

Certificate in Integrative Palliative Care – 3
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Week-07
Lecture 57: Clinical Aroma Therapy

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**Clinical aromatherapy in Palliative
care**

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Namaskar once again. My name is Dr. Abhijit Dam and I am the President of the National Association of Palliative Care for Ayush and Integrative Medicine and today we will be talking about clinical aromatherapy in palliative care.

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Alternative therapies on the rise

- Use of complementary therapies becoming increasingly popular.
 - Inexpensive
 - easy to use
- National Center for Complementary Alternative Medicine (NCCAM)
 - complementary therapies used in combination with conventional medicine successfully in LTC to promote wellness and reduce symptoms associated with illness and disease however,
 - there is little scientific research to support the effectiveness and safety of these therapies.

Over the years we have seen that alternative therapies are on the rise. Use of complementary therapies are becoming increasingly popular because of many reasons out of which one of the reasons is that they are inexpensive and second they are easy to use. The National Centre for Complementary and Alternative Medicine states that complementary therapies used in combination with conventional medicine successfully in long term care to promote wellness and reduce symptoms associated with illness and disease.

However, there is little scientific research to support the effectiveness and safety of these therapies. So on one hand, we have complementary therapies which are increasing by leaps and bounds as a part of the holistic approach to medicine. But as far as the scientific research and scientific evidence needed to justify such approaches, those are not exactly matching up. Right, that does not mean that complementary and alternative medicine therapies do not work, they definitely do work but the scientific evidence is not exactly matching up currently.

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Types of CAM therapies

- Music therapy
- Exercise
- Diet
- Massage
- Pet therapy
- Art therapy
- Aromatherapy

There are so many different types of complementary and alternative medicine therapies like music therapy, exercise, diet, massage, pet therapy, art therapy and aromatherapy which is what we are discussing here today.

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Now here this photo was taken in my hospice which is in rural Jharkhand and you can see this lady, she is a lady having advanced cervical cancer with multiple metastasis and she was having a lot of spiritual distress, existential concerns she had and you can see our team giving her a nice massage. using a massage oil which has been developed by a blend of different oils, different essential oils and some with some base oil. And this

massage therapy using these essential oils and she used to get a lot of relief. She actually also suffered from insomnia, but after this massage she would happily go to sleep.

She felt very secure and you know calmed down after this massage used to be given to her. So this is an excellent example about how this complementary and alternative medicine and especially aromatherapy can be used but replication of this same thing in that this patient is now going to sleep with this massage and aromatherapy so that every patient should do that that will not always happen because all humans are not the same my mental makeup is different, your mental makeup could be different. Your circumstances could be different, my suffering could be different. So, as we are all unique individuals, so we would all respond in our unique manner to a specific therapy and that is where the research goes wrong. So, research wants a say yes or no pattern and nothing in between, but here you have lots and lots of things happening in between.

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Clinical aromatherapy

- Aromatherapy (AT) is the use of essential oils (EOs) for therapeutic purpose.
- It is an ancient treatment for physical (arthritis, migraines, etc) and mental disorders (stress, depression, anxiety) which allows us to benefit from the therapeutic chemical properties of the EO.
- Not meant to replace medical advice or care rather to complement.

So, Clinical aromatherapy, what exactly is clinical aromatherapy? Aromatherapy is the use of essential oils for therapeutic purposes where you want healing to occur, right. It is an ancient treatment for physical like arthritis, migraines, etc. And mental disorders like stress, depression, anxiety which allows us to benefit from the therapeutic chemical properties of the essential oil. Now just yesterday I was moving about in my own town and I saw a cycle rickshaw with a you know hoarding with a big board they were selling some massage oil for treatment of pain and then there was this fellow who was sitting on the rickshaw and with a loud speaker he was announcing that come please buy my massage oil and people were buying it. So, earlier I used to look at it and laugh basically,

but now I do not laugh anymore because I went ahead and I saw the constituents of that oil which they were actually selling and among the constituents there were so many compounds like peppermint oil, eucalyptus oil, clove oil which all are essential oils and they actually help in relieving pain.

