



Aromatherapy Massage- An Aristocratic method of Treatment

*Dr. Afshan Sayed¹, Dr. Sadequa Parveen Abul Irfan Ansari², Dr. Ansari Shadiya Tahseen Sajjad³,
Dr. Amjad S. Khan⁴, Dr. Jameel Abbas⁵

¹ Lecturer, Dept. of Ilaj bit Tadbeer, Yunus Fazlani Medical Collage and Hospital, Kunjkheda, Aurangabad.

² Lecturer, Dept. of Tahaffuzi wa samaji Tib, Yunus Fazlani Medical Collage, Kunjkheda, Aurangabad.

³ Associate Professor, Dept. of Ilmum Qabalat wa Amraze Niswan, Yunus Fazlani Medical Collage and Hospital, Kunjkheda, Aurangabad.

⁴ Assistant Professor, Dept. of Ilaj bit Tadbeer, Iqra Unani medical college and Medical Center, Jalgaon.

⁵ Associate Professor, Dept. of Pharmaceutics, Kohinoor Institute of Pharmacy, Khuldabad, Aurangabad

ABSTRACT

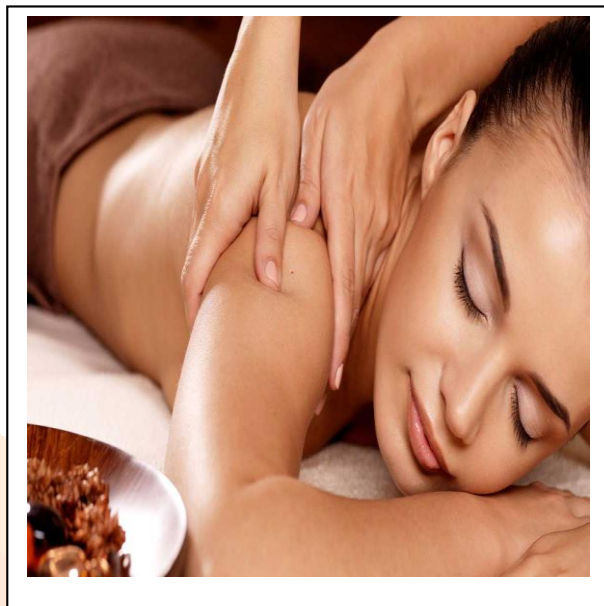
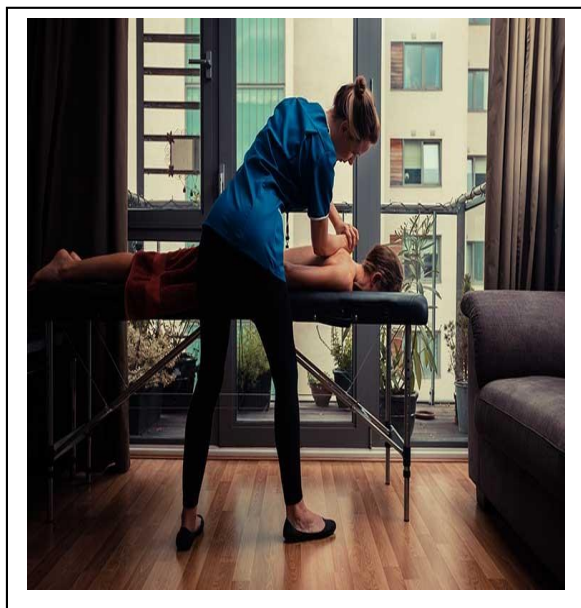
Aromatherapy is one of the most actively growing forms of alternative medicines that use essential oils and aromatic plant compounds combining massage together with counselling and nice odour. Aromatherapy using essential oils can help to relieve stress and anxiety symptoms, which may help improve sleep indirectly. A study found aromatherapy improved both depression and anxiety in a group of post - partum women. Aromatherapy can do more than soothe your mind. Scientific studies show that aromatherapy – inhaling or absorbing aromatic plants extracts also may help soothe your body and relieve pain. Studies have shown that essential oils have an effect on brain waves and also alter behavior. It is possible that most of the effect of the oils is probably transmitted through the brain via the olfactory system. Used professionally and safely, aromatherapy can be of great benefit as an adjunct to conventional medicine or used simply as an alternative.

