



Aromatherapy and Ayurveda

with

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Ms. Masocco has been involved in complementary and alternative health since 1997 where she also worked in an integrative clinic in Hong Kong. She completed Ayurvedic Studies at The Ayurvedic Institute in Albuquerque, NM and continued Ayurvedic Studies in Pune, India and professional herbalism studies in the US. An ITEC professional in Aromatherapy, she has studied with Michael Scholes, Dr. Philippe Goeb and pharmacist Jacqueline Azemar for therapeutic use of essential oils.

The information provided is intended as a resource and guide for professionals and is not intended to substitute clinical training or medical advise, diagnosis and treatment provided by a qualified professional.

For any medical condition always consult with a trained and qualified professional.

P E R C E N T A G E o f D I L U T I O N

		1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
M	5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
I	10	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
L	15	3	4.5	6	7.5	9	10.5	12	13.5	15	16.5	18	19.5	21	22.5	24	25.5	27	28.5	30	31.5	33	34.5	36
L	20	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48
I	25	5	7.5	10	12.5	15	17.5	20	22.5	25	27.5	30	32.5	35	37.5	40	42.5	45	47.6	50	52.5	55	57.5	60
L	30	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57.1	60	63	66	69	72
I	35	7	10.5	14	17.5	21	24.5	28	31.5	35	38.5	42	45.5	49	52.5	56	59.5	63	66.6	70	73.5	77	80.5	84
T	40	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76.1	80	84	88	92	96
R	45	9	13.5	18	22.5	27	31.5	36	40.5	45	49.5	54	58.5	63	67.5	72	76.5	81	85.6	90	94.5	99	104	108
E	50	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95.1	100	105	110	115	120
S	55	11	16.5	22	27.5	33	38.5	44	49.5	55	60.5	66	71.5	77	82.5	88	93.5	99	105	110	116	121	127	132
	60	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120	126	132	138	144
	65	13	19.5	26	32.5	39	45.5	52	58.5	65	71.5	78	84.5	91	97.5	104	111	117	124	130	137	143	150	156
o	70	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140	147	154	161	168
f	75	15	22.5	30	37.5	45	52.5	60	67.5	75	82.5	90	97.5	105	113	120	128	135	143	150	158	165	173	180
	80	16	24	32	40	48	56	64	72	80	88	96	104	112	120	128	136	144	152	160	168	176	184	192
B	75	17	25.5	34	42.5	51	59.5	68	76.5	85	93.5	102	111	119	128	136	145	153	162	170	179	187	196	204
A	90	18	27	36	45	54	63	72	81	90	99	108	117	126	135	144	153	162	171	180	189	198	207	216
S	95	19	28.5	38	47.5	57	66.5	76	85.5	95	105	114	124	133	143	152	162	171	181	190	200	209	219	228
	10																							
E	0	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240

N U M B E R o f D R O P S

- 5 ml = 60 drops = 1 teaspoon
- 15 ml = 3 tsp = 1 tablespoon
- 30 ml = 2 Tbs = 1 oz.
- 60 ml = 1/4 cup = 2 oz.
- 0.24 lt = 1 cup = 16 tablespoons
- 0.47 lt = 2 cup = 1 pint.

Aromatherapy - Applications and Modalities with Special Reference to the Srotas

Coined in 1936, the word Aromatherapy embraces use of oils in therapy and by definition it now covers vegetable base oils, essential oils, hydrolats and floral waters, attars as well as Ayurvedic medicated preparations in their use to bring balance to the body, mind and spirit. The cutting-edge technologies currently available for the production of extracts lead to a final product which is generally more clean, pure and powerful than the past, however these and other technologies have led to wide spread adulteration of which we must be careful when considering using oils for therapeutic purposes. Aiding the practitioner in their therapeutic choices, we will cover the *srotas* and the choice and selection of 'aromatherapy' tools available with their *guna/karma*, substantiating with research done in the both the Ayurvedic and Aromatherapy arenas.