So, whatever they are doing is not just a humbug, so that was our ancient tradition. Essential oils have been used in the past in our country also and they have been used extensively. People are still using it and we use it daily, even daily like in the evenings or in the mornings, whenever you do a puja or you light up an agarbatti, that is an incense stick. It is a type of aromatherapy only. It makes you feel good.

It helps you connect with divinity. So that is the power of aromatherapy. You use it daily. We all use it daily. But when it comes to a scientific bend of mind, we usually, you know, call it a humbug.

So that is not exactly done. Clinical aromatherapy is not meant to replace medical advice or care, but rather to complement it.

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National Association for Holistic Aromatherapy

- Essential oil therapy (aromatherapy) is "the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize, and promote the health of body and mind."

The National Association for Holistic Aromatherapy defines essential oil therapy as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body and mind. So, here you are not only treating the body, but you are also treating the mind. So, it is a holistic approach to healing.

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Aromatherapy

- Uses sense of smell for healing
- Exposes one to ideal olfactory environment
- Works on '*sukshma sharira*'
- Through *chakras & nadis*

Aromatherapy uses the sense of smell for healing and exposes one to an ideal olfactory environment. It works on the sukshma sharira. If you go to Vedanta they call it our whole body is actually our not body I would call it existence is made of sharira traya that is three types of sharira are there. One is the sthula sharira this is the physical body. Second is the sukshma sharira which is a subtle body that is which is made like your mind Can you feel your mind? You cannot feel your mind.

The mind does not have a physical existence, but yet it is there. We understand it every day. So, man, buddhi, chitta and ahankar, the mind, your intelligence, ego, these all constitute the sukshma sharir and then is the karana sharir, the third one, which is basically the soul, your atma. So, aromatherapy is supposed to work on the sukshma sharir, on the subtle body. And it also works through the chakras and nadis, various chakra systems and the nadis, the various energy channels as described.

I won't go into the details of that because that would be perhaps covered in later lectures.

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(Published Online:11 Jan
2018<https://doi.org/10.12968/ijpn.1995.1.2.67>)

- Massage and aromatherapy are being used increasingly by nurses to enhance the wellbeing of patients in palliative care settings, yet little evaluation of these therapies has been undertaken. This article reports a quasi experimental study comparing the effects of an 8-week course of massage, with or without the addition of a blend of essential oils, on patients undergoing cancer treatment. Findings from the study suggest that massage has a significant effect on anxiety and this was found to be greater where essential oils were used, although the small sample prevented this from being established conclusively. Massage was reported to be universally beneficial by patients, it assisted relaxation and reduced physical and emotional symptoms

Now coming to scientific evidences, massage and aromatherapy this study was a 2018 study. Massage and aromatherapy are being used increasingly by nurses to enhance the well-being of patients in palliative care settings, yet little evaluation of these therapies have been undertaken. So, in this particular study, they compared the effects of a 8-week course of massage with or without the addition of blend of essential oils on patients undergoing cancer treatment. So, patients undergoing cancer treatment divided into two groups.

One standard massage, second group essential oils were used in the massage and findings suggested that massage has a significant effect on anxiety and this was found to be greater when essential oils were used. That means massage combined with essential oils resulted in greater benefit although the sample size was small. So, massage was reported to be universally beneficial by patients as it assisted in relaxation and reduced physical and emotional symptoms.

