



A Review on Aromatherapy, Benefits, Indications and Drugs using on it

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ABSTRACT

Aromatherapy is a holistic treatment, utilizing essential oils extracted from flowers, spices, fruits, woods and leaves from aromatic plants for their esthetic, psychological and medicinal applications to create balance and harmony to the body, mind and spirit. Aroma therapy is one of the most ancient healing arts & traces its origin to 4500BC, when Egyptians used aromatic substances in medicines. The term Aromatherapy was coined by Prof. Gatte`Fosse, a French cosmetic chemist. According to classical unani texts Aromatherapy has been used for Ilaj-bit-tadbeer (regimental therapy) dating back to Hippocratic era, where they used aromatherapy for abzan (sitzbath) lakhlakha (inhalation), thabkheer (steaming), for different illness using essential oils for e.g. From leemoon, ajwain, anisoon, oodh and ustqudoos. The inhaled aroma from "essential" oils is widely believed to enhance the rooh stimulating the functions of aza raisa. Essential oils can also be absorbed through the skin, where they travel through bloodstream and promotes whole-body healing. Aromatherapy activates areas in nose called olfactory receptors, which send messages through nervous system to brain. The oils may activate certain areas of brain, like limbic system, which plays a role in controlling emotions. They also have an impact on your hypothalamus, which may respond to the oil by creating a good feeling in brain. Its use ranges from pain relief, mood enhancement and increased cognitive function to treat asthma, insomnia, fatigue, depression, inflammation, alopecia, cancer, arthritis, erectile dysfunction, menstrual disorders, menopausal syndromes, etc. This paper mainly highlights the different use of aromatherapy, action of various drugs on body, and modes of application based on classical unani texts, modern findings and developments in aromatherapy.

1. INTRODUCTION

Aromatherapy is an ancient methodology of healing (Schnaubelt, 2013). Its history traces 6000 years back to Egypt, China & India where they treated various kinds of illness (Halberstein, 2005). Aromatherapy is well known in 20-21 century where it is being used to treat various mental, psychological, dermatological disorders using essential oils as main therapeutic agent (Pandey *et al.*, 2011; Bhavaniramya *et al.*, 2019). Essential oils are highly concentrated substances extracted from flowers, leaves, barks, stalks, fruits and roots etc. of plants and various glandular secretions, specialized cells etc. of animals (Alamgir, (2017). Essential oils are a mixture of saturated and unsaturated hydrocarbons, alcohols, aldehydes, esters,

ethers, ketones, oxides, phenols and terpenes etc. which may produce specific odors. These oils are highly concentrated and potent that the work on pressure points and rejuvenate (Ali *et al.*, 2015; Ceylan *et al.*, 2004).

In aromatherapy essential oils are administered by various methods which is in practice from ancient period till now e.g. inhalation (Lakhlakha), steaming (Thabkheer), massage (Dalak), (Soto-Vásquez-2017). In unani system of medicine essential oils or aromatic substances or muferahaat drugs are used both externally and internally which in classic unani text states that aromatic drugs enhance rooh thus providing strength to aza'e raeesa, improving circulations, correcting the alterd mizaj, mental and physical disorders. Inhalation and external application of essential oils for the treatment of mental physical balance are the very basics of aromatherapy. Essential oils also have effective antibacterial, antibiotics, and antiviral properties. Various textbooks and references show that aromatherapy is useful in many diseases like Alzheimer, sleep disorders, mental depression, cardiac problems etc. (Baudoux, D. 2019). A study in mice showed that the locomotor activity of mice increased significantly by inhalation of rosemary essential

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oil which are used as phototherapy as activation and refreshing remedy for exhaustion (Schleicher-2000). As researches on aromatherapy improved various researchers tried to investigate effects on work ability, reaction time, and some spontaneous action on brain through electroencephalograph patterns and functional imaging studies. India is the world's largest producer, consumer and exporter of turmeric. Turmeric is also cultivated extensively in Bangladesh, China, Thailand, Cambodia, Malaysia, Indonesia and the Philippines (Nair, 2019; Rastogi et al., 2017).

