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## Benefits of essential oils

Everything we smell exudes molecules, be it flowers, fruits, wood, or the ocean. Essential oils have been commonly used as an alternative remedial source, says Ramakant Harlalka

Smell is a very direct sense. For us to be able to smell something, molecules discharged from the fragrant object should reach the nose. Everything we smell is therefore exuding molecules, be it flowers, fruits, wood, or the ocean. Healing through Aroma science has been known to mankind since the Vedic Period. Nature has been the principal source of pleasant smell.

Each of the floral scents has a divine connection. The simple application of *chandan* paste on the forehead is symbolically used for calming one's thoughts.

● The use of delicate Jasmine Sambac (Mogra) flowers helps in creating a pious, overpowering and transcendental aura.

Essential oils have been commonly used as an alternative remedial source. Here are a few commonly seen oils that can prove beneficial:

● Basil Oil ( Tulsi) - Leaves can be either taken orally or be used to make decoction

**Benefits:** Analgesic, antidepressant, insecticide, antispasmodic, carminative, used for skin care

● Lemongrass Oil- Leaves can be used to make fresh lemon

tea

**Benefits:** Anti-depressant, antiseptic, astringent, carminative, deodorant, diuretic, tonic

● Peppermint Oil (Pudina)

**Benefits:** Eases migraines, indigestion, analgesic, relaxes mind and body

● Neem Oil: Leaves can be used to make decoction

**Benefits:** Used widely as a natural insecticide. Helps prevent hair fall. Also helps in destroying lice in the hair

● Jasmine Oil

**Benefits:** Helps in treatment of dry skin. The scent helps in building self-confidence

● Rose

**Benefits:** Rose water is very good for dry skin, oil is extremely soothing. Dried petals can also be used for making Gulkand.



*First "Itra and Sugandhi Mela" at Dilli Haat, Pitampura, from 25-27 March, 2011, from 11 am-9pm. Lectures by experts on Aromatherapy, display & sale of itra, yoga session and various competitions. All are cordially invited to participate.*

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