stress at some point in our lives. Controlling it is crucial to your overall health and well being. Stress lowers your resistance and makes you more vulnerable to illness and disease. It can also be mentally crippling. Aromatherapy is a technique that uses the body's sense of smell to help boost your mood, relieve stress, energize and encourage better health. [5]

How to deal with Stress - It is much easier than trying to figure out if you are stressed or not. Once the problem is honestly recognized you are on your way to overcoming it. Here are a few options.

1. Medication: Personally I favor natural approaches to just about everything. The more natural, the better. At the same time, I recognize that there are situations in many of our lives that might require more drastic short term approaches. If the stress in your life is seriously affecting your health or you are deeply depressed and you really need some short term help, talk to your doctor about it. At the same time explore other approaches as well and try to gradually build them into your lifestyle.

2. Natural Approaches: In the long run, if you want to become healthy and live a vibrant stress free life, you will need to learn natural approaches and have come to the right website for information about them. Look around here and explore the pages and articles on meditation, yoga, relaxation techniques, and other resources.

Contracting with stress effectively in the long term requires three important steps that will need to be taken. Read them and remember that even holistic approaches will provide nothing more than a temporary fix unless they are accompanied by a process that will effectively address the source of your stress. This takes time, so be patient and start today.

Before you think about stress reduction, start by identifying the particular stresses in your work and the effect they have on you. What, specifically, is it about your work situation that makes you feel anxious, angry, frustrated, burned out, depressed, etc? Do you have a difficult boss or co-worker? Do you have too much work and not enough time to do it? When you come up with your list of stressors, address them one at a time. Managing stress is a slow and measured process that should take place over time and not all at once. Take stock of the situation and make a note of the things that

are causing you the most concern. Look at things that you can do, or ask for support that will ease the situation, no matter how small. Set some achievable goals towards removing the problem. Think back to some similar situations you have overcome and apply these lessons. A common reaction to a stressful situation is to try to escape, at least temporarily, by taking a coffee break or a quick smoke. But this only adds to the toxins in your body and does not attempt to deal with the underlying causes. A more effective response is to confront the tasks that cause you stress. Develop healthy habits one day at a time. Take a short walk in the morning, eat regularly, take time over your meals, and keep in touch with your mind and body.

Aromatherapy is today widely practised in the home, but it can also be used in the office, where it can be used to combat stress at its source.

The Aroma Stress Buster

The Aroma Stress Buster is a novel aromatherapy dispenser that has been specifically designed for use in the work place. Using only 100% natural pure essential oils, this innovative aromatherapy diffuser is small and compact, sits on the top of your computer monitor (and so doesn't take up desk space or require an electric socket) and releases stress-relieving aromas only into your personal space. The Aroma Stress Buster is now available in an exciting new range of colours and designs, and with an extended range of pure natural

