AROMATHERAPY & BALENOTHERAPY: THE NATURAL DOCTORS FOR KEEPING COGNITION HARMONY BETWEEN SOUND HEALTH AND MIND

Prof. Dr. Dhrubo Jyoti Sen

D.Pharm., B.Sc. (Hons), B.Pharm. (Hons), M.Pharm., Ph.D., FICS, CChem FIC (India), CChem FRSC (UK), CSci (UK), AOM (USA)

Professor, Department of Pharmaceutical Chemistry, Shri Sarvajanik Pharmacy College, Gujarat Technological University, Arvind Baug, Mehsana-384001, Gujarat, India

Recipient of K.K. Acharjee Award, Recipient of Jewel of India Award, Recipient of Rashtriya Vidya Saraswati Puraskar, Recipient of Rashtriya Vidya Jyoti Award and Gold Medal, Recipient of Life Time Achievement Gold Medal Award, Recipient of Eminent Educationist Award, Recipient of International Gold Star Award, Recipient of Vidya Ratan Award, Recipient of Gyan Jyoti Gold Medal Award, Recipient of Seva Chakra Puraskar, Recipient of American Order of Merit, Recipient of Golden Educationist of India Award, Recipient of NEHS Global Award of Excellence and Gold Medal of Excellence, Recipient of NEHS Jewel of Telengana Award and NEHS Medal of Excellence.

Aromatherapy is a form of alternative medicine that uses volatile plant materials, known as essential oils, and other aromatic compounds for the purpose of altering a person’s mind, mood, cognitive function or health. Since some essential oils such as tea tree have demonstrated anti-microbial effects, it has been suggested that they may be useful for the treatment of infectious diseases. Evidence for the efficacy of aromatherapy in treating medical conditions remains poor, with a particular lack of studies employing rigorous methodology; however some evidence exists that essential oils may have therapeutic potential. Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-
being. The inhaled aromas from these essential oils are widely believed to stimulate brain function. Essential oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole-body healing. A form of alternative medicine, aromatherapy is gaining momentum. It is used for a variety of applications, including pain relief, mood enhancement and increased cognitive function. There are a wide number of essential oils available, each with its own healing properties.

