

Aromatherapy and Depression

芳香療法和抑鬱症/ 芳香疗法和抑郁症

What is Depression?

什麼是抑鬱症? / 什么是抑郁症?

Depression is more than simply feeling unhappy or fed up for a few days.

抑鬱症不僅僅是感到不快樂或厭倦了幾天。 / 抑郁症不仅仅是感到不快乐或厌倦了几天。

Most people go through periods of feeling down, but when you're depressed you feel persistently sad for weeks or months, rather than just a few days.

大多數人都會經歷一段時間的沮喪，但是當你感到沮喪時，你會感到持續傷心數週或數月，而不是僅僅幾天。 / 大多数人都会经历一段时间的沮丧，但是当你感到沮丧时，你会感到持续伤心数周或数月，而不是仅仅几天。

Some people think depression is trivial and not a genuine health condition. They're wrong – it is a real illness with real symptoms. Depression isn't a sign of weakness or something you can "snap out of" by "pulling yourself together".

有些人認為抑鬱症是微不足道的，而不是真正的健康狀況。他們錯了 - 這是一種真正有症狀的真正疾病。抑鬱不是弱點的表現，也不是你可以通過“拉扯自己”而“突然出現”的東西。 / 有些人认为抑郁症是微不足道的，而不是真正的健康状况。他们错了 - 这是一种真正有症状的真正疾病。抑郁不是弱点的表现，也不是你可以通过“拉扯自己”而“突然出现”的东西。

How to tell if you have Depression?

如何判斷你是否患有抑鬱症? / 如何判断你是否患有抑郁症?

Depression affects people in different ways and can cause a wide variety of symptoms. They range from lasting feelings of unhappiness and hopelessness, to losing interest in the things you used to enjoy and feeling very tearful. Many people with depression also have symptoms of anxiety. There can be physical symptoms too, such as feeling constantly tired, sleeping badly, having no appetite or sex drive and various aches and pains.

抑鬱症以不同的方式影響人們，並可能導致各種各樣的症狀。他們的範圍從持久的不快樂和絕望的感覺，到對你曾經享受和感到非常含淚的事物失去興趣。許多抑鬱症患者也有焦慮症狀。也可能存在身體症狀，例如感覺不斷疲倦，睡眠不好，沒有食慾或性慾以及各種疼痛和疼痛。

抑郁症以不同的方式影响人们，并可能导致各种各样的症状。他们的范围从持久的不快乐和绝望的感觉，到对你曾经享受和感到非常含泪的事物失去兴趣。许多抑郁症患者也有焦虑症状。也可能存在身体症状，例如感觉不断疲倦，睡眠不好，没有食欲或性欲以及各种疼痛和疼痛。

The symptoms of depression range from mild to severe. At its mildest, you may simply feel persistently low in spirit, while severe depression can make you feel suicidal, that life is no longer worth living. Most people experience feelings of stress, unhappiness or anxiety during difficult times. A low mood may improve after a short period of time, rather than being a sign of depression.

抑鬱症的症狀從輕微到嚴重。在最溫和的時候，你可能只是覺得精神持續低落，而嚴重的抑鬱會讓你感到自殺，生活不再值得過。大多數人在困難時期都會感受到壓力，不快樂或焦慮的感覺。在短時間內情緒低落可能會改善，而不是抑鬱的跡象。 / 抑郁症的症状从轻微到严重。在最温和的时候，你可能只是觉得精神持续低落，而严重的抑郁会让你感到自杀，生活不再值得过。大多数人在困难时期都会感受到压力，不快乐或焦虑的感觉。在短时间内情绪低落可能会改善，而不是抑郁的迹象。

What causes Depression?

是什麼導致抑鬱症? / 是什么导致抑郁症?

Sometimes there's a trigger for depression. Life-changing events, such as bereavement, losing your job or even having a baby, can bring it on.

