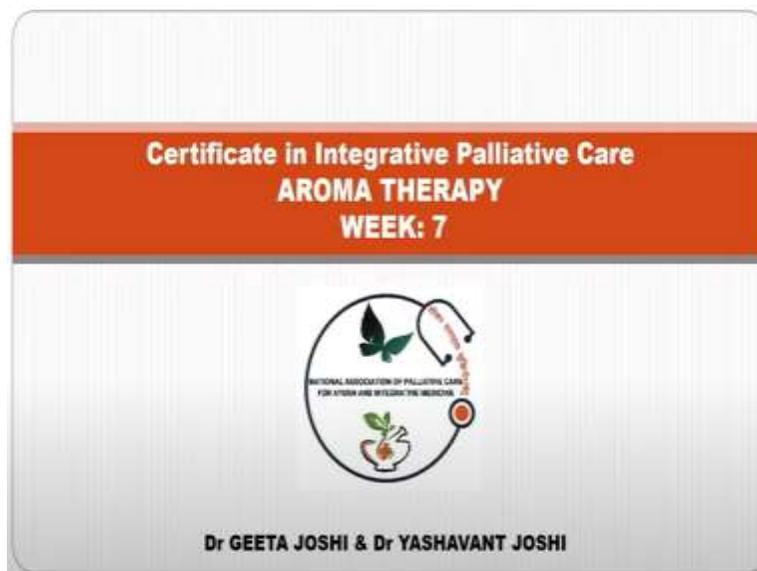


Certificate in Integrative Palliative Care – 3
Dr. Geeta Joshi
Dr. Piyush Gupta
Dr. Col. Yashavant Joshi
International Institute of Distance Learning
Indian Institute of Technology, Kanpur

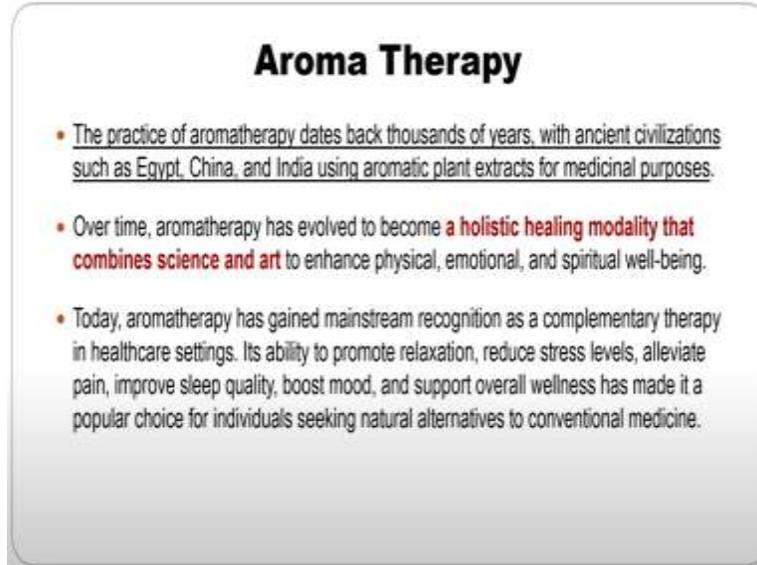
Week-07
Lecture 54: Introductory Dialogue

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Hello friends, Namaskar. Hello, hello everyone, Namaste. Oh my god we have reached week number seven, yes, halfway mark, yes, congratulations, out of 12 weeks you have covered six weeks, six weeks. So have some more patience courage to learn more about palliative care.

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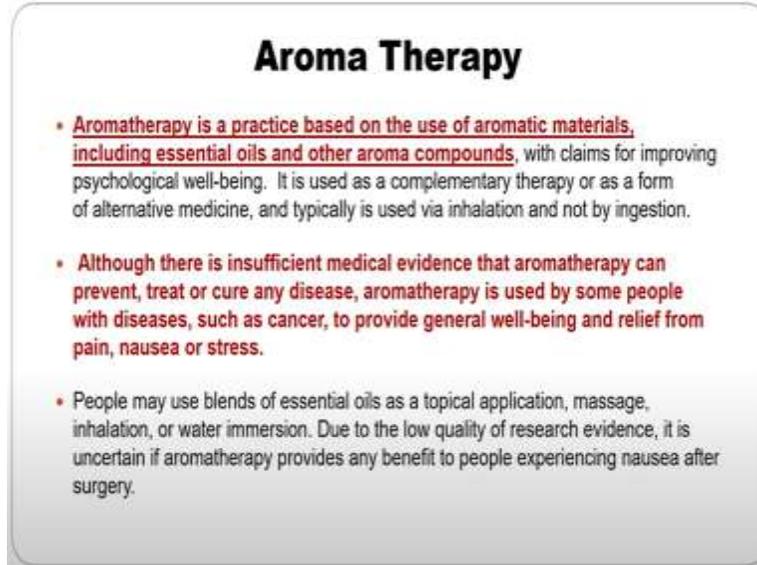
Aroma Therapy

