

Professional phytoaromatherapy. opportunities for practical application

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Professional phytoaromatherapy. The possibilities of practical application

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RESUME

The necessity and timeliness of phytoaromatherapy in modern time are considered. Ther research data on phytoaromathrepy a phytoaromaprophylicatics for certain diseases are presented, as well as prospects for development. The estimation of efficiency of the proposed technology is given.

Keywords: phytoaromatherapy, phytoaromaprevention, herbal balm essential oils.

SUMMARY

The necessity and timeliness in the present conditions of phytoaromatherapy use is considered. The data on the study of the method of phytoaromatherapy and phytoaromaprophyllaxis for specific diseases and the prospects for the development of the direction are given. The efficiency of the proposed technology is assessed.

Key words: phytoaromatherapy, phytoaromaprophyllaxis, phytobalms, essential oils.

Information about the medicinal properties of essential oils - phytoaromatherapy - has been known since ancient times. The foundations of phytoaromatherapy were laid in the ancient civilizations of India, China and the Mediterranean about 5000 years ago. However, the widespread development of chemistry and the chemical industry led to the fact that natural medicines began to be gradually replaced in the treatment of patients. Only in recent years, due to the development of new knowledge about the properties of essential oils, as well as due to the fact that people stop trusting synthetic drugs due to possible negative side effects, interest in natural drugs has increased again [7, 11].

Scientific research on phytoaromatherapy has led to the conclusion that natural essential oils provide an information and energy connection between a person and the environment [8]. Molecules of aromatic substances carry a wide variety of information and energy to the body. Thus, natural essential oils, taken by patients in various forms, regulate biological, energetic and physiological processes in the body.

In recent years, interest in phytoaromatherapy has sharply increased among doctors of various specialties. This is due to the frequent manifestations of allergy to

synthetic medicines, the deterioration of the ecological situation, the increasing urbanization of human life and other reasons.

Phytoaromatherapy methods are non-toxic, practically do not cause complications, allergies and can have both individual and mass use. Basically, phytoaromatherapy is prescribed at the initial stages of the disease and in the recovery period. Phytoaromoprophylaxis expands the adaptive capabilities of the body, strengthens health and increases the body's resistance to adverse factors.

The biological effect of essential oils on systems is multifaceted. Essential oils regulate metabolic processes, normalize the functions of the hormonal, immune and enzymatic systems, as well as lipid metabolism. They affect the adaptive mechanisms of the body, the processes of vaccination, have radioprotective, anticarcinogenic, anticoagulant, bactericidal, analgesic, psychotropic, antitoxic properties, etc. [19].

Essential oils have a wide range of therapeutic and prophylactic effects on the human body. However, it is necessary to remember about the possible negative effects that can manifest itself in the form of irritation of the skin and mucous membranes, lacrimation, sneezing, coughing, dizziness, palpitations, odor intolerance. Therefore, work with essential oil raw materials and essential oils should be carried out in compliance with safety precautions both in contact with the skin and in case of inhalation, especially plants such as wild rosemary, parsnip, cinnamon tree, laurel, bird cherry [14].

The combination of biological and pharmacological action of individual chemical components of essential oils is an indispensable condition for their healing properties. More than 1000 components have been isolated and identified from essential oils, represented by various compounds of ketones, alcohols, esters, etc. [17].

Small concentrations of lavender and monarda in the air reduce the cholesterol content in the aorta and reduce its damage by atherosclerotic plaques. The anti-sclerotic effect of essential oils explains their ability to inhibit lipid oxidizing enzymes [14].

The most active antimicrobial effect was found in essential oils produced by monarda, fennel, caraway seeds, parsley, and basil. Essential oils have a more destructive effect on coccal microorganisms than on rod-shaped ones. In relation to gram-negative microorganisms, they are less active than to gram-positive [11].

Natural essential oils are the most destructive for staphylococci, they directly act on viruses. They promote the formation of interferons. Essential oils of basil, monarda, eucalyptus are practically equivalent in antimicrobial action to the antibiotic oxytetracycline. Small doses of essential oils destroy the cytoplasmic membranes of microorganisms and reduce their respiration and metabolic rate. Essential oils help fight the ever-increasing drug resistance of microorganisms to antibiotics and some

other medicines.

Essential oils exhibit antibiotic synergy. When they are used, the activity of antibiotics increases, which makes it possible to reduce their dose. Thus, the combined use of Monarda essential oil and streptomycin doubles the effect of the antibiotic [11].

Phytoaromatherapy is used in otorhinolaryngology, in the treatment of chronic pharyngitis. Due to the fact that chronic pharyngitis is accompanied by polymorphism of complaints, various essential oils are used, or mixtures of 2-3 oils. For complaints of cough, essential oils of basil, anise, cypress are used, with predominantly painful sensations in the throat - essential oils of eucalyptus, lemon, mint, in the presence of dry throat - essential oils of cypress, sage, marjoram.

In case of chronic compensated tonsillitis, after complex treatment with cryotherapy, cold inhalations of lavender, frankincense, and oregano oil were carried out. In addition, oregano oil had an anti-inflammatory and decongestant effect on the pharyngeal mucosa, and geranium and thyme were used in children with vegetative-vascular dystonia and as a prevention of arrhythmia and tachycardia. There was a significant increase in the percentage of T-lymphocytes, a slight increase in the level of Ig M and Ig G. No allergic reactions or negative changes were noted [9].

