

## Attars & Aromatherapy

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Fragrances over the years has always gained a mystical status in the society and thus been also linked with a lot of ritual and religious practices.

India has the potential to cultivate on a large scale the following essential oil yielding crops: menthol mint, carvone mint, citronella, lemongrass, patchouli, vetiver, rose, eucalyptus, basil, palamarosa, and citronella which house galaxy of natural molecules.

**Fig 1.1 Fragrant Swastik Symbol**



India with its strong Cultural and Spiritual belief has a very special significance for flowers in any of the rituals as every flower has a ruling Deity, for example Holy Basil also known as Krishna Tulsi is a very dear plant of Lord Krishna, White Lotus Symbolizes Purity, Sanctity and is thus a Sacred Flower of Goddess Saraswati. But if we analyze deeply every flower has a special significance in itself. There is a kind of identification with the vibrations of the flowers, a perception of the quality it represents which sends a positive feeling of well – being. The fragrance of flowers is the physical Nature’s subtle offering to the Divine, one needs to silently feel its beauty.

These delicate natural scents thus created are just another transformation of the divine which was mastered in India by creating fragrance masterpieces – Attars i.e. Flowers scents absorbed on rich & Divine Sandalwood Oil. Thus when we smell each of these attars, we have a unique feeling of well – being.

At the first whiff of **Motia Attar**, an onrush of bliss and a smile comes to our face because the source is the mesmerizing Jasmine sambac, or night-blooming Jasmine deeply signifies Smile Even when the Dark Champa Attar is made from Michelia champaca, called the “Flower of Paradise”. It’s fragrance is richly sweet and spicy, totally uplifting and joyous.

**White Lotus Attar** is one of the most divine fragrances on earth. When we smell it, we feel ourselves being drawn up through the crown chakra into higher realms of consciousness.

**Fig. 1.2 List of 21 Auspicious Fragrant Flowers**

														
Sr.No	Common Name (Indian)	Spiritual Connection	Common Name (Western)	Botanical Name	Sr.No	Common Name (Indian)	Spiritual Connection	Common Name (Western)	Botanical Name	Sr.No	Common Name (Indian)	Spiritual Connection	Common Name (Western)	Botanical Name
1	Raat Ki Ranni	Air (Pawan)	Night Queen	<i>Cestrum nocturnum</i>	8	Bakul / Moulshri	Patience	Spanish Cherry	<i>Mimusops elengi</i>	15	Kewda	Spiritual Perfume	Screw Pine	<i>Pandanus tectorius</i>
2	Parijat / Shaifali Harsingar	Aspiration	Night Jasmine	<i>Nycanthus arbortristis</i>	9	Kaurav - Pandav Passion	Silence	Blue Crown Flower	<i>Passiflora caerulea</i>	16	Chompaka	Psychological perfection	Golden Champa	<i>Michelia Champaca</i>
3	Chameli	Correct Self Evaluation	Yellow Jasmine	<i>Jasminum articulatum</i>	10	Champa	Psychological Perfection	Temple Tree	<i>Plumeria alba</i>	17	Gulab	Surrender	Rose Edward	<i>Rosa damascena</i>
4	Chompaka	Divine Smell	Yellow Chompaka	<i>Michelia champaca</i>	11	Ananta	Radiating Purity	Cape Jasmine	<i>Gardenia Jasminoides</i>	18	Kaner	Sweetness of Thought	Oleander	<i>Nerium odoratum</i>
5	Mehendi	Energy turns towards divine	Hennah	<i>Lawsonia inermis</i>	12	Sontaka	Satchidananda Eternal Bliss	Ginger Lily	<i>Hedychium coronarium</i>	19	Rajnigandha	The New Creation	Tuberose	<i>Polyanthus tuberosa</i>
6	Mogra	Integral Purity	Jasmine	<i>Jasmine sambac</i>	13	Nagalinganm	Prosperity	Cannon Ball Tree	<i>Couropita guianensis</i>	20	Lal Kamal	Wealth	Red Lotus	<i>Nymphaea lotus</i>
7	Madhumati	Faithfulness	Rangoon Creeper	<i>Quisqualis Indica</i>	14	Neem	Spiritual Atmosphere	Margosa	<i>Azadirachta Indica</i>	21	Swet Kamal	Knowledge	White Lotus	<i>Nelumbo nucifera</i>

In recent years, more and more perfumers have gone back to using all natural ingredients again. They are designing perfumes with a combination of essential oils and absolutes, to create the fragrances that allure's one to the feeling of well – being and are being termed as Aromatherapy Fragrances.

The aroma oils are the extracts of various plant parts that are used in treatment for attaining balance in physical, mental & Spiritual health. It not only aims at healing, relieving and eliminating health problems but helps in attainment of happiness & well being. These oils are therefore termed as Essential Oils as they are vital ingredients of a plant.

Essential oils are the volatile, natural substances that are the actual immune system of the plants from which they are extracted. These oils contain antiseptic, antibiotic, anti-viral, and anti-inflammatory and many more medicinal healing properties that heal us physically & emotionally. The most commonly used aromatherapy oils are:

<b>Sr.No</b>	<b>Plant Name</b>	<b>Benefits</b>
1.	Eucalyptus citrodora	Lemon scented eucalyptus helps in insect repellency.
2.	Geranium Oil	Scent of rose which is very sweet, soft, and earthy is a natural tonic, astringent, analgesic.
3.	Lemongrass Oil	The fresh & refreshing odor of lemongrass is an anti-depressant, antiseptic, astringent, carminative, deodorant, diuretic, tonic
4.	Palmarosa Oil	Sweet smelling tropical grass helps in balancing the sebum production, good for acne and minor skin infections.
5.	Vetivert Oil	Oil of tranquility, with its sweet, warm earthy notes is an excellent coolant during summers, highly sedative and relaxing in nature.

Thus all perfumes are designed to make people feel happy, aromatherapy perfumes seem to offer an additional dimension of emotional healing. These are our impressions of Natural Indian Fragrances.