

## Editorial Note on Importance of Essential Oils

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### EDITORIAL NOTE

Essential oil (EO) is a concentrated hydrophobic liquid extracted from plants by steam distillation, solvent extraction, maceration, or mechanical processing. The essential term indicates that the oil has a distinct (essence) fragrance, that of the plant. Essential oils are part of the immune system of the plant. Essential oils are used in almost every field of life and because of these characteristics; the market of essential oils is growing rapidly. Essential Oil has been widely used for perfumes, cosmetics, soaps, and other products for flavoring food and drink. Recently, many scientists have paid attention to the medical use of Essential Oils. Essential oils are highly concentrated volatile substances extracted from various parts of certain plant species, each with specific therapeutical and energetic effects [1].

Oils are extracted from the leaves, petals, stems, seeds, and even the roots of the plants. Numerous compounds that make up essential oils have been identified. Only the mint oil has no more than 200 different components.

Many researches have announced the antibacterial, antifungal, anti-parasitic, and antiviral activities of EO's and their parts. Another promising utilization of EO is as a Natural pesticide. Many plant EO's and their components have been reported for to show antifungal, nematicidal, and insecticidal activities against plant pathogenic organisms, plant parasitic nematodes, and plant bug bothers. The use of EO's as green pesticides instead of synthetic pesticides has biological advantages. Plant Essential Oil are complex mixtures of mono and sesquiterpenes and related phenylpropenes. The fundamental constituents can be utilized as active ingredients in pesticides.

One of the major emerging technologies is the extraction of essential oils from several plant organs and their application to foods. Essential oils are a good source of several bioactive compounds, which possess an aromatherapy and act as antioxidant, antimicrobial, antifungal, pain relievers, anxiety, and depression. The chromatographic and the spectroscopic techniques fully changed the chemical analysis of the essential oils. The chemical composition of the essential oils was studied with the help of IR-spectroscopy, UV-Vis spectroscopy, gas chromatography, NMR spectroscopy.

Essential oils are widely used in perfumes, personal hygiene products, and in aromatherapy including the inhalation, massage, masking agent to avoid the unpleasant odour in the textile industries, paint and plastic industries, and pharmaceuticals formulations. Essential oils have real therapeutic properties cure certain diseases and protect against diseases and also have scientifically proven cosmetic properties. There are essential oils that have antibiotic properties-thyme oil, oregano oil and tea tree oil. Essential oils are free from contraindications and adverse effects that can often complicate some health problems. Medicinal and aromatic plants are extensively used as natural organic compounds and as medicines [2].

Essential oils play a key role in treating the dermatological issues including the rashes, acne, hives, eczema, and psoriasis which made the essential oil suitable for the skin treatment care products that enhance the growth of skin industry.

### Some major essential oils and their applications

The essential oil of bergamot obtained from the peel of the *Citrus bergamia* used in flavoring in Earl Grey tea and in treating skin diseases.

*Eucalyptus* essential oil obtained from the *Eucalyptus globulus* has a mint-like fragrance, used for the treatment of the flu and cold cough.

Rosemary essential oil is obtained from the evergreen shrub of *Rosmarinus officinalis*, which has the extraordinary healing potential in its natural oil.

Tea tree essential oil is obtained from the leaves and stem of *Melaleuca alternifolia*, which act as an antimicrobial agent, treating antifungal infections, and cleansing wounds [3].

In the field of health, essential oils are used more frequently and are mostly applied to the external body parts, which relieve the pain. In the field of fragrance, essential oils are used in the perfume industry and due to attractive odour. It is used worldwide and due to their better usage, the world essential oil market is growing rapidly and getting more significance day by day.

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Received date: July 25, 2020; Accepted date: July 27, 2020; Published date: July 31, 2020

Citation: Sindhu Sri M (2020) Editorial Note on Importance of Essential Oils. Med Aromat Plants (Los Angeles) 9: e182. doi: 10.35248/2167-0412.20.9.e182.

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