What Is Aromatherapy ?

Aromatherapy derived its name from the word aroma, which means fragrance or smell and therapy which means treatment. This therapy is a natural way of healing a person's mind, body and soul. Many ancient civilizations like Egypt, China and India have used this as a popular complementary and alternative therapy from at least 6 000 years (Pan et al., 2014).

Aromatherapy is a holistic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit (Wilson, 2002). Aromatherapy is the skilled use of essential oils, which have been extracted from flowers, spices, fruits, woods and leaves for their esthetic, psychological and medicinal applications (Inoue 2014). Aromatherapy is a therapy that uses aroma for healing. It works on many levels. It can treat emotional as well as physical problems and can help you think better and improve your athletic performance (Galea et al., 2020).

The essential oils have gained their importance in therapeutic, aromatic, fragrant, cosmetic and spiritual uses. Aromatherapy uses essential oils, as the main therapeutic agents, which are said to be highly concentrated substances extracted from flowers, leaves, stalks, fruits and roots, and also distilled from resins. Essential oils are a mixture of saturated and unsaturated hydrocarbons, alcohol, aldehydes, esters, ethers, ketones, oxides phenols and terpenes, which may produce characteristic odors (Kapoor et al., 2011). They are colorless pleasant smelling liquids with high refractive index. These oils are so potent and concentrated that they work on pressure points and rejuvenate (Nissen, 2006).

The use of aromatherapy in holistic medicine has taken a long leap within a couple of years. On reviewing the literature on this therapy, it is found that numerous studies have been carried out to study the effects of this therapy on human brain and its emotions. Its role in mood, alertness, and mental stress in healthy subjects was a topic of hot discussion among scientific community recently (Ali et al., 2015).

History of Aromatherapy

It was not until 1928 that the term aromatherapy was coined by a French pharmacist but the growth of aromatherapy as we know it can be traced from the works of Avicenna in Arabia to the present day. Folklore and medical practice have gradually converged to give us a science that resides in respecting the healing properties of the essence of naturally grown plant matter.

Babylon

Babylonian doctors recorded their prescriptions on clay tablets but unlike the Egyptians, they did not record what quantities to use presumably this was general knowledge. What they did record was what time of day the preparations should be prepared and used usually at sunrise (Sneader, 2005).

Greece

The ancient Greeks gained much of their knowledge of essential oils from the Egyptians, but they also acknowledged that the aroma of certain flowers could be either uplifting or relaxing. They used olive oil in their effleurage processes. The Greek physician Hippocrates (c. 469–399 B.C.E.), who was revered as the father of medicine, refers to a vast number of medicinal plants in his writings.

Rome

To Many Greek physicians were employed by the Romans, and through them the use of medicinal plants gradually spread around the ancient world. The Romans used essential oils for pleasure perfume their hair, bodies, and clothes - as well as for pain relief. They also used oils in massage. Especially after bathing. Rose oil was the Emperor Nero's favorite: it cured his headaches and relieved his indigestion. The Romans also used chamomile to treat skin complaints and to help in the healing of wounds. It is now known to contain azulene, which is a natural anti-inflammatory agent. After the fall of Rome many physicians fled to Constantinople, taking their knowledge with them. Here the works of the great Greco Roman physicians, such as Galen and Hippocrates, were painstakingly translated into Arabic and their knowledge spread throughout the Arab world (Keville-2012).

