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AROMATHERAPY: ESSENTIAL OILS AS AN ALTERNATIVE TO TREATMENT

Introduction. Nowadays there is a growing awareness that chemicals must be converted to natural and effective remedies, the healing effect of which has been proven for centuries. One of the most effective additional treatments for a wide variety of diseases is the treatment with using natural herb odors. Phitotherapy, including phito aromatherapy, is an important part in alleviating symptoms and improving the quality of life of patients with diseases. Aromatherapy is a method of treatment using natural essential oils that are introduced into the body through the respiratory tract, skin or mucous membranes. The use of essential oils is a very ancient art. The origins of aromatherapy, which uses essential oils, known since ancient times, as evidenced by excavations in ancient Egypt, India, China, Greece, Rome, as well as in the southern regions of Ukraine, where the remains of volatile oils were found. Considerable attention was paid to the use of essential oils in the treatment of Hippocrates, Avicenna, Paracelsus. In recent years, more and more specialists and patients (75% of the globe population) are turning to both non-drug and naturopathic methods of prevention and treatment, including aromatherapy, which uses natural volatile aromatic substances of plants – essential oils [1].

Objectives. The basic objectives of this research are:

- to analyze aromatherapy as one of the alternative treatments;
- to evaluate the properties of essential oils on the human body;
- to determine aromatherapy of various diseases.

Presenting main material. Aromatherapy is a method of therapy with the use of natural essential oils that are introduced into the body through the respiratory tract (inhalation) and through the skin (massage, bath or compress). Essential oils are volatile organic substances that are produced by plants and cause their odor. The sum of the essential oils can contain up to 200-1000 biologically active substances, which determines their significant polyfunctionality. Essential oils are low molecular weight compounds that are highly permeable and easily penetrate the skin and mucous membranes into the bloodstream.

Many scientists believe that this method is eligible for appointment in medical practice as one of the comfortable, painless and affordable. Aromatherapy agents affect all organs and systems both externally and internally. Different ways of introduction of essential oils, extracts allow to eliminate disturbances in the functioning of organs and systems, affect the skin condition and possible health problems – from the undead to psycho-emotional disorders [1].

Numerous clinical studies indicate a significant impact of natural essential oils and hydrolysates from vegetable raw materials on the emotional state of people. In the arsenal of aromatherapy to regulate and improve the emotional background for a long time use essential oils of chamomile medicinal, lemon balm, yarrow, lavender, leafy rosemary, dill, St. John's wort, etc.

The oils can be used for grinding and massage, mixing with a little cream or milk and warming in a water bath, as well as breathing with the evaporation of essential oils that are heated in the aroma lamp. For internal use of essential oils, they are mixed with honey or sugar. In the case of external use of essential oils, it is necessary to ensure that there are no allergic reactions to the oil.

Essential oils, when combined in the body with hormones and affecting nerve endings, are able to act differently on the human body. For example, citrus oils are capable of improving human performance; geranium oil regulates blood pressure; pine oil, lavender – kill pathogens.

Aromatherapy has the potential as an effective treatment option to relieve symptoms of depression, and aromatherapy with massage works better than aromatherapy through inhalation [2].

Conclusions. All essential oils, without exception, have great health benefits. They have such important properties as antibacterial, soothing (calming) and regenerating. Despite the large list of beneficial properties, aromatherapy has a number of side effects. For example, a person may be allergic to certain oils, which manifests as an allergic runny nose and conjunctivitis. Essential oils regulate physiological processes in the body, do not have a negative side effect on the body and are not addictive. Aromatherapy is a healing technique, so it is better to carry it out under the guidance of a doctor. Today, aromatherapy is popular in many countries, and when sick and tired, people often do not hurry to swallow tablets, but use the necessary essential oil. Of course, essential oils can not completely replace medical treatment, but can be successfully supplemented, and some – even partially replace antibiotics.

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