- The practice of aromatherapy dates back thousands of years, with ancient civilizations such as Egypt, China, and India using aromatic plant extracts for medicinal purposes.
- Over time, aromatherapy has evolved to become **a holistic healing modality that combines science and art** to enhance physical, emotional, and spiritual well-being.
- Today, aromatherapy has gained mainstream recognition as a complementary therapy in healthcare settings. Its ability to promote relaxation, reduce stress levels, alleviate pain, improve sleep quality, boost mood, and support overall wellness has made it a popular choice for individuals seeking natural alternatives to conventional medicine.

Week number seven it is about Aromatherapy. Aromatherapy, it is the practice of aromatherapy dates back thousands of years with ancient civilizations such as Egypt, China and India using aromatic plant extracts for medicinal purpose.

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A slide titled "Aroma Therapy" with three bullet points. The text is as follows:

Aroma Therapy

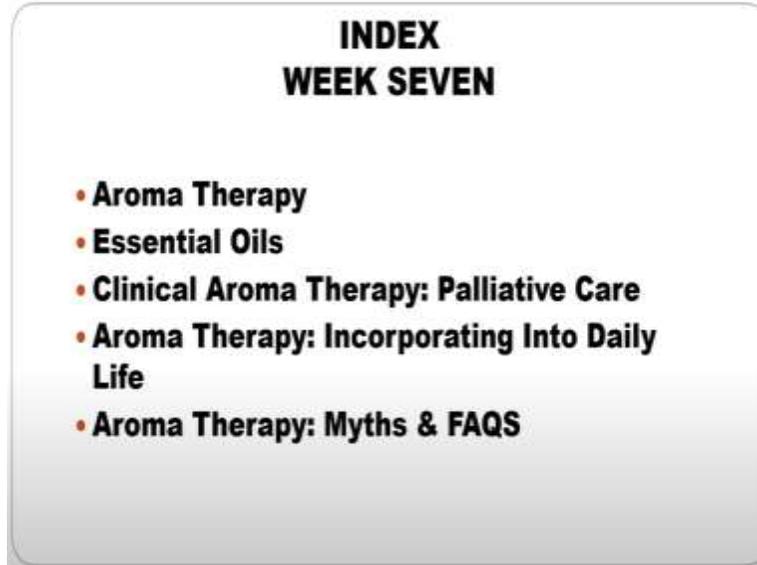
- **Aromatherapy is a practice based on the use of aromatic materials, including essential oils and other aroma compounds,** with claims for improving psychological well-being. It is used as a complementary therapy or as a form of alternative medicine, and typically is used via inhalation and not by ingestion.
- **Although there is insufficient medical evidence that aromatherapy can prevent, treat or cure any disease, aromatherapy is used by some people with diseases, such as cancer, to provide general well-being and relief from pain, nausea or stress.**
- People may use blends of essential oils as a topical application, massage, inhalation, or water immersion. Due to the low quality of research evidence, it is uncertain if aromatherapy provides any benefit to people experiencing nausea after surgery.

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So you can't eat it, you can't drink it. Yeah, you just have to smell it. Smell it, it can be applied on skin also. Although there is insufficient medical evidence that aromatherapy can prevent, treat or cure any disease, Aromatherapy is used by some people with diseases such as cancer to provide general well-being, remember this word general well-being and relief from pain, nausea or stress. People may use blends of essential oils as a topical application, massage, inhalation or water immersion.