Aromatherapy effects for polypous-purulent and cystic-purulent forms of chronic sinusitis are carried out in the postoperative period. We used compositions of essential oils: cajaput, cypress, marjoram, chamomile, tea tree in combination with microacupuncture. Phytoaromatherapy and reflexology in complex treatment led to an increase in the total number of T-lymphocytes in the peripheral blood, which indicates a positive effect on the T-cell link of immunity. According to a number of studies (anterior rhinoscopy, indicators of external respiration function, motor function of the ciliated epithelium, olfactory function), the effectiveness of complex treatment was 86.66%. Long-term results were traced for 3 years after the end of treatment. Clinical efficiency was 69.89% [1, 3].

Reflexology has been proven to be a valuable addition to phytoaromatherapy.

According to J. Redford [18], professional aromatherapists often include reflexology in their treatment program. It is recommended to massage your feet with regular base oil, adding one drop of frankincense, lavender or cypress essential oils.

A method has been proposed and tested, which consists in applying drugs (essential oils) to biological active points (zones) and rubbing them into the skin using acupressure techniques. We called this effect pharmacopressure. Encouraging results have been obtained in the treatment of patients with facial nerve neuralgia, vertebrogenic and postherpetic neuralgia [14].

The positive psychological effect of essential oils is noted by many

researchers. Of particular relevance is the question of the use of phytoaromatherapy for the prevention of psychosomatic disorders.

Emotional tensions and stresses are accompanied by deep shifts in many functional systems of the body. In this case, the primary disorders that trigger changes leading to pathology occur in the limbic system. Plant aromatic substances act through the limbic system, which is accompanied by a change in its neurophysiological function, the formation of bioregulatory effects on all organs and systems of the body.

The consequence of prolonged stress is manifested by asthenic syndrome, symptoms of depression, anxiety and a hypochondriacal condition. As a method of correcting the psychoemotional state, it is advisable to use phytoaromatherapy.

In general, the effect on the nervous system and the emotional sphere, all essential oils have an effect in the form of stimulation, relaxation and adaptogenic effect. Stimulating essential oils increase mental and physical performance, concentration. Stimulating oils include: essential oils of lemon, rosemary, mint. Relaxing oils (oregano, sandalwood, frankincense, chamomile oils) have a calming effect, relieve anxiety, nervous tension, and make it easier to fall asleep. Essential oils with adaptogenic action (oils of pine, fir, cedar, spruce, bergamot, eucalyptus) allow you to quickly adapt to new climatic conditions, regulate meteoropathic reactions, normalize the work of the central and peripheral nervous systems, help cope with stress, restore adaptive capabilities.

In some cases, the effect of an essential oil can be both relaxing and stimulating. This effect depends on the dosage of the essential oil in the procedure. For example, lavender essential oil in a low dosage is stimulating, while in a high dosage it is relaxing. It is also necessary to take into account the individual state of the body when selecting essential oils: with accumulated nervous tension and fatigue, a relaxing effect will be more likely to manifest, and when it is efficient, it will stimulate the nervous system [15, 16].

Various studies have shown that essential oils affect brain activity, processes in the central nervous system. For example, lemon oil increases mental performance by 50-60%, relieves fatigue. In patients with neurovascular pathology, phytoaromatherapy provides positive dynamics in the level of social adaptability, improves mental activity, memory, and performance.

The use of essential oils to increase motivation is practiced during meetings and conferences. Spraying essential oils of lemon and rosemary is used to increase activity, create a productive atmosphere. The use of lavender improves efficiency, the quality and quantity of work performed, increases attention, reduces the number of errors, improves memory [12].

Essential oils that help relieve fatigue - thuja, rosemary, jasmine, geranium; for insomnia - fennel, cypress, incense, basil; with increased irritability - rose, incense, chamomile, lavender [5, 10].

According to recent studies, antidepressant effects are possessed by: basil, bergamot, geranium, jasmine, ylang-ylang, chamomile, neroli, lavender, lemon, clary sage. Such a large list allows you to make an individual choice to create a therapeutic and prophylactic composition [6, 13].

In recent years, in preventive medicine, interest in the use of bath procedures has significantly increased. The effect of bath procedures can be enhanced if phytobalms prepared on the basis of fir oil with the addition of

plant extracts (herbs St. John's wort, calendula flowers). The impact is as follows: within 5–7 minutes, the cabin air is warmed up to 60–70 ° C, then a patient is invited into the cabin, who is in it for 7–10 minutes. With good tolerance, the temperature in the mini-sauna rises to 90–100 ° C, and the duration of the procedure - up to 12–15 minutes. Phytobalms are sprayed after a 5-minute stay of the patient in the sauna. After the procedure, the patient rests for 30-40 minutes, he is prescribed an abundant drink (tea, mineral water). Mini-sauna procedures are carried out 2-3 times a week, for a course - 10-12 procedures [2]. Techniques have been developed that include aromatic baths and ultrasonic exposure, cryointerference, cryomassage, phonophoresis [4].

Phytoaromatherapy is currently undergoing a new round of development. By itself, and in combination with other methods of treatment, it can significantly increase the vital potential of the human body.

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