KEYWORDS: Aromatherapy, History and background, Drugs used in Aromatherapy,

1. Introduction of Aromatherapy:

Aromatherapy is based on the usage of aromatic materials, including essential oils, and other aroma compounds, with claims for improving psychological or physical well-being. It is offered as a complementary therapy or as a form of alternative medicine, the first meaning alongside standard treatments, the second instead of conventional, evidence-based treatments.

Aromatherapists, people who specialize in the practice of aromatherapy, utilize blends of supposedly therapeutic essential oils that can be used as topical application, massage, inhalation or water immersion. There is no good medical evidence that aromatherapy can either prevent, treat, or cure any disease. Placebo-controlled trials are difficult to design, as the point of aromatherapy is the smell of the products. There is disputed evidence that it may be effective in combating postoperative nausea and vomiting.



2. History of Aromatherapy

Fig. 1 Aromatherapy massage –An Effective Treatment for various

Fig. 2 Aromatherapy–An Effective Treatment for Female Beautification.

The use of essential oils for therapeutic, spiritual, hygienic and ritualistic purposes goes back to ancient civilizations including the Indians, Chinese, Egyptians, Greeks, and Romans who used them in cosmetics, perfumes and drugs. Oils were used for aesthetic pleasure and in the beauty industry. They were a luxury item and a means of payment. It was believed the essential oils increased the shelf life of wine and improved the taste of food. The Greeks also played a role in the history of aromatherapy. Megallus, a Greek perfumer, developed a fragrance he called megaleion, which consisted of myrrh. The “father of medicine” Hippocrates is said to have practiced aromatherapy (before it was dubbed so) for healing purposes. Greek mythology claims the gods were gifted with the knowledge of perfume and fragrance.

Little is known about the history of aromatherapy, or where it originated specifically, but the Egyptians are credited with developing one of the first distillation machines to extract oils from certain plants -- cedarwood, clove, cinnamon, to name a few -- which were used to embalm the dead. The practice of using infused aromatic oils as a mood enhancer, however, is thought to have root in china.

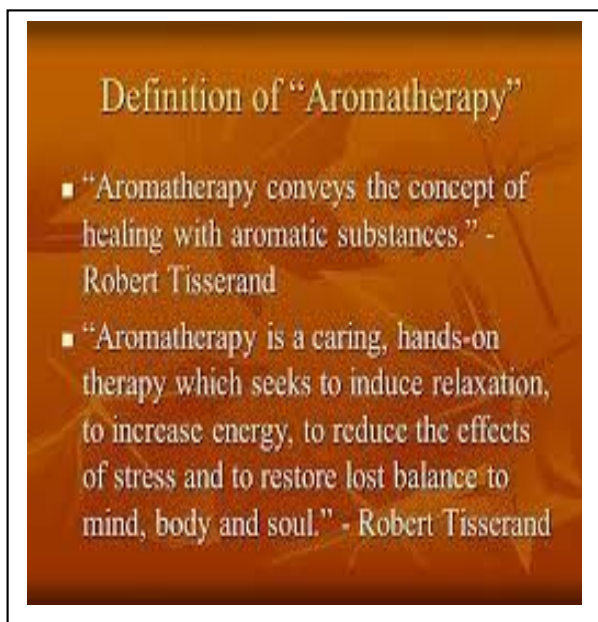


Fig. 3 Concept of Aromatherapy- Robert Tisserand

AROMATHERAPY VERSUS SWEDISH MASSAGE	
AROMATHERAPY	SWEDISH MASSAGE
Aromatherapy is a form of massage that uses aromatic plant extracts and essential oils	Swedish massage is a relaxing and soothing massage therapy that has Swedish origins
Always uses essential oils	Does not necessarily use essential oils
May sometimes include even gentler motions	A gentle and soothing massage
Mostly provides mental benefits, like improved memory, less stress, etc.	Has both mental and physical benefits, like release stress, relieve pain, and release muscle knots
	Visit www.PEDIAA.com

Fig. 4 Difference between Aromatherapy and Swedish massage

The actual term "aromatherapy" first originated in 1937 when French chemist Rene-Maurice Gattefosse invented the word after a burn incident spurred his curiosity about the healing power of essential oils. On the heels of Gattefosse's "discovery" that lavender oil helped to cure his burn, French surgeon Jean Valnet used essential oils to help heal soldiers' wounds in World War II, proving the medical benefits of aromatherapy.

