

Essential plant aromatic oils - natural biocorrectors,  
used in BRT

E.P. Ivanova, M.V. Chizh  
("Association of Phyto-Aromatherapists", Moscow, Russia)

Essential plant aromatic oils are of certain interest, and, first of all, among specialists in the natural direction in medicine. They are the main tool of aromatherapy - the oldest method that uses them for medicinal purposes. The modern definition of aromatherapy is as follows: "Aromatherapy is a natural method of treatment, prevention and recovery with the use of natural essential plant aromatic oils (ERAM), introduced into the body through the respiratory tract (smell, inhalation, inhalation) and through the skin (massage, bath, compress ).".

Aromatherapy is a modern term and does not correspond to the very essence of the method. We are again trying to heal, cure diseases, i.e. manifested symptoms and symptom complexes. The holistic direction in medicine considers the body as a whole in its relationship with the environment. And not only. The emphasis is on the search for the cause, on the study of subtle mechanisms and the possibility of their correction in the preclinical manifestations of the disease.

ERAM is the best fit for these purposes. The very path of exposure through the olfactory analyzer opens up new possibilities, since it is associated with the deep structures of the brain and other sensory centers that regulate the work of all organs and systems. It is associated with the thresholds of color perception, hearing, taste, and the vestibular apparatus. It is noticed that a sharp decrease in the sense of smell slows down the pace of thinking, impoverishes emotions. Emotions are early forms of reactions, and the amygdala plays an important role in the release of emotional experiences, especially those associated with trauma. The connection between emotions, long-term memory and smell suggests that it is exactly the smell that can affect this link. Negative emotional states through the endocrine system alter biochemical processes, cause muscle tension, and deplete self-regulation mechanisms.

certain symptoms.

A healthy vital body carries with it a natural autonomous rhythm, and each organ of the body has its own corresponding rhythm. Different rhythms interact between organs. In pathology, rhythms change, as do energy levels. Resonant interactions and the degree of their synchronization play an important role in the functional state of the organism. Resonance, like oscillatory processes in general, is the basic principle of universal interactions.

The entire living world is a source of vibrations that are absorbed and emitted during the processes taking place in the body. It is enough to enter into resonance with an oscillating structure for a synchronous oscillation to be established in it, self-retaining in time.

When studying the frequency characteristics of essential oils, it was found that they have a frequency several times higher than the frequency characteristics of plants, and not only plants, but also other natural substances. Young Living found that the frequency characteristics of the ERAM are

from 52-320 Hz. A healthy body has a frequency of 62–78 Hz. All deviations from these parameters are manifested by certain pathological conditions.

It is necessary to say a few words about the main instrument of aromatherapy - ERAM. There is a whole group of essential oil plants, from which essential oils are obtained industrially. In a plant, essential oils accumulate in small glands that can be seen with the naked eye (like in citrus fruits) or in glandular hairs, spots, secretory ducts and tubules. ERAM are transparent, to varying degrees of colored liquids with a pronounced characteristic odor, they are volatile, insoluble in water and oxidized under the action of light and oxygen. By chemical composition, they are a mixture

hydrocarbons - terpenes, with the general formula  $C_{10}H_{16}$ , polymers  $C_{15}H_{24}$ , sesquiterpenes and their derivatives. These compounds determine the smell of the plant and its properties.

It is believed that ERAMs have the medicinal properties of the plants from which they are derived, and their therapeutic effect is chemically structured. So, monoterpenes have antiseptic, bactericidal, antiviral effects. There are many of them in the oil of bergamot, caraway seeds, chamomile, cloves, lemon, etc. Complex terpenes, along with antiseptic properties, have a calming, relaxing effect - they have a high hypotensive effect. This oil is eucalyptus, patchouli, peppermint, ylangilang, etc. Phenols have analgesic, healing, antispasmodic action, they are antidepressants, diuretics. There are many of them in cinnamon oil, cloves, myrrh, parsley. Ketones have a mucolytic, lipolytic effect, stimulate digestion, exhibit anticoagulant properties. These are oils of basil, cumin, cedar, cypress, etc.

