

## **Solid Perfume as an tool for Aromatherapy.**

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### **ABSTRACT**

A review on solid perfume as a tool for aromatherapy as a holistic practice that uses essential oils for both skincare and therapeutic massage. It explains the science behind how key oils affect brain chemistry to produce specific benefits: such as reducing anxiety, elevating mood, alleviating respiratory issues, and imparting comfort. By bridging modern scientific evidence with Indian traditional models like the chakra system, the review argues that aromatherapy is a substantial, multi-purpose therapy. It effectively promotes overall well-being by fostering a balanced integration of emotional, physical, and spiritual health within integrative medicine.

**Keywords:** Solid perfume, Aromatherapy, Fragrances, Cosmetics, Neurochemical

## INTRODUCTION

Aromatherapy is a holistic healing practice that combines the use of aromatic fragrances (derived from "Aroma") with therapeutic treatment ("Therapy") to promote the well-being of an individual's mind, body, and spirit in a natural way<sup>(1)</sup>. Aromatherapy is a form of holistic healing that uses essential oils to promote emotional and physical balance. The scents from these oils have a powerful influence on both the mind and body<sup>(2)</sup>. Aromatherapy involves inhaling the scents of essential oils to enhance mood and well-being, typically as a complementary health practice.

### History of Aromatherapy

India's history of aromatherapy is rooted in Ayurveda, a holistic healing system practiced for over 3000 years. Its ancient texts reference more than 700 medicinal plants—such as cinnamon, ginger, myrrh, and sandalwood—for their therapeutic essential oils. Yet, these aromatics were never solely medicinal. They were honoured as sacred gifts of nature, playing a central role in the spiritual and philosophical life of the culture, used to cleanse, focus the mind, and connect with the divine<sup>(3)</sup>.

In Ayurveda, oils such as sandalwood and jasmine are applied through massage, steam inhalation, and baths to balance the body's *doshas*<sup>(4)</sup>. Similarly, Traditional Chinese Medicine (TCM) incorporates aromatics like camphor and ginger to harmonize *Qi*, often integrating them into acupuncture sessions and herbal formulas<sup>(5)</sup>.

Unani medicine, influenced by Greek humoral theory, classifies aromatic substances according to their inherent qualities. Scholars such as Albucasis systematically categorized perfumes into four temperaments: hot and dry (e.g., amber, nutmeg), cold and wet (e.g., sour fig, lichen), cold and dry (e.g., rose water, camphor), and hot and wet (e.g., cubeb)<sup>(6)</sup>. He documented a range of application techniques, from external uses like sitz baths, steam

inhalation, incense, and perfumed ornaments to topical methods such as aromatic oils, massage blends, and scented cleansers, as well as internal applications including snuff and aromatic waters. Significantly, fragrances were customized according to gender, age, and season, reflecting an advanced understanding of how scents influence well-being<sup>(7)</sup>.

The use of aromatic oils began in ancient civilizations like Egypt, China, and India, where they were central to medicine, beauty, and spiritual rituals<sup>(8,9)</sup>. This knowledge spread and evolved, becoming a part of daily life in places like Roman baths<sup>(10,11)</sup>. However, the practice transformed into a true science during the Islamic Golden Age. Scholars there perfected the crucial technique of steam distillation, building upon earlier Greek medical writings<sup>(12,13)</sup>. Through this cross-cultural exchange of ideas, the ancient art of using scents was refined into the sophisticated field of study we now recognize as aromatherapy.

### How Aromatherapy works

Aromatherapy uses natural plant scents to relax the mind and promote physical well-being. In Ayurveda, these aromas are believed to balance the body's energies (*doshas*), thereby improving health naturally.

### Inhalation

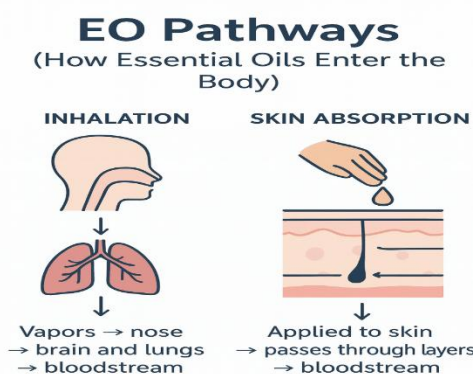
Essential oils engage our powerful sense of smell—a sense capable of identifying up to 10,000 distinct scents. When aromatic molecules enter the nostrils and come into direct contact with nerve receptors, they trigger a response in the brain. As we inhale these oils, the olfactory system sends signals to the limbic system, the brain's center for memory and emotion. This, in turn, stimulates the hypothalamus and pituitary glands, influencing the autonomic nervous system. The effects can extend to nerves, hormones, body temperature, appetite, thirst, digestion, insulin production, stress levels, aversion.

