

Aromatherapy and Pharyngitis

What is Pharyngitis

Healthline says that:

“Pharyngitis is inflammation of the pharynx, which is in the back of the throat. It’s most often referred to simply as “sore throat”. Pharyngitis can also cause scratchiness in the throat and difficulty swallowing.

... pharyngitis-induced sore throat is one of the most common reasons for doctor visits. More cases of pharyngitis occur during the colder months of the year. It’s also one of the most common reasons why people stay home from work. In order to properly treat a sore throat, it’s important to identify its cause. Pharyngitis may be caused by bacterial or viral infections.”

How Can Aromatherapy Help with Pharyngitis

Certain essential oils and hydrolats may help to ease the symptoms of a sore, but it must be stressed that, under no circumstances are the essential oils to be ingested for this condition. Essential oils include:

- Lemon (*Citrus limon*)
- Sweet Thyme (*Thymus vulgaris ct linalool or geraniol*)
- Lavender (*Lavandula angustifolia*)
- Frankincense (*Boswellia sacra*)
- Niaouli (*Melaleuca viridiflora quinquinervia*)
- Geranium (*Pelargonium graveolens*)
- Tea Tree (*Melaleuca alternifolia*)

The use of a thyme hydrolat may also be of benefit.

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

References:

<https://www.healthline.com/health/pharyngitis>

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

Research Trials:

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.1968>

<https://onlinelibrary.wiley.com/doi/abs/10.1002/ptr.2955>

<https://bmccomplementalternmed.biomedcentral.com/articles/10.1186/1472-6882-12-81>

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