

Complementary Therapies

Assessment 2

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Introduction

Complementary therapies

Complementary therapy is known by various other names such as alternative therapy, holistic therapy, complementary medicine and traditional medicine. Usually this therapy is used along complementary medicines or complementary treatments. It is very popular in the UK to use conventional therapies along with conventional medicines in hope that this is going to help them in managing their symptoms and conditions. This therapy is a different approach toward the mainstream medicines. This is research based and has no scientific evidence. Medicines and treatments in this therapy are checked and tested several times to observe if they are working well or not. This report will focus on aromatherapy too. Aromatherapy comes under complementary therapy and it uses extracts of natural plants for promoting health and well being. This therapy uses essential oils in order to improve the health of spirit, mind and overall body. Currently aromatherapy is considered to be under art and science as well. In recent times it has gained wide popularity and recognition too in the field of medicines. It is believed that it enhances mental and physical health too. Currently there is no system in the UK that restricts the use of Complementary therapy but limits on advertising part of this therapy regarding certain conditions such as tuberculosis and cancer. While aromatherapy is in the process to establish a single professional body for self regulation. This would be aroma therapy's first step toward the self regulation process.

History of Aromatherapy

Complementary therapy has evolved from history and then it became formalized after primitive practices. Many of the complementary therapies were developed during the 19th century. To be specific, the practice of complementary therapy began in the 1970s by a group of practitioners. At that time complementary therapy was alternative to other medical practices that were used in that time such as purgation and blood lettings. This therapy has been many times characterized by conflict during the early 20th century and people used to believe them as freaks and the practitioners were even subjected to legal restrictions. But in the contemporary world, alternative therapy has been accepted as a modern therapy and is a part of life. It is also believed that it was developed even before biomedicines came into practice. Some other forms of complementary therapy, for instance, homeopathy, were developed in Western Europe and at that time it was based on unscientific theories. Medical practitioners were stick to the plants, incantations and prayers, but after the arrival of Romans in AD43, they brought a large collection consisting of herbal treatments. Thereafter, Romans were the one who introduced the system of Hospitals as well as central treatment centers.

While the history of aromatherapy started over 3500 years BC. It is believed that during the earlier stage of aromatherapy evolution, this was used for religious purposes as well as for perfume and medicines. This term “aromatherapy” was coined by French Chemist “Rene-Maurice Gattefosse” in the year 1935. This term was coined after a burn incident with this scientist and he claimed that he treated that burn with lavender essential oil. Thereafter, he founded the French society of Aromatic products and then started publishing working regarding aromatherapy. He published around twenty works and those twenty works are still used as reference in aromatherapy. Moreover, a pharmacist from Lyon, experimented on antibacterial use of some essential oils. Then a military physician used those essential oils to treat soldiers who were injured in Indochina.

Uses of complementary therapy

Various reasons are there for people using complementary therapy or alternative therapy. According to a meta analysis, half of people suffering from cancer adopted some or the other form of complementary therapy at some stages (Coelho *et al.*, 2020). Although there is no

scientific evidence yet that this therapy can cure cancer but still people are using this therapy due to the following reasons:-

To feel better: People use this therapy to feel better since it relieves the symptoms and manages their health condition. It also helps people to cope with their disease and help them to fight against it. Many of the alternative therapy focus on reducing stress & relaxation as well as enhance the well being and their general sense of being healthy. It is believed by many doctors and patients as well that positive energy within patients help them to fight against a disease better.

For boosting Immune system: Some of the complementary therapies are believed to have a good effect on the immune system and this can boost their energy to fight against their health problems. Doctors are not sure whether it completely cures the health problems or not. But Scientific experiments and trials are still going on to examine how effectively complementary therapies work on the human body's immune system.

Natural healing therapy: Many patients believe the idea that complementary therapies are non toxic and hence has no negative impact on our body. They like this idea and eventually use the therapy. They believe that if they are not going to be cured then also they are not going to have any negative impact too at least. Due to its natural nature, patients like to use this method of treatment.