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(Published Online:11 Jan
2018<https://doi.org/10.12968/ijpn.1995.1.1.21>)

- Aromatherapy and massage have gained wide popularity among nurses in clinical practice in recent years. Many nurses in palliative care settings are using these therapies with the assumption that they improve patients' quality of life, but no research has yet investigated their effectiveness. A study was set up to assess the effects of massage and aromatherapy massage on cancer patients receiving palliative care. Patients received three full body massages over a 3-week period, with or without the essential oil Roman Chamomile. The measurements used were the Rotterdam Symptom Checklist (RSCL) and State-Trait Anxiety Inventory. Post-test scores for all patients improved. These were statistically significant in the aromatherapy group on the RSCL physical symptom subscale, quality of life subscale and state anxiety scale. Responses to the post-therapy questionnaire indicate that patients consider the massage or aromatherapy to be beneficial in reducing anxiety, tension, pain and depression.

Another study and this again showed basically they did the measurements used in this particular study assess the anxiety level of patients as well. And here the response to the post therapy questionnaire indicate that patients considered the massage or aromatherapy to be beneficial in reducing anxiety, tension, pain and depression.

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Research

- Sampling of essential oils and their effects on common symptoms. Respondents rated the essential oil on a 0-to-10 scale.
 - Sweet marjoram reduced pain by 3 points (27% reduction)
 - Ginger reduced nausea by 2 points (18% reduction)
 - Lavender and marjoram reduced anxiety by 2 points (18% reduction)
- Source: Johnson et al. 2016

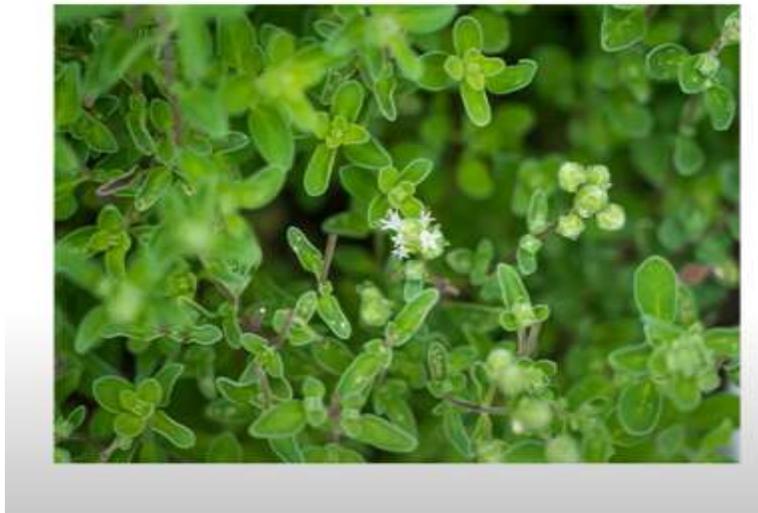
So, again another study which actually showed that aromatherapy would actually help us in reduction of anxiety, tension, pain and depression. Now, another research where

sampling of essential oils and their effects on common symptoms were done. respondents rated the essential oil on a 0 to 10 scale, right. So, which essential oil actually produce benefit? So, like sweet marjoram reduced pain by 3 points, there was a 27 percent reduction in pain. Other essential oils which actually help to reduce pain is the oil of wintergreen, right and black pepper oil can also help to reduce pain.

Cloves, clove oil can help to reduce pain. Ginger reduced nausea by 2 points. There was a 18 percent reduction in nausea by ginger and you know this is, these are very common home remedies also. We chew on a small bit of ginger and if you are feeling nauseous. Lavender and marjoram reduced anxiety by 2 points.

There was a 18 percent reduction. So, definitely these studies do show that it works, right.

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So, this is, these are the leaves of sweet marjoram and they help in reducing pain.

- Research question was: Does diffusing essential oils that promote relaxation and balance affect the nursing staff's stress level?
- Stress was measured with the Perceived Stress Scale (PSS), a 10-item scale with a 5-point Likert response format
- Thirty-three nurses completed the presurvey in the 2 weeks before the intervention was started. Nebulizing diffusers were then placed at the nurses' station for aromatherapy over the next 4 weeks. All essential oils used were citrus based and single oil (no blends). Scents included lime, wild orange, grapefruit, tangerine, and lemon.