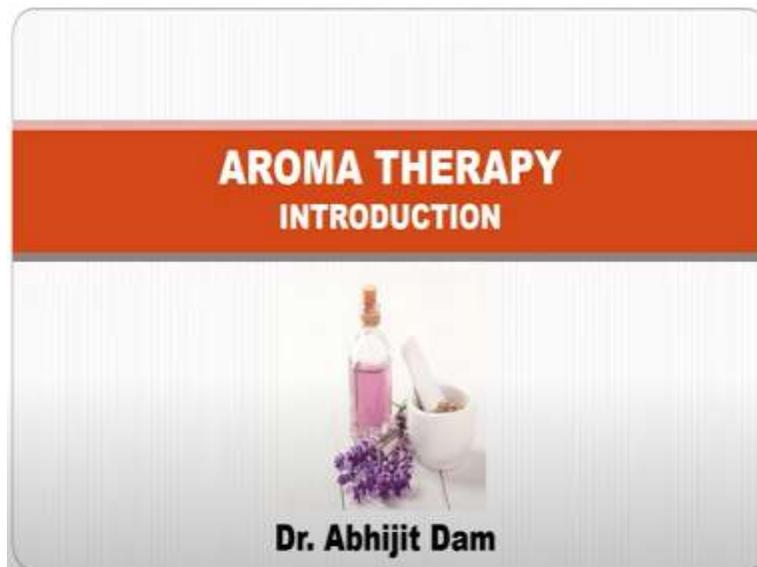
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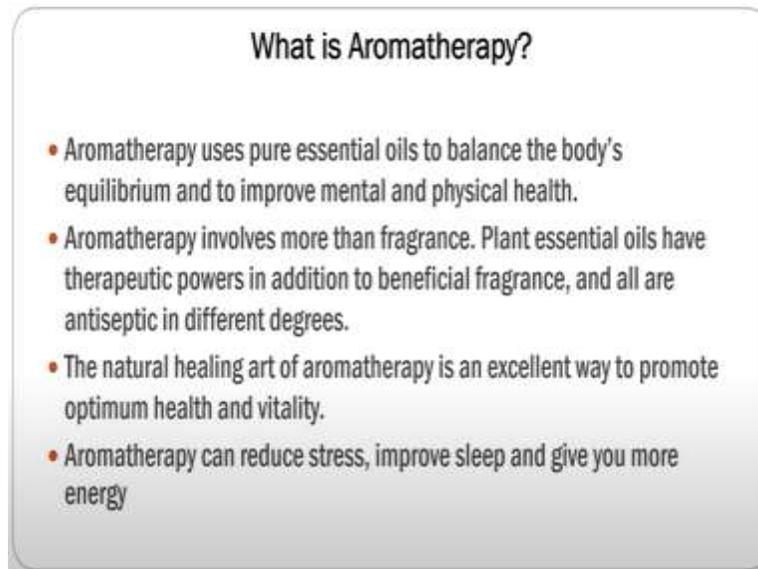
I remember when I was a child, my mother used to put few drops of eucalyptus oil in the bucket filled with hot water. And with that particular water, I used to take bath. In this week number seven you will be learning about aromatherapy essential oils used for aromatherapy clinical application of aromatherapy in palliative care and how to incorporate this aromatherapy knowledge in your day-to-day life. The week will end with the with satisfying your few frequently asked questions and by addressing certain myths about aromatherapy.

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Introduction about aromatherapy. Dr. Abhijit Dam will take it.

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What is aromatherapy? Aromatherapy uses pure essential oils to balance the body's equilibrium and to improve mental and physical health. Aromatherapy involves more than fragrance.

Plant essential oils have therapeutic powers in addition to beautiful fragrance and all are antiseptic in different degrees. The natural healing art of aromatherapy is an excellent way to promote optimum health and vitality. Aromatherapy can reduce stress, improve sleep and give you more energy.

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Definition of Aromatherapy?

- A therapy that uses aroma in the form of essential oils to help in improving the Quality of Life.
- Aromatherapy conveys the concept of healing with aromatic substances. - *Robert Tisserand*
- Aromatherapy is a caring, hands-on therapy which seeks to induce relaxation, to increase energy, to reduce the effects of stress and to restore lost balance to mind, body and soul.- *Robert Tisserand*

Coming to definition of aromatherapy, it is a therapy that uses aroma in form of essential oils to help in improving quality of life. Aromatherapy conveys the concept of healing with aromatic substance.

