



BENEFITS OF AROMATHERAPY




Aromatherapy

Phytotherapy is the system of using medicines derived from plants or herbs to treat or prevent health conditions.

Aromatherapy is a division of phytotherapy that utilizes the volatile active ingredients of aromatic plants.

Aromatherapy is the therapeutic use of those ingredients sourced from seeds, roots, stems, petals, or leaves of plants, to enhance physical, physiological, and psychological well-being.

It can be practiced by diffusing oils into the air for inhalation, or by applying them to the skin during a massage.



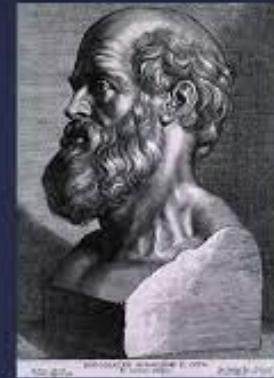
The way to health is to have
an aromatic bath and a
scented massage every day.

Hippocrates

History

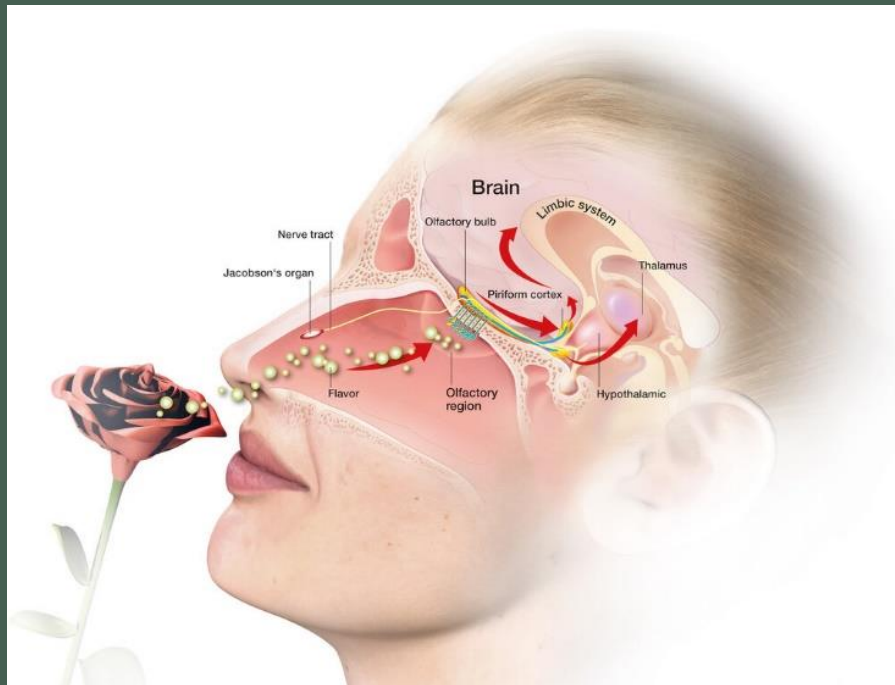
In the 5th century BCE, Hippocrates was already implementing the vapors from aromatic plants in treatment of his patients.

Plants and plant extracts have been used and studied for thousands of years, but only in 1887 did Louis Pasteur's assistant begin to scientifically measure the medical benefits of the antiseptic effects of essential oils derived from oregano, clove, and cinnamon.



Hippocrates (the father of modern medicine) used aromatic fumigations to rid Athens of the plague. He also used aromatherapy baths and massages in his treatments.

Physiology



INHALATION

Essential oils are both fat soluble and are made of molecules so small that they're known as volatile. These molecules circulate in the air where we detect them as smell. When we inhale through the nose these compounds can easily and immediately reach the brain. Olfactory cells (used when we smell) are brain cells and the olfactory membrane is the only place in the body where the brain is directly exposed to the environment.

Your sense of smell is the only sense directly linked to the limbic area of the brain, also called the emotional control center.

Our limbic system is the direct connection to the parts of the brain that are responsible for breathing, heart rate, memory, blood pressure, stress levels, and hormone balance.

It is this efficient delivery process that helps make aromatherapy

Physiology cont'd...



ABSORPTION

Essential oil molecules are so small that when applied to the skin; they are able to be absorbed through the outer layer of skin (epidermis), and pass through the middle layer of skin (dermis), into the capillaries, and into the bloodstream.

Absorption also occurs through the hair follicles and sweat ducts.

Research

Research has shown that certain compounds used in aromatherapy enhance healing of injured brain tissue by **increasing oxygen to your brain by up to 28%**. (Nasel, 1992).

This rise in oxygen levels may lead to a increased activity in several areas of the brain, which can have significant effects on emotions, learning, mood, as well as the immune system, hormone balance, and energy levels.

Another study has provided evidence that aromatherapy has a positive effect on human selective attention. The results of that study indicated that aromatherapy can enhance performance on neuropsychological tasks in humans by regulating brain waves and brain functional connections. Their results partially support previous findings that some essential oils significantly improve attention, working capacity, mood, and stress (Liu, et al 2019)

Several clinical studies with stroke patients have shown improvement in areas of pain, motor, and autonomic responses (heart rate, muscle tension, blood pressure) after aromatherapy treatment.

Additionally, the research by Lee et al. (2017) and Shin and Lee (2007) showed that the effects of aromatherapy reach beyond the bounds of pain and it's effects. In fact, nothing has been shown more effective in improving behavioral symptoms (stress level, sleep quality, delirium) or clinical symptoms (motor and language) after treatment.

Benefits for TBI

The brain is the most elaborately functioning organ in the human body. Injuries to the brain range from mild concussions to more serious head trauma. Some brain injuries are slow to heal, but aromatherapy can enhance the process.

HERE'S HOW.....

Anti-inflammatory: it helps turn off brain inflammation so the gut and the body can communicate and heal. Designed to reduce inflammation, re-balance the brain, and encourage regeneration of damaged or stressed cells and tissues that have been chronically inflamed or acutely inflamed.

Lymph System: congested lymphatic vessels in the neck will impede drainage of toxins from the brain. Aromatherapy can relieve congestion, improve drainage and reduce brain inflammation.

Oxygenation: oxygenates the blood going to the brain. When oxygen is absorbed effectively, it allows the brain to process and retain information, heal, and function correctly.

Parasympathetic: Relief from headaches, dizziness, and nausea,

Circulation: Every injury in the body requires good circulation to enhance healing. Ideal circulation provides plenty of oxygen and nutrients to the injury site as well as removes carbon dioxide, waste products, and toxic residues. Aromatherapy can greatly accelerate the healing process of injuries in the head.

Consult an Aromatherapist
for more information on how
you can enhance your
wellness after a TBI

References

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[Essential Oils and Brain Injuries. Here's What You're Not Being Told - Healthy Cures](#)

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