Europe

What happened in Europe during the Dark Ages, after the fall of Rome, is unclear, although the wide spread persecution of "witches" for their "magical" healing powers indicates that there must have been a strong folk healing tradition at that time, one that would have included the use of aromatic plants. By the 12th century the concept of aromatherapy had definitely arrived in Europe. During the Crusades, European barber surgeons worked alongside Arab physicians, learning from them the importance of hygiene and the uses of oils. Knights returning from the Crusades brought the herbs and oils back to Europe, along with an understanding of the steam - distillation process. European perfumers such as the famous French perfume house at Grasse, then began to experiment with local plants. The invention of the printing press in the 15th century led to the rapid spread of knowledge, and recipes and methods were frequently gathered together and published as "herbals." During this time floors were often strewn with herbs that gave off their volatile oils when walked on, and little bouquets of herbs, known as "tussie - mussies," were carried in public places to ward off infection. In 1665, the year of the Great Plague in Britain, people in London burned lavender, cedar wood, and cypress in the streets. These practices have often been

dismissed by historians as little more than superstition, but many of the preparations that were used now are known to be disinfectants, bactericides, and antiviral agents, or insecticides and insect repellents.

Avicenna 980-1037

The greatest Arab physician of early times was Abu Ali Ibn Sina, known in the West as Avicenna. He was a physician - in - chief to the hospital in Baghdad and personal physician to a succession of caliphs. Avicenna described more than 800 medicinal species of plant, but it is not possible to identify them all since he used their Indian, Tibetan, and Chinese vernacular names. They included lavender, chamomile, and rose. Avicenna invented traction for broken limbs and used manipulation for structural abnormalities. He also wrote instructions on massage, including techniques for sports massage that would be acceptable today. His importance for aromatherapy is his discovery of the steam - distillation process. Arab manuscripts have drawings of distillation equipment that, albeit less sophisticated than that used today differs little in its basic principle. Avicenna was also an alchemist placing great significance on red and white roses in his experiments and attar of roses was produced in Persia during his lifetime.

Nicholas Culpeper 1616-1654

The astrologer and physician Nicholas Culpeper incurred the wrath of the Royal College of Physicians by translating the Pharmacopoeia from Latin into English. This meant that the information contained in it was no longer the exclusive property of physicians, and other Latin scholars. The book, known generally as "Culpeper's herbal," gave clear descriptions of medicinal plants and the places they could be found. Culpeper intended the book to be used by ordinary people. He gave precise information on how to prepare the plant material, and suggested that infused herbs should be used to anoint, or massage, an afflicted person.

In 1928,

That the French chemist René Gattefossé coined the term aromatherapy. His research work was the result of an accident suffered while working in the laboratory of a perfumery. He badly burned his hand and plunged it into the nearest bowl of liquid, which happened to be neat lavender oil. The hand healed very quickly and with virtually no scarring. Gattefossé realized that the healing properties of the lavender oil were much greater than those of the synthetic preparations that he had been working on. He then began researching the healing properties of other essential oils, taking into consideration their chemical properties as well as their smells.

Marguerite Maury 1895-1968

Marguerite Maury, a French bio chemist, became interested in aromatherapy in the World War II period, using it in combination with other natural health remedies and beauty products. She developed a separate strand of aromatherapy in France that employed the oils externally rather than internally, and combined them with massage.

Jean Valnet (Contemporary)

This French physician added to Gattefossé's research while working as a surgeon in World War II. Medical supplies were short and Dr. Valnet found that essential oils frequently proved a very effective substitute. The work of Valnet, Gattefossé, and several other researchers greatly helped to further the scientific validation of aromatherapy, especially as part of the French medical tradition.²²

Aromatherapy Today

In France aroma therapists are exclusively either physicians or beauty therapists. However, in the rest of Europe, the U.S., Australia and Canada a strand of aromatherapy has developed that is based on a holistic approach, seeking to treat the body as a whole and promote health on all levels. These aroma therapists choose oils that work on several levels: mental physical, and psychological. Essential oils lend themselves to a sensitive and subtle approach, for each one has many properties - unlike either synthetic drugs or the isolated parts of a plant often used in allopathic medicine. Essential oils are frequently balancing in their effect, able, for example, to help the body return from the imbalanced state that caused an illness to a state of ideal balance that represents health and well being. The same principle of -balance applies on the mental and emotional planes. An experienced professional aromatherapist can look beyond the physical application of the oils to help the whole person balance mind, body, and spirit to attain holistic health.

