

Aromatherapy by using *Artemisia pallens* for stress induced depression

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ABSTRACT

In developing world, the trend and utility of natural product of medicinal substances is increased in last decade over synthetic medicine, because of toxic effects. WHO currently recommended and encourages traditional herbal remedies in National Health Care programs, because herbal drug easily available at low cost and comparatively safe. Today, approximately 80% of the global population turned to plant derived medicines as their first line of defense from maintaining health and diseases. Davana is botanically known as *Artemisia pallens*, it is a member of daisy family Asteraceae, Tamil name marikolundu. The essential oil of Davana is extracted from the stem and leaves by steam distillation method. It is widely used in Ayurveda in the treatment of mental disorder, nervous problem, depression, infections, diabetes, and high blood pressure. Aromatherapy is actually a form of herbal medicine. However, instead of using the entire herb, it employs the fragrant "essential oil" [Davana] that is released when a fresh herb is compressed or subjected to chemical extraction. It plays a big part in stress reduction, balanced heart rate and hunger control all because of its inter-relationship with the limbic system. The limbic system [Paleomammalian brain] is the seat of the emotional center and is partly responsible for fight or flight response, hormonal secretions, motivation, pain reflex. The current study reveals the therapeutic traditional use of Davana oil to reduce stress condition and emphasis its mode of action involving aromatherapy method.