



## RESEARCH ARTICLE

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## ROLE OF AROMA THERAPY IN STRESS REDUCTION

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### ABSTRACT

Stress is a Sudden Biological Change. It can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility. Aroma therapy can be used for reduction of stress and promotion of happiness. Studies have shown that Aroma can have beneficial effects on the health of the body as well as positive results in stress reduction levels. Aroma has become an important tool in today's stressed out society.

**Key words:** Aroma therapy, Stress, Remedies of aroma

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**INTRODUCTION**

For thousands of years, oils from plants have been used to lubricate the skin, purify air and repel insects. Essential oils were used in ancient Egypt for bathing and massage and in ancient Greece and Rome for treating infections. The origin of modern aromatherapy is often traced to the French chemist Rene-Maurice Gattefosse, who is said to have poured lavender oil into his hand after accidentally burning himself. He believed that the pain, redness and skin damage healed more quickly than expected, and he began to study the effects of oils on the body.

Stress is a Sudden Biological Change. It has become the curse of 21st century and is silent killer in the modern world. Stress is the greatest danger to the information era. Stress is the priceless poison for human life in the universe. It can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility.

**Signs include:**

- Tiredness and irritability
- Reduced quality of work
- Indecisiveness and poor judgment
- Loss of sense of humour
- Physical illness such as headaches, nausea, aches and pains
- Seeming jumpy or ill-at-ease, or admitting to sleeping badly
- Increased sick leave
- Poor timekeeping
- Changes in working day patterns - perhaps by staying late or taking work home

You should also look for signs of more widespread problems among groups of employees, for example:

- Arguments and disputes between staff
- General absenteeism
- An increase in grievances and complaints
- Greater staff turnover

**How does stress affect you?**

Acute, or short-term, stress causes an immediate reaction in the body. If the threat or demand passes quickly, the body generally returns to normal. However, with prolonged stress, many health problems can develop. Some of the early symptoms of stress-related problems include: There are:

Feelings	Thoughts	Physical Symptoms	Behaviors
<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Irritability</li> <li>• Fear</li> <li>• Moodiness</li> <li>• Embarrassment</li> <li>• Jumpy</li> <li>• Depressed</li> <li>• Hostile/Angry</li> <li>• Frustrated</li> </ul>	<ul style="list-style-type: none"> <li>• Self-criticism</li> <li>• Difficulty concentrating</li> <li>• Difficulty in making decisions</li> <li>• Forgetfulness</li> <li>• Mental disorganization</li> <li>• Preoccupation with the future ("what if...")</li> <li>• Repetitive Thoughts</li> <li>• Fear of Failure</li> </ul>	<ul style="list-style-type: none"> <li>• Tight muscles</li> <li>• Cold or sweaty hands</li> <li>• Headaches</li> <li>• Back of neck tension</li> <li>• Tense shoulders</li> <li>• Sleep disturbance</li> <li>• Stomach distress</li> <li>• More colds and infections</li> <li>• Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Stuttering</li> <li>• Other speaking difficulties</li> <li>• Crying</li> <li>• Acting impulsively</li> <li>• Nervous laughter</li> <li>• "Snapping" at others</li> <li>• Teeth grinding</li> <li>• Jaw clenching</li> <li>• Increased smoking</li> <li>• Alcohol or drug</li> </ul>

		<ul style="list-style-type: none"> <li>• Rapid breathing</li> <li>• Pounding heart</li> <li>• Trembling</li> <li>• Dry mouth</li> <li>• Sore or tired eyes</li> <li>• Heart or chest pain</li> <li>• Oily skin ; acne</li> <li>• Butterflies in stomach</li> </ul>	<ul style="list-style-type: none"> <li>• g use</li> <li>• Being prone to more accidents</li> <li>• Increased appetite</li> <li>• Decreased appetite</li> <li>• Frequent urination</li> </ul>
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using aromatic plants. It was written in Egypt around 1550 B.C. There were essential oils that were just as precious as gold. Aroma can use now a days for Circulatory conditions such as High Blood pressure, Digestive conditions such as Appetite loss, Excretory conditions such as Urinary infections, General conditions such as Anxiety/ stress, Headache/Migraines, Menstrual conditions such as PMS and painful periods, Muscular conditions such as aches, pains and muscle cramps, Respiratory conditions such as Asthma, and for Skin conditions.

Did you know the human nose can distinguish up to 10,000 different scents? This sense of smell is extremely powerful, and aromatherapy from essential oils has been found to provide both psychological and physical benefit.. Follow these general guidelines to treat a number of ailments:

•**Chamomile**: widely known for calming effects; treats headaches, muscle aches and menstrual cramps

•**Eucalyptus**: soothes sore throats, coughs and colds

•**Jasmine**: alleviates post-partum depression

•**Lavender**: provides stress relief, treats insomnia and migraines

•**Rosemary**: relieves muscle pain and improves cold feet and hands

•**Sandalwood**: treats dry skin, acne, and reduces stress and anxiety

•**Spearmint or peppermint**: aids digestion and eases nausea

3"The profound and complete therapeutic effects of essential oils derive from more than their pleasant fragrance. They have vital electromagnetic properties and vibrational energies that invigorate the mind, the soul, the body's energy, and thus their functioning." Kurt Schnaubelt,(1998)

**Certain essential oils, for example, offer different Stress effects:**

Stress	Lavender, Jasmine, Rrange, Sandalwood, Lemon, Lemon verbena, ,Mandarin, Petigrain, Neroli, Bergamot, Cypress, Lavender, Lime, Marjoram, Rose, Violet leaf. Neroli, Cedarwood, Chamomile, Melissa, Valerian.
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StressLavender, Jasmine, Rrange, Sandalwood, Lemon, Lemon verbena, ,Mandarin, Petigrain, Neroli, Bergamot, Cypress, Lavender, Lime, Marjoram, Rose, Violet leaf. Neroli, Cedarwood, Chamomile, Melissa, Valerian.