How Aromatherapy Works?

For centuries, the essential oils have found their importance as a fragrance with a curative potential on the body, mind and spirit. These aroma molecules are very potent organic plant chemicals that make the surroundings free from disease, bacteria, virus and fungus. Their versatile character of antibacterial, antiviral, anti-inflammatory nature along with immune booster body with hormonal, glandular, emotional, circulatory, calming effect, memory and alertness enhancer is well documented by many scientists. These oils are known for their energy specific character, as their potency is not lost with time and age. The penetration potential of these oils to reach the subcutaneous tissues is one of the important characters of this therapy. Their effects are also complex and subtle due to their complex structure and chemical properties. The stimulation properties of these oils lay in their structures which are closely in resemblance with actual hormones.

The mechanism of their action involves integration of essential oils into a biological signal of the receptor cells in the nose when inhaled. The signal is transmitted to limbic and hypothalamus parts of the brain via olfactory bulb. These signals cause brain to release neuro messengers like serotonin, endorphin etc., to link our nervous and other body systems assuring a desired change and to provide a feeling of relief. Serotonin, endorphin and noradrenalin are released from calming oil, euphoric, and stimulating oil respectively to give expected effect on mind and body.

Objectives of Aromatherapy

1. Anti-depression
2. Skin enhancer
3. Antiseptic
4. Exhilarant
5. Sedation
6. Analgesics
7. Perfume

Benefits of Aromatherapy

Aromatherapy has hundreds of benefits. Some of them are listed below.

1. Relieve tension headaches
2. Reduce stress level and blood pressure
3. Improve digestion
4. Decrease constipation and abdominal spasm
5. Reduce muscular aches and pain
6. Increase muscle tone
7. Stimulate immune system
8. Some essential oils are good skin care agents
9. Essential oils are useful in warts, rashes, coughs, insect bites etc.
10. Treat nausea
11. Prevent dandruff by increasing scalp circulation
12. Enhance lymphatic drainage
13. Alleviate emotional problems
14. Used as first aid measure for minor burns and cuts
15. Oral intake of peppermint oil alleviate irritable bowel syndrome.
16. Tea tree oil cures acne, athlete's foot.
17. Linalool is mildly sedative in nature.
18. Children with juvenile rheumatoid arthritis are benefited by reduction in cortisone levels
19. 20 minute daily massage in children improves pulmonary function.

Indications of Aromatherapy

As discussed before aromas have a special effect on Nervous system treating Anxiety, Depression, Melancholia, Migraine, Insomnia, Amnesia, Night Mares, Epilepsy, Hemiplegia, Facial Palsy, Convulsions, Apoplexy etc.

Based on classic texts aromas or muferahaat have an important role on strengthening Cardio vascular system and mainly treating Palpitations, Syncope etc. Aromatherapy on respiratory system can treat diseases like Terminal stage of Tuberculosis, Lung Abscess, Bronchiectasis, Empyema, Bronchitis etc. When looking into gastrointestinal system the diseases like Diarrhea, Hiccups, Polydipsia, Anorexia, Bulimia, Colitis, Jaundice, Liver Weakness etc are mainly

of higher indication. In Female Reproductive system the disease mainly treated is: Hysteria, Uterine Prolapsed, and Difficult Labor. Even Infectious Diseases as said before essential oils have antiseptic property can treat Plague, Measles, Chicken Pox, Infected wounds etc.

Modes of Application

Aerial diffusing

It is done for two purposes

- 1) Aerial disinfection
- 2) Environmental fragrance

Topical applications

For skin care, general massage, baths etc.

