

Aromatherapy Research and Practice
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Health care practitioners regard aromatherapy to be among the fastest growing and most rewarding, complimentary therapy today and it's being implemented in hospitals across the United States.

Besides the aromatic and pleasurable experience one receives from essential oil therapy, it is multidimensional and has a natural place in the practice of holistic nursing as well as integrative medicine.

In fact, a recent internet search displays 19.5 million websites related to aromatherapy and thousands of research references on essential oils can be found on the National Institutes of Health's official website www.PubMed.gov. Among the numerous essential oils appropriate for the safe practice of aromatherapy in the clinical setting, six oils are referenced below with their therapeutic properties and corresponding research of published articles providing evidence of their efficacy.

Essential Oil	Therapeutic Properties	Research References
<p>Eucalyptus <i>Eucalyptus globulus</i> <i>E. citriodora</i> <i>E. radiata</i> <i>E. australiana</i> <i>E. smithii</i></p>	<p>analgesic, antiseptic, antispasmodic, decongestant, diuretic, expectorant, antiviral, increases circulation, deodorant, febrifuge, antibacterial, stimulant, anti-neuralgic, antiviral, increases circulation, antifungal, anti-infectious</p>	<p>Chung,K.H, Yang, K.S., Kim, J., Kim, J.C., Lee, K. Antibacterial activity of essential oils on the growth of Staphylococcus aureus and measurement of their binding interaction using optical biosensor. <i>Journal of Microbiology and Biotechnology</i>. 2007 Nov;17(11):1848-55.</p> <p>Cermelli, C., Fabio, A., Fabio, G., and Quaglio, P. Effect of eucalyptus essential oil on respiratory bacteria and viruses. <i>Current Microbiology</i>. 2008 Jan;56(1):89-92</p> <p>Sartorelli, P., Marquioreto, A.D., Amaral-Baroli, A., Lima, M.E.,Moreno, P.R. Chemical composition and antimicrobial activity of the essential oils from two species of Eucalyptus. <i>Phytotherapy Research</i>. 2007 Mar;21(3):231-3</p> <p>Prabuseenivasan, S., Jayakumar, M., Ignacimuthu S. In vitro antibacterial activity of some plant essential oils. <i>BMC Complementary and Alternative Medicine</i>. 2006 Nov 30;6:39</p> <p>Warnke, P.H., Sherry, E., Russo, P.A., Acil, Y., Wiltfang, J., Sivanthan S., et al. Antibacterial essential oils in malodorous cancer patients: clinical observations in 30 patients. <i>Phytomedicine</i>. 2006 Jul;13(7):463-7. Epub 2005 Nov 2</p> <p>Willms, R.U., Funk, P., Walther, C. Local</p>

		<p>administration of essential oils in the common cold. <i>MMW Fortschritte der Medizin</i>. 2005 Sep 29;147(39):44</p> <p>Kim, M.J., Nam, E.S., Paik, S.I. The effects of aromatherapy on pain, depression, and life satisfaction of arthritis patients. <i>Taehan Kanho Hakhoe Chi</i>. 2005 Feb;35(1):186-94</p>
<p>German Chamomile <i>Matricaria recutita</i> Also known as Blue Chamomile</p>	<p>anti-inflammatory, analgesic, anti-allergenic, antispasmodic, antibacterial, digestive, fungicidal, nerve sedative</p>	<p>Nogueira, J.C., Diniz, Mde F., Lima, E.O., In vitro antimicrobial activity of plants in Acute Otitis Externa. <i>Revista Brasileira de Otorrinolaringologia (English Ed)</i>. 2008 Jan-Feb;74(1):118-24</p> <p>Anderson, C., Lis-Balchin, M., Kirk-Smith, M. Evaluation of massage with essential oils on childhood atopic eczema. <i>Phytotherapy Research</i>. 2000 Sep;14(6):452-6</p> <p>Glowania, H.J., Raulin, C., Swoboda, M. Effect of chamomile on wound healing--a clinical double-blind study. <i>Zeitschrift für Hautkrankheiten</i>. 1987 Sep 1;62(17):1262, 1267-71</p> <p>Jakovlev, V., Isaac, O., Flaskamp, E. Pharmacologic studies on chamomile compounds. VI. Studies on the antiphlogistic effect of chamazulene and matricine. <i>Planta Medica</i>. 1983 Oct;49(2):67-73</p>
<p>Helichrysm <i>Helichrysm italicum</i> Also known as Everlasting and Immortelle</p>	<p>antispasmodic, expectorant, anticoagulant, antiviral, anti-inflammatory, Analgesic, astringent, cicatrisive, cholagogic, hepatic, mucolytic, stimulant</p>	<p>Angioni, A., Barra, A., Arlorio, M., Coisson, J.D., Russo, M.T., Pirisi F.M., Satta, M., Cabras, P. Chemical composition, plant genetic differences, and antifungal activity of the essential oil of <i>Helichrysum italicum</i> G. Don ssp. <i>microphyllum</i> (Willd) Nym. <i>Journal of Agriculture and Food Chemistry</i>. 2003 Feb 12;51(4):1030-4</p> <p>Chinou, I.B., Roussis, V., Perdetzoglou, D., Loukis, A., Chemical and biological studies on two <i>Helichrysum</i> species of Greek origin. <i>Planta Medica</i>.. 1996 Aug;62(4):377-9</p> <p>Lourens, A.C., Reddy, D., Baser, K.H., Viljoen, A.M., Van Vuuren, S.F., In vitro biological activity and essential oil composition of four indigenous South African <i>Helichrysum</i> species. <i>Journal of Ethnopharmacology</i>. 2004 Dec;95(2-3):253-8</p> <p>Roussis V, Tsoukatou M, Chinou IB, Ortiz</p>