There are several ways to use the wide array of materials available in Aromatherapy: application by applied by complete body massage; specific neat marma treatment; hot or cold compress; poured 'dhaara'; in combinations with herbal materials to make a paste; administration in prepared dilutions to the nose, ears, rectally or vaginally; inhalations; added to a steam box to encourage further sudation and detoxification etc.

The ancient texts refer to massage as a necessity. Here are some extracts from *Caraka-Samhita Sutrasthana Ch.V*:

As a pitcher, dry skin, and an axis (of a cart) become strong and resistant by the application of oil, so by massage of oil the human body becomes strong and smooth-skinned; it is not susceptible to the diseases due to vata; it is resistant to exhaustions & exertions (85-86)

Vayu dominates in the tactile sensory organ, and this sensory organ is lodged in the skin. The massage is exceedingly beneficial to the skin, so one should practice it regularly (87)

Prohibition of anointments, etc.:

(ext. from SS Ci. XXIV)

Anointments of the body simply with (un-medicated) sneha are strictly forbidden in cases of undigested (Ama) Dosas as long as the aggravated Dosas of the body continue in an unassimilated or undigested state and in their full virulence and intensity. Anointment should not be resorted to in cases of acute fever and indigestion, nor after the administration of emetics and purgatives, nor after an application of Nirudha-Vasti. Anointment in the first two cases (acute fever and indigestion) serves to make the diseases curable with difficulty and even incurable, while that made on the same day after application of purgatives, emetics or a Niruha Vasti tends to impair the digestive capacity, etc. Anointment is similarly prohibited in diseases due to Samtarpana (repletion, etc. (33-35)

Ca. Sa. Su. XIII vs. 58

(FYI the entire chapter deals with 'OLEATION')

S&S of incomplete action:

Hard and dry stools, derangement of vayu, weak digestive power, roughness and dryness of the skin – are the signs of under oleation. (57)

S&S of proper oleation:

Evacuation of the flatus, good digestive power, unctuous and soft stool, tenderness and smoothness of the body – these are the signs of proper oleation (58)

S&S of over oleation:

Paleness, heaviness, stiffness, stool indicative of indigestion, drowsiness, anorexia, nausea are the signs of over oleation (51)

Category of therapy : can fall into

Brmhana – Nourishing

Snehana – Oleation therapy

Ruksana – Drying therapy if substances that stimulate the digestive power are used and are dominant in vayu & agni.

Types of Manipulations:

Udvaartana (massage)

Utsadana (rubbing)

Udgharsana (friction)

Friction by Phenaka (small wooden roller) or brick

In terms of Aromatherapy oils generally used for balancing the doshas are:

Vata - base of sesame, olive or sweet almond oil

essential oils of cedarwood, clove, geranium, true lavender, musk, orange, sage

attars: gul hina, jasmine

ayurvedic preparations: narayan oil, aswaghanda, amrita (guduchi), bala, mahanarayan

Pitta - base of fractionated coconut or sunflower oil

essential oils of sandalwood, chamomile, lotus, peppermint or spearmint, clary sage, coriander, lemon

attars: kwra, rose, khus

ayurvedic preparations: Chandanbalalaskshadi tailam, manjistadi tailam,

Kapha - base of macademia

essential oils of camphore, clove, eucalyptus polybractea or radiata, juniper, lemon, rosemary, wintergreen, tea tree, vacha, nutmeg

attars: jasmine

ayurvedic preparations: mustard oil, dhanvanatari tailam, vishagarbha tailam

On the other hand, we know that the technique called '**dhaara treatment**' has been developed for injuries to the marmani. Dhaara can be either done to the whole body (sarwaanga dhara) or to a particular affected area (pratyanga dhaara) Dhaara is recommended in mental diseases, in the diseases of ENT, eyes, emaciation, general debility, and is extensively practiced in injuries to the marmani.

Shirodhara is a special type of dhaara over the sthapani marma and has a very soothing effect on the mind. Traditionally different substances are used for different doshas.

