Essential Oils in the Clinical Practice

1st Integrative Medicine Research Symposium
San Juan, Puerto Rico
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GOALS

- Learn what is aromatherapy or the use of essential oils
- Learn a new medical treatment system
- This is not only about ambience, good smells and massage
- Applications and usages
- Results and Medical Literature
Aromatherapy

- The treatment and/or prevention of disease by the use of essential oils
Aromatherapy

- Aromatic benzene ring accounts for the properties of essential oils
Aromatic Benzene Ring
Aromatic Benzene Ring
Benzene depicted in three ways
Properties

• Diffuses inter and intra-cellularly once inside the body
• Extremely lipid soluble, weak water solubility
Properties

- Can go upwind or against the flow of air current due to its high rate of diffusion
Properties

- Antibacterial
- Antifungal
- Antiviral
- Anti-helminthic
Properties

• Ability to dissolve plastics and petrochemicals
• Transport of petrochemicals and other contaminants
Properties

• Analgesic
Essential oils-Modes of Extraction

• Steam distillation
• Absolute-Ethanol Extraction
Suppliers

• Sevessence - France
• Young Living Oils - USA
Modes of Application

- Inhalation
- Aerial Diffusion
- Direct Application
- Ingestion
Mechanisms of Action

• Through its effect on the limbic system by direct inhalation through the olfactory system and nerves
• Pharmacological effects
Methicillin Resistant
Staphylococcus aureus (MRSA)
Tea Tree Essential Oil


More effective on eradicating MRSA than chlorhexidine or silver sulfadiazine on the skin


Effective against MRSA and Candida
MRSA

Stress, Depression and Anxiety

- Essential oils reduced symptoms of stress, depression and anxiety in 32 studies

Cough and cold symptoms


- Randomized study 138 patients (petrolatum, no treatment, petrolatum with menthol, camphor and eucalyptus oils)
- 2-11 years old
- Treatment group did significantly better
Agitation in Dementia

Anxiety Disorders
Randomized studies

- Silexan (Pill form of lavender oil) more effective than Placebo in reducing all symptoms of anxiety
Anxiety Disorders
Randomized studies

- Silexan versus Lorazepam (ativan) by mouth
- After 6 weeks produced the same reduction of anxiety,
- Sleep improvement without side effects or
- Potential for addiction
PAIN CONTROL

- Marcial-Vega et al 2013
- From 2009-2012
- 150 pts
- 116/150 = 77% a diagnosis of cancer
- Headaches, back pain, shoulder-neck pain, knee
- Tumor area
PAIN

- Pain, Peppermint, Circulation
- Birch, Marjoram, Sage, Clary Sage, Lavender
- 150 patients
- 90% reduction or disappearance of pain
- Effects noted in 5 minutes
- No side effects

Marcial-Vega 2013
Air Purification and Sterilization

Human Papilloma Virus

Oral Use
(Randomized studies)

- Monoterpenes (eucalyptus, Pine needle, citrus peel oils)
- 3 month consumption (246 pts) reduced the risk of exacerbation in winter months in patients with chronic bronchitis

Oral Use
(Randomized studies)

- Acute Bronchitis- 676 patients. More effective than placebo in improving the episodes.


- No bacterial resistance.
Oral Use
Randomized study

- Randomized study in patients with dyspepsia
- Better than placebo

Food Poisoning

- Clinical diagnosis shortly after food ingestion
- Borborygmy, increased intestinal transit and sounds before diarrhea or vomiting occur
- Classic Triad of acute abdominal distention, chills and fever
Food Poisoning

- Marcial-Vega 2014
- 5 patients
- All had fevers, chills, rapid onset malaise, abdominal distention
- All had 3-5 drops of lavender/8 oz of water
- All resolved all their symptoms within 20-30 minutes
Irritable Bowel Syndrome

Peppermint for Parasites

- 15 patients with evidence of parasites or parasite eggs
- 1 drop / peppermint in one glass of water  TID
- In 3 weeks all had negative findings in their stool
- Marcial-Vega  2012
Gynegological Infections


- Effective in eradicating infections
Prospective Randomized Study showed


Randomized trial of aromatherapy. Successful treatment for alopecia areata.

- Hay IC1, Jamieson M, Ormerod AD.

