

## Role of Aromatherapy in Relieving Pain

**Pradipta Banerjee<sup>1</sup>, Akanksha Rout<sup>2</sup> and Namita Panda<sup>3</sup>**

<sup>1</sup>*Department of Biochemistry and Plant Physiology, M.S. Swaminathan School of Agriculture, Centurion University of Technology and Management, Odisha*

<sup>2</sup>*Department of Zoology, School of Applied Science, Centurion University of Technology and Management, Odisha*

<sup>3</sup>*Department of Botany, School of Applied Science, Centurion University of Technology and Management, Odisha*

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### ABSTRACT

Aromatics can often soothe human mind, body and even relief chronic pain. Pain management medication are often very costly and have side effects and thus aromatherapy can be considered as a promising alternative. Now-a-days, combination of standard pain medication and aromatherapy is a well-known practice all over the world. The essence obtained from the extracts of leaves, stems, roots, flowers, oils of aromatic plants are used in aromatherapy. Scented perfume or candles are not considered as therapeutics and they lack the properties of the essential oils which can be only obtained from herbs. Thus, it's not the fragrance that is relieving pain. The phytochemicals that are present in the plant extracts which are directly absorbed by olfactory nerves or skin – play the major role in relieving pain. The essential oils that are used as therapeutic agent, can be inhaled directly or may be used as spray in a diffuser. Alternatively, these essential oils are often mixed with a carrier oil and can be applied on the affected area (painful joints) by gentle massaging. The phytochemicals gets absorbed through skin or nose and lungs, ultimately reaches the limbic system – the nerve network in brain that controls emotion and instinct. This can potentially reduce the perception of pain and change mood. It is medically proved that aromatherapy can lower cortisol level, can lower heart rate, can reduce inflammation and can lower depression or anxiety.

**Keywords:** Aromatherapy, phytochemical, essential oil, pain

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### INTRODUCTION

Pain is a general term, its mean that uncomfortable sensations in the body. Pain can also be described as throbbing, stinging, sore and pinching sensation