- In vata predominance, tailams and ghratas are prepared with vata pacifying herbs like bala (sida cordifolia) erandamoola (ricinus comunis) etc.
- In Pitta predominance, medicated milk, coconut water, rose water are prepared with pitta pacifying herbs as amalaki or sandalwood.
- In Kapha predominance medicated takra are prepared with kapha pacifying herbs

Maha Vaha Srotas, Marmani & Use of Essential Oils

In Ayurveda, the 'srotas' are the channels for tissues undergoing transformation. The Maha Vaha Srotas can be related not only to specific marmani, but can also be aided by the therapeutic use of essential oils applied to the marma itself as corroborated in clinical practice.

Prana vaha srotas (respiratory channel)

Marma: talahridaya, ksipra, hridaya

Essential oils: Eucalyptus Radiata in children and elderly neat application

Eucalyptus Globulus in adults w/o history of asthma neat

Eucalyptus Polybractea in adults w/history of bronchitis &

Lower respiratory complications

Rosmarinus 1.8 Cineol for generalized ENT & Brocho-pulmonary

Myrtus Communis 1.8 cineol (myrtle)

(All Eucalyptus above mentioned & Rosmary increase Prana and oxygenation and although warming may increase Vata through prolonged use, therefore pacifying Vata through other means is highly recommended)

Anna vaha srotas (food channel):

Marma: nabhi, indrabasti

Essential Oils: ginger, lemongrass, coriander, parsley, peppermint organic, cumin or fennel depending on the condition

Udakavahasrotas (water channel):

Marma Apastambha, Urvi, ani

Essential oils: Dill used in adults and children as renal stimulant

Fennel used in adults only

Rasavaha srotas (plasma):

Marma: hridaya, ksipra, stanamula, lohitasaka, urvi, kakshadhara

Essential Oils: Laurus nobilis –true laurel- (immune stimulant, lymphatic regulator, aids swollen glands, Hodgkin's disease support)

Lemon Organic – decongests capillary wall

Raktavaha srotas (blood):

Marma: Nabhi, kurpura, brihati, janu,(yakrut.pleecha.kaninika)

Essential Oils: Rosmarinus Off. 1.8 Cineol, Lemon Organic

Mamsavaha srotas (muscle):

Marma: Kurchashira, kakshadhara, ani

Essential Oils: Birch, Cajeput, Rosmarinus 1.8

This group of EO are all Pitta provoking in the sharp/penetrating and hot gunas so alternative measures of pacifying can be considered.

Medavaha srotas (fat):

Marma: Guda, katikataruna, nabhi
Essential Oils: ginger, lemongrass, grapefruit, tea tree

Asthivaha srotas (bone):

Marma: kukandara, manibandha,
Essential Oils: sandalwood, cedarwood or benzoin although application of Dhaara or Kati Basti with medicated preparations as bala, Mahanarayan or Vishvagarba tailam may be more effective in combination to herbal rasayana, consumption of milk and dashamula tea for example

Majjavaha srotas (nerve):

Marma: Adhipati, Sthapani, apastambha, simanta
Essential Oils: bergamot, rose, gernaium, mandarin, vetiver, jatamansi/valerian applied neat although also here a shirodhara with the oils mentioned for the various doshas may result more effectively or the use of medicated oils in the shiro dhaara such as madhavi, bala or brahmi tailam

Sukravaha srotas (reproductive):

Marma: guda, vitapa, gulpha
Essential oils: Ashwaghandha tailam for male reproductive
Chandanbalalakshadi tailam for female reproductive
Suppositories also can be made and inserted rectally or vaginally

Mutravahasrotas (urinary):

Marma: basti
Essential Oils: dill, fennel, geranium

Purishavahasrotas (excretory):

Marma: indrabasti, nabhi
Essential Oils: none, recommended use of warm vegetable oils externally
castor oil only as drastic measure due to toxicity & liver strain

Swedavahasrotas (sweat):

Marma: nila, manya, katikataruna
Essential Oils: Eucalytus Citriodora also known as Lemon Eucalyptus

Although the guna/karma of an essential oil can be antagonistic to the dosha/gunas of the client, the therapeutic benefit of the oil itself offsets the choice and pacification of the increased guna if not achieved by blending can be done through ahara (diet) and vihar (lifestyle).

