

## Aromatherapy and the Common Cold

### What is the Common Cold?

The common cold is a contagious disease that can be caused by a number of different types of viruses. The common cold is medically referred to as a 'viral upper respiratory tract infection', and symptoms may include cough, sore throat, low-grade fever, watery eyes, nasal congestion, runny nose, and sneezing. These typically last for around 10 days and antibiotics are ineffective.

More than 200 different types of viruses are known to cause the common cold, with rhinovirus causing approximately 30%-40% of all adult colds. Other commonly implicated viruses include coronavirus, adenovirus, respiratory syncytial virus, and parainfluenza virus. Because so many different viruses can cause the common cold, and because new cold viruses constantly develop, the body never builds up resistance against all of them. For this reason, colds are a frequent and recurring problem.

The common cold is the most frequently occurring disease in the world, and it is a leading cause of doctor visits and missed days from school and work.

### How Can Aromatherapy Help with the Common Cold?

Some essential oils have anti-bacterial and anti-viral properties, and when correctly blended, can be used in an inhalation or dermal application. The sooner you start to use essential oils at the onset of a cold, the better. In fact, certain essential oils can be used as effective prophylactics – helping to kill airborne microbes and boosting the immune system.

In general, some essential oils which can be used for combating various symptoms of the common cold are:

- **Peppermint** (*Mentha piperita*)
- **Lavender** (*Lavandula angustifolia*)
- **Rosemary** (*Rosmarinus officinalis*)
- **Eucalyptus** (*Eucalyptus globulus*)
- **Thyme** (*Thymus vulgaris*)
- **Pine, Scotch** (*Pinus sylvestris*)
- **Lemon** (*Citrus limon*)
- **Sweet Marjoram** (*Origanum majorana*)
- **Niaouli** (*Melaleuca viridiflora quinquinervia*)
- **Tea Tree** (*Melaleuca alternifolia*)



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

**References:**

[https://www.medicinenet.com/common\\_cold/article.htm#common\\_cold\\_facts](https://www.medicinenet.com/common_cold/article.htm#common_cold_facts)

<https://www.healthline.com/health/cold-flu/go-away>

**Research Trials:**

- 1) <https://www.sciencedirect.com/science/article/pii/S092666901300558X>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4054083/>
- 3) <http://onlinelibrary.wiley.com/doi/10.1002/ptr.2955/full>
- 4) <https://link.springer.com/article/10.1007/s00284-007-9045-0>

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