Now, there was another study which was quite interesting and this was done in the United States. The research question was does diffusing essential oils that promote relaxation and balance affect the nursing staffs stress level.

So, nurses in the preoperative holding area, before the patient is taken for surgery, there is a preoperative holding area. So, the nurses who were monitoring those preoperative holding area, 33 nurses were taken for the study. They completed a pre-survey in the 2 weeks before intervention was started. So, pre-survey was done. Then, nebulizing diffusers were used at the nurses station for aromatherapy over the next 4 weeks.

and all essential oils used were citrus based like orange, bergamot and all and single oil blends were not used. The scents included lime, wild orange, grapefruit, tangerine, lemon and so on and this was the result.

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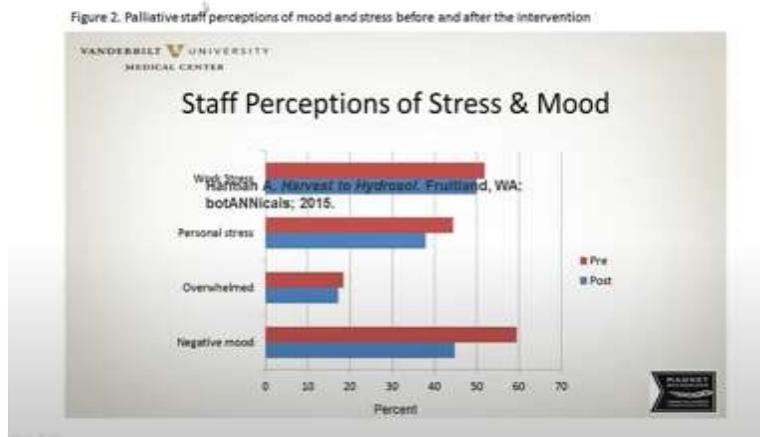


So, you can see here this was the baseline. So, baseline the stress level perceived stress score scale was quite high, right. So, here it was almost 17 or 18 baseline before the study.

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Palliative care nurses

blend of wood, frankincense, blue tansy, blue chamomile, and spruce... grounding and balancing qualities



Once aromatherapy was started at that time the stress level came down to below 15, right and in the follow up also the stress level remained low in the nurses. So, aromatherapy actually helped to reduce the stress of these nurses and another study was done for

palliative care nurses because palliative care physicians and nurses deal with death and dying every day. You know terminal ill patient. So, it is a very difficult time that they go through. So, in the palliative care nurses a blend of wood, frankincense, blue tansy, blue chamomile and spruce which basically had grounding and balancing qualities were used and the work stress level the red is before therapy and the blue is after therapy there was a reduction.

Personal stress level also reduced, overwhelming sense also reduced, negative mood also reduced. So, definitely the aromatherapy helped them.

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(Published online 2019 Mar 1. doi:
10.1097/MD.00000000000014720 PMID: 3081761)

- **Background:**
 - Anxiety in patients receiving palliative care is a noteworthy concern because it may affect their quality of life. Aromatherapy has been widely utilized to improve anxiety among patients receiving palliative care.
- **Objective:**
 - To investigate the effectiveness of anxiety improvement in patients receiving palliative care by comparing the intervention group (aromatherapy massage) with the control group (common massage alone).
- **Methods:**
 - A literature search was performed using PubMed, Cochrane Library, Embase, MEDLINE, and CINAHL for all related studies from inception through November 30, 2018 without restriction on language. A quantitative synthesis of randomized controlled trials (RCTs) was conducted to compare the difference in effectiveness scores between the aromatherapy massage and only common massage groups by employing a random-effect model.
- **Results:**
 - We included three RCTs with a total of 160 participants (81 in the intervention group and 79 in the control group) in our systematic review and conducted a quantitative synthesis. The secondary data from the reviewed trials were then pooled using a random-effect model. Anxiety [mean difference = -2.60 [95% confidence interval: -7.82, 2.63], P = .33] was assessed using anxiety scores from the State-Trait Anxiety Inventory.
- **Conclusion:**
 - Compared with common massage alone, aromatherapy massage does not provide significant effectiveness of anxiety improvement among patients receiving palliative care.

