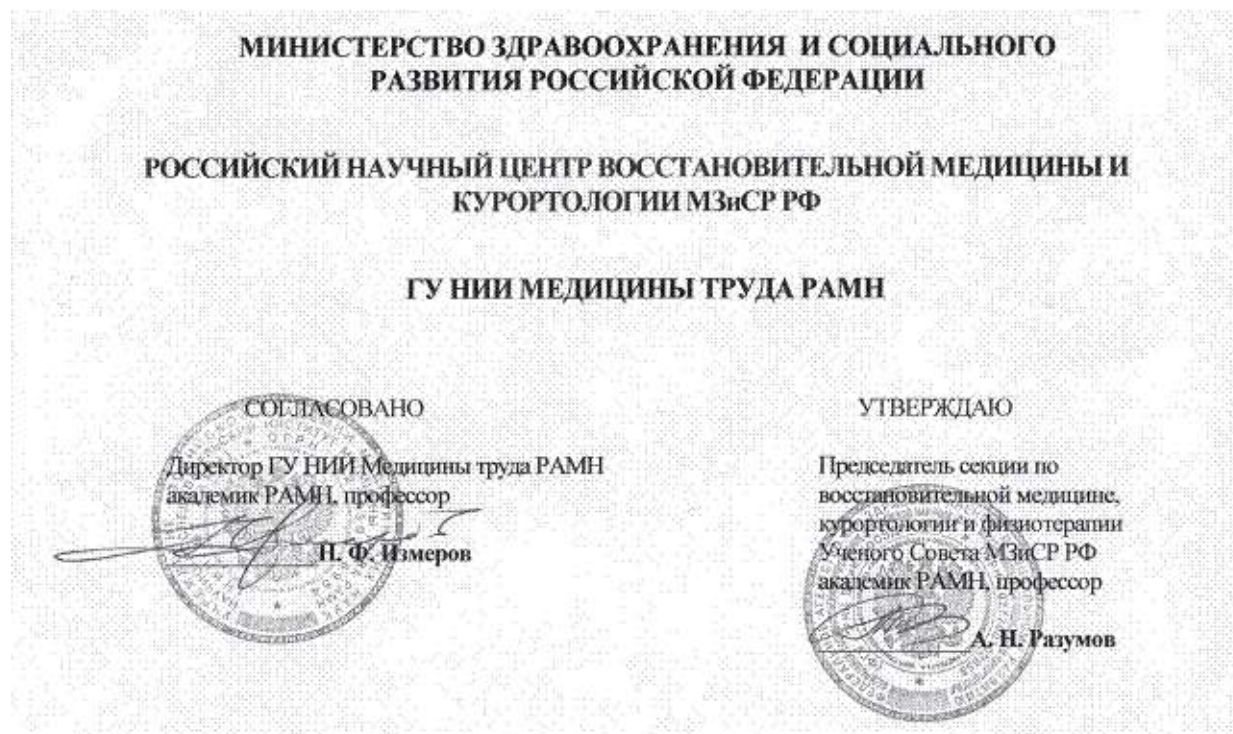


Sanitary and hygienic requirements and safety rules for use phytoaromatherapy procedures. Instructions



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- GU Research Institute of Occupational Medicine, Russian Academy of Medical Sciences

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Purpose:

for physicians of restorative medicine and physiotherapists

Introduction

At present, phytoaromatherapy (the use of natural essential oils for therapeutic purposes) is increasingly used in the arsenal of the means of a modern physician of restorative medicine and physiotherapists in the treatment of patients with various pathologies. Phytoaromatherapy (FAT) is used both in resorts and outside resort practice, namely: in clinics, medical units, hospitals and other medical and health institutions. Due to the fact that essential oils are organic substances that can cause various adverse reactions when exposed to humans, the relevance and practical significance of this instruction is beyond doubt.

The following most used methods of therapeutic use of essential oils (EM) are known: baths, aromatherapy massage, rubbing, compresses, wrapping, inhalation, aerofitotherapy, steam and dry air baths (sauna). When prescribing PAF, practitioners should know the peculiarities of the dosage of aromatic oils for various diseases, depending on: their stage, the patient's age, the presence of concomitant pathology, methods of application, as well as contraindications to their appointment.

An optimally arranged room for phytoaromatherapy procedures (aromatherapy massage, inhalation, etc.) is of great importance for obtaining a therapeutic effect and the absence of side effects.

The instructions also provide safety rules for medical personnel when working with essential oils, based on the current orders of the Ministry of Health and Social Development.