Oils are described by Dioscorides, along with beliefs of the time regarding their healing properties, in his *De Materia Medica*, written in the first century. Distilled essential oils have been employed as medicines since the eleventh century, when Avicenna isolated essential oils using steam distillation.

In the era of modern medicine, the naming of this treatment first appeared in print in 1937 in a French book on the subject: *Aromathérapie: Les Huiles Essentielles, Hormones Végétales* by René-Maurice Gattefossé, a chemist. An English version was published in 1993. In 1910, Gattefossé burned a hand very badly and later claimed he treated it effectively with lavender oil. A French surgeon, Jean Valnet, pioneered the medicinal uses of essential oils, which he used as antiseptics in the treatment of wounded soldiers during World War II.

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils into a massage. The massage involves alternating between gentle and harder pressure while using a specific blend of essential oils. The essential oils are diluted before use and are applied along with lotion during the massage. Not only is the client's body benefiting with the direct contact with the essential oils, but the oils are alleged to have specific healing properties upon inhaling after exposure. Sometimes, therapists even go as far as having clients inhale the oils through a diffuser and not only through mild exposure.

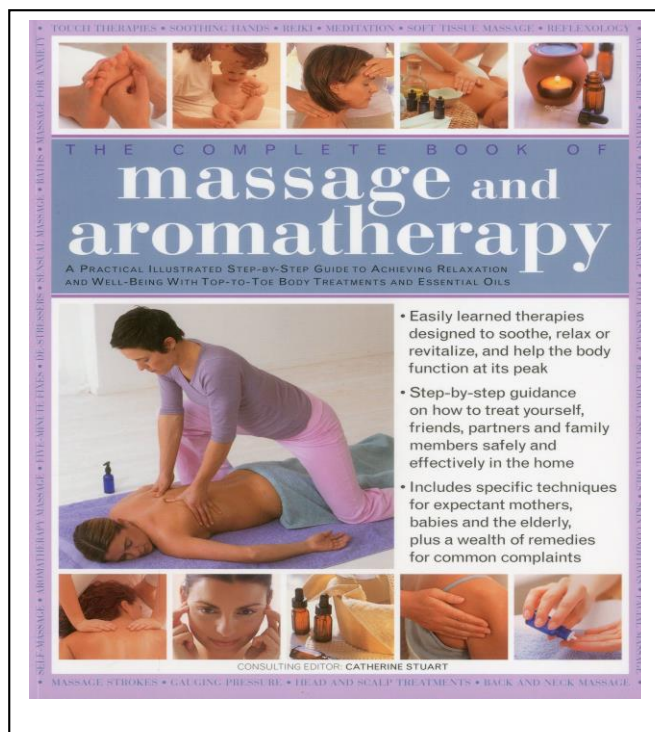


Fig. 5 Concept of massage and Aromatherapy



Fig. 6 Alovera used as massage oil in Aromatherapy

Aromatherapy is the use of essential oils for certain benefits. Examples include lavender, orange and bergamot, and eucalyptus. These “aromas” are all plant-based derivatives from herbs, tree extracts, and flowers. Essential oils are extremely concentrated so to be used correctly they should be diluted into milder oils, humidifiers, or lotions. The overall purpose of aromatherapy is meant to improve your physical and mental well-being. More consumers are testing out essential oil products than ever before by diffusing them at home or diluting them for skin usage.

Traditional Indian system of medicine called Ayurveda, has been incorporating essential oils into their healing traditions for at least 3000 years. Ancient Ayurvedic literature includes over 700 medicinal plants including cinnamon, ginger, myrrh and sandalwood as effective for healing. The purpose of aromatic plants and oils were not only for medicinal purposes, but were honored as a part of nature and played role to the spiritual and philosophical outlook in this part of the world.