But then of course, there were other studies also which basically concluded that compared with common massage alone, aromatherapy massage does not provide significant effectiveness of anxiety improvement among patients receiving palliative care. So, there were studies which actually said that they are helpful and then there are studies which says that perhaps they are not very helpful. So, very you know very confusing evidences.

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Essential oils

- EOs are concentrated substances obtained from aromatic plants found in the flowers, leaves, bark, wood, roots, seeds, or peels.



So, coming back to essential oils, essential oils as discussed before in my previous lectures also, they are concentrated substances obtained from aromatic plants found in the flowers, leaves, bark, wood, roots, seeds or even the peels of plants.

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History of aromatic medicine

- Evidence found at archeology digs gives proof as early as 60,000 years ago. *Papyrus Eber* manuscript (dating back to 2,800 BC) found in Egypt listed myrtle, frankincense, and myrrh for hay fever.
- Hippocrates in 450 BC, Father of Medicine used 200-300 herbs and aromatic baths to treat others. He wrote, The road to good health is paved with a daily aromatic bath and massage. He also wrote, In order to cure the human body it is necessary to first have knowledge of the whole.
- Florence Nightingale placed drops of lavender on the foreheads of soldiers to help them sleep.

So, coming to the history evidence found at archeology digs give proof as early as 60,000 years where in the *Papyrus Eber* manuscript found in Egypt listed metal, frankincense and myrrh for hay fever. Hippocrates in 450 BC the father of medicine used 200 to 300 herbs

and aromatic baths to treat others. He wrote the road to good health is paved with a daily aromatic bath and massage. He also wrote, in order to cure the human body, it is necessary to first have knowledge of the whole.

The whole means the whole human. We are not just the body. So, as a person, as a whole. And then Florence Nightingale used to place drops of lavender on the foreheads of soldiers to help them sleep.

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This is Florence Nightingale and those soldiers, this is where she started off with the whole concept of nursing, you know.

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Now, lavender is an excellent aromatic oil, which has angiolytic properties, it has immune boosting properties, right, it has got anti-depressant properties, it has anti-cancer properties. So, it has got multiple uses.

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History (contd...)

- Rene-Maurice Gattefosse , known as the Father of Aromatherapy was a French perfume chemist who in 1910 had an explosion in his lab, burnt his entire arm and ran to immerse it in lavender water. Pain and redness decreased immediately. He was so amazed at the healing properties of aromatic plants that he devoted his life to their study and called it aromatherapie.
- In England, midwives and nurses created Clinical Aromatherapy external use of essential oils to treat clinical conditions.

And then, as I said before also, it was Rene Maurice Gattefosse, known as the father of aromatherapy, who was a French perfume chemist, who in 1910 had an explosion in his lab. Burnt his entire arm and ran to immerse it in lavender water. Pain and redness decreased immediately. He was so amazed at the healing properties of aromatic plants that he devoted his whole life to this study and called it aromatherapy. In England

midwives and nurses created clinical aromatherapy where external use of essential oils to treat various clinical conditions.

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Clinical aromatherapy

- Used for specific therapeutic purposes with measurable outcomes
- 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.

