

Healthy Life with Aroma Therapy



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We use various perfumes to refresh our mind or to attract some one. It is an aroma, which give a refreshing sensation to you and others. You feel fresh and healthy. But nowadays aroma is not only used for refreshing the mind but it also cures diseases. We can solve our mental as well as physical problems by using aromatherapy. This is a natural and alternative therapy like yoga, acupressure and naturopathy. It cures various common diseases without any side effect.

Aromatherapy is the oldest form of natural therapy dating back to 1000 BC when it was practised in India, Egypt and China. Aromatic oils and plants were then used to cure the diseases, for physical and mental well being, for religious purpose and mummification.

Today, the concern for environment and the desire to connect with nature has brought about a resurgence of interest in aromatherapy. Since it is the most natural and beneficial of all forms of naturopathy, the world is realizing its potential for enhancing the quality of human life. People tend to confuse aromatherapy with medicinal herbalism or nature cure. These may be compatible but aromatherapy is a very precise art dependent on the use of essential oils-the distilled vital essence of a plant with its complex hydrocarbons that develop naturally within flowers leaves, roots, bark and fruit rind.

Although the properties of the essential oils and herbs may be somewhat similar, however, the benefit/action differs between aromatherapy essential oils and herbal extracts. A single drop of essential oil is equivalent to an ounce of living plant. The essence is, therefore, highly potent and therapeutic action takes place on a more subtle level. Herbalism involves the use of the whole herb or its extract which is then used in the manufacture of cosmetics. Being weaker in potency, its therapeutic value is localized to the area of application.

Aromatherapy on the other hand is a holistic approach. It is the most natural way of treating an array of physical, mental and emotional problems. Also it is the most safe, effective and environmentally responsible alternative to conventional medicines and cosmetics. Today aromatherapy has added a new dimension to skin, hair, body care and personal hygiene routine. It can give a healthy appearance to any skin, especially problem skin. Regulate oily skin, clear skin problem and provide a healthy glow. It is also immensely beneficial for hair care, dandruff and hair regrowth.

Aromatherapy has a direct and profound effect on the mind and emotions of an individual as the sense of smell has a direct access to the human brain and emotions and works at a subconscious level to modify emotional behavior. Essential oils are endowed with the power to lower or increase mental activity. Stimulate positive feelings and control negative ones, trigger pleasant memories and feelings, enhance emotional equilibrium calm relax, energize and promote sexual feelings as well. Essential oils also have several medicinal properties like antiseptic, antibacterial, disinfectant, anti viral and anti toxic, anti diuretic, anti neuralgic, anti rheumatic, anti spasmodic, anti-inflammatory and anti venomous and others. They are also stimulating, deodorizing, expectorating and circulation qualities.

Essential oils are natural capacitors and catalysts and are able to store amplify and release energy when required, literally boosting the body system back into operation. Essential oils work principally in two ways. They have an instant effect on the mental state of the individual through inhalation and through absorption by application. Whether we are aware of it or not, our sense of smell is working for us all the time. It can instantly evoke a certain memory. It can just as quickly signal a change of mood, yet we often over-look the profound impact aroma has on our perceptions.

Although many people still give less time and thought to the way our closet, shelf or a ear lobe does. There is a growing interest in discovering new subtle ways to add aroma to our lives and surroundings.

There are so many ways to surround ourselves in enjoyable suggestions of fragrance. More than 200 oils are use in aromatherapy with vastly different therapeutic properties.

In the hair and beauty profession, aromatherapy oils are used to treat ageing and wrinkled skin, to treat loss of elasticity, tone and contour, pigmentation, dry and oily skin, and may other skin complaints. The greatest strength of essential oils lies in their rejuvenating properties, the ability to heal, disinfect and especially to stimulate the metabolism while accelerating healthy cell production which is the guiding maxim for youth and beauty.

Essential oils are use as a bath oils also. On bathing a thin film of oil will envelop your body and will penetrate your skin and diffuse into the tissues. A gently scrubbing of the body with a towel or a natural scrubber helps absorption of the oil into the skin. If your skin tends to be dry, add a tablespoon of vegetable oil along with the essential oil. Aromatherapy is also used as massage oils. The best time to use these aromatic massage oils is after a bath especially if you have a dry skin, because it counteracts the drying effects of soap.

Essential oils can be used as air fresheners. It contributes to a cheerful atmosphere. All that is needed is to put a few drops of essential oil blend on a source of heat. This could be a light bulb, a radiator or a small bowl of hot water. The oil evaporates and perfumes the air. Inhalation of aromatherapy is excellent treatment for colds, coughs, catarrh and sinuosities and other physical ailments. Cold compresses through aromatherapy are used for sprains, bruises, fevers, headaches etc. While hot compresses are used for boils, abcesses, cystitis and menstruation pain etc. So, use aromatherapy for your various mental and physical problems. It is beneficial and has no any side effect.

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