Direct inhalation

For expectoration, respiratory disinfection
Direct inhalation induces psychological effects

Materials

Some of the materials employed include

1. Essential oils
2. Absolutes
3. Carrier oils
4. Herbal distillates
5. Vaporizer raw herbs
6. Infusions
7. Phytoncides

Modes of Application in Unani

Applications of essential oils are of 3 type's external topical and internal. External Methods of Application create a ambience that can evoke strong passions, sentiments and memories as the olfactory receptors present at the right on the underside of the brain, the nose and its sense of smell are the gateway to the mind and spirit as fragrances profoundly impact the mind and spirit. aromatherapy's external treatment methods involve the release of scents into the air and their inhalation to affect the mind and spirit.³² Different techniques for doing this includes –

1. *Bakhoor* (Vaporization): The burning of incense.
2. *Inkibab* (Steam inhalation): Exposure of a part of the body or the whole body to the vapors obtained from the decoction of herbs or boiled simple water.
3. *Lakhlakha* (Inhalation): The inhalation of the vapors from herbs kept in a wide mouthed bottle.
4. *Dhuni* (Fumigation): Smoking an affected organ by burning the drugs.
5. *Abzan* (Sitz bath): A method of treatment in which the patient is made to sit in warm water or medicated liquid obtained by boiling herbs in water.

6. *Pashoya* (Foot bath): The immersion of the affected foot in lukewarm water or suitable liquid.

7. *Shamum* (Olfaction): Smelling of the drugs which may be in dry or liquid form so that volatile substances reach the nasal cavity and respiratory tubes.

8. *Zaroor* (Sprinkling powder)

9. *Noshookh* (Liquid snuff formulations): A liquid preparation that is used for insufflations.

10. *Nufookh* (Insufflation): Finely powdered drug that is blown with the help of a tube in nose, throat or any other opening of the body.

11. *Atoos* (Snuff): A finely powdered drug that is inhaled to induce sneezing.

12. *Saut* (Nasal drop): A liquid preparation which is used as nasal drop.

13. *Ghalia* (Perfumed powder): An aromatic sprinkling powder prepared from certain herbs. It may be applied directly to body or may be kept inside the home.

Topical method of application -

It is the Application of aromatic oils to the body surface in a wide variety of different ways, and for a variety of different purposes. The diseases treated may range from superficial skin disorders to conditions of the lungs, colon and other internal organs as aromatic medicines have the power to penetrate deep into the body. Topical application is widely used in cosmetics and perfumery. Methods include -

1. *Tila* (Liniment)

2. *Masuh*

3. *Dalak* (Massaging agent)

4. *Ghaza* (face pack)

5. *Ubtan* (Body pack)

6. *Qairooti* (Balsamic pectoral rub).

Internal method of application where the drugs are taken orally like:

1. Mufarrih

2. Yaquti

Mizaj and Aromatherapy

Safrawi-

This kind temperament are treated by fragrances with cold and wet temperament like kafoor (camphor), gulab (rose), sandal (sandalwood), ood (aloes wood), etc. The last two are frequently burned as incense. Camphor is used mainly as anaphrodisiacs.

Sawdāwī (Melancholic Temperament) Melancholic kinds are treated by fragrances with hot and wet temperament in order to soothe and calm the nerves and relax nervous tension and anxiety. The best among these are: sunbuluttib (Jatamansi/Indian Spikenard), khus-khus, or vetivert; and ustukhudoos (Lavender), sage, patchouli and nutmeg.

Balghamī (Phlegmatic Temperament) Phlegmatics are

treated by fragrances with hot and dry temperament. These fragrances include qaranfal (cloves), darchini (cinnamon), sazij hindi (bay laurel), kholanjan (galangal) and mur makki (frankincense), as well as evergreen scents like pine and juniper. *Damawī* (Sanguine) the sanguine kinds are treated by fragrances with cold and dry temperament. Because the sanguine temperament is prone to congestion and turbidity of stagnant humors. These fragrances include pudina (peppermint), rihan (basil), illaichi (cardamom).