We have to limit ourselves to these examples (due to the limited volume of the article). Since these substances are present in all ERAMs in varying amounts and proportions, they all exhibit a number of common properties.

All ERAMs have a bactericidal, antimicrobial effect, affect metabolic processes, have a positive effect on the psychoemotional sphere, do not cause addiction and allergic reactions. Being present in the air in natural concentrations, they optimize the surrounding space by changing its parameters.

With all methods of administration adopted in aromatherapy, the following mechanism is triggered through the olfactory analyzer: olfactory analyzer - central nervous system - neuroendocrine system - biochemistry - organs and tissues.

When carrying out aroma massage through a special lymphatic drainage methodology, impact finds itself on reflexogenic zones, biologically active points. Across the skin into the body in small quantities, the already ready-made biological active substances included in the hormones, enzymes, mediators composition, etc. Many components of ERAM are precursors of amino acids, which are building blocks for protein formation. Black thorns play a crucial role in the formation of vitamins, enzymes and energy production. Oxygen-containing molecules contribute to the delivery of oxygen to tissues, improving tissue respiration. There are indications that ERAMs promote reparative processes in the structure of DNA.

Only natural oils obtained by appropriate methods from certain parts of plants collected on time have real and full aromatherapy properties.

So we came close to the issue of the quality of oils, their standardization. The oils produced by the perfumery industry are not suitable for aromatherapy because they are chemically treated and contain synthetic aroma-enhancing substances.

ERAM are multicomponent complexes, which include several hundred components. The composition of the oil is influenced by climatic zones, growing conditions, weather conditions, etc. How can ERAM be standardized?

One of the modern methods for determining the component composition is the method of spectral chromatography. On chromatograms, the appearance of peaks corresponds to the presence of a certain component. The highest peaks are given by substances that could be identified chemically. Others, the smallest, could not be identified. Today it is believed that the medicinal properties of ERAM are determined by its predominant components. This is very limited by the properties of essential oils and their effect on the body.

Chromatograms helped standardize oils with a fork tolerance of no more than 3%. A bank of standard chromatograms has been created. Verification of the ERAM chromatogram with the standard one gives an idea of its structure and compliance with the standards. The presence of additional peaks in the chromatogram indicates the presence of foreign substances of natural or synthetic origin, i.e. for counterfeiting or violation of the technical parameters of its manufacture. You may not notice a big difference in the smell of rose oil diluted with cheaper geranium oil and you may not feel the overkill of citral in lemon balm oil. But the chromatogram will show it.

The issue of the therapeutic properties of oils in the modern understanding of therapy remains not fully resolved. In most cases, they work for all body systems in different ways.

The same oil can stimulate some systems and sedate others. This fact finds some explanation for the presence of ERAM tropism to certain organs and, in part, can explain their biocorrective effect.

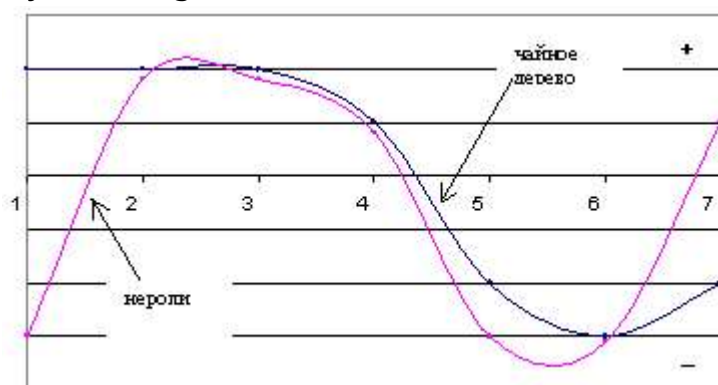
Experimental studies to identify target organs were based on the properties of organs to accumulate certain oils. It has been found that rose oil tends to accumulate in the liver. It has been suggested that it can become a carrier of antibiotics delivered directly to the organ. And lavender oil accumulates in the kidneys. In the era of antibiotics and the most severe complications from their use, ERAM can provide an invaluable service, since they have pronounced antimicrobial properties. It was found that upon contact with microorganisms, they reduce the permeability of cytoplasmic membranes, destroy them, and reduce the activity of aerobic respiration. Serum proteins block the action of antibiotics, but the medium with a high protein content does not reduce the bactericidal activity of ERAM.

