



FORMULATION OF EUCALYPTUS OIL FOR MUSCLE PAIN RELIEF

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Abstract-

They are various properties like anti-inflammatory, antibacterial, antiseptic, astringent, anti-diabetic, anti-oxidative, antiviral, antitumor, antihistaminic, anticancer cytochrome p450 inhibitor and hepatoprotective effect have also been reported by many researcher.

The present review article critically discusses about various phytochemical associated with the plant along with numerous therapeutics application exhibited by the plant.

Key word - Eucalyptus herbal application.

Introduction

Eucalyptus globulus was discovered in island of Tasmania in 1972 by French explorers.

Eucalyptus tree are quick growers and many species reach height [1]

. Eucalyptus is an Evergreen, tall tree, or shrub, belonging to Myrtaceae family. Although it is native to Australia And Tasmania, it has extensively spread to other countries. The genus eucalyptus contains About 700 species; among them, more than 300 contains volatile oil in their leaves. Essential Oils of various eucalyptus species are used in the pharmaceutical, toiletries, cosmetics and food Industries . . Eucalyptus globulus commonly known as blue gum was introduced into India as A fuel tree in 1843. The plant grows well in Nilgiris (5,000-8,300 Ft.) the Annamalai and palni Hills in the Himachal Pradesh and Shilong, in the of India .

Various species of eucalyptus are Cultivated, particularly in sub- tropical and warm temperature regions, on a account of their Economic value. About 100 species have been tried in India at different time and some of them Are under cultivation . . Eucalyptus globulus has a long history of folk usage because of its Rich medicinal values. The plant has been reported to possess potent antiseptic, astringent, Deodorant, diaphoretic, expectorant, inhalant, insect repellent, rubefacient and suppurative.

Classification – Kingdom- Plantae

Division – Magnoliophyta

Class – Dicotyledons

Order – Myrtales

Family – Myrtaceae

Genus – Eucalyptus

Material and method.

This materials are used in present study for Eucalyptus oil are follow Eucalyptus leaves, olive oil, coconut oil, grapes oil.

1. Eucalyptus leaves - Eucalyptus has a cooling effect on muscles and reduces pain and inflammation. Chamomile oils can help with pain and inflammation.

They also help soothe muscle tension and reduce spasms.



2. **Olive oil** - is ideal for a light massage as it gets absorbed very slowly into the skin. This oil is perfect for relaxing your muscles and locking in moisture. It also increases blood circulation, ease aches, muscle spasms, and any pain or inflammation.



3. **Grapeseed oil** - is a popular cooking medium because of its several health benefits, as it is rich in polyunsaturated fatty acids (PUFAs) including omega-6 fatty acids, vitamin E, and phenolic antioxidants. PUFA is considered good for your heart, nerves, brain, and muscles.

Coconut oil - applied topically can aid, prevent, or even cure instances of back pain or sore muscles. It's

a pain reliever, anti-inflammatory, and muscle relaxant.

While users typically inhale the scent, essential oils may serve as an excellent topical treatment for peripheral neuropathy when combined with a carrier oil such as coconut oil.



Method and preparation –

- 1- Cut the leaves



2- After that wash the leaves clean



3-you can air dry to drain. The water or you can partially dry in the oven.



4- partially drying helps to contence and get rid of water used for using the eucalyptus leaves. 5- they are partially dried.



6- after that blend and cut into small size



7- add carrier oil, olive oil, coconut oil or grapes oil



8- place in a pan of boiling water stirr as it looks until colour of the leaves and the oil assumes the color of leaves



9- Turn off the gas and allow to cool

10- Stair Well.



11- Perfectly oil is ready



Store in a container with a lid on shell of refrigerator

Benefits and Uses of Eucalyptus Oil

1: Relieves Stuffy Nose

The most effective use of Eucalyptus Oil is to relieve stuffy nose through steam inhalation. Boil water in a pan and add 2-3 drops of oil when steams begin to form and inhale the steam keeping your face at a one-foot distance from the pan. You can cover yourself along with covering the pan so that the steam reaches your nose directly.

2: Best For All Skin Types

Eucalyptus Essential oil works for all skin sorts. It helps surprisingly in supplying you with the soft, blemish-free skin that you need. Application of this soothes irritation, relaxes sore muscles, and helps in protecting your skin from damages caused by ultraviolet rays.

3: Eases Sore Muscle and Joint Pain

Eucalyptus Oil is useful in easing your joint and muscle pains. Combine 1-2 drops with a Coconut Carrier Oil and rub it on the sore space in a very circular motion for higher results.

4: Pain Comforter

Eucalyptus Oil helps in providing comfort from back pain of the affected space. When 2-3 drops of Eucalyptus Essential Oil mixed with 5-6 tablespoon of Sesame Carrier Oil and applied, it is helpful in reducing spasms and soothing muscle tension.

5: Improves Hair Health

Eucalyptus Oil helps in promoting healthy hair by stimulating follicles. This Hair growth oil improves hair volume, shine and soothes scalp sensation. Blend 2 drops each of Soulflower Eucalyptus and Soul flower Yang Yang Essential Oil can be helpful in fixing dull hair.

6: For Diffusion

Diffusion of this oil helps produce healthy respiratory surroundings. Eucalyptus Essential Oil offers you a refreshing and relaxing environment for your body and mind attuning your

Vishudha, The Throat Chakra. This can be the core of power, expressive style, and communication.

7: Promotes Healing

When applied with 4-5 table spoon of Coconut Carrier oil, 2-3 drops of Eucalyptus Oil can help to promote healing.

8: Stress Buster

If you're not in a good mood or stressed due to workload, Eucalyptus Oil will help in cut back stress and keep your status calm and balanced. 2-3 drops of Eucalyptus Essential Oil and Peppermint Essential Oil each can be added in water and put in a diffuser to relax your mind and soul.

Work –

1. Rest and elevate the painful area.
2. Alternate between ice packs to reduce inflammation and heat to improve blood flow.
3. Soak in a warm bath with Epsom salts or take a warm shower.
4. Gentle stretching. 5. Muscle massage.
6. Rest.
7. Ice to help reduce inflammation.
8. Heat to help increase blood flow to your muscles. ...

Result –

in this study ,the herbal formulation of eucalyptus oil was prepared by using eucalyptus extract.

**Conclusion -**

Eucalyptus globulus has been known since decades because Of its rich ethanomedicinal and therapeutic importance.

Various phytochemical isolated from the plant has been well Accepted to possess various therapeutics effects. A variety of eucalyptus species have also been widely studied for their Various therapeutics activities, like Analgesic, Antiviral, Anti-inflammatory, Antibacterial, Antidiabetic, Antioxidative, Antitumor, Antihistaminic, Anticancer, and hepatoprotective Properties.

In present review, we have made an attempt to Congregate the description, phytochemical, therapeutics Application and information on Eucalyptus species.

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