Contraindications

1. People with severe asthma or history of allergies should avoid all essential oils

2. Women in first trimester also should avoid all essential oils

3. People with history of seizures should avoid hyssop oil

4. Women with estrogen dependent tumors should avoid oils with estrogen like compounds like fennel, aniseed etc.

5. Cancer patients undergoing chemotherapy.

Essential Oils

Aromatherapy makes use of various essential oils to stimulate desired therapeutic response. They are colorless pleasant smelling liquids with high refractive index. It is a mixture of saturated and unsaturated hydrocarbons, esters, alcohol etc. It is volatile in nature and is extracted from aromatic plant material by steam distillation or mechanical expression. These oils are so potent and concentrated that they work on pressure points and rejuvenate the body. Essential oils have highest level of oxygen molecules. Many essential oils acts as antibacterial, anti-fungal, anti-infectious, antimicrobial, anti-parasitic, anti-viral, anti-septic, antitumor, and immune stimulating agents.

Drugs use in Aromatherapy

Eucalyptus

Eucalyptus [*Eucalyptus globules Labill (E. globulus)*] belonging to the family of Myrtaceae is a long evergreen plant. It is utilized in the treatment of multifactorial diseases. It treats respiratory diseases like asthma, cough, sinusitis, catarrh and throat infections. It is used to enhance immunity against Measles, chickenpox, flu etc. Topical problems like cuts, wounds and insect bites are better treated with it. It is very beneficial in nervine disorders. Recently it is widely used in Rheumatoid arthritis, muscle aches and pains. Constituents like cineole (70%– 85%), aromadendrene, limonene, cymene demonstrate its antioxidant, anti-inflammatory, anti-proliferative and antibacterial activities

Lavender

Lavender (*Lavandula officinalis Chaix.*) belonging to the family of Lamiaceae, is a beautiful herb. It contains camphor, terpinen-4-ol, beta-ocimene, 1, 8-cineole, etc. It is treatment of abrasions, burns, stress, headaches, in promotion of new cell growth, skin problems, painful muscles and boosting an immune system. It is used in lavender pillow for anxiety patients with sleep disturbance pattern, improving the

feeling of well-being, supporting mental alertness and suppressing aggression and anxiety. Lavender oil has antibacterial and antifungal properties. It is very effective in primary dysmenorrhea too.

Geranium

Geranium (*Pelargonium graveolens* L' Herit) belongs to the family of Geraniaceae (Figure 3). A perennial hairy shrub native of South Africa, up to one meter in height, also found and cultivated in France, Italy, Spain, Central America, Egypt, Japan and Congo is a plant of choice for essential oil. Eugenol, geranic, citronellol, geraniol, linalol (linalool), citronellylformate, citral, myrtenol, terpineol, methone and sabinene are the chemical constituents of its essential oil. One of the best natural perfume, complete in itself is geranium oil, generally used in soaps and detergents because its unique nature is never challenged with alkalinity of soaps. Hence, this oil is generally used to control the emotions in aroma therapy. It is used in dermatitis, eczema, aging skin, some fungal infections, along with anxiety and stress related problems. The oil has some anti-bacterial action and is an important ingredient for endometriosis treatment. This oil is further used for its sedative antibacterial activities and researchers have proved its efficacy beyond doubt in treatment of various metabolic and infectious diseases. The results are promising and can be utilized for treatment of multifactorial diseases of various origins in humans. It is nerve tonic, used in throat infection, to rectify the blood disorder diabetes and for menopausal associated problems. Some reports are there about its supportive therapy in uterine and breast cancer, and it also certainly can help the patient in coping with the pain. People have used this as a flavoring agent for food stuff along with alcoholic and non-alcoholic beverages. It is an effective insect repellent. Moreover, this oil is gaining popularity as antidiabetic, anticancer, antibacterial and antimicrobial agent.

