

Aromatherapy and Pain Management

What is Pain

Action on Pain says the following about pain:

“Doctors classify pain into various categories, but there are two main types of persistent pain.

- nociceptive pain, results from damage to tissues, as from arthritis or a burn. It is usually described as sharp, aching, or throbbing pain.
- neuropathic pain, results from damage to the nerves themselves and is often set off by diseases like diabetes or shingles.

Nerves connect the spinal cord to the rest of the body and allow the brain to communicate with the skin, muscles and internal organs. Nutritional unbalance, alcoholism, toxins, infections or auto-immunity can cause painful neuropathies from diseases such as kidney failure. Neuropathic pain may be caused by pressure on a nerve or a group of nerves. People often describe this pain as a burning or heavy sensation, or numbness along the path of the affected nerve. The cause of a neuropathic pain remains unknown in a third of the cases.

Numerous reasons and complexities exist with a pain condition. Some arise from one single condition or injury whilst others are due to a combination of conditions and causes.

It is worth remembering that nociceptive and neuropathic pain are not mutually exclusive of each other and in some conditions like Sciatica will co-exist.”

How Can Aromatherapy Help with Pain Management

Certain essential oils may help to manage pain, but to gain maximum benefit, essential oils used within therapeutic massage is the best option. Essential oils for pain management include:

- Eucalyptus (*Eucalyptus globulus*)
- Peppermint (*Mentha piperita*)
- Sweet Thyme (*Thymus vulgaris ct linalool*)
- Black Pepper (*Piper nigrum*)
- Chamomile (*Chamaemelum nobile / Matricaria recutita*)
- Lavender (*Lavandula angustifolia*)
- Marjoram (*Origanum majorana*)
- Rosemary (*Rosmarinus officinalis*)
- Ginger (*Zingiber officinale*)



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

References:

<http://www.action-on-pain.co.uk/>

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://link.springer.com/article/10.1007/s11695-007-9170-7>

<https://www.liebertpub.com/doi/abs/10.1089/acm.2006.12.535>

[https://onlinelibrary.wiley.com/doi/abs/10.1002/1099-1573\(200006\)14:4%3C240::AID-PTR573%3E3.0.CO;2-X](https://onlinelibrary.wiley.com/doi/abs/10.1002/1099-1573(200006)14:4%3C240::AID-PTR573%3E3.0.CO;2-X)

<http://www.mdpi.com/1420-3049/16/3/2233>

To find a practitioner to discuss your needs please visit www.ifaroma.org