



History of aromatherapy



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Aromatherapy is a form of alternative medicine, and is the use of essential oils extracted from flowers, trees, fruits, bark, plants, grasses and seeds with therapeutic, properties, to maintain and promote physical, psychological and spiritual well-being, and to support and balance mind, body, and spirit.

Aromatherapy had been around for more than 4000 years. The Greeks, Persians,

Romans, and Egyptians all used aromatherapy oils, for bathing, scented massage and embalming dead ones, and also to treat ailments.

A major event for the distillation of essential oils came with the invention of a coiled cooling pipe in the 11th century, by Persian physician and alchemist Avicenna which worked more effectively than previous distillers. Avicenna's contribution leads to more focus on essential oils and their benefits.

Essential oils use declined in the nineteenth century when the medical profession turned to the use of chemical and synthetic medicines. But with the outburst of tuberculosis in Europe, and noticing low incidence among people working with plants & flowers, the essential oils regained the attention of the medical profession.

In 1930 the French chemist Gattefosse is credited with coining the term aromatherapy. During an experiment he burned his hand and thrust it into the closest liquid which happened to be a large container of lavender essential oil. He was fascinated by the benefits of lavender oil in healing his burned hand with hardly any scarring.

Sense of smell is the strongest in the human. Tongue can distinguish among five primary tastes, while the nose can distinguish among hundreds of substances. Essential oils stimulate the sense of smell; therefore odors have a significant impact on how we feel.

Essential oils have healing properties. They are very effective for anxiety, stress digestive disorders, muscular and joint pain, women's issues, and depression. They can affect

the mood, reduce anxiety and promote relaxation. Essential oils are also widely being used for their rejuvenating, anti-viral, antibacterial and antifungal properties.

There are contraindications and precautions in using essential oils, but when essential oils are being used under the care of a properly trained practitioner, aromatherapy is very safe.

Sometimes essential oils are processed, chemicals are added to it or some components are removed this is a common practice in the perfumery but unacceptable for use in aromatherapy. In aromatherapy this is called adulteration.

Adulterated essential oils or fragrance oils often smell acceptable to the untrained nose, but are of poor quality, and



do not provide the therapeutic benefits of essential oils.

Be cautious with marketing claims that state a product is made with Essential Oils or labeled with the word aromatherapy, as adding a number of essential oils would not make a product natural.

Essential oils that are being

used in clinical aromatherapy should be 100% natural; unadulterated and of high quality.

Aromatherapy use at clinics, home and hospital is climbing, for their therapeutic, spiritual and cosmetic properties.

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