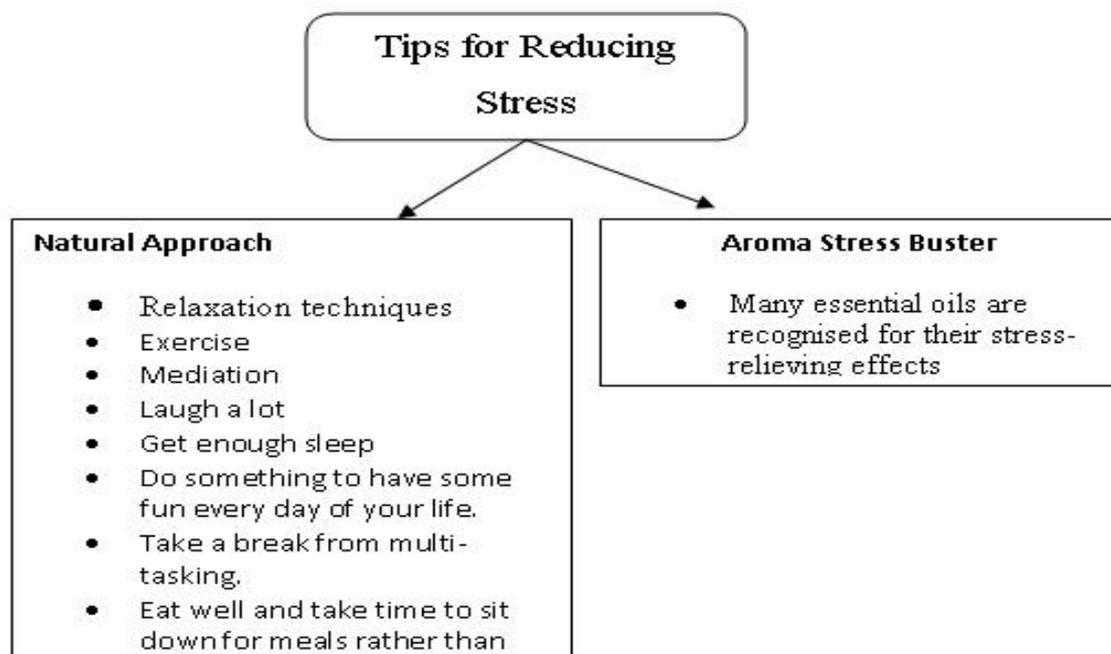


Figure 1: Tips for reducing stress

A natural approach

Although there are many ways of relieving stress outside the office, only a few techniques are suitable for use in the workplace. For example, relaxation techniques, such as exercise and meditation, are often impractical during day-to-day working life. One method that can be used in a work environment is aromatherapy (the therapeutic use of essential oils extracted from plants). Many essential oils are recognised for their stress-relieving effects, and can help aid concentration and focus, and improve productivity and mood.

essential oils. A colourful way of enhancing any working environment, the Aroma Stress Buster provides totally natural and immediate stress relief through the aromas of pure natural essential oils.

Aromatherapy for Stress Relief at Work

There are many studies have been done on the relationship between job stress and a variety of ailments. Mood and sleep disturbances, upset stomach, headaches and disturbed relationships with family and friends are examples of stress

related problems that are quick to develop. While aromatherapy isn't the magic 'cure-all' that it's sometimes made out to be, it does appear to have proven effects as a stress reliever. Aromatherapy is a nice tool for stress relief because it has few (if any) known side effects, can be used passively (you can fill the room with scent while you attend to other activities, relieving stress in the process), and can be easily combined with other stress relievers (like massage or meditation, for example), for increased stress relief. Aromatherapy products are also widely available, making aromatherapy a convenient option. [6, 7]

of our ancestors. Even today's allopathic medicines still look to Nature, which was and remains the principal inspiration for the treatment of disease. Whether the distilled extract of slippery elm barks into aspirin, of the scent of lavender to reduce stress, plants are the basic healing substance. Aromatherapy, unlike orthodox medicine, aims to offer the therapeutic properties of a plant's essence in its whole, full, integrated state. This honours and approaches the client as a whole, full, integrated example of humanity and widens the scope of treatment beyond just the physical. Yoga too holds an appreciation for the human as a complicated and

Table 1: Essential oils which relive stress

S.No.	Name of Essential Oil to Relive Stress	Uses
1	Cedarwood Atlas oils	Relieve acne, bronchitis, anxiety, forgetfulness, catarrh, dandruff, oily skin, eczema, cystitis, cellulite, hair loss, skin disorders, ulcers, rheumatism, stress,
2	Cinnamon bark oils	Anti-fungi, to fight colds, flu, chills, and related illnesses
3	Lavender essential oil	Use for nervous system, relaxes the body, remove stress, depression, tension and excess energy.
4	Sandalwood essential oil	Use for meditation, promotes restful sleep, stimulates immune system response, reduces stress
5	Clary sage essential oil	Calms the nerves and reduces stress.
6	Geranium essential oil	Anti-depressant oil, acts as a tonic to the nervous system that reduces tension and stress. Avoid using during pregnancy
7	Ylang ylang essential oil	Eases anxiety, reduces feelings of depression, diminishes feelings of panic and fear
8	Jasmine oil	Helps lift depression and is very calming and soothing.
9	Rose oil	Heals the heart energy, and will be effective in treating all types of stress-related conditions.
10	Vetiver oil	Makes effective, deeply relaxing massage oil, beneficial for all effects of stress.
11	Neroli oil	Calming, relaxing and uplifting.
12	Bergamot oil	Antidepressant, Antiseptic, Balancing, Uplifting
13	Cypress oil	Excellent varicose veins due to its vasoconstricting effect
14	Eucalyptus oil	Analgesic (pain relieving), Antiseptic, Expectorant (clears out mucus), Stimulant
15	Basil oil	Strengthens the nervous system and relieves mental fatigue.
16	Camomile (Roman) oil	Helps with feelings of frustration and anger; it is soothing to both mind and body and is also an anti-depressant.

