

Week 4 References and Resources



Video: How Can Essential Oils Help Manage Pain?

Slide 7

da Nóbrega, F., de Brito, A., de Sousa, D., Lima, T., & de Cássia da Silveira e Sá, R. (2017). Analgesic-like activity of essential oil constituents: An update. *International Journal of Molecular Sciences*, 18(12), 2392. <https://doi.org/10.3390/ijms18122392>

Sakurada, T., Sakurada, C., Bagetta, G., Tsuzuki, M., Sakurada, S., Uezono, Y., ... Komatsu, T. (2018). Possible involvement of the peripheral Mu-opioid system in antinociception induced by bergamot essential oil to allodynia after peripheral nerve injury. *Neuroscience Letters*, 686(August), 127–132. <https://doi.org/10.1016/j.neulet.2018.08.053>

Scuteri, D., Crudo, M., Rombolà, L., Watanabe, C., Mizoguchi, H., Sakurada, S., ... Bagetta, G. (2018). Antinociceptive effect of inhalation of the essential oil of bergamot in mice. *Fitoterapia*, 129, 20–24. <https://doi.org/10.1016/J.FITOTE.2018.06.007>

Slide 9

Watanabe, E., Kuchta, K., Kimura, M., Rauwald, H. W., Kamei, T., & Imanishi, J. (2015). Effects of bergamot (*Citrus bergamia* (Risso) Wright & Arn.) essential oil aromatherapy on mood states, parasympathetic nervous system activity, and salivary cortisol levels in 41 healthy females. *Complementary Medicine Research*, 22(1), 43–49. <https://doi.org/10.1159/000380989>

Slide 11

Borges, R. S., Ortiz, B. L. S., Pereira, A. C. M., Keita, H., & Carvalho, J. C. T. (2019). *Rosmarinus officinalis* essential oil: A review of its phytochemistry, anti-inflammatory activity, and mechanisms of action involved. *Journal of Ethnopharmacology*, 229(October 2018), 29–45. <https://doi.org/10.1016/j.jep.2018.09.038>

Bina, F., & Rahimi, R. (2016). Sweet marjoram. *Journal of Evidence-Based Complementary & Alternative Medicine*, 22(1), 175–185. <https://doi.org/10.1177/2156587216650793>

Video: How Can Essential Oils Help People Relax?

Slide 7

López, V., Nielsen, B., Solas, M., Ramírez, M. J., & Jäger, A. K. (May 19, 2017). Exploring pharmacological mechanisms of lavender (*Lavandula angustifolia*) essential oil on central nervous system targets. *Frontiers in Pharmacology* 8:280. <https://doi.org/10.3389/fphar.2017.00280>



Earl E. Bakken Center for
SPIRITUALITY & HEALING

UNIVERSITY OF MINNESOTA

Week 4 References and Resources



Sayorwan, W., Siripornpanich, V., Piriyaupunyaporn, T., Hongratanaworakit, T., Kotchabhakdi, N., & Ruangrunsi, N. (2012). The effects of lavender oil inhalation on emotional states, autonomic nervous system, and brain electrical activity. *Journal of the Medical Association of Thailand*, 95(4), 598–606. <https://doi.org/10.1007/s10853-012-7043-5>

Video: Clinical Use of Sweet Marjoram and Roman Chamomile

Slide 6

Johnson, J. R., Rivard, R. L., Griffin, K. H., Kolste, A. K., Joswiak, D., Kinney, M. E., & Dusek, J. A. (2016). The effectiveness of nurse-delivered aromatherapy in an acute care setting. *Complementary Therapies in Medicine*, 25, 164–169. <https://doi.org/10.1016/j.ctim.2016.03.006>

Slide 14

Burns, E, Blamey, C., & Lloyd, A. (2000). Aromatherapy in childbirth: An effective approach to care. *British Journal of Midwifery* 8, 639-643. <https://doi.org/10.12968/bjom.2000.8.10.8065>

Essential oil monographs

Bergamot: <https://www.aromaweb.com/essential-oils/bergamot-oil.asp>

Lavender: <https://www.aromaweb.com/essential-oils/lavender-oil.asp>

Sweet orange: <https://www.aromaweb.com/essential-oils/sweet-orange-oil.asp>

Sweet marjoram: <https://www.aromaweb.com/essential-oils/marjoram-oil.asp>

Roman chamomile: <https://www.aromaweb.com/essential-oils/roman-chamomile-oil.asp>



Earl E. Bakken Center for
SPIRITUALITY & HEALING

UNIVERSITY OF MINNESOTA