Peppermint

Peppermint [*Mentha piperita* Linn. (*M. piperita*)] belongs to the family of Lamiaceae. Till date, all the 600 kinds of mints are raised from 25 well-defined species. The two most important are peppermint (*M. piperita*) and spearmint (*Mentha spicata*). Spearmint bears the strong aroma of sweet character with a sharp menthol undertone. Its oil constituents include carvacrol, menthol, carvone, methyl acetate, limonene and menthone. The pharmacological action is due to menthol, a primary constituent of peppermint oil. At least 44% free menthol is present in peppermint oil. Components are sensitive to climate, latitude and maturity of the plant. Inhalation and application of menthol on skin causes a skin reaction. It is used in many liniments dosage form to relieve pain spasms and arthritic problems. Peppermint oil is studied and documented for its anti-inflammatory, analgesic, anti-infectious, antimicrobial, antiseptic, antispasmodic, astringent, digestive, carminative, fungicidal effects, nervine stimulant, vasoconstrictor, decongestant and stomachic properties.

Lemon

Lemon [*Citrus limon* Linn. (*C. limon*)] belongs to the family of Rutaceae. *C. limon* long trees grow up to the 15 feet height

and bear rich scented lemon fruits all year round. Its oil constituents are abundant in the terpenes, d-limonene and l-limonene, together forming about 90 percent of the bulk of the oil. Traces of phellandrene, pinene and sesquiterpene are also present. The valuable portion of the oil is the remaining 10 percent which consists of oxygenated bodies, chiefly the aldehyde citral, to which the odour of the oil is largely due and of which there is 3.5%–5% odour present in the oil. When compared to other essential oils, its constituents have antiseptic, astringent and detoxifying properties, for blemishes associated with oily skin. Its oil brightens and rejuvenates dull skin. Lemon essential oil is mainly used to boost the immune system and to accelerate the white corpuscles production along with counteracting acidity and ulcers through citric acid, which helps digestion, by forming carbonates and bicarbonates of potassium and calcium. A recently conducted double-blinded, randomized, controlled clinical trial study on aromatherapy has suggested that citrus oil is good in relieving the first stage labour pain. It is effective in controlling the nausea and vomiting along with its mood elevating properties.

Tea tree

Tea tree (*Melaleuca alternifolia* Cheel) belonging to the family of Myrtaceae, with yellow or purple flower and needles like leaves is a shrub of marshy area (Figure 11). Due to its commercial value, it is cultivated on plantations. The main constituent of its oil is terpinen-4-ol, an alcoholic terpene with a clean musty aroma. The antiviral activity is due to alpha-sabine with antibacterial and antifungal effects. It is an immune booster due to terpinen-4-ol while cineole is responsible for its antiseptic character. The tea tree itself possesses antibacterial, anti-inflammatory, antiviral, insecticidal, and immune stimulant properties. The aromatherapy utilizes the mixture of lemon, blue gum, clary sage, eucalyptus, lavender, rosemary, ginger and Scotch pine for treatment of different ailments. The oil is used in herpes, abscess, blisters acne, cold sores, burns, insect bites, dandruff and oily skin. Further, in treatment of respiratory associated problems it has been used for tuberculosis, cough, bronchitis, asthma, catarrh and whooping cough; also it is used in females for vaginitis, cystitis and pruritus treatment. Cold, fever, flu and chickenpox have called for its use. Well defined studies have been carried out on *Melaleuca alternifolia* (tea tree) on herpes through clinical trial efforts with a promising result of this plant.

Rosemary

Rosemary (*Rosmarinus officinalis* Linn.) belonging to the family of Lamiaceae bears small pale blue flowers in late spring/early summer and grows up to the height of 90 cm. It has three varieties (silver, gold and green stripe); it's the green variety that is used for its medicinal properties. This plant is rich in bitter principle, resin, tannic acid and volatile oil. The active constituents are bornyl acetate, borneol along with other esters and, special camphor similar to that possessed by the myrtle, cineol, pinene and camphene. Its oil has a marked action on the digestive system, with relieving the symptoms of indigestion, constipation and colitis. It works as liver and gall-bladder tonic. The oil also possesses some good action on the cardiovascular system. It regularizes the blood pressure and retards the hardening

