



AROMATHERAPY FOR ANXIETY, COUGH, COLD AND CONGESTION

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Course name: **AROMATHERAPY**

Grade 4- Spring Semester 2023-2024

Course code: **PHAR 429**

Lecture 10

Aromatherapy

- Aromatherapy has been used for centuries to improve health and fight illness. Today, it serves as a complementary therapy to Western medicine.
- For minor ailments, many people choose to turn to natural solutions like aromatherapy at home, instead of using over-the-counter pharmaceutical products.
- These aromatherapy remedies may help reduce the toxic load placed on your body from over-the-counter medications, and they tend to be less expensive.
- *However, in case of pregnancy, breastfeeding, or having a serious illness, consultation should be taken with the primary healthcare provider about the use of aromatherapy, as it may be contraindicated with certain medications or conditions.*

Remedies for Antianxiety

To understand how aromatherapy helps relieve stress, let's first look closely at the causes and effects of stress and anxiety.

WHAT TRIGGERS STRESS AND ANXIETY?

- Potential triggers include:
- Work pressure and job uncertainty
- Financial or health problems
- Major life changes or traumatic events
- Relationship conflicts
- Perfectionist tendencies and self-criticism
- Lack of control over situations

HOW THE BODY RESPONDS TO STRESS

- When we notice a real or imagined threat, the nervous system activates the “**fight-or-flight**” response. This triggers a cascade of physical changes, including:
- Increased heart rate and blood pressure
- Tense muscles
- Breathlessness
- Sweating and chills
- Heightened senses for awareness and reaction

HOW TO USE LAVENDER FOR RELAXATION

Lavender is excellent for **reducing tension, anxiety, and restless sleep**. Use Lavender oil to help you relax before bedtime. You can use Lavender oil in different ways. You can diffuse it, add a few drops to a warm bath with carrier oil, or apply diluted oil to your wrists, neck, and temples.

CHAMOMILE'S CALMING EFFECTS

- Chamomile essential oil has been used for centuries as a natural remedy for **anxiety and sleep issues**. It contains compounds that **relieve muscle spasms, tension, and discomfort**. Diffuse chamomile or apply it diluted during stressful times of the day. A single drop on tissue tucked into your shirt pocket can keep you calmer throughout the day.

YLANG-YLANG'S BALANCING PROPERTIES

Ylang-Ylang essential oil is renowned for its balancing properties, which can be **beneficial for both physical and emotional well-being**. Its **sweet, floral aroma provides a calming and sedative effect, helping to alleviate stress, anxiety, and tension while promoting a sense of peacefulness and relaxation**. Ylang-Ylang oil can also uplift mood and improve feelings of happiness and overall well-being.

THE UPLIFTING EFFECTS OF BERGAMOT

- Bergamot can **stimulate feelings of joy and optimism and provide relief from anxiety and depression.** Even a 15-minute inhalation period gave the participants in a mental health treatment center a more positive outlook. It can also be used to manage compulsive behaviors, generalized anxiety disorder, and post-traumatic stress disorder (PTSD).

ROSE'S EMOTIONAL SOOTHING BENEFITS

- Rose essential oil can help **relieve anxiety, nervousness, and grief and defuse panic. It comforts and rejuvenates the heart and mind.**
- Rose oil is widely regarded as one of the best essential oils for **anxiety due to its universally pleasing aroma.**
- Enhance your bathing experience by adding roses or diffusing their aroma at night for optimal results.

SANDALWOOD'S MEDITATIVE AND SPIRITUAL CONNECTION

- Sandalwood can **soothe and clear a stressed mind, enhancing focus and concentration.**
- For centuries, it has been used to **promote feelings of devotion and spiritual openness.**
- In clinical trials, it was shown that Sandalwood essential oil significantly reduced systolic blood pressure.

STRESS-BUSTING ESSENTIAL OIL BLENDS

- Blend 1:** Use

- 1 drop of Clary Sage essential oil,**

- 1 drop of Sandalwood essential oil, and**

- 1 drop of Roman Chamomile essential oil.**

- These oils work in harmony with a slightly woody scent and calming effect.

