

Aromatherapy and Use of Essential Oils: a challenge to be overcome in human health

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Dear Authors,

Aromatherapy is a complementary and alternative medicine practice that uses natural volatiles, mainly essential oils, to improve physical and mental well-being. Essential oils are complex mixtures of volatile organic compounds extracted from aromatic plants, which have diverse biological activities, such as antimicrobial, anti-inflammatory, antioxidant, analgesic, and neuroprotective effects. Aromatherapy can be applied through different methods, such as inhalation, topical application, massage, or diffusion. The use of aromatherapy and essential oils has increased in recent years, as more people seek natural and holistic approaches to health and wellness. However, there are still many challenges and gaps in the scientific evidence and understanding of this field. Some of these challenges include:

- The quality and authenticity of essential oils, which depend on various factors, such as plant source, extraction method, storage conditions, and adulteration.
- The variability and complexity of essential oil composition, which can affect their biological activity, safety, and efficacy.
- The pharmacokinetics and pharmacodynamics of essential oils, which are influenced by their physicochemical properties, route of administration, dosage, and individual factors.
- The mechanisms of action and molecular targets of essential oils, which are not fully elucidated and may involve multiple pathways and interactions.
- The safety and toxicity of essential oils, which can vary depending on the type, concentration, duration, and frequency of exposure, as well as the potential interactions with other drugs or substances.
- The clinical efficacy and effectiveness of aromatherapy and essential oils, which require more rigorous and robust trials, with standardized protocols, outcome measures, and reporting.
- These challenges pose significant obstacles for the development and validation of aromatherapy and essential oils as a reliable and beneficial modality for human health. Therefore, more research is needed to address these issues and to provide scientific support and guidance for the proper use and practice of aromatherapy and essential oils.

Sure, aromatherapy is a form of complementary and alternative medicine that uses natural plant extracts, mainly essential oils, to improve physical and mental well-being. Essential oils are complex mixtures of volatile organic compounds that have diverse

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biological activities, such as antimicrobial, anti-inflammatory, antioxidant, analgesic, and neuroprotective effects. Some of the benefits of aromatherapy and essential oils are:

- They can help relieve anxiety and depression, improve mood, and enhance quality of life.
- They can help boost energy levels, speed up the healing process, reduce pain, and improve digestion.
- They can help improve sleep, reduce nausea, relieve headaches, and strengthen the immune system.
- They can help kill bacteria, funguses, and viruses, and prevent infections.

Aromatherapy can be applied through different methods, such as inhalation, topical application, massage, or diffusion. However, it is important to use essential oils safely and correctly, as they can also have side effects and interactions if used improperly. It is advisable to consult a trained professional before using aromatherapy and essential oils, especially if you have any medical conditions or allergies. Aromatherapy and use of essential oils are gaining popularity as natural and holistic modalities for improving health and well-being. However, the scientific evidence and understanding of their mechanisms, efficacy, and safety are still limited and inconsistent. Therefore, new research is important to address the challenges and gaps in this field, and to provide reliable and valid information for the practitioners and consumers of aromatherapy and essential oils. New research can also contribute to the development and innovation of aromatherapy and essential oils as potential therapeutic agents for various conditions and diseases.

About this, the **Brazilian Journal of Aromatherapy and Essential Oils** is a new international peer-reviewed journal that aims to publish high-quality original research, reviews, case reports, and perspectives on all aspects of aromatherapy and essential oils, including their chemistry, pharmacology, toxicology, clinical applications, and socio-cultural aspects. The journal welcomes contributions from researchers, practitioners, educators, and students in the field of aromatherapy and essential oils, as well as from related disciplines, such as botany, phytochemistry, pharmacognosy, ethnopharmacology, and integrative medicine. The journal also encourages interdisciplinary and collaborative research that can advance the knowledge and practice of aromatherapy and essential oils.

The Brazilian Journal of Aromatherapy and Essential Oils is committed to promoting the scientific development and dissemination of aromatherapy and essential oils, as well as to fostering the dialogue and exchange among the scientific community and the stakeholders in this field. The journal hopes to contribute to the recognition and appreciation of aromatherapy and essential oils as a valuable and promising modality for human health and well-being.

We invite researchers in the field of aromatherapy and essential oils to submit their manuscripts to the Brazilian Journal of Aromatherapy and Essential Oils and to join us in this exciting and challenging endeavor. We look forward to receiving your submissions and to sharing your insights and discoveries with the world.

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