## B. Absorption through the transdermal drug delivery system

C.

When applied topically, essential oils are absorbed directly through the skin. One of the most popular methods of application is massage, which combines the therapeutic effects of touch with the benefits of the oils. The massage itself stimulates the body's organs while revitalizing and soothing the skin, muscles, nerves, and glands. It also enhances blood circulation and lymph flow, aiding the body's natural detoxification process. During a session, the recipient benefits both from the direct absorption of the oils and from their passive inhalation.

Fig. 1: Pathways followed by essential oils for aromatherapy<sup>(14)</sup>



### Types of Aromatherapy

#### a) Aromatherapy using only the Fragrance

Olfactory aromatherapy, which relies solely on the sense of smell, delivers therapeutic benefits through the inhalation of essential oils. Whether inhaled directly, indirectly, or via aerial diffusion, this method works by tapping into the brain's memory-based conditioning to specific scents. This connection is then used to help synchronize the body's natural systems, promoting internal balance and calm.

#### b) Aromatherapy used as cosmetics

The cosmetic industry is currently utilizing the benefits of aromatherapy to revitalize and rejuvenate the body besides catering to the essential cleaning, toning, moisturizing and

protective properties of essential oils for various skin and hair types.

### Aromatherapy using Massage or Topical Application

Essential oils can be absorbed through the skin by massage or topical application. This promotes a holistic healing of the whole body by traveling through the bloodstream and affecting various organs of the body. Some of these oils are also potent anti-viral, antifungal and antiseptic in nature. This, coupled with the sense of touch is a completely natural and safe way of detoxifying and making use of nature's bounty. The skin pathway absorption of essential oils can reduce a patient's perceived stress, enhance healing, and increase communication.

### Essential Oils

Essential oils hold significant value due to their diverse applications in therapeutic, cosmetic, aromatic, perfumery, and spiritual practices. In aromatherapy, these oils serve as the primary therapeutic agents. They are potent, concentrated extracts obtained from various plant parts—including flowers, leaves, stems, fruits, roots, and distilled resins. Chemically, essential oils are complex blends of compounds such as saturated and unsaturated hydrocarbons, alcohols, aldehydes, esters, ethers, ketones, oxides, phenols, and terpenes, which collectively give rise to their distinctive fragrances.<sup>(15)</sup>

Essential oils are highly potent and concentrated, allowing them to activate pressure points and promote rejuvenation. Essential oils are administered in small quantities through methods such as inhalation, massage, or topical application to the skin, and are rarely taken internally. The foundation of aromatherapy lies in using these oils through inhalation or external application to restore mental and physical balance. This therapeutic

approach is recognized for alleviating stress, revitalizing the body and mind, and preparing an individual for the demands of the following day.<sup>(16)</sup>

Perfume is a formulated composition of aromatic compounds, essential oils, fixatives, and solvents, engineered to emit a distinct and lasting fragrance. Its classification is determined by the concentration of aromatic ingredients within the formulation. In contemporary society, the application of perfume has become a significant aspect of personal grooming for both men and women, functioning to elevate self-assurance and foster a positive social presence in daily engagements.<sup>(17)</sup>

#### Potential benefits of aromatherapy include:

- Reduces stress and depression
- Improves memory and increases energy
- Aids healing and reduces pain
- Alleviates headaches
- Promotes better sleep
- Strengthens immunity