有時會引發抑鬱症。改變生活的事件，例如喪親之痛，失去工作甚至生育，都可以帶來它。 / 有时会引发抑郁症。改变生活的事件，例如丧亲之痛，失去工作甚至生育，都可以带来它。

People with a family history of depression are more likely to experience it themselves. But you can also become depressed for no obvious reason.

有抑鬱症家族史的人更有可能自己去體驗。但是你也可以因為沒有明顯的原因而變得沮喪。 / 有抑郁症家族史的人更有可能自己去体验。但是你也可以因为没有明显的原因而变得沮丧。

Depression is fairly common, affecting about one in 10 people at some point during their life. It affects men and women, young and old.

抑鬱症是相當普遍的，在他們的生命中的某個時刻影響大約十分之一的人。它會影響男女老少。 / 抑郁症是相当普遍的，在他们的生命中的某个时刻影响大约十分之一的人。它会影响到男女老少。

Studies have shown that about 4% of children aged five to 16 in the UK are anxious or depressed.

研究表明，英國約有 4% 的 5 至 16 歲兒童焦慮或抑鬱。 / 研究表明，英国约有 4% 的 5 至 16 岁儿童焦虑或抑郁。

Treating depression

治療抑鬱症 / 治疗抑郁症

Treatment for depression can involve a combination of lifestyle changes, talking therapies and medication. Your recommended treatment will be based on whether you have mild, moderate or severe depression.

抑鬱症的治療可能涉及生活方式的改變，談話療法和藥物治療。您推薦的治療方法將取決於您是否患有輕度，中度或重度抑鬱症。 / 抑郁症的治疗可能涉及生活方式的改变，谈话疗法和药物治疗。您推荐的治疗方法将取决于您是否患有轻度，中度或重度抑郁症。

If you have mild depression, your doctor may suggest waiting to see whether it improves on its own, while monitoring your progress. This is known as “watchful waiting”. They may also suggest lifestyle measures such as exercise and self-help groups.

如果您患有輕度抑鬱症，醫生可能會建議您等待自己是否有所改善，同時監控您的進展情況。這被稱為“觀察等待”。他們還可能建議生活方式措施，如運動和自助小組。 / 如果您患有轻度抑郁症，医生可能会建议您等待自己是否有所改善，同时监控您的进展情况。这被称为“观察等待”。他们还可能建议生活方式措施，如运动和自助小组。

Talking therapies, such as cognitive behavioral therapy (CBT) are often used for mild depression that isn't improving or moderate depression. Antidepressants are also sometimes prescribed.

談話療法，例如認知行為療法（CBT）通常用於輕度抑鬱症，即不改善或中度抑鬱症。抗抑鬱藥有時也是處方藥。 / 谈话疗法，例如认知行为疗法（CBT）通常用于轻度抑郁症，即不改善或中度抑郁症。抗抑郁药有时也是处方药。

For moderate to severe depression, a combination of talking therapy and antidepressants is often recommended. If you have severe depression, you may be referred to a specialist mental health team for intensive specialist talking treatments and prescribed medication.

對於中度至重度抑鬱症，通常建議使用會話療法和抗抑鬱藥。如果您患有嚴重的抑鬱症，您可能會被轉介到專業的心理健康團隊進行強化專科醫生治療和處方藥。 / 对于中度至重度抑郁症，通常建议使用会话疗法和抗抑郁药。如果您患有严重的抑郁症，您可能会被转介到专业的心理健康团队进行强化专科医生治疗和处方药。

Living with depression

生活在抑鬱症中 / 生活在抑郁症中

Many people with depression benefit by making lifestyle changes, such as getting more exercise cutting down on alcohol, giving up smoking and eating healthily.

許多抑鬱症患者通過改變生活方式而受益，例如減少運動量，減少酒精飲食，戒菸和健康飲食。 / 许多抑郁症患者通过改变生活方式而受益，例如减少运动量，减少酒精饮食，戒烟和健康饮食。

Reading a self-help book or joining a support group is also worthwhile. They can help you gain a better understanding about what causes you to feel depressed. Sharing your experiences with others in a similar situation can also be very supportive.

