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AROMATHERAPY

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Topicality. Aromatherapy is a form of alternative medicine that uses volatile plant materials, known as essential oils, and other aromatic compounds for the purpose of altering a person's mind, mood, cognitive function or health. Some essential oils may reduce or enhance certain drugs' effectiveness, depending on the amount of oil used, the strength of the oil and the method of use. Essential oils are complex mixtures of organic compounds that have a basic carbon hydrogen framework with added "functional groups", including alcohols, aldehydes, esters, ethers, ketones, and phenols.

The aim: to analyze the contents and acting substances in aromatherapeutical essential oils; to study the methods of aromatherapy application; to reveal the diseases treated with aromatherapy and to find out negative aspects of aromatherapy usage.

Materials and methods. Scientific articles were studied. A survey was conducted on the Survio platform, where 100 residents participated. The data was evaluated and processed using Microsoft Excel.

Results. According to the survey 75,9% applied method of aromatherapy at sanatorium. The most popular methods of application were aromatherapy massage (33,6%) and baths (30,3%). 15,8% of residents preferred to use lotions and creams; 15,1% - aromatherapy vapor inhalation; compresses had the least popularity among residents (5,3%). The survey showed that participants preferred to use essential oils with lavender (23,8%) and lemon (17,7%). Increasing the level of stress is considered to be the main reason of applying of aromatherapy (38,2%). 70,2% of the respondents chose essential oils rather than remedies. Allergy to components of natural oils raised doubts about the using of this method (38,0%) and 23% of participants were afraid of the opportunity to receive side-effects such as contact dermatitis, burns, poisoning and nausea.

Conclusion. The main components of essential oil are limonene, linalyl acetate, terpinene and linalool. The most popular methods of applications of aromatherapy are aromatherapy massage, baths, aromatherapy vapor inhalation, lotions or creams and compresses. Inhaling essential oil molecules may influence certain neurotransmitters, brain chemicals that are involved in the regulation of mood, anxiety and quality of sleep. Linalyl acetate and Linalool have a calming effect to the nervous and the cardiovascular systems. Bisabolol reduces inflammation and itching, so it may be used to treat dermatological diseases, also it helps to heal abscesses and ulcers, poorly healing wounds, burns, insect bites.

However, many people are turning to toxicology centers due to poisoning with essential oils. The onset of poisoning can be acute, even 5 ml, can lead to life-threatening poisoning. Used in oil burners and vaporizers, essential oils can emit a pleasant aroma, but their high concentration can have an irritating effect on the skin, cause contact dermatitis, or have an undesirable effect on hormones. One of the most insidious is eucalyptus oil, which is actively used in the treatment of colds and skin diseases. Taking a few amount of this oil can lead to abdominal pain, nausea, and sometimes convulsions. Although aromatherapy is considered to be an ancient method of treatment; however, it is still relevant among the population of Belarus.