The Natural Benefits of Aromatherapy

There are many natural aromatherapy benefits that essential oils can bring to your family. They offer a broad spectrum of protection: They are antiviral, antibacterial, anti-fungal, anti-parasitic, anti-infectious, and anti-tumoral action. They can reduce stress and anxiety. They contain powerful pain relieving and anti-inflammatory properties. They strengthen all body systems, including immune and respiratory system. Penetrate and repair damaged tissue, including DNA. Anti-aging, support longevity. No dangerous side effects. Safe for children and pets. One important note is that essential oils have the unique ability to cross the blood brain barrier; this allows them to benefit your health in ways that other medicines or natural health treatments cannot. 99.96% kill Rate against Airborne Bacteria by oils, including cinnamon, oregano and clove oil. Essential oils interfere with the ability of viruses to reproduce (replicate) and they interrupt the life cycle of bacteria. They also stop the spread of germs. Offer protection against infectious disease, including colds, and flu. This is significant! By diffusing essential oils into the air with an essential oil diffuser, you can create both a germ free zone and healing zone within your home. Many families are using essential oils and their natural aromatherapy benefits to help protect against the Swine Flu (H1N1) and other infectious outbreaks. Therapeutic grade essential oils undergo rigorous testing to guarantee their purity and safety. They must meet strict standards proving that they contain the correct properties needed for therapeutic benefits. For “therapeutic” aromatherapy benefits we highly recommend that you purchase from a trustworthy source. Since ancient times, essential oils have been used for healing and as protection against disease, including deadly plagues. Historical texts from all over the world mention the use of essential oils. Aromatherapy was actually mankind’s first medicine. Some researchers are saying it is the medicine of the future. As more germs become resistant to our modern day drugs, (MRSA, Swine flu-H1N1, Bird flu-H5N1, Strep and Tuberculosis) and the fears of plagues and pandemics grow, the aromatherapy benefits of essential oils may become our life line to health.
Balenotherapy
It was in the early 1800s there was a profound popularity for a particular method of curing diseases. This branch of medicine was regarded as highly beneficial approach and quite effective when compared to many other ways of treatments for a number of ailments. It was nothing but the Balneotherapy. There are so many advantages related to this specific mode of treatment. In fact legends reveal the fact that it is an outstanding medicinal therapy ever discovered. It was the European countries which believed and relied on the technique by far in the early days. Later on due to the mobility of too many Europeans into the Americas, the Americans started to realize the merits of the Balneotherapy. The individual who is undergoing the treatment of Balneotherapy is made to immerse completely in the special quality of water baths or artificially created special mineral pools of water. Such a kind of bathing in the salts of higher concentration levels results in the healing of the individual. Still it is absolutely safe method, while quite effective as well. All those who have undergone claim that it was a very pleasant experience and recommended hundred percent for healing even severe ailments. The recovery rates are far higher in the Balneotherapy and the instantaneous effects are quite significantly evident in the patients. Moreover you are not using any form of chemicals or any other allopathic drugs which could be potentially harmful to certain individuals. It is completely an organic way of treatment and hence the chances of risk are almost not there. No one has to worry about the side effects that might create hassles after math the therapy as it poses none of that kind. In the field of dermatology, mud and mineral water are used as curatives from age old days through different processes and techniques. Balneotherapy is most successful when it comes to treating patients with problems in their skin. Some of the issues of atopic dermatitis are quite critical and complicated to treat using any kind of medicine and takes time for their slow recovery after continuous treatment for months together. Balneotherapy is a wonderful option to cure this particular disease. Psoriasis is another profound disease which gets cured readily in an individual when he or she is subjected to the Balneotherapy techniques of treatments. The real mechanism behind this method of cure is not completely known and illustrated in any popular books so far. It is because of the very fact that the overall process is elucidated as an effective resultant achieved out of more than a few mechanisms at a time. The effects are due to complex combined chemical, physical as well immunomodulatory reactions that the patient is subjected to, in the treatment. Still when you are left to follow blindly the standard procedures and formalities recommended, in just the same way, to alleviate whole lot of diseases, and then just do so. One more important application is the curing of arthritis.
Balneotherapy techniques are found to be quite effective in treating the disease of arthritis as well.

Balneotherapy refers to the treatment of disease or health conditions using spa treatments or baths. The process may include warm or cold water, and massage therapy is often used in conjunction with Balneotherapy. Balneotherapy refers to the treatment of disease or health conditions using spa treatments or baths. The process may include warm or cold water, and massage therapy is often used in conjunction with Balneotherapy. Mineral water is often used in spas for its therapeutic properties and contains rich minerals such as silica, sulphur, radium and selenium which absorbed through the skin. The word "Balneotherapy" is now applied to anything associated with spa treatment, including water therapy, spa baths, natural vapor baths and also some types of mud hot treatments. The main substances in mineral water are sodium, magnesium, calcium, iron which mix with acids to create chlorides, sulfates, carbonates and sulfides. Other elements include lithium, potassium, iodine, manganese and bromine. The pine needle bath is very popular; it is done with adding the needles of pines and firs to hot water. The essential oils are absorbed by the skin and increase circulation. Balneology is most popular in Japan and Europe, where classes on the subject are taught by doctors and nurses. Physicians agree that thermal baths have many therapeutic properties.

The Natural Benefits of Balneotherapy
Bathing in hot springs progressively increases the body temperature, helping us to fight off bacteria and viruses. Hot spring bathing boosts hydrostatic pressure within the body, therefore heightening blood circulation and body cell oxygenation. The enhanced blood flow helps to eliminate toxins by increasing the flow of oxygen to the blood and so it can carry nutrients to vital tissues and organs. Bathing in hot springs increases the body's metabolism, and aids digestion. Frequent bathing within a month of therapy aids in normalizing the task of endocrine glands and the function of independent nervous system. When used topically, hot mineral water has been known to treat skin conditions such as with psoriasis, fungal infections, and dermatitis. It is also used to heal wounds and other skin injuries.