

아로마 치료의 현황과 문제점

The Current Trends and Problems of Aromatherapy

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373 - 84

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(aromatherapy)가

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Abstract

There is a fast increasing interest in the use of aromatherapy among medical professionals. This is not only because aromatherapy has become popular due to the limits of the conventional medicine but also because medical doctors are suffering from certain problems in the medical insurance. This is why the author is trying to explain the therapeutic effects of aromatherapy and to correct the widespread fantastical beliefs on the basis of evidences and author's experiences. Conclusively, the main effects of aromatherapy are antimicrobial, psychotropic, and immune - stimulant.

Keywords : **Aromatherapy; Antimicrobial;**

Psychotropic; Immune - stimulant

: ; ; ;

(香油, essential oil)

(1).

'kyphi"

'Ra'

가

(1),

	lavender oil	geranium oil		
		(frankincense)	(2).	1955 Keller
20	Rene Maurice Gattefosse(1881 ~ 1950)			
	(香草)			<i>E. coli</i> , <i>E. thyphosa</i> , <i>S. faecalis</i> , <i>S. pyogenes</i> , <i>S. au-</i>
		(3).		<i>reus</i> , <i>C. diphtheriae</i> (7).
20		Jean Valnet	Paul Belaiche	
		(4).		(inhibition) aro-
가 20			matogram	(7).
				cinnamon, lavender, tea tree, ore-
			gano, thyme	.
			Carson	methicillin
			<i>reus</i>	<i>S. au-</i>
			tea tree oil	
	가	(5).		tea tree
		.		(8).
		(5).		
			2.	(Antiviral Effect)
				linalool, eucalyptol,
			geraniol, thymol	
				가
				lipophilic
				.
	(Antimicrobial and Antiinflammatory Effect)			
20	Cavel	(anti-	가	가
septic effect)	(6).			.
carbolic acid		lavender oil	Valnet	bergamot, eucalyptus, geranium, lemon
		, peppermint가 2	oil	가
4	, thyme oil 7	, orange oil		, Penoe
		.	niaouli, eucalyptus oil	, Franchomme tea tree
			oil	, Belaiche cypress oil
1.	(Antibacterial Effect)		melissa oil	, Wagner rose,
				(7).
			oil	herpes virus
	가	, 가		.

3. (Antifungal Effect)

Candida tinea tea tree, thyme, eucalyptus, lavender oil

• Carminative : 가 fennel, peppermint

3)

1)

(steam inhalation) 가 (vaginitis), (sitz

5

bath)

(1).

10

tea tree, lavender, thyme

• Antipyrogenic aroma oils : lavender, tea tree, Roman chamomile, thyme

• Expectorant : eucalyptus, pine, lemon, thuja, palmarosa, fennel

4)

(analgesic effect)

• Antispasmodic and Antitussive : pine, peppermint, cypress, cajuput

lavender, tea tree, geranium,

Roman chamomile

Roman chamomile, German chamomile, palmarosa, atopic dermatitis lavender, Roman chamomile, German chamomile

German chamomile

2)

가 (1).

(cicatrisant effect)

(purity)

lavender, chamomile

• Antispasmodic :

(Psychotropic Effect)

(sympatholytic effect). Tarragon basil Roman chamomile oil

가

가

• Stimulation of gastric secretion : (citrus)

Neroli oil

lemon, orange, grapefruit, mandarin, bergamot, lime

(motility)

가 100% 34.7% (9). neroli , 가
가 3) 가
가
가
(10). (inhala-
lavender , 가 tion) (lamp diffusion)
(11). 1988 Stella , (bath)
mood memory (anxiety)
(12). 1991 Nagai
(12). 1998
Kite 58
HADS(Hospital Anxiety and Depression
Scale) 50%가 (12).
(stimulating
aroma)' (relaxing aroma)' ,
50
가
(13).
(chronic anxiety disor-
der) 42 40
(14). 가
가
가
(14). ,
1) immunoglobulin 가
aroma olfactory nerve entorhinal (15).
cortex dentate gyrus(conjugation with non - terpene alcohols 가
olfactory stimuli) hippocampus gamma -
2) (limbic sys- globulin savory, spike lavender, eucalyptus
tem) 가 , -

1.

Oil Component	Immunoglobulin			Comment
	alpha - globulin	beta - globulin	gamma - globulin	
phenols			가	
aldehydes				
estragol	가	가		
ketones		가		
monoterpenes				
monoterpenols				

		gamma - globu-	가	가?
lin	thyme			
(15).	(modulating)	.		fen-
K. Schnaubelt(15)	1	.	nel, juniper, cypress	
		.		
		.		
			가	
		가?	(16, 17).	fennel
				fennel oil
	, clary sage, fennel, rose oil	.	가	
	가			,
		가	.	가
	. Clary sage oil			
가 estrogen			(17).	
가	가	- H, - OH,		grape-
		.	fruit, fennel, patchouli	
estrogen		.		
(distillation)	100 ℃	.	grapefruit	fennel
가	(denatura-			. Patchouli oil
tion)	가	.		

가

가

가

estrogen

가

가



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