

## Essential Therapy for the Betterment of Elderly

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**ABSTRACT:** Geriatric syndrome is the clump of typical health status in elderly persons that don't apt for separate disease division. It comprehended frailty, functional limitation, falls, depression, malnutrition, aging, disability, dementia, delirium, pressure ulcers, cognitive impairment and rehabilitation. Aromatherapy is a sub science of botanical medicine in which we use plant extract for the purpose of healing, promoting, wellbeing and energizing all parts of body, mind and spirit. The basic principle is to strengthen the self-healing process by indirect stimulation of immune system. With conventional therapy, there are major adverse effects which are not tolerable by geriatrics, so it is better to opt for alternate therapy. Eucalyptus oil, Lavender oil and Thyme oil are used in multiple applications for the amusement of geriatric disorders. Cedar wood oil and Rosemary oil have their effect in the treatment of fall with brain injury and snoring. Aromatherapy is typically given by the way of inhalation route or topical route for reducing geriatric disorders. Aromatherapy with various essential oils reduces the discomfort in geriatrics. Therefore, the application of aromatherapy is a complementary therapy for geriatric disorders.

**KEYWORDS:** Aromatherapy, Geriatric disorders, Essential oils

### I. INTRODUCTION

Aromatherapy is a sub science of botanical medicine in which we use plant extract for the purpose of healing, promoting, wellbeing and energizing all parts of body, mind and spirit. It is focused on the consumption of odorous substances in addition to essential oils for enhancing psychological or somatic health. The record of aromatherapy commences above 3500 years BC. The term Aromatherapy was designed by the French apothecary Rene-Maurice Gattefosse in 1935 following a kindle occurrence, he protested that he served successfully with lavender essential oil. It shows that shrubs and herbs have been used for centuries by civilizations for medical and cosmetic purposes. The fundamental concept of aromatherapy is to nourish the self-aid operation by secondary excitement of immune responses.

The measure of utilization of essential oils in clinical aromatherapy is wide ranging from huge remedial uses to distinctive aroma.

Fig 1: Few aromatic oils used in aromatherapy



Geriatrics is the branch of immunological discipline associated with the anticipation and therapy of defects in elderly persons. The study of old age and process of ageing is called Gerontology. The people

with age > 65 are referred as Geriatrics. The group of diseases that occur to the geriatrics is referred to as Geriatric syndrome. Geriatric syndrome is the clump of typical health status in elderly persons that don't

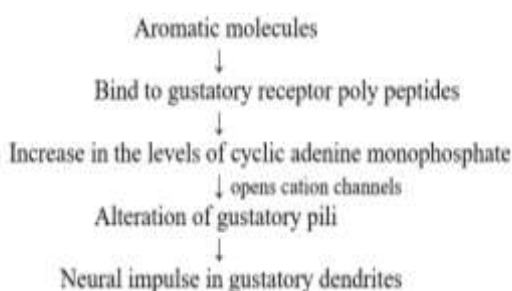
apt for separate disease division. It comprehended frailty, functional limitation, falls, depression, malnutrition, aging, disability, dementia, delirium, pressure ulcers, cognitive impairment and rehabilitation. The syndromes are most familiar in elderly persons, it is difficult to serve the particular by contemporary cure to their convolution. To relieve the

refractory aging conditions, we assess the effectiveness of reflexology in various geriatric disorders.

### HOW AROMATHERAPY WORKS?

Aromatherapy is typically given by the way of inhalation route or topical route.

Fig: 2 Flow chart of mode of action of aromatherapy



#### Inhalation route –

The activity of gustatory receptors initiates instantly after effervescent atoms penetrate the nasal fossa and turn on receptors in the gustatory integument. The gustatory receptor poly peptides are located in grass like protrusions of gustatory sensory neurons.

#### Topical route –

When ethereal oils are solicited to the epidermis, they get penetrated and proceed on every side of the body through the blood stream. In such a way they are allowed to distribute a scope of wellbeing to the body's arrangement. Penetration of oil is enhanced by kneading, as this enlarges the movement at the site of application.

