

Influence of Aromatherapy on Circadian Rhythms

Suresh Babu*

Department of Biotechnology, RVR & JC College of Engineering, Guntur, Andhra Pradesh, India

Editorial

Sleeping is an essential procedure that offers relaxation, stability, support for maintaining human health by assisting recovery from physical or mental exhaustion, and stress reduction. Exhaustion, despair, stress, and cognitive impairment are all effects of sleep deprivation. The chance of suicidal ideation, traffic accidents, and unemployment rates increase as a result of subpar ideal job performance, which causes personal and social problems. Issues with falling asleep, staying asleep, and/or getting up early are all examples of sleep disorders. Antidepressants and sedative-hypnotics are two popular forms of treatment for sleep disorders. Despite the sedative-hypnotics' rapid effects, non-pharmaceutical methods are now preferred as first-line therapy for individuals with persistent insomnia due to a variety of side effects, including drug tolerance, dependence, misuse, and reduced cognitive function [1].

Due to its simplicity of usage, aromatherapy is a complimentary alternative therapy that can be utilised on its own. It has several benefits for reducing stress and improving sleep quality, including as low cost, ease of availability, fewer time and space restrictions, and quick results. Inhaling, rubbing, and soaking in essential oils made from aromatic plants are all part of the aromatherapy process. Aromatic molecules enter the body through the epidermis and respiratory system, where they have an impact on the limbic system by changing and converting messages that are sent from the hypothalamus. Since ancient civilizations including the Indians, Chinese, Egyptians, Greeks, and Romans used them in cosmetics, perfumes, and pharmaceuticals, essential oils have been used for therapeutic, spiritual, sanitary, and ritualistic purposes. Oils were used for aesthetic pleasure and in the cosmetics industry. They served as a luxury item as well as a means of exchange. It was believed that essential oils enhanced the flavor of food and prolonged the shelf life of wine. There is a paucity of research showing that aromatherapy is effective in treating medical conditions, with a specific absence of trials using strict methods [2,3].

Numerous systematic reviews have examined the clinical efficacy of aromatherapy in the treatment of post-operative nausea and vomiting, the control of challenging behaviours in dementia patients, and other conditions. The main goal of aromatherapy for sleep was to help the body and mind unwind and relax in preparation for deep sleep. Among the best essential oils for sleep are marjoram, lavender, and rose damascene. Due to the numerous risks of adverse reactions and the paucity of research demonstrating the therapeutic value of aromatherapy, the value of the practise is questioned.

Numerous studies have been undertaken to address the worries that using essential oils neat, or undiluted, can irritate the skin because they are very concentrated. As a result, they are frequently mixed with carrier oils, like jojoba oil, olive oil, sweet almond oil, or coconut oil, for topical treatment. Numerous cold-pressed citrus peel oils, including those from lemon and lime, can trigger phototoxic reactions. More evidence indicates that rotating night shifts are bad for your health and workplace safety, as well as your quality of life outside of work. The primary cause of this is that it conflicts with the circadian biological clock of people [3,4].

In national medical centers, regional hospitals, and municipal hospitals, 67% of nurses were required to work alternating night shifts, according to research using stratified random sampling. According to the World Health Organization, menopause is the long-term cessation of menstruation brought on by a decline in ovarian activity. It is viewed as a pivotal time in women's lives, especially in light of its effects on quality of life [5].

Conflicts of Interest

The authors declare no conflict of interest.

References

1. Jones, Ellen, Lisa Nissen, Alexandra McCarthy and Kathryn Steadman, et al. "Exploring the use of complementary and alternative medicine in cancer patients." *Integ Cancer Ther* 18 (2019): 1534735419846986.
2. Kemppainen, Laura M., Teemu T. Kemppainen, Jutta A. Reippainen and Suvi T. Salmenniemi, et al. "Use of complementary and alternative medicine in Europe: Health-related and sociodemographic determinants." *Scand J Public Health* 46 (2018): 448-455.
3. Buckle, Jane. "Literature review: Should nursing take aromatherapy more seriously?." *Br J Nurs* 16 (2007): 116-120.
4. Candy, Bridget, Megan Armstrong, Kate Flemming and Nuriye Kupeli, et al. "The effectiveness of aromatherapy, massage and reflexology in people with palliative care needs: A systematic review." *Palliat Med* 34 (2020): 179-194.
5. Mehta, Sunidhi and Maureen MacGillivray. "Aromatherapy in textiles: A systematic review of studies examining textiles as a potential carrier for the therapeutic effects of essential oils." *Textiles* 2 (2022): J29-49.

*Address for Correspondence: Suresh Babu, Department of Biotechnology, RVR & JC College of Engineering, Guntur, Andhra Pradesh, India; E-mail: gogineni1988@gmail.com

Copyright: © 2022 Babu S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 30-Mar-2022, Manuscript No. aim-22-68186; Editor assigned: 01-April-2022, Pre QC No. P-68186; Reviewed: 14-April-2022, QC No. Q-68186; Revised: 19-April-2022, Manuscript No. R-68186; Published: 26-April-2022, DOI: 10.37421/2327-5162.2022.11.388

How to cite this article: Babu, Suresh. "Influence of Aromatherapy on Circadian Rhythms." *Alt Integr Med* 11 (2022): 388.