To be truly effective, essential oils must be absolutely pure and natural. Synthetic or adulterated oils, although less expensive, will not give you the effects you desire and may even have adverse effects. To in sure quality, you may want to choose only oils that are guaranteed to be organic or ethically wild created, It is essential that the oils are species specific.

### Aroma Therapy

What is Aromatherapy? You may have heard of it, but, you still don't know what it is. Well, let me tell you a little about it. There have been numerous books on the subject and people have spent a lifetime perfecting this craft. Aromatherapy is the use of essential oils obtained from plants to promote health and well being. It has gained popularity recently with the resurgence of a holistic approach to health. It has been used for centuries in healing, religious ceremonies and in perfumes.

Aromatherapy was in one of the oldest known medical works relating to healing and preventative formulas

**Usage:**

Inhalation	2-5 drops on a tissue or cotton ball.
Massage	10-20 drops in 1 ounce of oil.

M. Lis-Balchin (1997) show that essential oils have an effect on brainwaves and can also alter behaviour. It is possible that most of the effect of the oils is probably transmitted through the brain via the olfactory system. Used professionally and safely, aromatherapy can be of great benefit as an adjunct to conventional medicine or used simply as an alternative.

Sandra Sgoutas, et al. (2001)report that stress management programs have initiated a variety of methods to help relieve tension and anxieties.The present study questions the efficacy of a popular method used known as aromatherapy. Although its use has been successful in other areas, management of acute stress may not be one of those areas.

Julie L Davidson (2002) asked that the negative health effects of stress and includes a small study into the possible use of essential oils in reducing stress in a work environment.

Cathy Davis, RN,(2005)report that aromatherapy massage and music significantly reduced anxiety levels. Although occupational stress levels were high in relation to workload there was no significant difference following the 12-week period of the intervention.

Cooke, M., et al (2007) report that more anxious in winter than summer but this cannot be attributed to increased sick leave or workloads. Aromatherapy massage with music significantly reduced emergency nurses' anxiety. High levels of anxiety and stress can be detrimental to the physical and emotional health of emergency nurses and the provision of a support mechanism such as on-site massage as an effective strategy should be considered.

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Siobhán S Howard, et al. (2008)report that whether lavender aroma and/or expectancies affect post-stress relaxation.

Andrea Butje, et al.(2008)asked that describes the physiological effects of scent, reviews the research on aromatherapy, presents practical information on the use of clinical aromatherapy for emotional distress, One safe and effective adjunct for the prevention and treatment of emotional distress is aromatherapy.

Erin Pemberton, et al.(2008)report that decreased perception of stress level in the intervention group during three 12-hour worked shifts. essential oils *Lavandula angustifolia* and *Salvia sclaria* on work-related stress of nurses.

Ruth McCaffre, et al. (2009) study that significant decrease in pulse rate after both tests that involved aromatherapy, "Although blood pressure is an indicator of long-term stress and changes more slowly over time, pulse rate has been shown to accurately reflect acute stress and anxiety," state the study's authors.

Seo JY(2009) report that Aroma inhalation could be a very effective stress management method for high school students. Therefore, it is recommended that this program be used in clinical practice as an effective nursing intervention for high school students.

LYRA et al.(2010) significant that stress level decrease could be noticed. Aromatherapy thus proved effective in reducing stress and anxiety levels in graduate health students, but there is still great need to further studies to identify causes of the levels assessed, as well as the mechanisms whereby essential oils might have reduced them.

Natalie Rumbaugh(2011)show that lavender aromatherapy provides a significant decrease both stress and pain,Rumbaugh (2011)show that lavender aromatherapy provides a significant decrease both stress and pain.

Miao-Chuan Chen et al(2013) study that decrease in stress, whereas the stress symptoms in the control group increased from 5.6 to 5.8. Hospital staff managers are still encouraged to include aromatherapy concepts and techniques in the continuing education of nursing staff. Concurrently, future research should focus on the possible side effects of aromatherapy to assure safety.

Shing-Hong Liu,et al.(2013) show that only the natural bergamot essential oil had an effect and that the aromatherapy treatment relieved work-related stress of teachers with various workloads. However, the aromatherapy treatment had a weak effect on young teachers who had a heavy workload. Moreover, the aromatherapy treatment exhibited no effect on teachers who belong to the abnormal body mass index subgroup having a heavy workload.

**Conclusion**

Aroma is a good and easily relaxation technique that involves mostly the mind, which in turn affects the physical body as well. This technique can be as a good stress reducer. In stilling your mind and body, you can forget for a short period the many trials of the day. Studies have shown that Aroma can have beneficial effects on the health of the body as well as positive results in stress reduction levels. Aroma has become an important tool in to days stressed out society.

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