#### BENEFITS OF AROMATHERAPY:-

In conventional therapy, the geriatrics may have the problem of dysphagia which we can overcome with aromatherapy. Also the dosage forms are very costly compared to aromatic oils. Aside from dispensing a pleasurable odor, aromatic oils can act as decongestant and furnish intellectual satisfaction, respiring ethereal oils can provoke the gustatory methodology, improves sleep and boosts the feeling of relaxation, boosts immune response and digestion, expands plasma stream and strengthens the body and diminishes the progression of dementia and Alzheimer's disease. Essential oils don't carry the severe side effects like conventional medicines. Aromatherapy is a safe and alternative solution to promote improved wellness and a positive outlook.

#### Aromatherapy For Various Geriatric Disorders:-

**Mendel son syndrome:** It is also called as Aspiration pneumonia. Health care associated bacillus pneumonia gives rise to aspiration which is very familiar and the pathogens involved are hospital acquired vegetation via oropharynx migration. Essential oils having anti-bacterial, anti-microbial and anti-fungal properties are ideally efficacious in destroying the bacillus and pathogens that gives rise to pneumonia. Humans can feel misery with pneumonia from whooping and irritation. So anodyne ethereal oils are choice for Mendel son syndrome.

The essential oils for controlling aspiration pneumonia are Oregano oil, Thyme oil, Tea tree oil, Eucalyptus oil, Peppermint oil, Cinnamon oil, Clove oil and Rosewood oil.

**Therapy:** - Mix the selected essential oil with carrier oil and use in a foot massage or a chest rub. Add to hot water and use in steam inhalation. Place in a nebulizing essential oil diffuser. Essential oils are good for aspiration pneumonia, no matter how they enter the system.

#### Chronic Obstructive Pulmonary Disorder:

Various investigations support the assurance that ethereal oils can treat COPD virtually if once match with standard therapy.

Eucalyptus oil contains eucalyptol which had anti-microbial properties on bacillus that gives rise to COPD. It can destroy harmful bacteria which aggravates the COPD symptoms. It smoothens the throat, chest and speed up healing. It can also be used in a favourable prolonged therapy for bronchial asthma regulation. Lavender oil is familiar for its consoling fragrance and anti-bacterial resources. A

study on mice found that it suppresses the inflammation of mucus in respiratory system with bronchial asthma. This advises that it can be a better therapy for COPD. Further exploration is necessary on the results of lavender oil in persons. Sweet orange oil has anti-inflammatory and anti-oxidant properties. A work that contrasts oil blend with eucalyptus oil and orange oil, orange oil revealed transparent capability with COPD. It also releases lovely scent that calms anxiety. Bergamot oil is an essential oil that smoothens the nervous system. It works acceptable to diminish pain that arise in the course of COPD. Frankincense oil and myrrh are the two ethereal oils that have prolonged report as medication for wheezing circumstances. They have anti-inflammatory properties along with many other properties to boost health. These two essential oils assist especially with indications of COPD in a verified manner. Some ethereal oils may cause irritation to mucus membrane after application.

**Dementia:**-Reflexology has been practiced for centuries to replace strain and to encourage recovered sleep. The lavender oil which is sprinkled sparsely on to a pillow before bed time is assumed to compensate sleep. Eucalyptus oil is an extremely sniffing oil i.e., functional for opening the channel while grieving from cold. Garden balm is appealed as a moisturizer that contains pacifying effect.

Compact discussions were conducted to reflexology for the therapy of dementia. They possess few inspiring outcomes but additional experimentation is required. The chief discovery of these discussions are the effects of lavender oil, sprinkled on the top of cushion or appealed via rubbing in the form of a cream and garden balm is polished against the epidermis. The couple of oils remained to improve the extent of the measure of sleep of humans with dementia and reduce the actions of distress. sequel is recommended at the end of the day, just prior to bed.

A personalized approach for the individual with dementia is essential. Examine if they are comfortable with being touched if contemplated with rubbing. A massage with ethereal oil is not acceptable on the condition if an individual have rashes, cuts and tickling. Aroma is an influential and expressive perception. Attempt the person suffering from dementia with a drop or two of the ethereal oil to look how someone respond to the sniff, prior to enter on a bit to promote aromatherapy. Communicate with the individual and their ancestry to discover if aromatherapy has served the individual in the former. Implement aromatherapy in an air conditioned region. Better consequences may arise from compatible use,

if the individual with dementia come across the therapy, think about implementation regularly. Don't perform analysis with non-identical oils simultaneously, prefer the fore most one associated to the end result and club with that. Obsolete the procedure quickly if dermatitis is recognized on cuticle.