Aromatherapy can be used as an independent method, or it can complement others, prolonging the positive effect. Like any method, aromatherapy has indications and contraindications. We won't be now

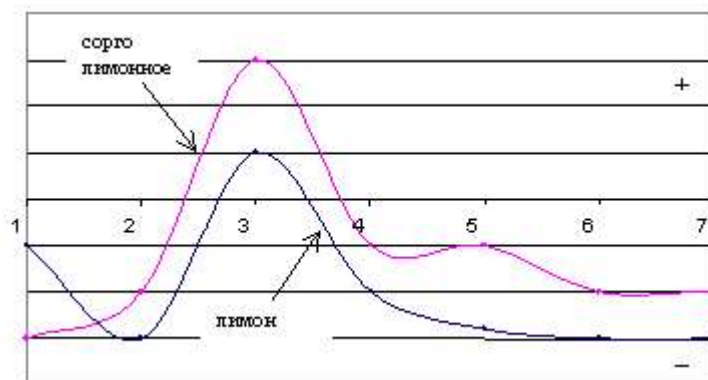
stop there. This indirectly indicates the energy-informational essence of ERAM and the impact both on the energy in general and on the system of meridians and chakras.

Such an attempt has been made. The work is not finished yet, but some of its results can be presented. modeling The method of radioesthesia was used, and level analogies.

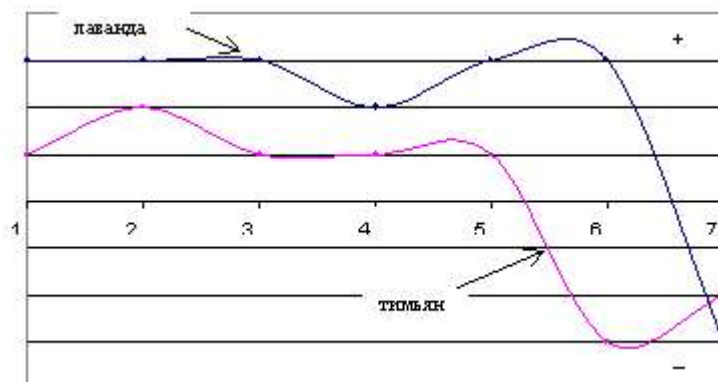
43 ERAM having international standardization. I must say that the composition of oils is individual and not a single energy diagram is repeated. Nature has created unique complexes, and man cannot repeat their composition. Nevertheless, it turned out that the energy diagrams of some pairs of oils are very similar. Such similar pairs turned out to be: Tea tree and nerola oil (Fig. 1), lemon and lemon sorghum oil (Fig. 2), lavender and thyme oil (Fig. 3), chamomile and lemon balm oil (Fig. 4).



