

SUMMARY

AROMATHERAPY AND ITS FAVOURITE ESSENTIAL OILS

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Background: This thesis was made because I wanted to work on something different from what we are being taught at the Faculty of Pharmacy. But the topic should be near to the worldwide pharmacy practice. Nowadays many people are interested in Complementary and Alternative Medicine (CAM). I decided to visit Dr. Marešová (a teaching practitioner at our Faculty) to ask her for a topic. She agreed and proposed Aromatherapy, and I found it quite interesting. During my work I started to realize how important and effective Aromatherapy may be, how easily it can be applied and become a part of our life.

Aim: The aim of the thesis is to gain an understanding of what aromatherapy is and to show its benefits. Furthermore to introduce the substances (essential oils) that can be used and their availability, their several application forms and the various therapeutic effects. Nevertheless, essential oils may also be dangerous sometimes. For example, during pregnancy the use of some essential oils may be a problem and some oversensitive people may see an exacerbation of their allergies as well. Therefore, they should be always used with care and under the advice of a professional aromatherapist with full respect to their indications and contraindications.

Methods: The methodology of my work was quite simple, as there was no laboratory work. At first I did a research of important books focused on Aromatherapy, numerous scientific articles, professional journals and internet databases concerning Aromatherapy including the European Pharmacopoeia. After that I chose carefully the parts that I found most useful for my thesis. The book of Shirley Price "Aromatherapy for common ailments" I thought was the most helpful of all, as it has many information about most of the therapeutic effects of essential oils. Moreover, the "Encyclopedia of Essential oils" by Julia Lawless, has vital information of plant origins, medical herbalism and their properties and actions. All of the above mentioned gave me very valuable information.

Conclusion: Nowadays more and more people are turning to complementary medicine. Aromatherapy has gained the respect of many orthodox doctors as well. Aromatherapy has therapeutic and balancing properties, if applied in everyday basis and helps to restore the emotional and physical balance.