Aromatherapy oils are vigorous and gives rise to head ache. The aroma may activate memory for the individual at any time. Very few oils have calming effect, which might yield enhanced perturbation. e.g., Thyme oil. Making use of oils with relaxing sequel is recommended at the end of the day, just prior to bed.

#### **Falls:-**

Falls with any damage is a frequent patient problem and a developing responsibility in the geriatric patients. To assure safety and standard grade in the elevated risk group, substitute procedure is to be followed to decrease falls and bring down costs required to be evaluated. Falls in the older patients is a health concern in companies and companionship.

Falls are the leading cause of traumatic brain injury. Falls account for majority of traumatic brain injuries among elderly adults.

#### **Brain injuries:-**

Most of the ethereal oils function by stimulating the hippocampus, the portion of the cerebrum that directs response and assists to elevate memory. This zone further controls the unintentional responsibility such as pulse and corpuscular radiation. Frankincense oil carries numerous advantages which are utilized for brain trauma residents. It has influential anxiolytic reaction and aids to get down swelling and emesis. This oil strengthens the brain trauma rehabilitation as it is abundant in substances known as alkaloids that provides nutrients to cell. The utility of frankincense oil on mammals with brain trauma interferes with impairment and enhances cerebrum operation.

Cedar wood oil is also abundant in alkaloids, so it aids the brain cure in various methods. It is an alternative to frankincense. It provides depressant properties which is unique for brain trauma residents suffering from sleeplessness and dizziness. It can moreover oblige skin rashes and contact dermatitis rapidly.

Black pepper oil contains anti-inflammatory properties that diminishes the irritation in brain. The substances of black pepper aids in perception and reduces devaluation. It energizes movement all over the body along with cerebrum. This incredible blood

circulation loads the cerebrum with abundant essential vitamins that aids to heal.

Plum oil is the finest ethereal oil for brain injury patients with apprehension complication. This oil gives rise to notable reduction in blood pressure, pulse and skin temperature that designates relaxing effect in geriatrics. It enhances snooze quality and aids geriatrics to enhance their health symptoms. It further enhances the duration consumed in deep and slow wave sleep. It helps to reduce nausea and boost moods. Sage oil aids to improve evocation and congregation in brain trauma residents. It helps to enhance remembrance that makes it unique for residents pacifying with “aphasia”. It further diminishes joint pain and head ache.

Rosemary oil has the capacity to strengthen memory. This essential oil provides maximum caution and perceptive that satisfies the geriatrics with coherent tiredness after brain trauma. A review specifies that inhalation of this oil prevents the breakdown of acetylcholine, a brain substance responsible for congregation, intelligence and memory.

**Migraine:-** Essential oils treat certain conditions like head ache or migraine. Various oils provide numerous profits. Very few ethereal oils can prevent strain that can lessen traction, neuralgia (or) calm misery.

Orange flower water is the specially used ethereal oils to lessen neuralgia and migraine strikes. It accommodates peppermint that aids to relax muscles and ease misery. This oil is appealed by diluting with peppermint oil which can refresh misery from traction, neuralgia and migraine attacks. Rosemary oil has dynamic non-steroidal and pain relieving activity. The usage of this oil in natural medicine for lots of year’s reserves strain depletion, tranquilization, and improved dissemination that can aid all neuralgia. An evaluation determined that this oil used with other medications could reduce withdrawal symptoms.

Plum oil is widely recommended for strain relaxation. There is a huge significance that plum can aid migraine and headache. Inhalation of fragrance from plum oil can heal acute management of migraine attacks. An evaluation determined that individuals recorded a symbolic depletion in misery just after 15 minutes of inhaling the plum oil.

Chamomile oil modifies the body and pacifies the strength. It has a considerable support in treating tension neuralgia. This oil further treats apprehension and sleeplessness which are usual problems of migraine.