#### Chakras related to body

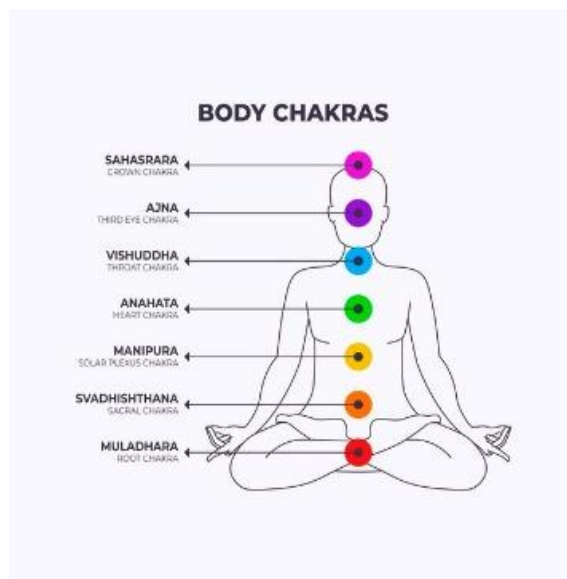
The term "chakra" originates from Sanskrit reflecting the conceptualization of these centers as dynamic, rotating vortices of energy. Within holistic and esoteric traditions, it is held that there are seven primary chakras aligned along the spine. Each is associated with specific bodily regions and facets of physical, emotional, and spiritual well-being, with optimal health believed to require these energy wheels to be open, aligned, and in harmonious balance.<sup>(18)</sup>

The seven primary chakras form an energy system aligned along the spine, each governing distinct aspects of well-being. The Root Chakra (Muladhara) grounds our survival and security, while the Sacral Chakra (Svadhithana) regulates emotion and creativity. The Solar Plexus

(Manipura) governs personal power and self-esteem, and the Heart Chakra (Anahata) centers on love and compassion. The Throat Chakra (Vishuddha) oversees communication, and the Third Eye (Ajna) guides intuition and insight. The Crown Chakra (Sahasrara) connects us to spiritual purpose and transcendence. Together, their balance is believed to integrate the physical, emotional, and spiritual dimensions, forming a foundational framework for holistic mental and energetic health<sup>(19)</sup>.

*Fig. 2: Different types of body chakra*

#### The Connection Between fragrance and Chakras



Aromatherapy focus exclusively on the sense of smell, known as olfactory aromatherapy. In this approach, therapeutic benefits are achieved by inhaling essential oils directly, indirectly, or through aerial diffusion. This method is effective because the brain associates specific scents with memories and experiences. By leveraging these conditioned responses, olfactory aromatherapy helps synchronize and regulate the body's natural systems, promoting a state of innate balance and calm <sup>(3)</sup>.

Scent holds a powerful influence over our emotions, memory, and overall state of being. It possesses the unique capacity to interact with our chakras, helping to regulate

their energy and encourage equilibrium. When we inhale an aroma, its molecules engage our olfactory system, which is directly connected to the brain's limbic system—the centre of emotion and memory.

Just as specific colors and crystals correspond to individual chakras, so too can particular scents. Everything exists as energy vibrating at distinct frequencies, and each colour, crystal, and fragrance carries its own resonant frequency. These frequencies can help harmonize your energy system and restore its natural flow.

### Root Chakra (Mooladhara)

- **Essence:** Grounding, stability, security
- **Scents:** Earthy, rich, and woody aromas such as Patchouli, Vetiver, Frankincense, Sandalwood, and Rosemary.

### Sacral Chakra (Svadhithana)

- **Essence:** Creativity, passion, emotional flow
- **Scents:** Sensual, warm, and sweet fragrances like Orange, Cinnamon, Vanilla, Ylang-Ylang, and Jasmine.

### Solar Plexus Chakra (Manipura)

- **Essence:** Personal power, confidence, vitality
- **Scents:** Uplifting, bright, and energizing notes of Lemon, Peppermint, Lemongrass, and Rosewood.

### Heart Chakra (Anahata)

- **Essence:** Love, compassion, harmony
- **Scents:** Floral, soothing, and sweet aromas such as Rose, Jasmine, Lotus, and Orange.

### Throat Chakra (Vishuddha)

- **Essence:** Expression, truth, communication
- **Scents:** Cool, clarifying, and purifying essences like Lavender, Peppermint, and Blue Chamomile.

### Third Eye Chakra (Ajna)

- **Essence:** Intuition, insight, mental clarity

- **Scents:** Calming, mystical, and focusing scents including Lavender, Juniper Berries, Blue Chamomile, and Patchouli.

### Crown Chakra (Sahasrara)

- **Essence:** Spirituality, consciousness, enlightenment
- **Scents:** Ethereal, light, and transcendent fragrances such as Jasmine, Frankincense, and Peach.