Dosage rules for essential oils

For carrying out aromatherapy massage in various manuals on aromatherapy, both domestic and foreign, published in Russia in recent years, ambiguous dilutions of essential oils are given on base oil, base vegetable oil (from 1 drop of essential oil per 1 ml of base oil to 1 drop of essential oil for 4–5 ml of baseline). Our own experience, as well as an analysis of foreign literature, allows us to recommend a significant decrease in the optimal dilution (1 drop of aromatic oil per 1 drop of base oil) by two or three times, in the following cases:

- 1) if the patient is taking vasoactive drugs;
- 2) if the patient takes tranquilizers and psychotropic drugs;
- 3) if the patient is middle-aged and elderly;
- 4) if the patient has a chronic disease of the expressed stage;
- 5) if the patient is taking homeopathic remedies, large dilution should be used with all methods of therapy with essential oils;
- 6) children of preschool and adolescence, in addition to large breeding essential oils (3-4 times), oils containing a large amount of ketones, phenols and other EO components should not be prescribed;
- 7) for pregnant women, the use of essential oils should be as limited as possible, since there is currently no reliable data confirming their harmlessness during pregnancy. A number of oils containing large amounts of ketones can cause spasm of the muscles of the uterus, which makes them absolutely contraindicated for pregnant women.

For baths, it is recommended to use 6-8 drops of essential oil per 150-200 liters of water (for one bath) - the optimal dilution. However, this dilution can exacerbate the pathological process in patients with the above pathologies and conditions. Baths for these groups of patients are recommended to be prescribed according to gentle parameters: 4 drops of aromatic oil per bath at a water temperature of 36–37, the duration of the procedure is 8–10 minutes, 2–3 baths per week. At present, methods of using turpentine, coniferous, sage and some other aromatherapy baths in the treatment of patients with various diseases, indications and contraindications for their use have been developed and approved.

It is not recommended to use the following oils for baths: pepper eucalyptus, peppermint, red thyme, basil, cloves, ginger, cinnamon due to pronounced skin irritation by the chemical components contained in these essential oils in large quantities (monoterpenes, aldehydes, etc.). For inhalation, the following dilution is recommended: 1 drop of essential oil in 200 ml of warm water. For oil inhalations, mint and eucalyptus oils are most often used. Duration of inhalations is 5-7 minutes. It is not recommended to prescribe oil inhalations to patients with lung diseases who have contact with a large amount of dry dust (asbestos, asphalt, etc.), since dust, in contact with oils, forms dense plugs that clog the lumen of the bronchi. Oil inhalations are not prescribed for patients with impaired bronchial drainage function, as this can lead to excess accumulation of fat in the bronchi. For aerofitotherapy, the content of EO in 1 m³ is considered optimal. 3 room air - 0.5-0.7 mg / m³, which approaches the natural concentration of essential oils in the air in the spring and summer. Aerofitotherapy procedures are carried out using special devices for spraying EM, or various aromas (porcelain, ceramic) in which the required concentration is achieved at the rate of 2 drops of EM per 5 m² premises. The duration of the session is no more than 30 minutes. It is not recommended to carry out aerophytotherapy procedures in the spring (flowering period) and summer periods of the year.

Basic requirements for the appointment of EM

Before starting treatment, all patients receiving any PAF procedures should be thoroughly examined for individual sensitivity to specific odors, and with the contact method of treatment, they should conduct a skin sensitivity test in the form of applying a selected EM to the elbow bend with monitoring the reaction for 24 hours.

When prescribing EM, it is necessary to take into account the well-known developed contraindications for this particular method of exposure (massage, baths, inhalation).

Special contraindications for the use of EM

1. A number of oils containing up to 80-90% of substances such as aldehydes, ketones, phenols can cause severe irritation of the skin and mucous membranes, increase the contraction of the muscles of the uterus, and activate the convulsive activity of the brain. This applies to the oils of thuja, calamus, horseradish, mint mint, fragrant rue, shrub wormwood, tansy, Cossack juniper, bitter almond and some other oils. These oils are not recommended for use in PAF.

2. When using oils containing coumarins and furocoumarins, which are capable of causing photosensitization, patients should be advised not to be in direct sunlight.

3. Oils containing monoterpenes and therefore quickly evaporate must be well sealed and not stored for a long time.

4. Aldehyde ester methyl salicylate, found in the oil of birch, sandalwood, turpentine has nephrotoxicity, especially if it is contained in a large amount, more than 50%.

5. Oils containing phenols, ketones, phenolic ethers, aldehydes are not

recommended for use in children and pregnant women.

Basic requirements for the equipment of the phytoaromatherapy and massage room cabinet

1. For examination of the patient and the selection of oils, it is necessary to have an office (separate) in which the doctor examines the patient. The time for inspection and selection of oils is on average 40-60 minutes. The interior of the doctor's office should be designed in warm, calm colors, with thick plastic curtains on the windows, equipped with armchairs for the patient to relax and create conditions for a casual conversation.

2. Due to the fact that after the procedure the patient needs a hot drink (tea, phytonastoy), there should be a separate room for relaxation, equipped with an electric kettle and a tea set, detergents and disinfectants, a sink with hot and cold water.