Touch, talk and time comfort: Many of the patients like the process involved in complementary therapy and they feel better. They get a feeling of relaxation, satisfaction and comfort by the touch, talk and time process involved in complementary therapy. This therapy plays a supportive role along with the traditional treatment and medicine to help the patients. Patients believe that this helps them to improve their quality of life (Oliveira *et al.*, 2020). This helps them to stay positive as well and staying positive is believed to be an important aspect while being treated. Even the doctors and medical practitioners suggest patients stay positive.

Uses of Aroma therapy

On the other hand, aromatherapy which comes under complementary therapy and has some important and effective uses that are following:-

Aromatherapy is very effective in improving anxiety and poor sleep. In this therapy essential oils are extracted from various types of plants and they are used for breathing through the nose or applying them on skin. Essential oils are extracted from flowers, herds, tree barks, roots, peels, petals etc (Farrar and Farrar, 2020). When the essence is extracted from the frannant

cells of a plant it is called essential oils. The plants which are used to extract oils from are lavender, chamomile, cedar wood, lemon etc.

Aromatherapy activates the smell receptors in the nose and it is then sent to the brain through the nervous system. The brain has many areas which are activated by the smell. Areas like the limbic system are responsible for the emotions of us. The hypothalamus part can also be affected and can create the feel good brain chemicals like serotonin (Sadowski, 2020).

Though aromatherapy is not used for medical treatment on a daily basis but sometimes they can be a good remedy. Aromatherapy can increase health benefits in areas like:

- Ease stress and anxiety
- Improve sleep
- Helps reduce depression and increase relaxation
- Ease different types of pain like arthritis, kidney pains etc.
- Ease nausea
- Fight bacteria on skin
- Help reduce problems of people suffering from dementia

Contraindications of Aromatherapy and how it compares to more traditional treatments

Essential oils which are used in Aromatherapy are very much concentrated. It is very important to know which ones are safe to use and which ones should be avoided. Individuals who are suffering from any allergies, eczema, psoriasis or any type of fever should be more careful while using this therapy. Certain oils need to be avoided or should be used after taking proper caution (Necmiye, 2020).

People with different types of allergies should avoid the essential oils which are listed below:

High blood pressure: People who are patients of high blood pressure should avoid peppermint, rosemary, thyme, hyssop, sage and eucalyptus oils because these are responsible for increasing blood circulation.

Epilepsy: People who are suffering from epilepsy should avoid essential oils like hyssop, sage, eucalyptus, sweet fennel etc. The oils which are safe to use are lavender and marjoram.

Low blood pressure: People who have low blood pressure should avoid overly sedating essential oils like lavender, clary sage, ylang ylang in very high doses.

Pregnancy: As stated by Arend, (2020), Pregnant women should be very responsible about which essential oils they should avoid and which ones can be used as per the dosage chart provided by the doctors. The ones which should be avoided are basil, cinnamon, hyssop, nutmeg, juniper, parsley, myrrh, oregano, rosemary, sage etc. the ones which are safe to use during entire pregnancy are rosewood, sandalwood, spearmint, orange, tea tree, palm arose etc.

Comparison to other traditional treatments

Pain is one of the most common complaints of patients in any healthcare sector. It is extremely difficult for patients to communicate about this and there are not many ways to reduce it without using painkillers or medicines which show side effects. Aromatherapy is very effective in reducing pain in many cases. Aromatherapy can help reduce chronic back pain, chronic neck pain, menstrual pain, labor and childbirth related pain, post cesarean section pain, episiotomy pain and many more((Mack and ACNPC, 2019).

An evaluation of the statutory self-regulation system and the voluntary self-regulation system

The IFA sets regulations, promotes good standards of human behavior, technical competence and business practice. They provide a clear format that registrants see while treating patients, providing care. It also gives a clear framework so that members of public, service users and patients can hold a registrant account. The IFA guides its registrants to be reviewed and updated taking into consideration new laws and legislations (Takagi 2019).

The IFA is governed by a board of trustees with knowledge and expertise who direct and manage how charity is run. The board of trustees is volunteered by the members of the federation. The board of trustees are governed and supervised by the specialists and numerous advisors. The trustees meet six times in a year to discuss strategies, formulate any new laws and regulations. The IFA has been approved as an Accredited Register by Professional standards Authority (PSA) an USA body accountable to Parliament.