44% improvement versus 15% with carrier oil only
Biblical References

- Birth of Jesus of Nazareth
- 3 Wise Men Gifts
- Myrrh
- Frankincense
- Gold
Biblical References

- Arameic Language
- One of the 12 tribes of Israel
- Liquid Gold = 2 thousand years ago referred to the needle (small leaves) essential oil of a small extinct Russian pine tree
- Perhaps why Christmass is still celebrated with Pine Trees
Decubitus Ulcers

- Lavender Oil on ulcers
- Application 2-3 times a day without the use of bandages
- Healing within one week of 85% of 33 ulcers
- Improvement in the other 15%
- No side effects
- No staining of skin, clothing or bed-sheets
- Marcial-Vega, 2014
Ovarian Cysts

- 23 patients with ovarian cysts
- Lavender oil 1 drop/2 oz purified water
- Vaginal douche at bedtime nightly for 4 weeks
- Repeat ultrasound
- Complete resolution of cysts less than 2 cm
- 2-5 cm 65% complete resolution, 35% smaller
- Less menses related pains

Marcial-Vega, MD 2013
Eye Blend

- Ylang, Lavender, Jazmine, Sandalwood, Sage
- Applied to 80 patients with various eye conditions
- Apply on eyelid, not eye
- Cataracts-Improvement in 80% of pts
- Infections-Improved in 90% of patients
- Marcial Vega, MD 2012
Eye Blend

- Burning sensation in 15% of patients
- May have to dilute until patients adjust.
- For these cases, use soap and water to wash off and dilute until there is no more discomfort
Types of Oils

• Mild-Relaxing-
• Ylang, Lavender, Jasmine, Orange, Neroli
• Vetiver, Pine needle
Types of Oils

- Stimulating-Strong
- Eucalyptus, Peppermint, Camphor, Oregano, Basil
- Garlic, Onion, Tea Tree, Marjoram, Rosemary
Mild On skin

- Lavender
- Ylang
- Pine Needle
Hand Gel

- Use essential oils due to penetration
- Broad Anti-microbial effect
- Long lasting
Blends

- Meaning 2 or more oils together to achieve a more effective and rapid effect
- Synergistic
Lavender Oil

- Verstaile
- Antimicrobial
- Analgesic
- Antiinflammatory, decongestant, relaxer
- Can put inside the nose, on the ears and eyelids, taken internally
Pine Needle/Fir Needle Oil

- Similar properties to Lavender
- Can also be used to energize
- Hand sanitation
Stress Blend

- Patchouli, Orange Peel, Ylang
- Put 2-3 drops on the palm of the hand
- Inhale deeply and hold your breath
- Repeat until there is no more smell
Emotion Blend

- Valerian Root Oil
- Marjoram
- Inhaled for anxiety and panic attacks
Ylang

- Very relaxing
- Will lower blood pressure more than 20 systolic points and/or 10 diastolic points in patients with hypertension who inhale it for 20 minutes
- Do not use in pregnant females or in patients with very low pressure
BASIL

- Can improve discomfort from otitis media together with lavender, pine needle oil within 20 minutes after application to the external ear
- 14 patients with ear pain and distended tympanic membrane
- 10 had fevers and/or chills
- All had marked improvement in pain within 20 minutes. All were comfortable in 3 hours. NONE NEEDED ANTIBIOTICS
- Marcial Vega, MD 2013
Fem Balance

- Geranium rose, camomille blue, lavender
- Taken orally will relieve menopausal symptoms in 100% of females
- 65 patients
- Marcial-Vega, MD 2014
Anise Oil

- Tamiflu comes from this oil
- Potent antiviral
- Take 5 drops orally every hour for flu symptoms
- Improves symptoms within 24 hours in more than 2/3 of patients
- Marcial-vega, 2013
- Inhaled it is an appetite suppressor
Meditation

- Vetivert, lavender
- Very relaxing blend
Frankincense

- Can increase cerebral blood flow up to 28%
- Can repair damaged DNA

http://search.aol.com/aol/search?&s_qt=sb&q=Frankincense+and+DNA+repair&tb_oid=14-02-2013&s_it=aolmail&tb_mrud=01-10-2013&tb_uuid=20130214115159723
Pain, Peppermint, Circulation

- Birch, Peppermint, Clary Sage, Sage, Lavender
- Apply on area of pain
- One oil and 2 Blends
Energy Blend

- Eucalyptus, pine, rosemary, peppermint
- Wake up!
- Decongestant