- Blend 2:** Use **1 drop of Geranium essential oil, 1 drop of Clary Sage essential oil, 1 drop of Tea Tree oil, and 1 drop of Lemongrass essential oil.** This creates a very fresh, floral blend that smells lovely in a diffuser or in aromatherapy jewelry. *Add a drop of Jasmine essential oil to enhance the floral and exotic scent.* Check for any contraindications before using the blend personally or diffusing it in a shared area.

- **Blend 3:** To 2 tablespoons of Coconut oil, add 1 drop of Geranium oil, 1 drop of Lavender oil, 1 drop of Sweet Basil oil and 1 drop of Clary Sage oil. This is an excellent way to apply essential oils after a shower or bath to relieve anxiety. Again, remember the safety instructions.
- **Blend 4:** Several essential oils for anxiety are part of the citrus family. They reduce your anxiety symptoms and make everything seem less of an issue. Use 2 drops of Orange essential oil, 3 drops of Bergamot essential oil, 1 drop of Lemon essential oil, and 1 drop of Lemongrass oil.

COLDS, COUGHS, AND CONGESTION

- For an effective hot bath, put 3 drops each of eucalyptus and peppermint essential oil into the bath and soak for 15 minutes, breathing deeply.
- 1-ounce extra-virgin coconut oil
6 drops of eucalyptus essential oil
6 drops of peppermint essential oil
- **Do not use eucalyptus essential oil with children under 10 years old.**
- You can replace it with **cypress, pine, or juniper essential oils.**
- **APPLICATION:** Rub 1 teaspoon of the salve on the chest twice a day to relieve congestion.

ROSEMARY–LEMON–EUCALYPTUS RUB

SCENT: MEDICINAL/CITRUS



MAKES: APPROXIMATELY $\frac{3}{4}$ CUP

This combination of scents is one of the go-to combos for an essential oil treatment of colds.

Both eucalyptus and rosemary essential oils have decongestant properties, while lemon oil strengthens immunity and helps fight infection.

All the ingredients fight bacteria and contain anti-depressive properties to help boost your mood.

- *1 tablespoon grated beeswax*
- 3 tablespoons cocoa butter*
- 7 tablespoons extra-virgin coconut oil*
- 20 drops of rosemary essential oil*
- 20 drops of eucalyptus essential oil*
- 20 drops of lemon essential oil*

1. Fill a small saucepan with a few inches of water and set it on the stove over low heat. Place a metal or glass bowl over the pan so that it fits well.
2. Add the beeswax to the bowl and wait until it melts. Then stir in the coconut oil until it is melted.
3. Remove the bowl from the heat and add the essential oils, mixing well.
4. Transfer the mixture to a 6-ounce glass jar, and allow it to cool before putting on the lid.

APPLICATION: Rub about 1 teaspoon of this salve on the chest to relieve congestion once **or** twice a day.

STORAGE: Store the tightly sealed container in a cool, dry location for up to 12 months.

FIVE FLOWER BALM

SCENT: FLORAL

MAKES: 2 OUNCES

- **Blend**
- 1 tablespoon beeswax
- ¼ cup almond oil
- 5 drops of evening primrose oil (*Oenothera biennis*)
- 5 drops of palmarosa essential oil (*Cymbopogon martini*)
- 5 drops of geranium essential oil (*Pelargonium graveolens*)
- 5 drops of lemon essential oil (*Citrus limon*)
- 5 drops of sandalwood essential oil (*Santalum album*)

- 1. Fill a small saucepan with a few inches of water and set it on the stove over low heat.
- Place a metal or glass bowl over the pan so that it fits well.
- 2. Add the beeswax to the bowl and wait until it melts.
- Then pour in the almond oil and add the drops of evening primrose oil.
- 3. Remove the bowl from the heat and add the rest of the essential oils.
- 4. Transfer the mixture to a 5-ounce glass or ceramic bottle with a pump top and allow it to cool completely before putting on the top.
- **APPLICATION:** Apply a few tablespoons of the lotion once or twice a day as needed.
- **STORAGE:** Store the bottle in a cool, dry location for up to 12 months

References

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Thank You