

Aromatherapy and Sciatica

芳香療法和坐骨神經痛 / 芳香疗法和坐骨神经痛

What is Sciatica?

什麼是坐骨神經痛? / 什么是坐骨神经痛?

Sciatica is common type of pain affecting the sciatic nerve, a large nerve extending from the lower back down the back of each leg.

坐骨神經痛是影響坐骨神經的常見疼痛類型，一種從下背部向下延伸到每條腿後部的大神經。 / 坐骨神经痛是影响坐骨神经的常见疼痛类型，一种从下背部向下延伸到每条腿后部的大神经。

Sciatica is when the sciatic nerve, which runs from your hips to your feet, is irritated. It usually gets better in 4 to 6 weeks but can last longer.

坐骨神經痛是指從你的臀部到腳部的坐骨神經受到刺激。它通常會在 4 到 6 週內變好，但可以持續更長時間。 / 坐骨神经痛是指从你的臀部到脚部的坐骨神经受到刺激。它通常会在 4 到 6 周内变好，但可以持续更长时间。

Sciatica usually affects only one side of the lower body. Often, the pain extends from the lower back all the way through the back of the thigh and down through the leg. Depending on where the sciatic nerve is affected, the pain may also extend to the foot or toes.

坐骨神經痛通常僅影響下半身的一側。通常，疼痛從下背部一直延伸到大腿後部並向下延伸穿過腿部。根據坐骨神經受影響的位置，疼痛也可能延伸到足部或腳趾。 / 坐骨神经痛通常仅影响下半身的一侧。通常，疼痛从下背部一直延伸到大腿后部并向下延伸穿过腿部。根据坐骨神经受影响的位置，疼痛也可能延伸到足部或脚趾。

Common symptoms of sciatic include:

坐骨神經的常見症狀包括： / 坐骨神经的常见症状包括：

- Lower back pain
腰痛 / 腰痛
- Pain in the rear of leg that is worse when sitting
腿部後部疼痛，坐姿時更嚴重 / 腿部后部疼痛，坐姿时更严重
- Hip pain
臀部疼痛 / 臀部疼痛
- Burning or tingling down the leg
腿部燃燒或刺痛 / 腿部燃烧或刺痛
- Weakness, numbness, or difficulty moving the leg or foot
移動腿部或腳部的虛弱，麻木或困難 / 移动腿部或脚部的虚弱，麻木或困难
- A shooting pain that makes it difficult to stand up
射擊疼痛使其難以站立 / 射击疼痛使其难以站立

Your symptoms may be worse when moving, sneezing or coughing. You may also have back pain, but this isn't usually as bad as the pain in your bottom, legs or feet.

移動·打噴嚏或咳嗽時·您的症狀可能更嚴重·你也可能有背部疼痛·但這通常不像你的臀部·腿部或腳部疼痛那麼嚴重。/ 移动, 打喷嚏或咳嗽时, 您的症状可能更严重。你也可能有背部疼痛, 但这通常不像你的臀部, 腿部或脚部疼痛那么严重。

What causes of Sciatica?

坐骨神經痛的原因是什麼? / 坐骨神经痛的原因是什么?

Sciatica is caused by irritation of the root(s) of the lower lumbar and lumbosacral spine.

坐骨神經痛是由下腰椎和腰骶椎根部的刺激引起的。/ 坐骨神经痛是由下腰椎和腰骶椎根部的刺激引起的。

Additional common causes of sciatica include:

坐骨神經痛的其他常見原因包括: / 坐骨神经痛的其他常见原因包括:

- Lumbar spinal stenosis (narrowing of the spinal canal in the lower back)
腰椎管狹窄症 (下背部椎管狹窄) / 腰椎管狹窄症 (下背部椎管狹窄)
- Degenerative disc disease (breakdown of discs, which act as cushions between the vertebrae)
退行性椎間盤疾病 (椎間盤破裂·作為椎骨之間的緩衝) / 退行性椎间盘疾病 (椎间盘破裂, 作为椎骨之间的缓冲)
- Spondylolisthesis (a condition in which one vertebra slips forward over another one)
脊椎滑脫 (一種椎骨向前滑過另一種椎骨的情況) / 脊椎滑脱 (一种椎骨向前滑过另一种椎骨的情况)
- Pregnancy
懷孕 / 怀孕
- Muscle spasm in the back or buttocks
背部或臀部肌肉痙攣 / 背部或臀部肌肉痉挛
- A back injury
背部受傷 / 背部受伤

How you can ease the pain yourself

你如何能夠自己緩解疼痛 / 你如何能够自己缓解疼痛

Sciatica usually gets better in 4 to 6 weeks but a sometimes last longer. To help relieve your pain and speed up your recovery:

坐骨神經痛通常在 4 至 6 週內好轉·但有時持續時間更長·幫助緩解疼痛·加速康復: / 坐骨神经痛通常在 4 至 6 周内好转, 但有时持续时间更长。帮助缓解疼痛, 加速康复:

Do 要

- ✓ Carry on with your normal activities as much as possible
盡可能多地進行正常活動/尽可能多地進行正常活动
- ✓ Regular back stretches 定期背部伸展/
定期背部伸展
- ✓ Start gentle exercise as soon as you can – anything that gets you moving can help
盡快開始溫和運動 - 讓你動起來的任何東西都可以幫助
尽快开始温和运动 - 让你动起来的任何东西都可以帮助
- ✓ Hold heat packs to the painful areas – you can buy these from pharmacies
將熱敷袋放在疼痛部位 - 您可以從藥房購買
将热敷袋放在疼痛部位 - 您可以从药房购买
- ✓ Ask your pharmacist about painkillers that can help
向您的藥劑師諮詢可能有幫助的止痛藥
向您的药剂师咨询可能有幫助的止痛药

Don't 不要

- ❖ Sit or lie down for long periods – even if moving hurts, it's not harmful and can help you get better faster
長時間坐下或躺下 - 即使動作疼痛, 也沒有害處, 可以幫助你更快地好轉
长时间坐下或躺下 - 即使动作疼痛, 也没有害处, 可以帮助你更快地好轉
- ❖ Take paracetamol on its own – this doesn't help with back pain or sciatica
自行服用撲熱息痛 - 這對背部疼痛或坐骨神經痛無效
自行服用扑热息痛 - 这对背部疼痛或坐骨神经痛无效
- ❖ Use hot water bottles to ease the pain – you could scald yourself if your skin is numb
使用熱水瓶緩解疼痛 - 如果你的皮膚麻木, 你可能會燙傷自己
使用热水瓶缓解疼痛 - 如果你的皮肤麻木, 你可能会烫伤自己

See a GP if the pain:

如果痛苦, 請看 GP? / 如果痛苦, 请看 GP?

- Hasn't improved after trying home treatments for a few weeks
嘗試家庭治療幾週後沒有改善 / 尝试家庭治疗几周后没有改善
- It is getting worse

情況越來越糟 / 情况越来越糟

- It is stopping you doing your normal activities
它阻止你做正常的活動 / 它阻止你做正常的活动

Treatments from a GP

來自 GP 的治療 / 来自 GP 的治疗

Your GP may:

您的家庭醫生可以 / 您的家庭医生可以

- Suggest exercises and stretches
建議練習和伸展運動 / 建议练习和伸展运动
- Prescribe painkillers that help with nerve pain like sciatica
開出止痛藥，幫助治療坐骨神經痛等神經疼痛 / 开出止痛药，帮助治疗坐骨神经痛等神经疼痛

How to stop sciatica coming back

如何阻止坐骨神經痛回來 / 如何阻止坐骨神经痛回来

To reduce the chances of getting sciatica again:

為了減少再次患上坐骨神經痛的機會： / 为了减少再次患上坐骨神经痛的机会：

Do 要

- ✓ Stay active – take regular exercise
保持活躍 - 定期鍛煉
保持活跃 - 定期锻炼
- ✓ Use a safe technique when lifting heavy objects 提升重物時使用安全技術
提升重物时使用安全技术
- ✓ Make sure you have a good posture when sitting and standing
確保坐姿和站立時姿勢良好
确保坐姿和站立时姿势良好
- ✓ Sit correctly when using a computer
使用電腦時請正確坐姿
使用电脑时请正确坐姿

- ✓ Lose weight if you're overweight

Don't 不要

- ❖ Smoke – smoking can increase your risk of getting sciatica
吸煙會增加患坐骨神經痛的風險
吸烟会增加患坐骨神经痛的风险

如果你超重，減肥
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For more information please visit www.nhs.uk

欲了解更多信息，請訪問 www.nhs.uk

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How aromatherapy helps for Sciatica?

芳香療法如何幫助坐骨神經痛？ / 芳香療法如何幫助坐骨神經痛？

The pain of sciatica is a symptom, and treating the pain alone is no treatment. The cause must be found and treated too. This will often involve and obviously chairs, and posture need to be looked at. While the pain is bad, massage is not advisable but cold compresses over the painful area with essential oils will reduce the irritation and lessen the pain. Gentle massage with either of these oils at times when there is less, or no pain can be very beneficial, and baths can help too.

