

Aromatherapy and Raynaud's Syndrome

芳香療法和雷諾氏綜合症 / 芳香疗法和雷诺氏综合症

What is Raynaud's Syndrome?

什麼是雷諾綜合症？ / 什么是雷诺综合症？

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.

“對於患有雷諾氏症的人來說，四肢中的小血管，如手腳，手指或腳趾，即使是溫度，寒冷和有時壓力的微小變化，都會過度敏感。這導致了雷諾的攻擊，其中手指有時會改變顏色，但並非總是如此，從白色到藍色再到紅色。雷諾現象是一種常見的情況，被認為會影響到英國多達一千萬人，並可能影響您的生活。 / “对于患有雷诺氏症的人来说，四肢中的小血管，如手脚，手指或脚趾，即使是温度，寒冷和有时压力的微小变化，都会过度敏感。这导致了雷诺的攻击，其中手指有时会改变颜色，但并非总是如此，从白色到蓝色再到红色。雷诺现象是一种常见的情况，被认为会影响到英国多达一千万人，并可能影响您的生活。

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.

雷諾的攻擊可能是一個非常不舒服，可能是痛苦的過程。它也可以完成日常任務，比如扣上夾克或拉開錢包，非常困難。雷諾的症狀通常會影響手指和腳趾，但所有四肢都可能受累，包括手，腳，耳朵，鼻子，嘴唇，舌頭和乳頭。 / 雷诺的攻击可能是一个非常不舒服，可能是痛苦的过程。它也可以完成日常任务，比如扣上夹克或拉开钱包，非常困难。雷诺的症状通常会影响到手指和脚趾，但所有四肢都可能受累，包括手，脚，耳朵，鼻子，嘴唇，舌头和乳头。

Raynaud's symptoms are:

雷諾的症狀是： / 雷诺的症状是：

- a colour change in the extremities such as hands or feet
四肢的顏色變化，如手或腳 / 四肢的颜色变化，如手或脚

- cold extremities and numbness
四肢發冷和麻木 / 四肢发冷和麻木
- tingling or pain
刺痛或疼痛 / 刺痛或疼痛

How serious is Raynaud's?

雷諾的嚴重程度如何? / 雷諾的嚴重程度如何?

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.

有兩種不同類型的雷諾，主要和次要。原發性通常是兩種類型中較不嚴重的，因為病情輕微且易於控制，而經歷繼發性雷諾氏症的人通常會有更嚴重的症狀。 / 有两种不同类型的雷诺，主要和次要。原发性通常是两种类型中较不严重的，因为病情轻微且易于控制，而经历继发性雷诺氏症的人通常会有更严重的症状。

Primary Raynaud's

初級雷諾的 / 初级雷诺的

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.

這通常是溫和且易於管理的，並且有一些方法可以幫助控制症狀。原發雷諾症狀的人沒有其他並發症，只是偶爾會繼續發展相關問題。患有原發性雷諾氏症的人如果擔心症狀或通過疼痛影響他們的生活，或者他們有任何其他症狀或其他健康狀況，應該預約他們的全科醫生。 / 这通常是温和且易于管理的，并且有一些方法可以帮助控制症状。原发雷诺症状的人没有其他并发症，只是偶尔会继续发展相关问题。患有原发性雷诺氏症的人如果担心症状或通过疼痛影响他们的生活，或者他们有任何其他症状或其他健康状况，应该预约他们的全科医生。

Secondary Raynaud's

第二性雷諾的 / 第二性雷诺的

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."

這是雷諾氏病的另一種疾病，通常是硬皮病或狼瘡等自身免疫性疾病。次要雷諾需要更多的調查和更仔細的監測潰瘍或潰瘍等並發症。注意到症狀改變的人，擔心他們的症狀，如果他們有任何其他症狀，或者其他健康狀況應該預約他們的全科醫生及時詢問雷諾的診斷。" / 这是雷诺氏病的另一种疾病，通常是硬皮病或狼疮等自身免疫性疾病。次要雷诺需要更多的调查和更仔细的监测溃疡或溃疡等并发症。注意到症状改变的人，担心他们的症状，如果他们有任何其他症状，或者其他健康状况应该预约他们的全科医生及时询问雷诺的诊断。"

How Can Aromatherapy Help with Raynaud's Syndrome?

芳香療法如何幫助雷諾綜合症? / 芳香療法如何幫助雷諾綜合症?

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:

某些精油可能有助於通過刺激循環系統來緩解與雷諾氏綜合徵相關的一些症狀。潛在的精油包括： / 某些精油可能有助於通過刺激循環系統來緩解與雷諾氏綜合徵相關的一些症狀。潛在的精油包括：

- Eucalyptus (*Eucalyptus globulus*)
桉樹 / 桉樹
- Lemon (*Citrus limon*)
檸檬 / 檸檬
- Lemongrass (*Cymbopogon citratus*)
檸檬草 / 檸檬草
- Sweet Thyme (*Thymus vulgaris ct linalool*)
甜百里香 / 甜百里香
- Black Pepper (*Piper nigrum*)
黑胡椒 / 黑胡椒
- Cypress (*Cupressus sempervirens*)
柏樹 / 柏樹
- Geranium (*Pelargonium graveolens*)
天竺葵 / 天竺葵
- Marjoram (*Origanum majorana*)
馬鬱蘭 / 馬郁蘭
- Rosemary (*Rosmarinus officinalis*)
迷迭香 / 迷迭香
- Ginger (*Zingiber officinalis*)
生薑 / 生薑

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。

References:

參考文獻： / 参考文献:

<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 www.ifaroma.org

要找到從業者討論您的需求，請點擊 www.ifaroma.org / 要找到从业者讨论您的需求，请点击 www.ifaroma.org.