

OBJECTIVE

This study provides a literature review on the influence of the olfactory sense on daily actions and perceptions. Aromatherapy has demonstrated effectiveness in treating anxiety, agitation, sleep disorders, and depression, and has recently shown promising results for Alzheimer's disease (Jimbo et al., 2009).

Work occupies a significant portion of an individual's time and social interactions. Studies indicate that work does not always lead to professional fulfillment; on the contrary, it can cause issues ranging from dissatisfaction to exhaustion. The hospital environment is among the leading contributors to mental illness among healthcare workers, with burnout syndrome being the primary cause of absenteeism.

Given this reality, organizations are increasingly concerned with the quality of life, well-being, and physical and mental health of their employees, recognizing that these factors directly impact the quality of care provided. Health is understood not merely as the absence of disease but as a state of physical and mental well-being. Numerous studies have demonstrated the effectiveness of aromatherapy in improving mood and reducing anxiety. Furthermore, it offers positive support for physical symptoms, enhancing quality of life, self-care, and overall well-being (Machado, 2011).

In 2018, new practices were incorporated into the National Policy for Integrative and Complementary Practices in the Unified Health System (SUS) through Ordinance No. 702 of March 21, 2018, including the use of essential oils to promote health and well-being (Karasek et al., 2022).

INTRODUCTION

Researchers are exploring new approaches for treating and preventing various diseases, many of which have multifactorial causes, including emotional factors and responses to environmental and endogenous agents. Therefore, natural therapies—particularly aromatherapy—offer less invasive and holistic options with significant therapeutic potential.

In mental health care, aromatherapy promotes emotional balance, tranquility, and mental clarity, reduces stress and anxiety, and enhances the vibrational energy of the environment, benefiting all present. The introduction of pleasant aromas creates a welcoming atmosphere for healthcare professionals and patients and can be applied in workstations, wards, ICUs, and other spaces.

The psychological effects of aromatherapy are linked to the direct connection between olfactory receptors and the central nervous system, producing changes in brain chemistry (Damian, 2018).

In 1920, scientist Royal Raymond Rife developed equipment capable of measuring the frequency of substances in hertz, revealing that healthy individuals exhibit frequencies between 62 and 68 megahertz (MHz), while sick individuals show frequencies below 62 MHz. Each essential oil has its own vibrational pattern, and when it interacts with the human body, it raises the body's frequency, promoting balance across physical, psychological, and spiritual dimensions (Clark, 2000).

APPLICATION

The introduction of an air vaporizer with essential oils in nursing stations aims to create a more harmonious and calming environment for healthcare professionals, reducing stress and improving overall well-being.



CONCLUSION

Aromatherapy represents a valuable complementary practice in hospital environments, contributing to emotional stability, stress reduction, and improved quality of life for healthcare professionals. Its integration into daily routines can foster a healthier and more welcoming atmosphere, ultimately benefiting both staff and patients.

Mental Health		
Fear	Anxiety/Stress	Depression
Bergamot- Inhalation	Orange - Inhalation	Bergamot- Inhalation
Ginger -foot bath or kidney compress	Lavander - inhalation or compress	Clary sage - inhalation
Respireatory System		
Antiseptic	Expectorant	Asthma
Eucalyptus globulus - inhalation	Peppermint - Inhalation	Frankicense - Inhalation
Immune System		
Thyme - inhalation	Bay laurel - inhalation	Tea Tree - inhalation or gargle

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