

Contents

1.	Aromatherapy A Mythological Approach for Medicine Preetha Bhadra	1
2.	Medicinal and Aroma-therapeutic Use of Plants Sagar Maitra, Preetha Bhadra and Tanmoy Shankar	15
3.	Essential Oils and Plant Sources Used in Aromatherapy Sagarika Parida	31
4.	Traditional Uses of Essential Oils in Aromatherapy Ushashee Mandal, Monalisa Panda and Gyanranjan Mahalik	57
5.	Extraction Methods of Essential Oils from Aromatic Plants Ananya Mishra and Sagarika Parida	71
6.	Essential Oils Extracted From ${\rm CO_2}$ Extraction Method B. Jyotirmayee and Gyanranjan Mahalik	85
7.	Role of Aromatherapy in Relieving Pain Pradipta Banerjee, Akanksha Rout and Namita Panda	119
8.	Aromatherapy for Reducing Mental Stress Namita Panda	129
9.	Plant Resins Used in Aromatherapy Sagarika Parida	141
10.	Commercial Perspective of Essential Oil Kalpita Bhatta and Bhagyajyoti Baral	153