

## Aromatherapy Importance as a Complementary Treatment for a Huge Range of Disorders

Mark Rutherford\*

Department of Natural Medicine, University of Wrocław, Wrocław, Poland

### DESCRIPTION

Aromatherapy is the use of volatile plant oils, such as essential oils, for psychological and physical well-being. When handled carefully and safely, essential oils, or the pure essence of a plant, have been discovered to bring both psychological and physical advantages. Over 90 essential oils are listed in the essential oil profiles category. Aromatherapy also makes use of absolutes, CO<sub>2</sub>, and hydrosols. Although essential oils, CO<sub>2</sub> extracts, and absolutes are all distilled in different ways, the word essential oil is occasionally used as a catch-all for all natural, fragrant, volatile plant oils, including CO<sub>2</sub> and absolutes. Complementary (or alternative) therapies are common treatments for a variety of health conditions. Complementary medicine use is a significant and rising aspect of healthcare behavior in Europe, Australia, and North America, according to data. Aromatherapy is a popular supplementary therapy used by nurses and other healthcare workers in hospitals, care centers, and communities.

By using pure essential oils from fragrant plants like lavender (*Lavandula angustifolia*), lemon balm (*Melissa officinalis*), peppermint, sweet marjoram, and rose, aromatherapy, a subfield of phytotherapy (the use of whole plants or parts of plants for medicinal purposes), aims to relieve health problems and enhance quality of life. According to the definition, essential oils are "very aromatic essences derived from plants by distillation, which readily evaporate." They can be vaporized and exclusively supplied by inhalation, or they can be applied directly to the skin. There are many distinct types of essential oils, each having a reportedly unique set of properties. These are said to include the improvement of sleep and relaxation, pain management, agitation reduction, and depression symptoms reduction. For those for whom conventional medicine is believed to be of only marginal benefit, aromatherapy may be especially useful as an intervention. Aromatherapy has been used to treat the behavioral

and psychological symptoms of dementia, aiming to, for instance, lessen disruptive behavior, induce sleep, and improve motivated behavior. When used by trained professionals, essential oils chosen for aromatherapy have been shown to have extremely low toxicity profiles and to be safer than traditional pharmacological medications. However, popularly accepted beliefs on the safety of aromatherapy have come under criticism. Aromatherapy has the potential to have negative consequences, some of which are severe, according to a study of published case reports and case series, although the frequency of these effects is unclear.

Pharmaceutical drugs are largely standardized, however different producers use different extraction methods for essential oils. The content and concentration of elements can also be influenced by other factors, such as agricultural, storage, and processing factors.

However, there are well-established procedures for quality control, and some producers create standardized extracts to achieve consistency within the manufacturer, similar to pharmaceutical quality. Each person's individual "dosage" is additionally influenced by the distribution method, oil volume, temperature, room size, and air velocity. Therefore, complete therapy standardization is challenging to attain.

The essential oils used in aromatherapy are often applied topically or diffused using electric vaporizers and diffusers. As the oil evaporates, the scent stimulates the sense of smell. The employed fragrances are typically thought to be pleasant; therefore the first result might be a positive emotional reaction. Olfactory sensations have also been proposed as a potential tool for activating implicit memories. Although degradation of explicit memory is a characteristic sign of dementia, there is evidence that persons with the condition may still have intact implicit memory. An emotional response based on the individual's prior experiences could be part of the implicit memory.

---

**Correspondence to:** Mark Rutherford, Department of Natural Medicine, University of Wrocław, Wrocław, Poland, E-mail: markrutherford@edu.pl

**Received:** 25-Oct-2022, Manuscript No. MAP-22-18441; **Editor assigned:** 28-Oct-2022, PreQC No. MAP-22-18441 (PQ); **Reviewed:** 11-Nov-2022, QC No. MAP-22-18441; **Revised:** 21-Nov-2022, Manuscript No. MAP-22-18441 (R); **Published:** 30-Nov-2022, DOI: 10.35248/2167-0412.22.11.443

**Citation:** Rutherford M (2022) Aromatherapy Importance as a Complementary Treatment for a Huge Range of Disorders. *Med Aromat Plant*. 11:443.

**Copyright:** © 2022 Rutherford M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

---