坐骨神經痛的疼痛是一種症狀，單獨治療疼痛不是治療方法。必須找到並治療原因。這通常涉及並且顯然是椅子，並且需要考慮姿勢。雖然疼痛很嚴重，但按摩是不可取的，但是在精油的痛苦區域進行冷敷會減少刺激並減輕疼痛。在有較少的時候用這些油進行溫和按摩，或者沒有疼痛可能是非常有益的，並且沐浴也可以幫助。坐骨神經痛的疼痛是一種症狀，單獨治療疼痛不是治療方法。必須找到並治療原因。這通常涉及並且顯然是椅子，並且需要考慮姿勢。雖然疼痛很嚴重，但按摩是不可取的，但是在精油的痛苦區域進行冷敷會減少刺激並減輕疼痛。在有較少的時候用這些油進行溫和按摩，或者沒有疼痛可能是非常有益的，並且沐浴也可以幫助。

Essential oils which can be used for Sciatica conditions:

可用於坐骨神經痛的精油： / 可用于坐骨神經痛的精油：

Essential Oils suggestion for Sciatica

精油建議坐骨神經痛 / 精油建議坐骨神經痛

- Angelica oil (*Angelica archanelelica*)
當歸油 / 当归油
- Aniseed oil (*Pimpinella Anisum*)
茴香油 / 茴香油
- Basil oil (*Ocimum basilicum*)
羅勒油 / 罗勒油
- Black pepper oil (*Piper nigrum*)
黑胡椒油 / 天竺葵油
- Borneol oil (*Dryobalanops aromatica*)
冰片油 / 冰片油
- Cardamom oil (*Elettaria cardamomum*)
荳蔻油 / 荳蔻油
- Celery seed oil (*Apium graveolens*)
芹菜籽油 / 芹菜籽油
- Citronella oil (*Cymbopogon nardus*)
香茅油 / 香茅油
- Clary sage oil (*Salvia sclarea*)
鼠尾草油 / 鼠尾草油
- Coriander oil (*Coriandrum sativum*)
芫荽油 / 芫荽油

- Eucalyptus oil (*Eucalyptus globulus* var. *globulus* and *Eucalyptus dives* var. *Type*)
桉樹油 / 桉樹油
- Frankincense oil (*Boswellia carteri*)
乳香油 / 乳香油
- Geranium oil (*Pelargonium graveolens*)
天竺葵油 / 天竺葵油
- Ginger oil (*Zingiber officinalis*)
薑油 / 姜油
- Grapefruit oil (*Citrus x paradise*)
葡萄柚油 / 葡萄柚油
- Helichrysum oil (*Helichrysum angustifolium*)
蠟菊 / 蜡菊
- Juniper berry oil (*Juniperus communis*)
杜松子油 / 杜松子油
- Lavender oil (*Lavandula angustifolia*)
薰衣草油 / 熏衣草油
- Linden Blossom oil (*Tilia europaea*)
菩提花 / 菩提花
- Marjoram oil (*Origanum majorana*)
馬鬱蘭油 / 马郁兰油
- Mastic oil (*Pistacia lentiscus*)
乳脂油 / 乳脂油
- Nutmeg oil (*Myristica fragrans*)
肉荳蔻油 / 肉荳蔻油
- Patchouli oil (*Pogostemon cablin*)
廣藿香油 / 广藿香油
- Peppermint oil (*Mentha x piperita*)
薄荷油 / 薄荷油
- Pine oil (*Pinus sylvestris*)
松油 / 松油
- Roman Chamomile oil (*Chamaemulum nobile*)
羅馬洋甘菊油 / 羅馬洋甘菊油
- Rosemary oil (*Rosmarinus officinalis*)
迷迭香油 / 迷迭香油
- Sandalwood oil (*Santalum album*)
檀香油 / 檀香油
- St John's wort oil (*Hypericum perforatum*)
聖約翰麥汁油 / 圣约翰麦汁油
- Sweet Fennel oil (*Foeniculum vulgare*)
甜茴香油 / 甜茴香油
- Sweet Thyme oil (*Thymus vulgaris*)
甜百里香油 / 甜百里香油
- Terebinth oil (*Pinus laricio* or *nigra*, *Pinus maritima* or *pinaster*, *pinus sylvestris*, *Pinus palustris*, *Abies pectinata* or *alba*, *Pistachia terebinthus*)
Terebinth 油 (Pinus laricio 或 nigra · Pinus maritima 或 pinaster · pinus sylvestris · Pinus palustris · Abies pectinata 或 alba · Pistachia terebinthus)
/ Terebinth 油 (Pinus laricio 或 nigra, Pinus maritima 或 pinaster, pinus sylvestris, Pinus palustris, Abies pectinata 或 alba, Pistachia terebinthus)
- West Indian Bay oil (*Pimenta racemosa*)
西印度灣油 / 西印度湾油
- Wintergreen oil (*Gaultheria procumbens*)
冬青油 / 冬青油

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。

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- <https://www.webmd.com/back-pain/guide/sciatica-symptoms>

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