

Health and Social Care

Complementary Therapies

Assessment 1: Complementary Therapies

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Introduction

This report mainly focus on aromatherapy. It is a holistic healing treatment that can be used to recover people's health. In this study, a brief history of this therapy is discussed. In this process, natural plant extracts are used to recover people's health and give them a healthy and well-being life. This method helps to remove pain and other health issues without any hamper of our body. Therefore, there are some disadvantages of this treatment. People often faced more trouble as rashes; skin irritation. Sometimes, asthma attacks also can appear. After this discussion, some implications of this treatment are also defined here. Now in this modern life, when people become so busy in their life and tight job schedule, they want to be cured as soon as possible without wasting more time in treatment. In this case, this aromatherapy is a helpful method. Lavender oil is the essential oil that can be used for this treatment. Usually, it is used to reduce skin wrinkles and also used to get smooth skin. In the below part, aromatherapy has appeared with its benefits and negative impacts. Besides that, the uses of lavender oil are also pointed out as a part of this treatment.

Background of aromatherapy

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit. It enhances both physical and emotional health.

Nowadays, the term aromatherapy is a famous name in the health care unit. This term was first invented by a French chemist and perfumer, Rene Maurice Gattefosse, in 1937. He was interested in the uses of these natural extracts. He was the father of this treatment. As stated by Lee *et al.* (2018), aromatherapy is a holistic health care method. From the 1970s, this has become popular in medical science as people can get more advantages. It is used to strengthen the self-healing process, and it also helps to maintain the immune system of the human body. This method is found as the father of modern medicine. Some plant is found for the treatment at the physical and psychological level both. Plant extracts are used in this treatment to prevent the body from cold, liver diseases, and some are used as antiseptic. In the nineteenth century, doctors became famous

as they all used this therapy via natural and essential oil. In 1910, French chemist first discovered the healing properties of lavender oil, and after that, aromatherapy becomes a bright star in the medicine world. This treatment is referred to as a topical application of true and aromatic oils. It is used to enhance health and inner beauty. A French army surgeon had used this treatment to recover war wounds during the French Indochina war. He also wrote a book about this. After the 1970s, this treatment becomes popular as health recovers. This is used to enhance mental health also.

Impacts of Aromatherapy

Several essential oils used in aromatherapy have been suggested to have antimicrobial effects, preservative effects, anti-stress effects, anti-depressive effects, anti-inflammatory effects, relaxation effects, and immune-enhancing effects.

Positive impacts

Often this therapy is called as essential oil treatment. It is used to improve the health of the body (mental and physical), and it also helps to develop emotional health. Now it gains more popularity in the medicine and science unit. This treatment helps to reduce stress and anxiety. As a result, sleep quality becomes enhanced. Hence, people can feel relaxed after this treatment. It can also take part in removing pain; headaches, and it also reduces migraines. People can be free from these painful diseases, and others. Side effects of chemotherapy can be reduced by using it. It also gives relief from the discomforts of labour. It is normally used to increase digestion power. Hence, people can get relief from liver-oriented issues. With the help of this treatment, immunity power of people can also be increased. As a result, they can easily fight with any virus or bacteria. Aromatherapy gives them the power to fight against them. As people can get relief from different health issues without any side effects, quality of life becomes enhanced. It also helps to reduce the depression rate. Hence, people become happy in their life, and they can fully enjoy their stress-less life. In the view of GokMetinet *al.* (2017), aromatherapy is a stress remover. It helps to maintain healthy joints and muscles. After using this treatment, people become calm and refresh. Hence, they can get more energy to concentrate on their job.

Moreover, it is an essential therapy to get a healthy body. This treatment becomes famous as it can be easily affordable and available easily. It has a simple procedure to use. As a result, more people can use it smoothly. For using it, they do not need any adviser support. This treatment uses plants, and for this, it has low side effects.

In most cases, it does no harm to the animal or human body. Moreover, it is used to reduce pain, and it is famous for its healing properties. For all of these advantages, this treatment becomes famous in this modern day.

Negative impacts

Excessive use of any good thing can be the cause of bad impacts. It is true that often, this treatment also has some negative impacts on the human body. There are many bad impacts of this treatment. The first problem is the allergic issue. Some people have this problem. Hence, they face more trouble after using this treatment. They face allergic reactions to use essential oils as aromatherapy. It is an alternative healing method that uses plants as treatment. Some essential oils make the skin too much sensitive to the ultraviolet rays from the sun. This can be a reason of photosensitive, and it becomes the cause of sunburns rather than others who do not use this treatment in their skin. Some people may face nausea, mild or light headaches after using this therapy. The allergic reaction can be seen after touching the oil or applying some oils to the skin. This problem becomes big for the people who have asthma issues. They face irritation and redness and other issues after using this treatment. Some oils have estrogen-like properties. Hence, they can increase the rate of breast cancer.

As this disease is based on hormones, in this stage, these oils cannot be used. Children, who are undergrowth, must not use this treatment because it becomes the cause of excessive breast growth. Doctors often advise to ignore this treatment for pregnant and breastfeeding mothers. These oils can pass through the mother's body to baby's body. Hence, it can be harmful to newborn babies. Some people cannot use this treatment as they have hormone-related issues like diabetics. Normally, this treatment is safe, but often it can appear with some side effects. Essential oils are highly volatile. Hence, they cannot be used to an open flame.

Implication of aromatherapy

Essential oils distillation is attributed to the Persians in the 10th century, though the practice may have been in use for a long time prior to this. Information about essential oil distillation was published in the 16th century in Germany. French physicians in the 19th century recognized the potential of essential oils in treating disease. Clinical evidence of this treatment is strong. It proves that the effectiveness of this enhances day-by-day. All the discussion above shows that this therapy can be used in the field of anxiety, stress, mental health, physical health a mostly in pain. It is an alternative medical therapy that can be used in medical clinics. It can be used to remove the pain, depression, and insomnia of patients. Most hospitals accept this treatment as an essential part of their clinic for its benefits. It can be used in health care units. People can easily accept and afford it. Essential oils are used to reduce joint pain can give relief from depression, stress, and migration also. These oils are also used to keep skin fresh and smooth than previous. They can feel relax. Hence, in most health care units, doctors try to use this type of therapy. Often, it appears with some disadvantages. Hence, people must use it with the proper guidance of doctors.

Conclusion

This report can be concluded by discussing the benefits and disadvantages of aromatherapy and lavender oil. In the above part of the study, it is discussed that lavender oil is essential to increase skin smoothness, and it also helps to reduce different types of health issues. Therefore, people can face more trouble as they have allergic problems. Normally, aromatherapy is used to reduce asthma problems, stress, depression, migraine issues. This therapy is an alternative medical treatment that can be used in medical clinics. It can be easily affordable and can be easily acceptable. As it is a natural therapy, it has a low amount of side effects. This treatment can help to feel the people fresh and relax. This treatment often proved wrong for people who have a hormone problem. By using this, people can face issues of sunburn. Often, a pregnant woman also faces more trouble after using this treatment as it is not as good for babies. Hence, to prevent these disadvantages, people must use this treatment as per the doctor's opinion.

Reference list

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