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SHANDONG JITIAN AROMA CHEMICAL CO.,LTD

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Clinical Application and Systematic Research Perspectives of Aromatherapy

YANG Liuqing LI Hui#

(MOE Key Laboratory of Contemporary Anthropology, School of Life Sciences, Fudan University, Shanghai 200433, China)

Abstract Aromatherapy is a widely utilized adjunctive therapy in clinical practice, attracting considerable attention for its low toxicity and quick therapeutic effects. A comprehensive review of aromatherapy was offered in this paper, including dosage forms, administration routes, mechanisms of action, and clinical applications. It also highlighted several issues in current research, including the inadequate quality, lack of standardization, and absence of a holistic approach. To address these issues, it is suggested to integiate traditional Chinese medicine (TCM) theories, modern pharmacological approaches, phenotypic analysis techniques, and multi-omics research methods to elucidate the mechanisms of aromatherapy, with the goal of promoting the application of aromatherapy and offering novel perspectives on disease prevention and treatment.

Keywords aromatherapy essential oil traditional Chinese medicine (TCM) pharmacological effect clinical application

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