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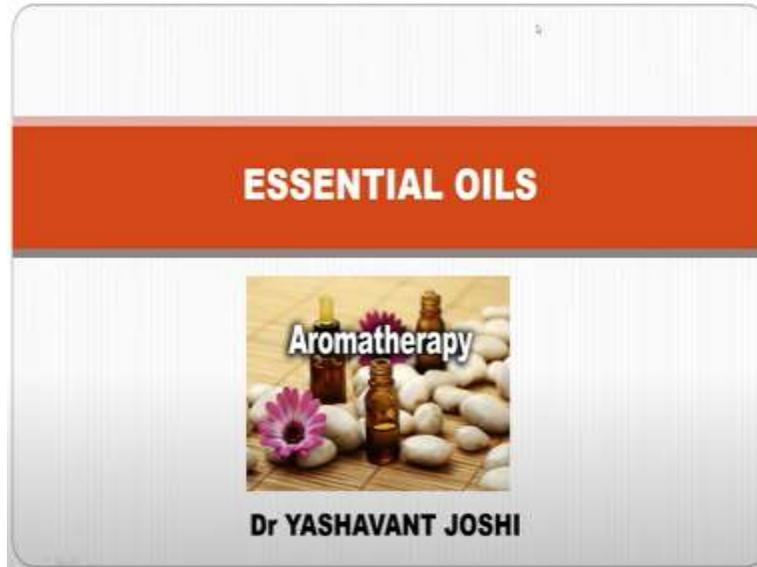
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Indian civilisation & Aromatherapy

- **Ayurveda:** based on concept of *panchamahabhuta*
 - Combination of these 5 elements results in 3 *doshas*
 - *Doshas* contribute to specific physiological, mental & emotional characteristics of an individual
 - Use of specific EO that complement an individual to restore balance of *doshas* & restoring equilibrium

Indian Civilization and Aromatherapy Ayurveda based on concept of Panch Mahabhuta, five elements. Combination of these five elements result in three doshas. Doshas contribute to specific psychological, mental and emotional characteristics of an individual. Use of specific essential oils that complement an individual to restore balance of doshas and restoring equilibrium.

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Second lecture will be about essential oils.

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Where are EO found?



- Flowers chamomile, lavender, neroli, rose
- Leaves eucalyptus, peppermint
- Wood cedarwood, rosewood, sandalwood
- Fruits bergamot, grapefruit, lemon, orange
- Berries black pepper, juniper

Where to find essential oil? They are found in flowers, leaves, wood, fruits and berries. So these are the things from which the essential oil extracts are taken out and it is used for inhalation.

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ESSENTIAL OILS

- As you explore the uses of essential oils, pay attention to how the different oils and methods of use affect you.
- Always talk to your doctor before starting any aromatherapy treatment.
- Remember that aromatherapy is meant to be a complementary therapy. It's not meant to replace any doctor-approved treatment plan.

Essential oils, as you explore the use of essential oils, pay attention to how the different oils and methods of use affect you. Always talk to your doctor before starting any aromatherapy treatment.

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Clinical Aromatherapy

- Enhance well-being
- Promote relaxation
- Promotes sleep
- Reduces stress
- Decrease or relieve physical symptoms such as nausea, headache, pain.
- Decrease symptoms related to emotional and spiritual distress
- Promote pleasant smelling environment.

Clinical aromatherapy in palliative care.

Again by Dr. Abhijit Dam. He is a palliative care physician. Clinical application of aromatherapy you will see in enhancing the well-being of a patient. It promotes relaxation, promotes sleep, reduces stress and this all is essential in palliative care. It decreases or relieves physical symptoms such as nausea, headache or pain and decreases symptoms related to emotional and spiritual distress.

It promotes pleasant smelling environment.

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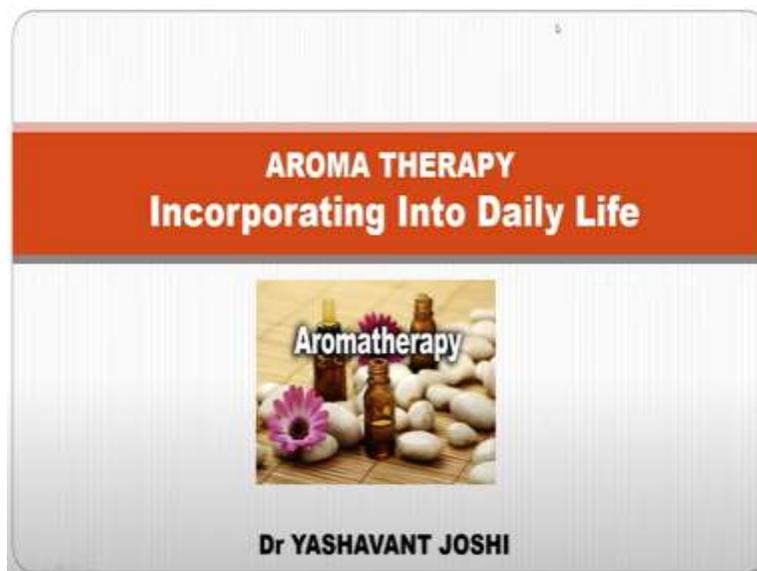
Therapeutic Properties of Essential Oils