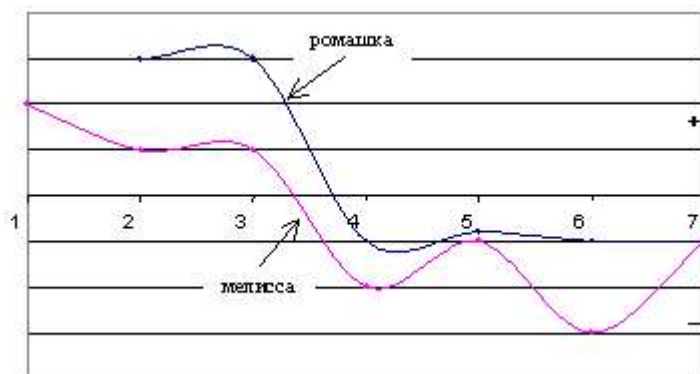
Rice. one



Rice. 2



Rice. 3



Rice. 4

When comparing the chromatograms of these pairs of oils, these data were confirmed. The chromatograms were very similar.

According to the principle of the left and right sides, a table was drawn up on 3 levels for 7 chakras. Out of 43 ERAMs, 15 work on all chakras, both on the left and on the right. In aromatherapy, most of them are cardinal. They are considered potent oils and have a wide range of therapeutic properties. This oil is sage, tea tree, thyme, juniper, rosemary, etc.

A group of oils has been identified that work for 1-3 chakras at the level of the physical body-energy. These are plant oils that are used for food: anise, coriander, cinnamon, fennel, etc. Perhaps this is why the diet of peoples using these herbs is marked by longevity and indomitable energy. Oils with a predominant effect on the left or right side were detected. The question arose, are there oils that work only on one side? It turned out that there is. Rose oil works at all levels and all chakras on the right side. He found an antipode that works as a mirror on the left side - this is the oil of oregano marsh.

By compiling energy diagrams, it is possible to determine the effect of the ERAM, as well as to select the optimal oils, taking into account the synergism of the action. For psycho-emotional correction, oils with a wide range of action, working at all 3 levels, are suitable.

An example is lavender oil. Why are men so fond of it, why is it added to men's perfume? This extraordinary love can be seen on the energy diagram. Lavender oil works on all chakras, on the right side at the highest levels and only at the 7th it goes to the left, again at the highest levels. On the one hand, it gives a powerful boost of energy, and on the other, it soothes at the cerebral level. It becomes clear why it is combined with almost all oils. Another example is lemon oil. It works on the left side and only on the third side it goes to the right, i.e. stimulates the digestive tract. These data are consistent with his medicinal

characteristics.

168 people were diagnosed by the method of vegetative resonance test "IMEDIS-TEST", including women - 89, men - 57 and children from 3 to 15 years old - 22 people.

When carrying out diagnostics, we tried to study:

1) the structure of diseases;  
2) causal relationships;  
3) the possibilities of various methods of treatment (alopathic drugs, homeopathy, herbal medicine, aromatherapy, balanced nutrition) and their combinations, incl. and with BRT in the correction of detected violations.

The following was revealed:

- geopathogenic, electromagnetic loads had 159 people;
- pH shifts - 17 people;
- fungal burdens - 61 people;
- allergy without autoaggression - 163 people;
- decreased immunity - 161 people.

Had a general deficit:

- microelements - 153 people;
- enzymes - 131 people;
- hormones - 88 people;
- vitamins - 158 people

Have dysfunctions:

- thyroid gland - 92 people;
- parathyroid gland - 127 people;
- hepathalamo-pituitary system - 89 people;
- pancreas - 94 people;
- with diabetes - 78 people;
- dysbiosis - 165 people

When testing aopathic drugs, only about 60% of them have a positive effect on the pathogenic organ, and only about 10-12% do not burden the body as a whole. At the same time, there was practically no positive effect on other organs.

Very interesting data was obtained when testing essential oils and their compositions. They covered up to 90% of all identified pathologies, in all cases improved BI, and myrrh and frankincense oils restored 75-80% of the chakras on the back of the hand (i.e., these oils can protect against the negative impact of the human factor, and in some cases, and geopathogenic loads).

Of all the above correction methods, only essential oils and their compositions have an effect through the olfactory organs, thus enhancing the positive effect of oils at the energy-informational level.

It is also very important that individually made creams and compositions and massage mixtures of oils.

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