3. Benefits of Aromatherapy

Aroma therapeutic massage not only has the client leaving with a full body massage, but they also allegedly provide emotional healing and relaxation. The benefits are on a long list that also include a few of the same benefits of any other massage. Below are a few of the general benefits of a massage that incorporates aromatherapy:

- ❖ Stress reducing
- ❖ Anxiety reliever
- ❖ Increased calmness and relaxation
- ❖ Decrease in muscle tension
- ❖ Pain relief
- ❖ A reduction of symptoms of depression
- ❖ Ease of pain from various conditions listed below:
 - a. Fibromyalgia
 - b. Chronic lower back pain
 - c. Myofascial pain syndrome
 - d. Arthritis
 - e. Insomnia relief
 - f. Temporomandibular joint dysfunction
 - g. Peripheral neuropathy
 - h. Polymyalgia rheumatica
 - i. Premenstrual dysphoric disorder
 - j. Premenstrual syndrome
 - k. Rheumatoid arthritis



Fig. 7 Health benefits of Aromatherapy

4. The Specifics of Aromatherapy

As you can see above, the **benefits of aromatherapy** are fruitful. As you may know, there are many different essential oils that correlate to many different healing paths so it's up to you to communicate with your therapist to decide what oils are best for you to use. If you are someone who has trouble sleeping or need to relax, something like lavender would most likely applied to your session. If you for are suffering from emotional distress, maybe rosemary or rose will be applied. Below are some of the different type's essential oils and their healing properties.

A. Muscle Tone

Many clients look for assistance in muscle tone and body work. Essential oils such as Marjoram and Balsam Fir will help that department. Lemongrass and White Fir, which reduces inflammation, also can aide muscle tone. An essential oil that may reduce scar tissue and work well for reduces acute bone and muscle pain is Helichrysum.

B. Joint Pain

Joint pain and strain is a common issue with many who indulge in more physical activity whether it be work or fun. Joint issues also arise in many of older age therefore, people are always looking for relief with joint pain and that's when essential oils can come in handy. Wintergreen is a known oil that can ease the tension in joints. Birch, it's more expensive sister, is also supposed to have the same healing properties. Cajuput oil is believed to aide in stiffness whilst Roman Chamomile and Spruce help with inflammation and aching.

C. Connective Tissue:

Connective Tissue is what binds and connects our body parts together. Sometimes, people may run into issues with their connective tissue whether it be from a chronic condition or an abrupt onset of symptoms, it is important to make sure you are taking the time to heal them. Lemongrass is widely used specifically in relation to working on ligaments. German chamomile is also alleged to show signs of improvement in connective tissue problems.

D. Neuromuscular & Neuralgia:

Neuromuscular issues are related to nerve and muscle relations whilst neuralgia is pain solely related to some sort of nerve damage or inflammation. Below is a list of a few of the essential oils that may ease pain related to these conditions?

- ❖ Roman Chamomile
- ❖ Tarragon
- ❖ Geranium
- ❖ Cypress
- ❖ Helichrysum
- ❖ Cedarwood
- ❖ Eucalyptus
- ❖ Juniper
- ❖ Pine

The process of aromatherapy is just like any other massage. After scheduling an appointment with your therapist, you will then discuss any issues you have or what you need to work on (only if this was not discussed prior). Then after you let the therapist know what type of condition you have or what specific oils you would like they will then give you your options. If a client isn't requesting a massage to heal any nerves, muscles, or joints, they can ask for a more general request such as an energizing, uplifting, relaxing, or decongesting massage. Once you choose your oils, the therapist will give you time to un-robe and situate. Then your experience will begin. In terms of the research that backs the science of essential oils; it is conflicting. There is clear evidence of essential oils aiding people in their healing process, but there is no clear research that shows how essential oils directly correlate to that healing process.

Here are the facts:

- ❖ Essential Oils can make people feel good
- ❖ Aromatherapy is a widely used practice
- ❖ So far the dangers of oils arise only when clients are allergic to them (which is not common)

5. Needs of Aromatherapy.

Aromatherapy has very few precautions attached to it. The main thing to worry about when dabbling in the realm of essential oils is making sure that you are not allergic to any of them. Not only are you inhaling the scent of the oils, but they will be in direct contact with your body and it is not safe to expose yourself to any substances you are allergic to. Other than that, essential oils and aromatherapy massage are holistic methods of healing that does not involve any sort of drugs.