- **Essential oils** are at the core of aromatherapy, each with its own set of therapeutic properties.
- These volatile liquids are derived from plants through a process called distillation or cold-pressing. They contain an array of bioactive compounds such as terpenes, phenols, and esters that contribute to their healing effects.
- Different essential oils possess distinct therapeutic properties that can address specific concerns. For instance, peppermint oil is known for its analgesic and antimicrobial properties, making it useful for relieving pain and soothing digestive issues. Tea tree oil has powerful antiseptic properties that make it ideal for treating skin conditions such as acne or fungal infections.

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Aromatherapy, how to incorporate aromatherapy into daily life?

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Incorporating Into Daily Life!

- Aromatherapy is not limited to spa treatments or occasional indulgences. It can be easily integrated into everyday routines, allowing individuals to experience its healing benefits on a regular basis.
- There are various practical ways to incorporate aromatherapy into daily life, whether it be through skincare routines, creating a relaxing ambiance at home, or using essential oils in hair care.
- By making Aroma Therapy a part of your daily routine, you can enhance your overall well-being and create a positive environment for yourself.

In fact, we have been making use of scents on certain social occasions. Aromatherapy is not limited to spa treatments or occasional indulgences.

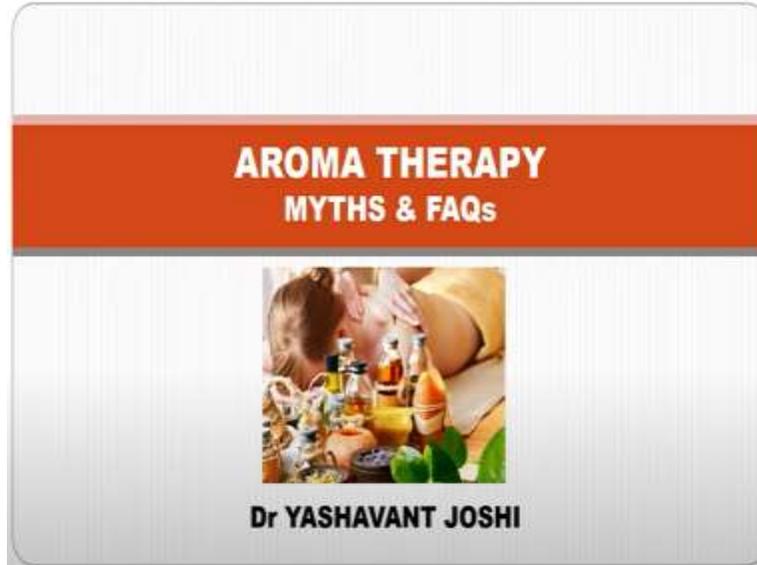
It can be easily integrated into everyday routine, allowing individuals to experience its healing benefits on regular basis. There are various practical ways to incorporate aromatherapy into daily life, whether it be through skin care routines, creating a relaxing ambiance at home or using essential oils in hair care. By making aromatherapy a part of your daily routine, you can enhance your overall well-being and create a positive environment for yourself. Friends, you see, earlier I was a clean shaver.

I used to shave daily. And therefore, after shaving, I used to apply shaving lotion. You also must be applying, some of you people must be applying shaving lotion. And you must have, you must be knowing it. It has got a peculiar scent. That is nothing but use of aroma therapy.

Yeah, but they are chemical based. Yeah, they are chemical based. They are not natural. They, yeah, they, But whatever it is, they must have taken out something, you know, out of the plants. But one of my friend has told me the use of natural flowers as an aromatherapy.

In month of April or so, we get that orange flowers. We call it kesuda. And you put it in a bucket of water and take bath with that water. Your skin problems will be solved.

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Aromatherapy, certain myths and frequently asked questions.

See, always there are certain suspense, something, some secret, some myths. They are always available with any, any therapy. So let's see it.

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AROMA THERAPY

- Aromatherapy uses aromatic essential oils to enhance physical and emotional health. It may help manage pain, ease digestion, boost relaxation, improve mood, and relieve menstrual symptoms, among other benefits.
- Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy.
- Aromatherapy is thought of as both an art and a science. Recently, aromatherapy has gained more recognition in the fields of science and medicine.

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Thank you, friends. So we are at end of week seven, which we talked about aromatherapy and hope it will be useful to you. Thank you, everyone.