Eucalyptus oil will unfold the Nariel cavity, unclog the sinus and aid to relax channel that gives rise to

neuralgia. An analysis established that a combination of peppermint oil, hydnocarpus oil and methanol rendered the relaxing effect to both the muscles and brain that could perhaps prevent neuralgia. Rosemary oil has dynamic non-steroidal and pain relieving activity. The usage of this oil in natural medicine for lots of year’s reserves strain depletion, tranquilization, and improved dissemination that can aid all neuralgia. An evaluation determined that this oil used with other medications could reduce withdrawal symptoms.

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**Snoring:-** Snoring can be more than inconvenience. It can lead to insomnia and sleep issues with other persons. It can also be an indicator of a serious condition called “sleep apnea”. Many essential oils are touted for treating snoring and improving sleep. In the department of reflexology, kneading a small part of thyme oil on feet before bed can diminish snoring.

Peppermint oil has purifying effects that helps to clear the sinuses and make it easier to breath. Early research shows that eucalyptus oil can break the ooze in trachea including sinuses, nasopharynx, oropharynx and laryngopharynx. The usage of eucalyptus oil relieves the symptoms of asthma and bronchitis.

Cedar wood oil has a woody smell that can help to reduce anxiety and relax muscles. It also helps to enter a state of relaxation.

The fresh citrus scent of lemon oil improves disposition. It may aid by reducing apprehension and promoting emotions of an individual.

Clove oil is used to loosen mucus in the sternum. It may aid to remove mucus that moves to the nasopharynx, oropharynx and laryngopharynx during snoozing.

Pine oil has both anti-microbial and anti-oxidant properties. Aromatherapy experts also use it to massage stressed muscles and sore joints. Massage therapy is an effective insomnia treatment.

Fennel oil has some anti-inflammatory properties. It also reduces inflammation in nose and throat to improve the air flow through nasal passage ways.

Lavender oil upgrades tranquillity and triggers the release of leptin and levodopa. It is the

commonly used essential oil for the treatment of insomnia.

Marjoram oil has expectorant properties that break some of the mucus obstructing the breath during night.

Valerian root oil has powerful sedative effects. It provides a relaxing snooze with restricted postures. This essential oil also serves as a sleep aid.

## II. SUMMARY:-

| CONDITION                              | ESSENTIAL OILS USED   | OTHER CONSEQUENCES   |
|--|---|--|
| Mendel son syndrome                    | Oregano oil, Thyme oil, Tea tree oil, Plum oil, Orange flower water, Cinnamon oil, Clove oil, Rose wood oil                     | Oregano oil, Thyme oil and Tea tree oil may cause gastric distress, hypoglycemia, nausea, diarrhea, dizziness                  |
| Chronic Obstructive Pulmonary disorder | Eucalyptus oil, Lavender oil, Sweet orange oil, Bergamot oil, Frankincense oil and Myrrh  | Hydnocarpus oil and Bergamot oil may cause muscle weakness, suffocation, seizures, drowsiness, heart burn                      |
| Dementia                               | Lavender oil, Hydnocarpus oil, Lemon Melissa oil  | Plum oil, Hydnocarpus oil and Lemon Melissa oil may cause skin irritation, headache, constipation                              |
| Falls with brain injury                | Frankincense oil, Cedar wood oil, Black pepper oil, Lavender oil, Sage oil, Rosemary oil  | Frankincense oil, Lavender oil and Sage oil may cause burning sensation, skin redness, vomiting                                |
| Migraine                               | Orange flower water, Rosemary oil, Plum oil, Chamomile oil, Hydnocarpus oil   | Chamomile oil, Hydnocarpus oil and Plum oil may cause allergic reaction, contact dermatitis, eye irritation                    |
| Snoring                                | Thyme oil, Peppermint oil, Eucalyptus oil, Cedar wood oil, Lemon oil, Clove oil, Pine oil, Fennel oil, Citronella oil, Lavender | Citronella oil, Marjoram oil and Valerian root oil may cause mild irritation to skin and eyes , stomach upset, mental dullness |

## III. CONCLUSION:-

With comparison to synthetic medicines, aromatic oils have very few side effects. Aromatherapy is used by health professionals and massage therapists as a part of preventive medicine.

There are many benefits of aromatherapy that can help to reduce the use of synthetic medicines. Just be aware of the quality of essential oils as well as any skin irritation that may arise with few oils in very few people.

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