閱讀自助書或加入支持小組也是值得的。它們可以幫助您更好地了解導致您感到沮喪的原因。在類似的情況下與他人分享您的經歷也可以非常支持。 / 阅读自助书或加入支持小组也是值得的。它们可以帮助您更好地了解导致您感到沮丧的原因。在类似的情况下与他人分享您的经历也可以非常支持。

For more information please visit www.nhs.uk

欲了解更多信息，請訪問 www.nhs.uk / 欲了解更多信息，请访问 www.nhs.uk

How aromatherapy helps for Depression?

芳香療法如何幫助抑鬱症? / 芳香疗法如何帮助抑郁症?

Many essential oils have marked antidepressant properties and this is probably one of the areas where aromatherapy is most valuable in present day society, offering a safe, natural and no-additive alternative to the millions of tablets prescribed annually for depression and anxiety.

許多精油具有顯著的抗抑鬱特性，這可能是當今芳香療法最有價值的領域之一，為每年因抑鬱和焦慮而開出的數百萬片藥片提供安全，天然和無添加劑的替代品。

许多精油具有显著的抗抑郁特性，这可能是当今芳香疗法最有价值的领域之一，为每年因抑郁和焦虑而开出的数百万片药片提供安全，天然和无添加剂的替代品。

Many essential oils that help depression can also relieve stress because many have a balancing effect probably due to the ester content. Essential oils have many properties: those needed to lift someone out of a depressive state cannot only target the depression but also maintain equilibrium and other physical or mental problems.

許多幫助抑鬱症的精油也可以緩解壓力，因為許多精油可能由於酯含量而具有平衡作用。精油具有許多特性：那些將某人從抑鬱狀態中解救出來的東西不僅可以針對抑鬱症，還可以保持平衡和其他身體或精神問題。/ 许多帮助抑郁症的精油也可以缓解压力，因为许多精油可能由于酯含量而具有平衡作用。精油具有许多特性：那些将某人从抑郁状态中解救出来的东西不仅可以针对抑郁症，还可以保持平衡和其他身体或精神问题。

Some essential oils have been singled out empirically for their effects on the human psyche, such as *Boswellia carteri* (Frangkincense), *Melissa officinalis* (Melissa), *Eucllyptus staigeriana* (Lemon scented iron bark), *Ocimum basilicum var. album* (European basil) and *Thymus vulgaris ct. Thymol* (Thyme) that have been recognized as being good for nervous depression.

一些精油因其對人類心理的影響而經驗性地被挑選出來，例如 **Boswellia carter**

(**Frangkincense**) · **Melissa officinalis** (**Melissa**) · **Eucllyptus staigeriana** (檸檬香味鐵皮) · **Ocimum basilicum var. album** (歐洲羅勒) 和百里香 (**Thymus vulgaris**) ct。百里酚 (百里香) 已被公認為對神經抑鬱有益。/ 一些精油因其对人类心理的影响而经验性地被挑选出来，例如 *Boswellia carteri* (Frangkincense)，*Melissa officinalis* (Melissa)，*Eucllyptus staigeriana* (檸檬香味鐵皮)，*Ocimum basilicum var. album* (歐洲羅勒) 和百里香 (*Thymus vulgaris*) ct。百里酚 (百里香) 已被公认为对神经抑郁有益。

Each of these oils is subtly different in its action and in its appeal to the individual and the Aromatherapist needs to use his/ her intuition and skill in carefully choosing the best oil, or blend of oils, for each person. Preference for a certain aroma may tell us much about a person's mental/emotional state at the time and as the causes of depression are many and varied, so must be the choice of treatment oil.

