



Aromatherapy: Basic Mechanisms and Evidence Based Clinical Use (Clinical Pharmacognosy Series)

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Recent clinical studies have demonstrated an impact of aromatherapy on the control of symptoms associated with human diseases not fully controlled by conventional therapy. **Aromatherapy: Basic Mechanisms and Evidence Based Clinical Use** provides an up-to-date compilation of background scientific information that advocates the application of currently developed clinical studies on the effects of aromatherapy to the treatment of human diseases such as mild, stress-induced mood disorders, infectious diseases, and age-related disturbances.

The book encompasses all aspects of successful clinical use of aromatherapy, including phytochemistry, technology, and clinical trials. It outlines a rational basis for clinical translation of aromatherapy for treating human diseases in need of safer therapies. It also describes evidence-based use of aromatherapy in controlling clinical manifestations of severe diseases for which conventional therapies often fail, such as managing agitation and aggression associated with Alzheimer's disease and other neurodegenerative diseases.

Containing a wealth of references and a thorough presentation of knowledge on essential oils and aromatherapy, this book is a valuable resource for students, researchers, clinicians, and policy makers in health care systems. It details the current clinical uses of aromatherapy while promoting further clinical development in areas where therapy is lacking.

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