If you are someone who is interested in healing with minimal drug usage, then investing your time in learning about essential oils is an appropriate route to dive into. According to the National Center for Complementary and Integrative Health (NCCIH) T, nearly 7 percent of U.S. adults use massage therapy on a regular basis. Massage therapy itself consists of the manipulation of muscles and lymph nodes through professional pressing and rubbing techniques.

Some types of massages include:

- ❖ Deep tissue
- ❖ Swedish
- ❖ Prenatal
- ❖ hot stone massage

Essential oils can be added on to any type of massage for aromatherapy purposes. Massage therapy has been linked to short-term decrease in physical aches and pains and improved mood. Adding an essential oil for an aromatherapy massage can potentially enhance the effects. For example, if you have aches and pains from depression, then adding a mood-boosting oil like orange could also make you feel better.

Scientific research about the health effects of aromatherapy is mixed or lacking. According to the NCCIH, stimulating oils to boost mood have been found effective in some studies. Examples of these include lemon, orange, and tangerine. However, lavender, though widely considered safe, was found not to affect mood in that same study. Another study looked at the effects of chamomile and massage therapy for anxiety relief. According to the National Cancer Institute (NCI), the results showed a greater decrease in anxiety symptoms after massages with chamomile versus massage without aromatherapy.

Overall, the NCI notes that aromatherapy has shown benefits for the following uses:

- ❖ Anxiety
- ❖ Depression
- ❖ Insomnia
- ❖ Nausea
- ❖ Pain

6. Aromatherapy massage risks

There are generally few risks associated with aromatherapy massage. One consideration is possible sensitivity to the essential oils used during your session. Your massage therapist should always dilute the oil with massage lotion or a carrier oil before applying to the skin. If you're unsure about a particular oil, ask the therapist to diffuse it in the room instead of applying it directly to your skin. Possible symptoms of an allergic reaction to essential oils include:

- ❖ Rash
- ❖ Hives
- ❖ Redness
- ❖ Swelling
- ❖ Itchiness

Another consideration is the lack of regulation over essential oils and essential oil products used in an aromatherapy massage. Since many essential oils are considered cosmetics, the Food and Drug Administration doesn't regulate them for safety and effectiveness.

7. Aromatherapy massage safe during pregnancy.

A prenatal massage itself is generally considered safe. If you have calf pain or a history of blood clots, don't get a massage. If you're looking for an aromatherapy massage while pregnant, speak to a



Fig. 8 Various Essential oil used in Aromatherapy

doctor about which oils may be safe ahead of time. There's concern that essential oils can cross over into the placenta and result in fetal harm. According to the National Association for Holistic Aromatherapy, you should avoid the following essential oils if you're pregnant:

- ❖ Aniseed
- ❖ Basil
- ❖ Birch
- ❖ Parsley
- ❖ Pennyroyal
- ❖ Sage
- ❖ Tarragon
- ❖ Wintergreen

You'll also want to use caution when considering aromatherapy massage for young children.

8. Tips for aromatherapy massage

When signing up for an aromatherapy massage, consider the following tips to make the most of this or any type of massage session:

- ❖ Choose an essential oil based on your needs. For example, you might choose a citrusy scent for boosting your mood, lavender for relaxation, or eucalyptus for pain management.
- ❖ Decide whether you want the oil diffused or applied directly to your skin during your massage. If you have any known sensitivities to a particular oil, it's best to steer clear and choose something else.
- ❖ Don't go to your massage on a full stomach this could cause stomach upset during and after your session.
- ❖ Do drink water before and immediately after your massage and consider having a snack.
- ❖ Take a warm shower after your massage. This helps remove any oils left on your skin.

Your massage therapist is also your first source for questions about an aromatherapy massage experience. They should be able to recommend specific essential oils, and discuss what product and techniques they would use based on your needs. If the therapist doesn't seem confident about aromatherapy massage, they may not have much experience including it in their sessions. Some essential oils can irritate asthma and other breathing problems. When applied to the skin, essential oils made from citrus fruits can make the skin more vulnerable to sunlight. Avoid sun exposure after grapefruit, orange, or other citrus oil is used on your skin.