		<p>A.Composition and antibacterial activity of the essential oils of Helichrysum rupestre and H. ambiguum growing in the Balearic Islands (Part III) <i>Planta Medica</i>. 1998 Oct;64(7):675-6</p> <p>Ramanoelina, A.R., Terrom, G.P., Bianchini, J.P., Coulanges, P., Antibacterial action of essential oils extracted from Madagascar plants. <i>Archives de Institut Pasteur de Madagascar</i>. 1987;53(1):217-26</p>
<p>Juniper <i>Juniperus communis</i></p>	<p>anti-rheumatic, antiseptic, antispasmodic, astringent, diuretic, anti-toxic, circulatory stimulant, anticatarrh, anti-infectious, general energy stimulant, cicatrizant, sudorific, tonic, digestive stimulant,</p>	<p>Loizzo, M.R., Saab, A.M., Tundis, R., Statti, G.A., Menichini, F., Lampronti, I., Gambari, R., Cinatl, J., Doeer, H. W. Phytochemical analysis and in vitro antiviral activities of the essential oils of seven Lebanon species. <i>Chemistry and Biodiversity</i>. 2008, Mar;5(3):461-70.</p> <p>Wei, A., Shibamoto, T. Antioxidant activities and volatile constituents of various essential oils. <i>Journal of Agriculture and Food Chemistry</i>. 2007 Mar 7;55(5):1737-42</p> <p>Cavaleiro, C., Pinto, E., Gincalves, M.J., Salgueiro, L. Antifungal activity of Juniperus essential oils against dermatophyte, Aspergillus and Candida strains. <i>Journal of Applied Microbiology</i>. 2006 Jun;100(6):1333-8.</p> <p>Barclay, J., Vestey, J., Lambert, A., Balmer, C. Reducing the symptoms of lymphoedema: is there a role for aromatherapy? <i>European Journal of Oncology Nursing</i>. 2006 Apr;10(2):140-9</p> <p>Pepeljnjak, S., Kosalec, I., Kalodera, Z., Blazevic, N. Antimicrobial activity of juniper berry essential oil (Juniperus communis L., Cupressaceae). <i>Acta Pharmaceutica</i>. 2005 Dec;55(4):417-22</p> <p>Angioni, A., Barra, A., Russo, M.T., Coroneo, V., Dessi, S., Cabras, P. Chemical composition of the essential oils of Juniperus from ripe and unripe berries and leaves and their antimicrobial activity. <i>Journal of Agriculture and Food Chemistry</i>. 2003 May 7;51(10):3073-8.</p> <p>Johnston, W.H., Karchesy, J.J., Constantine, G.H., Craig, A.M. Antimicrobial activity of some Pacific Northwest woods against anaerobic bacteria and yeast. <i>Phytotherapy Research</i>. 2001 Nov;15(7):586-8</p>

