

## Aromatherapy and Raynaud's Syndrome

### What is Raynaud's Syndrome?

Scleroderma and Raynaud's UK state that:

"In people who have Raynaud's, the small blood vessels in the extremities such as hands and feet, fingers or toes are over-sensitive to even the slightest changes in temperature, the cold and sometimes stress. This causes a Raynaud's attack where the fingers sometimes change colour, but not always, from white, to blue, to red. Raynaud's phenomenon is a common condition thought to affect up to ten million people in the UK and can impact your life.

A Raynaud's attack can be a very uncomfortable, possibly painful, process. It can also make everyday tasks, like buttoning a jacket or unzipping a purse, very difficult. Raynaud's symptoms generally affect the fingers and toes, but all extremities can be involved, including the hands, feet, ears, nose, lips, tongue and nipples.

Raynaud's symptoms are:

- a colour change in the extremities such as hands or feet
- cold extremities and numbness
- tingling or pain

### How serious is Raynaud's?

There are two different types of Raynaud's, Primary and Secondary. Primary is usually the less serious of the two types as the condition is mild and manageable whilst people experiencing secondary Raynaud's will usually have more severe symptoms.

### Primary Raynaud's

This is usually mild and manageable and there are ways to help manage the symptoms. People with primary Raynaud's symptoms have no other complications, and only occasionally go on to develop a related problem. People with Primary Raynaud's should book an appointment with their GP if they are worried about symptoms or it impacts their life through pain, or if they have any other symptoms, or another health condition.

### Secondary Raynaud's

This is where Raynaud's is caused by another condition, usually an autoimmune disease like scleroderma or lupus. Secondary Raynaud's needs more investigation and more careful monitoring for complications like ulceration or sores. People who have noticed a change in their symptoms, are worried about their symptoms, if they have any other symptoms, or an other health condition should book an appointment with their GP promptly ask ask about Raynaud's diagnosis."

## How Can Aromatherapy Help with Raynaud's Syndrome?

Certain essential oils may help to alleviate some of the symptoms associated with Raynaud's Syndrome by stimulating the circulatory system. Potential essential oils include:

- Eucalyptus (*Eucalyptus globulus*)
- Lemon (*Citrus limon*)
- Lemongrass (*Cymbopogon citratus*)
- Sweet Thyme (*Thymus vulgaris ct linalool*)
- Black Pepper (*Piper nigrum*)
- Cypress (*Cupressus sempervirens*)
- Geranium (*Pelargonium graveolens*)
- Marjoram (*Origanum majorana*)
- Rosemary (*Rosmarinus officinalis*)
- Ginger (*Zingiber officinalis*)

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

### References:

<https://www.sruk.co.uk/raynauds/what-raynauds/>

The Art of Aromatherapy by Robert Tisserand

Aromatherapy – An A-Z by Patricia Davies

The Complete Guide to Aromatherapy by Salvatore Battaglia

The Encyclopedia of Essential Oils by Julia Lawless

Encyclopedia of Aromatherapy by Chrissie Wildwood

Essential Oils in Colour by Rosemary Caddy

Aromatherapy Workbook by Marcel Lavabre

Aromatherapy for Health Professionals by Shirley and Len Price

To find a practitioner to discuss your needs [click here](#)