這些油中的每一種都在其作用和對個體的吸引力方面略有不同，芳香療法師需要利用他/她的直覺和技巧為每個人仔細選擇最好的油或混合油。對某種香氣的偏愛可能會告訴我們當時一個人的精神/情緒狀態，並且由於抑鬱的原因多種多樣，所以必須選擇治療油。

这些油中的每一种都在其作用和对个体的吸引力方面略有不同，芳香治疗师需要利用他/她的直觉和技巧为每个人仔细选择最好的油或混合油。对某种香气的偏爱可能会告诉我们当时一个人的精神/情绪状态，并且由于抑郁的原因多种多样，所以必须选择治疗油。

The sympathetic understanding of the therapist and the human touch involved in massage is an important part of the therapy. Massage almost always forms the core of the treatment, but aromatic baths are a very valuable way of prolonging the effect between treatments. Essential oils can be used as a room spray to influence mood too or a drop or two evaporated.

對治療師的同情理解和按摩中涉及的人體接觸是治療的重要部分。按摩幾乎總是形成治療的核心，但芳香浴是延長治療之間效果的非常有價值的方式。精油可以用作房間噴霧來影響情緒，或者一滴或兩滴蒸發。 / 对治疗师的同情理解和按摩中涉及的人体接触是治疗的重要部分。按摩几乎总是形成治疗的核心，但芳香浴是延长治疗之间效果的非常有价值的方式。精油可以用作房间喷雾来影响情绪，或者一滴或两滴蒸发。

Essential oils which can be used for Depression conditions:

可用於抑鬱症的精油： / 可用于抑郁症的精油：

Essential Oils suggestion for Depression

精油建議抑鬱症 / 精油建议抑郁症

- Bergamot oil
佛手柑油 / 佛手柑油
(*Citrus bergamia*)
- Chamomile, Roman oil
洋甘菊 · 羅馬油 / 洋甘菊，罗马油
(*Chamaenemum nobile*)
- Clary sage oil
鼠尾草油 / 鼠尾草油
(*Salvia sclarea*)
- Everlasting oil
永恆油 / 永恒油
(*Helichrysum italicum*)
- Frankincense oil
乳香油 / 乳香油
(*Boswellia carteri*)
- French Basil oil
法國羅勒油 / 法国罗勒油
(*Ocimum basilicum*)
- Lavender oil
薰衣草油 / 薰衣草油
(*Lavandula angustifolia*)
- Lemon Balm oil
檸檬香油 / 柠檬香油
(*Melissa officinalis*)
- Neroli oil
橙花油 / 橙花油
(*Citrus aurantium var.amara*)
- Rose oil
玫瑰精油 / 玫瑰精油
(*Rosa damascene, Rosa centifolia*)
- Sandalwood oil
檀香油 / 檀香油

- (*Santalum album*)
- Sweet Marjoram oil
甜馬鬱蘭油 / 甜马郁兰油
 - (*Origanum majorana*)
 - Vetiver oil

- 香根草油 / 香根草油
(*Vetiveria zizanoides*)
- Ylang Ylang oil
依蘭油 / 依兰油
(*Cananga odorata var.genuina*)

Essential Oils suggestion for Calming and Uplifting

精油建議平靜和提升 / 精油建议平静和提升

- Bergamot oil
佛手柑油 / 佛手柑油
(*Citrus bergamia*)
- Chamomile Roman oil
洋甘菊羅馬油 / 洋甘菊罗马油
(*Chamaenemum nobile*)
- Geranium oil
天竺葵油 / 天竺葵油
(*Pelargonium graveolens*)
- Jasmine oil
茉莉油 / 茉莉油
(*Jasminum officinale*)
- Lavender oil
薰衣草油 / 熏衣草油

- (*Lavandula angustifolia*)
- Lavandin oil
Lavandin 油 / Lavandin 油
(*Lavandula x intermedia*)
- Neroli oil
橙花油 / 橙花油
(*Citrus aurantium var.amara*)
- Patchouli oil
廣藿香油 / 广藿香油
(*Pogostemon cablin*)
- Sweet Marjoram oil
甜馬鬱蘭油 / 甜马郁兰油
(*Origanum marjorana*)

Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

請務必聯繫合格的芳香療法師，他將為您提供適合您個人需求的潤滑油。 / 请务必联系合格的芳香疗法师，他将为您提供适合您个人需求的润滑油。

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