So now coming to clinical aromatherapy. It is used for specific therapeutic purposes with measurable outcomes. It enhances the well-being, promotes relaxation, promotes sleep, reduces stress, decrease or relieve physical symptoms such as nausea, headache, pain, decrease symptoms related to an emotional and spiritual distress, and promotes a pleasant smelling environment. What more do you want? So, again continuing with the benefits of essential oils, they potentially avoid negative side effects of medications, promote relaxation physical and psychological well being. They benefit informal caregivers or family members or loved ones to reduce a wide range of emotions related to overwhelming guilt, fatigue and inhibitory grief or loss issues because see it is not only the patient who is suffering in long term illness like say cancer or any such chronic illness like chronic renal failure, chronic heart failure. It is not only the patient who is suffering, the whole family is suffering and often we try, we do not look at the family.

It is important that we look at the family members also and with aromatherapy this is a very easy and a very pleasant way in which the various issues of the family members can also be tackled.

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Benefits of EO

- Potentially avoid negative side effects of medications.
- Promote relaxation, physical, and psychological well-being.
- Benefit informal caregivers/family members/loved ones to reduce a wide range of emotions related to overwhelming guilt, fatigue, and anticipatory grief/loss issues.
- Allows for more holistic care.
- Potentially reduce polypharmacy, as well as use of narcotics and psychotropic medications.
- Allows for more tailored care and increased touch.
- Promote a more positive experience in the dying process (i.e. reduce odors, calm environment).

It allows for a more holistic care. It potentially reduces polypharmacy as well as use of narcotics and psychotropic medications, allows for more tailored care and increased touch. Now touch is a very, very important aspect of care. You know touching a human being, acknowledging the human being as a human being.

Nowadays with the advent of technology, we hardly talk to each other. We talk to others using WhatsApp. We are not comfortable with sitting with a person right in front of us and talking to them because we are more comfortable that we will write in WhatsApp, we will have a chat on WhatsApp or we will have a video chatting. But we have lost this very sense that we should actually sit in front physically in front of a person and talk to him. And our children are also following the same suit.

They are, they spend lonely times locked up in their own rooms and you know chatting or playing games on mobiles and computers. So, that human touch, that human interaction, man to man interaction that is somehow missing and it comes as no wonder that there is a, there is a alienation of the whole system, right. Essential oils promote a more positive experience in the dyeing process. It helps to, you know, reduce the odors that if you have sat with a dying person or with a dead body there is a heavy smell around in the room, right or even a dying person there is a heavy smell in the room which is not very pleasant and but if you use aromatherapy in the room that heavy smell can go away and you would have a more calming environment, a stress free environment you can have. So aromatherapy can be used So, dead dowlas can actually use aromatherapy.

I also have founded the international dead dowla association of India and we use aromatherapy extensively while you know while staying vigil with the dying patients.

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Essential oil class	Primary effect	Example oils
Mints	Energizing	Spearmint, wintergreen
Citrus	Uplifting	Tangerine, lemon
Spices	Warming, grounding, soothing	Myrrh, clary sage, clove
Herbs and grasses	Warming, energizing, renewing	Spikenard, thyme, rosemary
Trees	Grounding, soothing	Eucalyptus, cedarwood, cypress
Florals	Calming	Lavender, geranium, ylang-ylang

So, now coming to some essential oils like mints, these are primarily energizing like spearmint or wintergreen. Wintergreen oil is also used for pain relief, like then there is a citrus group which is uplifting like tangerine, lemon. So, whenever your mood is down, you want an uplift of mood, you can have some lemon, lemon flavors or tangerine flavor. Spices, these are warming, grounding, soothing, right.

So, especially if you have the vath dosha, vath dosha or the cup dosha also. There you can use myrrh, clary sage, clove. Herbs and grasses, these are warming, energizing, renewing like spikenard, thyme, rosemary. Trees like the eucalyptus, cedar wood and cypress, these have grounding and soothing effects. Florals, these are calming like lavender, geranium, ylang-ylang.

Ylang-ylang is used in depression also. Lavender is also very good for depression. It is very good for insomnia.