of arteries. In winter, it used to relieve the rheumatic pain which aggravates due to cold. Its stimulating properties on the nervous system have found to be beneficial in hysteria and paralysis. In latest human trials, aromatherapy is an efficacious non-pharmacological therapy for dementia and may have some potential for improving cognitive function, especially in Alzheimer's disease patients, due to its free radical scavenging activity. Excellent skin tonic properties, a soothing, positive effect on menstrual cramps, for hair growth are some of the other important properties of this oil. The other benefits of rosemary include a stimulant for the scalp encouraging hair growth and providing treatment for dandruff and greasy hair.

Roman chamomile

Roman chamomile (*Anthemis nobilis* Linn.) belongs to the family of Asteraceae. It is a plant for centuries with a potential to calm, moderate and strong emotions and it bears a daisy like flowers. Major constituents of Roman chamomile oil are esters of angelic acid, tiglic acid and 2- methylbutanoic acid. The freshly distilled oil has a bluish tint due to the sesquiterpenoid chamazulene. It is rich in pinocarvone, farnesol, pinene, bisabolol, cineole, pinocarveol, beta-caryophyllene, azulene, camphene and myrcene. Chamomile preparations have made inroads in the treatment of human ailments such as hay fever, inflammation, muscle spasms, menstrual disorders, insomnia, ulcers, wounds, gastrointestinal disorders, rheumatic pain, and hemorrhoids. In cosmetics and aromatherapy, it is employed for its anxiolytic properties.

Its anti-anxiety and stress relieving properties ease out depression, worry, and overactive mind. Its use before sleep for bath can relax both mind and body and brings on sleep, with a peaceful and spiritual awareness. Headache, insomnia and menstrual disorders are known to be treated with this oil. In aromatherapy, it is extensively used to relieve the pain from physical conditions, menstrual cramps and tension with its application on lower abdomen. Psoriasis, eczema, boils, sunburn and cold sores have been treated with it along with its role in decreasing the pain associated with joints, arthritis, sprains and stings.

YlangYlang

Ylang-ylang (*Cananga odorata* Hook. F. & Thoms) belonging to the family of Annonaceae, native to Madagascar, Indonesia and Philippines is a small tree (Figure 12). Its chemical constituent includes geranyl acetate, linalol, geraniol, farnesol, benzyl acetate, geranial, methyl chavicol, beta-caryophyllene, eugenol, pinene and farnesene. The best property of this tree is to retard the heart beat and rapid breathing with perfect use in shock and trauma situations. It is antidepressive in nature with euphoric properties, thus giving the feeling of well-being. Low self-esteem and women suffering from the post-menopausal syndrome have better results on them. A pilot study involving 34 professionals from a nursing group was carried out in Portugal to verify the use of ylangylang essential oil in relieving the anxiety and increasing the self-esteem along with alteration of blood pressure and temperature. The results showed clear evidence that use of this plant led to a significant alteration in self-esteem. Further, its aphrodisiac properties are due to

its exotic fragrance advantageous for both dry and oily skins. It is also indicated in depression, anxiety, hypertension, frigidity, stress and palpitations.

CONCLUSION

From the above reports and studies It can be concluded that aromatherapy is natural and non-invasive gift of nature for humans. It is not just the symptoms but the whole body is being refreshed and rejuvenated by the use of aromas or muferahaat durgs. Aromatherapy has been in use for all sort of physiological, spiritual, psychological, dermatological problems and is well understood in Unani system of medicine, on the basis of classical Unani text as well as pharmacopeias. The concept of aromatherapy is not new to Unani physicians and they were administrating it in different forms for the purpose of cure and comfort. This therapy can be used in both acute as well as chronic diseases. On studying further, these oils have the synergistic effect on Central nervous system disorder, locomotor disorders, psychological disorders, dermatological disorders and physiological disorders. Aromatherapy not only has the ability to cure but also provides pleasure and soothing effect.

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