Ethical consideration

Ethical considerations are very important to promote the aims and objectives of a particular field of study. It supports the values and importance of teamwork. Ethics simply the morality of work done. The behavior of aroma therapists with their clients is noted in ethical practice.

- All the registrants have a due code to protect the health and well being of patients (Price 2021).
- Registrants must justify public confidence in aromatherapy
- The studies must be factual and legal
- No one should be guaranteed to cure successful treatment of client
- No other health practitioner to be underpinned
- No product should be prescribed or support on the basis of assumption
- The justification of products should be there
- The profession should not be put into low esteem
- The aroma therapists understands the responses made by the clients and plan the treatment accordingly
- They educate clients that the aromatherapy oils can treat all diseases but the oils can give value to the systems in the body.

Recommendations

- The basic recommendation of aroma therapy is to **stay grounded to the feet**. One has to understand their pain or the problem of the patient in order to treat it . One has to see through the clients eye to understand the feeling. That is to feel others' pain one has to go through the pain. The client's problem must be respected, not discriminated against. The boundaries of therapies must be wide open and straightened. The work must be focused effectively.
- The **attention to the clients** must be focused. The awareness of the interactions must be of higher standards and must be valuable to the client. Through experience they will gain wisdom and more knowledge (Tabatabaeichehr and Mortazavi 2020).
- The aroma therapists must give **good service** to others. The service that they render should be morally superior so that the therapy can reach more people. Humility is required to be the benchmark of service. Compassion is required for giving the service to others.
- **Respecting others** is another important factor of Aromatherapy. One must respect clients' problems and deeply analyze the problems. No one must be imposed on a particular belief or thinking. It will distress the environment and will not work. So therapists respect other thinking or thoughts in order to cure the ailment.
- **Quality and cleanliness:** The quality and cleanliness of the services they offer should be checked. The quality of the aromatic oils should be superior and standard so that clients' tastes are satisfied. The best standards must be maintained. The proper and cleanliness of bottles, diffusers and pipettes must be taken into account(Wojcikowski 2020).
- The **confidentiality of the clients' problems** is maintained. The relationship of clients with therapy is based on trust. So therapists must not disclose the confidentiality of any clients. Each person's problems are kept in a secure location with the therapists. This Helps the therapy to flourish themselves as more clients will be engrossed to use aromatherapy. The holistic principles and recommended treatment on the needs of clients.
- An aroma therapist does not make **false claims** to the benefits of aromatherapy.
- The safety parameters of all essential oils must be known by the therapists before recommending it to the customers. So the therapists must be educated enough to

prescribe the essential oils. So education makes them more exclusive and experts in their field to promote the use of aroma therapy (Felix 2019).

- They share knowledge with others, research and experience with other colleagues which supports the advancement of the profession of therapy. This can include research writing, journals, giving talks in the community to spread the knowledge of aromatherapy.
- If the essential oils are not diluted they can harm the quality of skin. The oils are concentrated so if they are not used with water it can irritate the skin. The specialists must look into the matter and improvise it.
- It has some chemical components which are very sensitive and can cause irritation to skin. It could be affected by herbicides. The oils can be toxic to animals so these things must be taken into account (Asher 2017).

Conclusion

This paper has highlighted the complementary therapies practiced in the countries. The practice of aromatherapy is now being popular. The ethical considerations of Aroma therapy are being highlighted over there. The Recommendations of using aromatherapy are highlighted.

Aroma therapists hold licenses within a scope of practice and the field they are practicing. So the clients must feel safe to visit therapists to sort out problems and any diseases.

As the practice of aromatherapy is becoming widespread the education of aromatherapy must be focused on the competence, training and skill. It is totally based on science and it is constantly changing. So the therapists keep themselves updated to learn the new research of aroma oils. But it is seen that medical therapy is still not popular in many countries. Evidence showed that in treating medical conditions is poor with a lack of skilled therapists.

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