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A beginners guide to EO

- Lavender
 - Monoterphenol. Anti microbial properties.
 - Safe, gentle, and effective, skin healing (burns cuts). Works well for insomnia, stress, anxiety, and pain
 - Clary sage
- Sweet orange
 - Monoterpene. Citrus peels & needle trees. Decongestant & anti-spasmodic effect.
 - Mandarin oil
- Roman Chamomile
 - Ester. Relaxing effect on CNS, spasmolytic, for insomnia. Anti microbial.
 - Oil of Bergamot

So, a beginner's guide to essential oils, how to use them, so whenever you are going to use essential oils you need to have a very calming environment. You cannot use essential oils in a very busy place. You need to have a very calm quiet environment, remember to switch off your mobiles, talk gently with the patient, the lighting should be soft, right and then you use a diffuser.

If you do not have a diffuser you can use a cotton ball in which you put one or two drops of the essential oil or you can use a aroma stick right and then you start aromatherapy. So, the whole environment should be attuned so that the patient can use their senses directed to the aromatherapy, only then it will work. So, lavender these are monoterphenol anti these have antimicrobial properties. They are safe, gentle, effective, works well for insomnia, stress, anxiety, pain.

Lavender is very expensive. You can use clary sage as an alternative. Then sweet orange is a monoterpene. The citrus peels and needle trees, they have decongestant and antispasmodic effect. Especially if somebody has period pains or cramps in the stomach, then you can use sweet orange or and the alternative is mandarin oil. Then comes Roman chamomile which is an ester, it has got relaxing effects on CNS, it is spasmolytic used for insomnia, somebody with epilepsy would benefit from Roman chamomile, it has got antimicrobial properties, oil of bergamot is a alternative to Roman chamomile.

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A beginners guide to EO

- Peppermint
 - Ketone. Expectorant, analgesic & antispasmodic
 - Rosemary oil
- Eucalyptus
 - Aldehyde. Antiviral & anti-inflammatory
 - Ravintsara oil
- Tea tree
 - Oxide. Expectorant & anti-viral. Heal-all remedy
- Frankincense
 - Sesquiterphenol. Revitalising & regenerative
 - Sandal wood oil

Then peppermint, these are ketone derivatives and they are very good expectorants, analgesic, antispasmodic again, they are very good for chronic bronchitis for infections like rosemary oil, right. Then comes eucalyptus which is an aldehyde, it has got antiviral, anti-inflammatory properties, so for wounds and all. Alternative is Ravintsara oil. Then tea tree which is an oxide, it has got antiviral and expectorant properties. It is a heal all remedy, you can blend tea tree oil with different other essential oils.

Frankincense, again this is quite expensive, this is a sesquiterphenol, it is revitalizing and regenerative properties and alternative would be sandalwood oil.

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EO research in Dementia

- Early cross-over study in nine patients demonstrated increased duration of sleep.
- Later single case study of four insomniac psycho-geriatric patients with dementia suggested lavender oil was as effective in controlling poor sleep patterns as was their usual long-term drug treatment (temazepam, promazine, or clomethiazole).
- Lavender was also found effective in severe dementia patients to improve sleep.

So, there was some research done with the use of essential oils in dementia. Early cross over study in 9 patients demonstrated increased duration of sleep, especially if you are using lavender and all know that this helps quite a lot. Later single case study of four insomniac psychogeriatric patients with dementia suggested lavender oil was as effective in controlling poor sleep patterns as was their usual long term drug treatment like using benzodiazepines. So, this is a good substitute, right, that does not mean that you stop benzodiazepines suddenly because they can have a rebound effect.

But then definitely lavender oil has so many beautiful properties lavender was also found effective in severe dementia patients to improve sleep.

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How to use EO

- Use of healing tone environment
- Assess pain and/or anxiety level
- Prepare 1 2 drops of EO on cotton ball and place in medicine cup or use of Aroma dove to place at the bedside.
- Instruct patient to inhale slowly and deeply through the nose for 3-5 minutes.