Technique for use of aromatherapy for stress

Aromatherapy can be convenient, especially for busy people who need something quick. Here are some ideas for aromatherapy use:

•Aromatherapy applications for yoga practice

The physical therapeutic benefits of Aromatherapy have come to us down the years from the aromatic plant medicines

complete expression of a larger whole. Through physical postures, breath-work, meditation, diet, spiritual ritual and practices, and reflective exercises, a unique approach for each person can be found to maintain or recapture the fullness their individual bodily manifestation of the Source. In the philosophical teachings of Yoga there are many pointers to the theory of holism, the idea that parts of a whole are in

interconnected to such a degree that they cannot exist independently of the whole, and cannot be understood without reference to the whole, which is thus regarded as greater than the sum of its parts. Yoga is an ancient and yet evolving tradition. Beginning in India some 5000 years ago, it contains a myriad of ways for practitioners to find an optimal balance in their life and as to produce health and well-being in all the different levels of human existence. The Yogi systems see no division between body, mind, feeling, and soul and in working towards a healthy state may utilize any of the various aspects as a gateway towards increased welfare. In Yoga exists the understanding that the experience of each individual is greater than any generalized idea of a situation. In this way the personal results stemming from each person's relationship with the many approaches to Yoga are all correct and valid, the key is in finding a doorway through which the practitioner can pass not in spite of where they are in their life but because of it.

• Candles

Get some aromatherapy candles and let them burn. (The candles, like incense, can also be used to create a more soothing atmosphere, or as a focal point for meditation. However, they may be more practical because they don't give off as much smoke.) Be sure that you get quality candles that give off a scent that's potent enough to be smelled around the room.

• Diffusers

Aromatherapy diffusers take essential oils and spread them through the air. This can be with the help of a candle or with batteries if you want to avoid the fire. This is another convenient method of creating a soothing atmosphere.

• Body product

I like aromatherapy body products because they create a scent that follows you, but can't necessarily be smelled by others (unless they're very close, in which case they probably won't mind). You can rub aromatherapy lotion all over your skin, or dab a few drops of skin-safe essential oils on pulse points and enjoy the scent for hours.

• Aromatherapy Massage

Aromatherapy combined with massage carried greater benefits than either strategy by itself. If you're lucky enough to have someone who will trade aromatherapy massages

with you, this can be a wonderful and cheap strategy for stress relief. If not, paying for a massage from a professional can be worth the money!

• **Aromatherapy Meditation:** Aromatherapy can enhance the relaxation benefits of meditation, providing a focal point (as with incense meditation), and offering the passive stress relief benefits of aromatherapy. Even a five-minute meditation can bring benefits. (Try the Aromatherapy Incense Meditation or the Aromatherapy Bath Meditation.) [8, 9, 10]

BENEFITS OF AROMATHERAPY

The benefits of aromatherapy have been well documented, and there are lots of them. Aside from encouraging relaxation and helping to alleviate stress, aromatherapy can also enhance your mood and encourage a sense of general wellbeing. And if that's not enough for you, aromatherapy has also been shown to relieve minor pains and discomfort and to boost the circulation and the immune system. Additional benefits include improved sleep, relief of menstrual cramps, improved digestion and the relief of tension headaches.

Working of Aroma Therapy

Unlike some more traditional stress relievers, a degree in bio-chemistry is not required in order to understand how aromatherapy works! The secret lies in the way in which the body processes different smells. As the scent of the essential oil (a natural plant oil) is inhaled, it passes over the olfactory nerves inside the nose. As a result of this, signals are sent to the part of the brain that deals primarily with mood and memories. The stimulation of this area (known as the Limbic System) causes the release of "feel-good" chemicals known as endorphins. It is this endorphin release that brings about the many benefits (and happy times) associated with aromatherapy. The essential oils are most commonly applied during massage, but can also be added to bath water or inhaled. Inhalation of essential oils is not suitable for people who are asthmatic. [12, 13]

CONCLUSION

Aromatherapy incorporates essential oil to deliver a therapeutic solution. There is little you can do to release stress that is as reliable, affordable, and effective as using aromatherapy essential oils. The solutions have been used throughout the years by Egyptians, Russians, Spain, Brazil, Europe, Canadians, French, Germany, India, etc. The

essential oils are claimed to relieve stress, anxiety, nervous tension, and related symptoms. The oils include the scented and essential oils. Online you can find a variety of the oils. The oils each have its purpose for healing the body and mind. Before using the oils be, sure to read all available instructions before using.

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