### Fragrances and its key associations

#### Lavender & Rose

**Description:** A profoundly floral, soothing, and harmonious blend. Lavender (*Lavandula angustifolia*) provides a fresh, herbaceous, and slightly sweet top note, widely researched for its anxiolytic and sedative properties while Rose is known in aromatherapy for its antidepressant, anti-anxiety, and aphrodisiac qualities. Rose (*Rosa damascena* or *Rosa centifolia*) offers a deep, rich, honeyed, and romantic heart note. This fragrance creates a classic, luxurious, and balanced aroma that is both uplifting and calming.<sup>(20)</sup>

**Key Associations & Uses:** Considered the quintessential blend for relaxation, emotional comfort, and stress relief. It is often used to promote a sense of peace, balance feminine energy, and support skin health.

#### Orange (Citrus sinensis)

**Description:** A bright, cheerful, and instantly recognizable citrus aroma. It is predominantly sweet, tangy, and fruity, evoking the smell of a freshly peeled orange. The scent is generally uplifting and refreshing. Orange essential oil, particularly Sweet Orange, is a staple in aromatherapy for its mood-enhancing benefits.<sup>(21)</sup>

**Key Associations & Uses:** Universally associated with happiness, energy, and purification. It is used to uplift mood, combat lethargy, alleviate stress, and create a welcoming, clean atmosphere.

#### Eucalyptus & Camphor

**Description:** A potent, medicinal, and intensely clearing aroma. Eucalyptus (*Eucalyptus globulus*) is sharp, camphorous, and slightly sweet, the primary active component, 1,8-cineole, is a well-documented mucolytic and anti-inflammatory agent. Camphor used topically in liniments for its cooling sensation and analgesic effects.

while Camphor (*Cinnamomum camphora*) adds a dominant, penetrating, and cooling medicinal note. The blend is invigorating, pungent, and strongly associated with respiratory relief<sup>(14,22)</sup>.

**Key Associations & Uses:** Primarily used for respiratory support, to clear sinuses and ease breathing during colds. It is also employed for its anti-inflammatory, analgesic (pain-

S.No	Aroma	Neuro chemical action	Primary physical/Bodily Effect	Secondary effect
1	Lavender & Rose	↑ GABA, ↓ Cortisol	<b>Activates Parasympathetic System:</b> Lowers heart rate, relaxes muscles, induces calm.	Promotes sleep, relieves anxiety, reduces tension.
2	Orange	↑ Serotonin, ↑ Dopamine	<b>Gentle Sympathetic Uplift:</b> Boosts mood, energy, and focus without anxiety.	Counters fatigue, enhances social positivity.
3	Eucalyptus & Camphor	↑ Norepinephrine	<b>Respiratory &amp; Mental Stimulation:</b> Clears sinus perception, sharpens alertness.	Relieves congestion, increases mental clarity.
4	Vanilla	↑ Serotonin, (Oxytocin context)	<b>Deep Psychological Relaxation:</b> Evokes warmth, safety, and nostalgic comfort.	Reduces stress, promotes feelings of nurturance.

relieving), and mentally clarifying properties.

Table 1: Aroma and its effects

- Vanilla (*Vanilla planifolia*)**

**Description:** A warm, soft, sweet, and deeply comforting gourmand aroma. Unlike the essential oils above, pure vanilla absolute is a thick, dark resin. Its scent is creamy, balsamic, and rich, often evoking feelings of nostalgia, warmth, and security<sup>(23)</sup>.

**Key Associations & Uses:** Strongly linked to comfort, relaxation, and sensuality. It is used to alleviate stress and

anxiety, promote restful sleep, and counteract feelings of loneliness or irritability. It is a popular note in perfumery for its grounding and emotionally soothing properties.

## CONCLUSION

Aromatherapy is a holistic science that uses concentrated plant essences to promote balance and healing. Through inhalation or topical application, these potent oils trigger physiological and emotional responses via direct pathways to the brain's limbic system and bloodstream. As the detailed analysis shows, specific aromas like calming Lavender-Rose, uplifting Orange, clearing Eucalyptus-Camphor, and comforting Vanilla each produce distinct neurochemical effects, from reducing cortisol to boosting serotonin. By influencing the autonomic nervous system, these oils can alleviate stress, enhance mood, relieve physical discomfort, and support overall well-being. This practice effectively bridges ancient wisdom with modern understanding, offering a natural, non-invasive approach to harmonizing the mind, body, and spirit.

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