3. Aroma massage procedures should be carried out in a separate room, equipped with supply and exhaust ventilation with 8-10 times air exchange per hour, switched off from the room of medical personnel, with air heating. The air temperature should be within the range of $+23^{\circ}\text{C}$ - $+25^{\circ}\text{C}$.

The area of the room, temperature and humidity conditions and ventilation must be in accordance with SanPiN 2.1.3.1375-03 "Hygienic requirements for the placement, arrangement, equipment and operation of hospitals, maternity hospitals and other medical hospitals" (4 m² for 1 place, but not less than 12 m² if there is 1 space, the temperature is within 20°C , the supply and exhaust ventilation provides 8-10 times air exchange per hour). The minimum area for an office is 12 m²... The massage table should be 1.92-2 meters long, 65-75 cm wide, with an opening for the face at the head end of the couch, equipped with a device for adjusting the couch height. The massage table should be equipped with various cushions for placing under the legs, back and head. The massage chair should be of such a height that the masseuse's feet have good support when sitting on it. The cabinet for carrying out aroma massage should be equipped with a washbasin with cold and hot water. The floor in the massage room should be wooden and covered with linoleum. The walls are painted with light-colored oil paint. The massage room should have special furniture (individual wardrobes) for the clothes of the masseur and the patient, for storing oils, for storing individual massage sheets and towels. It is desirable to have a screen for changing the patient's clothes. It is obligatory to have a tape recorder for the procedure accompanied by calm relaxing music. Thick plastic curtains on the windows, a rug on the floor are also desirable in the interior of the aroma massage cabinet.

4. Due to the fact that phytoaromatherapy rooms contain harmful production factors in the form of increased air ionization caused by essential oils, the presence in the air of an increased content of terpenes, which are an integral part of most essential oils, as well as other volatile components, it is necessary to constantly monitor the content of aromatic substances in the office air so that the concentration of harmful substances in the air does not exceed the maximum permissible concentrations in accordance with GOST 12.1.005.76. Equipment for the phytoaromatherapy room and massage room:

1. A couch with an opening for the face.

2. A chair for a massage therapist.
3. Cabinets (2) for storing oils and towels.
4. Table and 2 armchairs for talking with the patient.
5. A tape recorder with a set of cassettes with relaxing music.
6. An electric kettle with a tea set for drinking herbal tea after the procedure.
7. A small cabinet for storing a service, cups and sets of herbs.
8. It is obligatory to have a sink with hot and cold water and disinfectants for washing dishes.
9. Exhaust device.
10. A set of at least 10 large terry towels.
11. Disposable sheets and towels.

Basic requirements for the equipment of the aerophytotherapy room:

1. The room for group inhalation should be isolated. Walls the premises should be faced to a height of 2 m with glazed tiles, the floor should be covered with linoleum, the ceiling - with lime.
2. The area of the room, temperature and humidity conditions and ventilation should be in accordance with SNiP 11-69-78 (4 m² for 1 place, but not less than 12 m² if there is 1 space, the temperature is within 20 ° C, the supply and exhaust ventilation provides 8-10 times air exchange per hour).
3. The interior of the office should be designed in warm, calm colors, with thick plastic curtains on the windows, equipped with armchairs for the patient's relaxation.

Requirements for medical personnel working with essential oils

The general nature of the action of essential oils on the human body is close to the action of volatile drugs. Low concentrations of these odorous substances, which cause only pleasant sensations in some people, cause dizziness, headache ("stupefying odors"), and sometimes more serious symptoms of the nervous system (neuropathy) in others (more often in women). Vapors of essential oils often irritate the mucous membranes of the eyes and upper respiratory tract, causing nausea and vomiting.

Upon contact with essential oils, skin lesions occur in the form of itching and skin rashes, dermatitis. Some oils are allergenic. The development of sensitivity to essential oils is facilitated by their deposition in human skin.

In accordance with the orders of the Ministry of Healthcare of the Russian Federation 4 No. 90 of March 14, 1996 "On the procedure for conducting preliminary and periodic medical examinations of workers and medical regulations for admission to the profession" and No. 405 of December 10, 1996 "On conducting preliminary and periodic medical examinations of workers", as well as by the order of the Ministry of Health of Russia No. 83 dated 08.16.04 "On approval of the lists of harmful and (or) hazardous production factors and work, during the performance of which preliminary and periodic medical examinations (examinations) are carried out, and the procedure for conducting these examinations (examinations)" personnel working with essential oils must undergo compulsory medical examinations.

When conducting a medical examination of persons applying for work in a massage room and other departments of physiotherapy, where aromatic essential oils are used, doctors of hospitals should be guided by the "List of general medical

contraindications for admission in contact with harmful, hazardous substances and production factors "(Appendix 4 to the order of the Ministry of Healthcare No. 90 of 03/14/96), as well as additional medical contraindications. Persons suffering from allergic diseases of the respiratory system and skin are not allowed to work with specific substances.

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