

Aromatherapy in Dentistry - A Review

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ABSTRACT

Many people have a relaxing effect on aromatherapy. It is safe and effective for prevention and treatment of emotional distress. Patients waiting for dental procedures are stimulated with ambient odours. Use of aromatherapy on dental anxiety patients shows a significantly positive effect. Patients who receive aromatherapy were relaxed and calm. Aromatherapy is very effective treatment for tooth aches and mouth ulcers.

Key words: Aromatherapy, Dental anxiety.

INTRODUCTION

Aromatherapy involves the use of essential oils. The fragrant oils are extracted from the various parts of trees, plants, herbs and flowers with therapeutic purpose. And 40 different types of essential oils are used. These volatile oils are used in small amounts. Essential oils alter the psychological states and reduce the anxiety in patients waiting in the dental office^{1,2}. They are also used to give energy and balancing the body, mind and spirit.

History

In the year 1937, Rene Gattefosse coined the term aromatherapy. He did experiments with various oils, and classified them according to their "healing" properties as antitoxic, tonifying, antiseptic, calming and stimulating. In 1950, Marguerite Maury used specific oils to the individual health needs. Jean Valnet, French man, a doctor and scientist, treated patients with psychiatric and medical disorders with aromatic oils.

Concept of aromatherapy

Aromatherapy works through our sense of smell. Smell has a powerful influence on our body

and mind. Aromatic essential oils, when inhaled they activate the olfactory nerve cells in the upper nasal cavity. They send impulses to the limbic system of the brain which causes immediate response to the smell by stimulating circulatory and nervous system. Aromatherapy works both emotionally and physically.

Application of aromatherapy in dentistry

Aromatherapy has a relaxing effect in patients undergoing dental treatment by reducing dental anxiety. In the field of dentistry new treatment modalities have been practiced. Aromatherapy is also used as an alternative medicine.

In dentistry it is used in the treatment of

- ' Halitosis
- ' Gingivitis
- ' Toothache
- ' dental abscess
- ' herpes cold sores
- ' cellulitis
- ' Teething
- ' Aphthous ulcer

Mouth rinses

Commonly used mouth rinses are

- ✓ Minty flavour mouth rinse
- ✓ Aloe Vera mouth rinse

Dental office

Aromatherapy is used within the environment of dental office. It is used as an atomized spray which is sprayed into the air with scents. This helps to put people in a relaxed and calm mood. Lavender is commonly used since it has a psychological effect and makes the patients less fearful. To comfort the patient's spa gloves, lip satin and comfort pillows are used.

CONCLUSION

In humans, odours are capable of changing emotional states because the essential oils possess pharmacological properties that are responsible for emotional effects⁴. The traditional use of essential oils in aromatherapy helps in reducing the anxiety of the patients before any dental procedure⁵. Aromatherapy is a safe and complementary therapy but it is not a substitute for conventional treatment.

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