Also, don't be afraid to speak up during your massage. If something doesn't feel right, let the therapist know. You can also ask them to apply more oils and use more or less pressure at any point. Remember that this is a quiet space, so your therapist won't want to interrupt your experience with questions it's up to you to speak up. You might reap some of the benefits of aromatherapy outside of massage sessions by diffusing essential oils in your own home.

9. Unani Plants Used In Aromatherapy

A. Jasmine

It consist of fresh leaves and flowers of *Jasminum officinale*. Family: Oleaceae. Jasmine has small white flowers, although some species have bright yellow, with long shoots that climb. Typically, each flower will have about four to nine petals, two locules, and one to four ovules, with two stamens and very short filaments. In India, jasmines are cultivated throughout the country but the commercial cultivation is confined to Coimbatore, Madurai, and Dindigul (Tamil Nadu); Bangalore and Maharashtra.

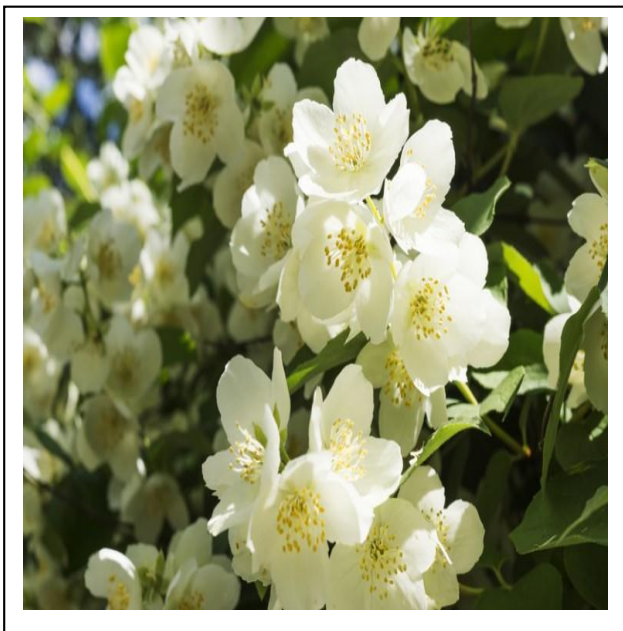


Fig. 9 Jasmine used in Aromatherapy



Therapeutic indications of Jasmine:

Fig. 10 Lavender used Aromatherapy

- ❖ Antidepressant
- ❖ Antiseptic
- ❖ Antispasmodic
- ❖ Cicatrisant
- ❖ Expectorant
- ❖ Emmenagogue
- ❖ Sedative
- ❖ Uterine
- ❖ Antibacterial

Chemical Constituent of Jasmine.

1. It contain volatile oil jasminol and indol.
2. Essence also contain of benzyl acetate, linalool.
3. Ethereal extract from the leaves yield an alkaloid and jasminine.

Uses of Jasmine.

1. Skin disease and wound healing
2. Used for the treatment of arthritis and gout.

In Aromatherapy

1. Relieves Depression
2. Stimulates Sexual Desires
3. Fades Scar Marks
4. Treats Insomnia
5. Emmenagogue
6. Facilitates Lactation.

B. Lavender

It consists of fresh flower of *Lavandula angustifolia*. Lavender is the name given to several species of herbaceous, perennial shrubs in the genus *Lavandula* which are grown as ornamental plants or for essential oil. Lavender plants are small, branching and spreading shrubs with grey-green leaves and long flowering shoots. The flowers are lilac or blue in color. Lavender can grow to 0.4 m (1.3 ft) in height and live for 20–30 years. Native to Spain, France and Italy, *Lavandula angustifolia* is a commercially important and highly aromatic shrub cultivated for its flowers, for the production of essential oil for aromatherapy and medicinal use. In India it is cultivated in Shimla and Himachal region.

Therapeutic indication of Lavender.