So how to use essential oils as i said before also you need to have a use of healing tone environment a quiet calming environment. Soft lights, no disturbances, assess the pain and or anxiety level of the patient. So, before therapy and after therapy, assess the level of pain or anxiety before therapy.

You can use a simple 10 point scale, you know, from 0 to 10. You can prepare 1 to 2 drops of essential oil on cotton ball and place it in a medicine cup or use of aroma dough to place at the bedside. I personally use a diffuser. These diffusers are available in the market and very effective and instruct the patient to inhale slowly deep and deeply through the nose for 3 to 5 minutes.

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What is healing?

- Healing comes from the word *haelen* meaning to make whole
- Healing is not the same as curing.
- Healing occurs when there is a reduction in stress and anxiety, which in turn positively impacts our bodies in many ways.
- Goal Harmony of mind, body, and spirit!

We are here to promote healing, our aim is not just treatment, healing comes from the word *hoelen* meaning to make whole, we are restoring the wholeness of a person, the physical, psychological, and spiritual aspects of the patient, we are restoring it, we are making the person whole again.

Healing is not the same as curing. Healing occurs when there is a reduction in stress and anxiety which in turn positively impacts our bodies in so many ways, right. So, the goal is harmony of the mind, body and the spirit which is holistic.

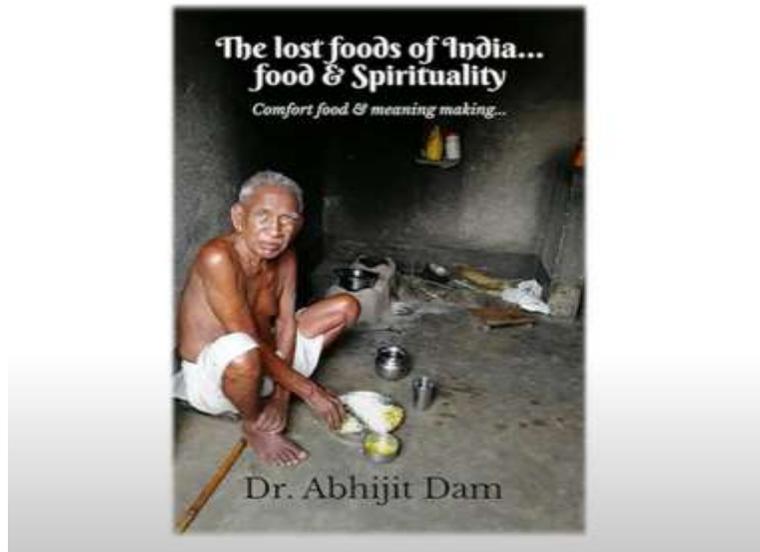
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Healing environment

- Calm, nurturing environment Reduced lighting, temperature adjusted for comfort
- Quiet or pleasant music and images
- Smiling a calming, soothing voice
- Language The power of suggestion and our words
- Eye contact Always!
- Body language
- Sitting face to face gives the illusion that you are there longer
- Touch Gently placing your hand on the patient
- Reassess frequently.
 - Can I do anything to help you feel more comfortable?

So, healing environment means a calm nurturing environment, reduced lighting, temperature should be adjusted for comfort, quiet or pleasant music and images. So, you can use multiple therapies together like the touch therapy, music therapy, art therapy, along with aromatherapy, smiling, a calming soothing voice, language, use of proper suggestions in our words, maintain eye contact, the body language, your body language should be very receptive right and open type of body language, sitting face to face which gives the illusion that you are there for a longer period of time and touch gently placing your hand on the patient, but touch should be culturally appropriate that is very important right, it should be culturally appropriate touch and reassess frequently by asking very simple questions like can I do anything to help you feel more comfortable, so simple questions.

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And this is one of the books which I have written because I also work on food, healing and so many other things and the amount of contribution that food and aromas have on the power of healing is basically displayed out in this book. Well, that is all for now. Thank you.