How much to use

There are over a hundred ways to use Essential Oils. The most common ways of usage:

- **Massage** 1-3% dilution in carrier oil as Jojoba or Grapeseed i.e. for 15 ml go for 3 to 7 drops.
This may vary in the sense that for emotional issues less is better for physical or clinical issues more is advised
Number of oils to choose from 1-3 for beginners safety
(in cases of alcoholism, tranquilliser addiction, substance addiction or chronic conditions half the dilution is recommended)
- **Bath** 5 to 10 drops diluted first in a liquid soap or milk
- **Compress** 4-5 drops diluted in a bowl of water (hot or cold)
- **Foot/Hand Bath** 4-5 drops diluted in a bowl of water (hot or cold)
- **Vaporiser** 5-10 drops in water
- **Inhalation** 5 drops in steaming water each time repeat 3 times in a row
- **Douche** 5-10 drops for a litre of water shaking well to dissolve oil as much as possible
- **Neat** 1 drop lavender to burns, tea tree to bites, lemon to warts or in cases of nausea, perfume or marma chikitsa
- **Creams** 10-25 drops in a 120 ml jar of aqueous cream
- **Mouthwashes** 50-70 drops in 250 ml of cheap brandy/whisky
- **Insect Repellent** 5% to water in glass spray bottle & shake away. Germicide spray using Eucalyptus as a room spray in epidemic times.

Unless under supervision Do not ingest - Keep away from mucous membranes, eyes and ears. Change the blend around as some oils have high toxicity & the body may not respond after prolonged use. Essential Oils interact with plastic and are sensitive to light so use dark glass bottling supplies.

What is safe - What is not

- Do not use the following oils on the skin before heading out for sunlight or a sun-bed: angelica, bergamot (except bergapten free) ginger, grapefruit, lemon, lime, mandarin, orange and verbena as they are **phototoxic and will cause skin pigmentation in higher dilutions**.
- If you are pregnant avoid altogether : ajowan, angelica, aniseed, basil, bay, cedarwood, celery seed, cinnamon, citronella, clary sage, clove, fennel, hyssop, juniper, labdanum, marjoram, myrrh, nutmeg, parsley, sage, tarragon and thyme and for the first three months avoid peppermint, sage, juniper, rose and rosemary.
- if you suffer from **low blood pressure** avoid: sweet marjoram, ylang ylang, neroli, orange, rose, lavender, chamomile, bergamot, melissa and valeriana
- if you suffer from **high blood pressure** avoid: black pepper, hyssop, rosemary, sage, thyme
- if you suffer from epilepsy avoid: fennel, hyssop, rosemary and sage
- if you suffer from diabetes avoid: angelica
- if you are taking **homeopathic remedies** avoid using black pepper, camphor, eucalyptus and peppermint (non compatible)
- do not use sage (all types) after 5:00 p.m. as it can cause nightmares or before driving as it can provoke an inebriating effect.
- do not overuse ylang ylang as it can provoke nausea and headaches
- less or none is better in a bath for the following: ajowan, aniseed, basil, black pepper, cajeput, caraway, cedarwood, cinnamon, clove, eucalyptus, garlic, ginger, lemon, peppermint, pine needle thyme as they can **provoke skin irritation**.
- if you have your monthly cycle avoid the same as for pregnancy as they are mainly emmenagogues stimulating the contractions of the uterine muscles and provoking heavier periods (this is valid for self or when working on others as they do get inhaled)

(When people mention TOXIC oils they are most likely referring to Ajowan, Aniseed, Basil, Bay, Camphor, Cedarwood (Virginian), Cinnamon, Clove, Coriander, Eucalyptus, Fennel, Hyssop, Juniper, Nutmeg, Parsley, Black Pepper, Sage, Tagetes, Tarragon, Thyme, Tuberose, Valerian and their toxicity relates to prolonged use and effect on liver and kidneys)

Dosage:

For babies 0-12 months - only one drop of lavender, rose or chamomile diluted in 1 tsp. of carrier - floral waters are better

For infants 1-5 years - only 2-3 drops of safe oils - floral waters work wonders

Children 6-12 years - half of adult dosage

Children over 12 - as for adults

Elderly - half of adult dosage

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