- ❖ Reduce anxiety and emotional stress.
- ❖ Protect against diabetes symptoms.
- ❖ Improve brain function.
- ❖ Help to heal burns and wounds.
- ❖ Improve sleep.
- ❖ Restore skin complexion and reduce acne.
- ❖ Slow aging with powerful antioxidants.
- ❖ Relieve pain.

Chemical constituent of Lavender.

1. It contains Monoterpenes: linalool, borneol, isoborneol, nerollanandulol.
2. Terpenes esters: Linalylacetate, geranyl acetate, neryl acetate.
3. Terpenoid oxides: Eucalyptol.

Uses of Lavender.

1. Lavender oil is used in the production of perfume.
2. Used in massage therapy.
3. As an insect repellent.

In Aromatherapy

1. Insomnia or Agitation.
2. Alopecia areata.
3. Inhalation therapy to headache.
4. Skin lesions.

C. Lemon

Lemon peel is the outer part of pericarp of the ripe fruit or nearly ripe of *Citrus limonis*. Family: Rutaceae. The true lemon tree reaches 10 to 20 ft (3-6 m) in height and usually has sharp thorns on the twigs. The alternate leaves, reddish when young, become dark-green above, light-green below;. The mildly fragrant flowers may be solitary or there may be 2 or more clustered in the leaf axils. Buds are reddish; the opened flowers have 4 or 5 petals 3/4 in (2 cm) long, white on the upper surface (inside), purplish beneath (outside), and 20-40 more or less united stamens with yellow anthers. The fruit is oval with a nipple-like protuberance at the apex. In india lemon is cultivated in Andhra Pradesh, Maharashtra, tamil nadu, gujrat, rajasthan, and bihar.

Therapeutic indication of Lemon.

- ❖ Treats Indigestion
- ❖ Treats Fever
- ❖ Dental Care
- ❖ Hair Care
- ❖ Skin Care
- ❖ Cures Burns
- ❖ Internal Bleeding
- ❖ Weight Loss
- ❖ Soothes Respiratory Disorders
- ❖ Treats Cholera

Chemical constituent of Lemon.

1. It contains Volatile oil 2 to 4 percent. Limonine, citral.
2. Other constiuent of the peels are Hesperidin, pectin, Calcium oxalate and bitter substance.

3. Aromatic substances are gerynl acetate.



Fig. 11 Lemon in Aromatherapy



Uses of Lemon.

1. Carminative and stimulant
2. Oil is used as perfuming and flavouring agent.

In Aromatherapy

1. Skin irritation
2. Immunity booster, Mood enhancer.

D. Rose

It consists of woody perennial flowering plant of *Rosa rubiginosa*. Family: Rosaceae. The flower of the rose plant can be different sizes. It may be as small as 1/2 inch across to a diameter of almost 7 inches. The scent of the rose comes from tiny perfume glands on the petals, which can be seen through a powerful microscope. Roses are native to China but are now grown across the world and thrive in sunny, well-drained soil.

Chemical constituent of Rose.

1. It contains the principle chemical component of rose flower is 2-phenylethanol.
2. 1% ethereal oil.
3. It also contains 30-40% geraniol.
4. Also contains small traces of linalool fernesol and citral.

Uses of Rose.

1. Preparation of perfume and cosmetics.
2. Flavouring agents.
3. Lungs treatment.
4. Skin treatment.

5. Pain relief.
6. Astringent.
7. Bactericidal.
8. Aphordisiac

In Aromatherapy

1. Mental stimulant
2. Antidepressent
3. Hedeche and migranes.
4. Relieve anxiety and stress.
5. Strengthen the hair and prevent from wrinkles.
6. Relive cramps.
7. Skin lightening.

CONCLUSION

Thus we can conclude that aromatherapy is a growing practice of people today to help reduce stress and invoke certain moods and feelings. While aromatherapy massage, bath, and candles do have positive shorts term effect on most people, it is not an actual science or medicine that should be used to treat illness. Not all aromatherapy is beneficial to health. There are precaution people must take before practicing aromatherapy. Some oils are unhealthy and some can have negative effect on pregnant women or people with certain conditions. The study of aromatherapy relatively new and unexplored. More research must be done to make scientific conclusion abot the use and effect of aromatherapy.

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