<p>Lavender <i>Lavendula angustifolia</i> <i>L. vera</i> <i>L. officinalis</i></p>	<p>analgesic, anticonvulsive, antidepressant, anti-rheumatic, antiseptic, antispasmodic, antiviral, decongestant, deodorant, restorative, sedative, relieves nervous tension and irritability anti-bacterial, anti-infectious, anti-inflammatory, cardiogenic, cicatrizant, cytophilactic, hypotensive, tonic</p>	<p>Kiecolt-Glaser, J.K., Graham, J.E., Malarkey, W.B., Porter, K., Lemeshow, S., Glaser, R. Olfactory influences on mood and autonomic, endocrine, and immune function. <i>Psychoneuroendocrinology</i>. 2008 Apr;33(3):328-39.</p> <p>Kim, J.T., Ren, C.J., Fielding, G.A., Pitti, A., Kasumi, T., Wajda, M., et al. Treatment with lavender aromatherapy in the post-anesthesia care unit reduces opioid requirements of morbidly obese patients undergoing laparoscopic adjustable gastric banding. <i>Obesity Surgery</i>. 2007 Jul;17(7):920-5</p> <p>Woolard, A.C., Tatham, K.C., Barker, S. The influence of essential oils on the process of wound healing: a review of the current evidence. <i>Journal of Wound Care</i>. 2007 Jun;16(6):255-7</p> <p>Shiina, Y., Funabashi, N., Lee, K., Toyoda, T., Sekine, T., Honjo, S. et al. Relaxation effects of lavender aromatherapy improve coronary flow velocity reserve in healthy men evaluated by transthoracic Doppler echocardiography. <i>International Journal of Cardiology</i>. 2007 Aug 7</p> <p>Atsumi, T., Tonosaki, K. Smelling lavender and rosemary increases free radical scavenging activity and decreases cortisol level in saliva. <i>Psychiatry Research</i>. 2007 Feb 28;150(1):89-96</p> <p>Muzzarelli, L., Force, M., Sebold, M. Aromatherapy and reducing preprocedural anxiety: A controlled prospective study. <i>Gastroenterology Nursing</i>. 2006 Nov-Dec;29(6):466-71</p> <p>Hwang, J.H. The effects of the inhalation method using essential oils on blood pressure and stress responses of clients with essential hypertension Taehan Kanho Hakhoe <i>Chi</i>. 2006 Dec;36(7):1123-34</p>
<p>Lemongrass <i>Cymbopogon citratus</i></p>	<p>analgesic, anti-depressant, anti-inflammatory, antiseptic, astringent, carminative, deodorant, febrifuge, fungicidal, parasitic, galactagogue, insecticide, nervine, sedative, digestive tonic</p>	<p>Nogueira, J.C., Diniz, Mde F., Lima, E.O. In vitro antimicrobial activity of plants in Acute Otitis Externa. <i>Revista Brasileira de Otorrinolaringologia (English Ed)</i>. 2008 Jan-Feb;74(1):118-24</p> <p>Kumar, A., Malik, F., Bhushan S., Sethi, V.K., Shahi, A.K., Kaur, J. et al. An essential oil and its major constituent isointermedeol induce apoptosis by increased expression of mitochondrial cytochrome c and apical death</p>

		<p>receptors in human leukaemia HL-60 cells. <i>Chemico- biological Interactions</i>. 2008 Feb 15;171(3):332-47</p> <p>Nirmal, S.A., Girme, A.S. Bhalke, R.D. Major constituents and anthelmintic activity of volatile oils from leaves and flowers of <i>Cymbopogon martini</i> Roxb. <i>Natural Product Research</i>. 2007 Nov;21(13):1217-20</p> <p>Hajieghrari, B., Mohammadi, M.R., Hadian, D. Antifungal activity of <i>Cymbopogon parkeri</i> stapf. essential oil on some important phytopathogenic fungi. <i>Communications in Agriculture and Applied Sciences</i>. 2006;71(3 Pt B):937-41</p> <p>Duarte, M.C., Leme, E.E., Delarmelina, C., Soares, A.A., Figueira, G.M., Sartoratto, A. Activity of essential oils from Brazilian medicinal plants on <i>Escherichia coli</i>. <i>Journal of Ethnopharmacology</i>. 2007 May 4;111(2):197-201</p>
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She is Director of The Institute of Integrative Aromatherapy in Houston Texas and personal mentor for students of the Certificate Program in Integrative Aromatherapy, an AHNA endorsed and accredited program.