

Abstract

Aromatherapy in the Care of an Atypical Child with ADHD and Atopic Dermatitis

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Introduction: This study was a practical intervention aimed at analyzing and demonstrating the effects of aromatherapy in a case of Atopic Dermatitis. One male child, aged 5, participated in this study with the following inclusion criteria: having a diagnosis and undergoing medical follow-up, engaging in necessary behavioral therapies, availability to participate in the study, undergoing therapeutic practice in a clinic weekly and at home daily. The skin is our boundary with the world, our body limit, the organ that allows us to feel, making exchanges and contact with the environment and people around us; it signals our emotions and affective needs. **Materials and Methods:** The treatment was carried out by a single professional. The sessions were held once a week, totaling 10 sessions of 45 minutes each. The following oils were used: Grape Seed Vegetable Oil: Anti-inflammatory, antimicrobial action, promotes wound healing, inhibits histamine production (assists in dermatitis treatment), and increases skin flexibility. Rosehip Vegetable Oil: Revitalizing action aiding in healing. Regenerating, recommended for wound care, eczema, skin lesions. Sweet Orange Essential Oil: Balance, comfort, and safety, anxiolytic, soothing, sedative, for colds and flu. Lemongrass Essential Oil: Strengthens family bonds, reduces stress and anxiety, and calms. Copaiba Essential Oil: Stress reducer, emotional soother, anti-inflammatory, healing, expectorant, anti-allergic, immune system booster. Lavender Essential Oil: Bactericidal, sedative action, recommended for stress and nervousness, dermatitis, healing, respiratory system, decongestant, bronchitis, colds. **Protocol Description:** An initial assessment was conducted, followed by the selection of oils to be used and the protocol definition. According to information provided by the mother, the child exhibited concentration and focus difficulties, sensory changes, respiratory issues like bronchitis and rhinitis, low immunity, and pruriginous, eczematous, scaly, and fissured cutaneous changes in the cubital fold, knee, and perioral regions, intensified after the birth of a sibling. **Protocol Steps:** Maternal-infant-family integration (essential oils of lemongrass and sweet orange were used olfactorily for 2 weeks); Cutaneous lesions (blend of copaiba and lavender essential oils diluted in grape seed and rosehip vegetable oils at 1.5%, for home and clinic use); Agitation and immunity (copaiba and lavender essential oils in an environmental diffuser once a day, for home and clinic use). **Results:** The results showed a decrease in motor and mental agitation, improved maternal/paternal-infant-family bonding, and significant improvement in dermatological conditions, with reduced eczema, itching, scaling, and dryness. **Discussion and Conclusion:** The application of aromatherapy requires technical and scientific knowledge, as well as the choice of oils. Aromatherapy is a complementary technique that adds to the existing behavioral and conservative treatments, enhancing their results and broadening the treatment possibilities in these cases. It works in conjunction with the medical and paramedical team, providing interdisciplinary quality care and can be considered an efficient health prevention strategy.

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