Aromatherapy/Herbal Therapy Articles


Herbal medicines were the "sole" source of medicine for thousands of years, in every culture since the advent of human civilization. Today, patients are increasing the use of these botanicals for numerous conditions, such as mood and cognition. This article will explore commonly used herbal remedies for mood and cognition functioning. It is imperative that nurses and nurse practitioners obtain expertise with these botanicals with regard to efficacy, adverse effects and contraindications, possible drug interactions, and safety considerations.


This study examined the effect of peppermint spirits on postoperative nausea in women following a scheduled C-section. Design: A pretest-posttest research design with three groups was used. The peppermint group inhaled peppermint spirits, the placebo aromatherapy control group inhaled an inert placebo, green-colored sterile water, and the standard antiemetic therapy control group received standard antiemetics, usually intravenous ondansetron or promethazine suppositories.


Individuals in emotional distress are often treated with psychotherapeutic agents, but other treatment options exist. One safe and effective adjunct for the prevention and treatment of emotional distress is aromatherapy. This article describes the physiological effects of scent, reviews the research on aromatherapy, presents practical information on the use of clinical aromatherapy for emotional distress, and suggests resources for additional training and education.


The aim of this study was to determine if aromatherapy improves anxiety and/or depression in the high risk postpartum woman and to provide a complementary therapy tool for healthcare practitioners.


Both lavender and rosemary essential oils reduced test-taking anxiety. Lavender however also was found to be too relaxing and decreased focus and recall. Rosemary in contrast cleared the mind and increased focus and concentration. This study was funded through a grant from Nature's Way and administered through AHNA.


The purpose of this article is to describe a theoretical framework for the integration of aromatherapy in the practice in nursing. Five propositions derived from 3 theories comprising the framework are presented, and suggestions for the integration of aromatherapy in nursing practice and education are described.

*Has a continuing education test attached.*

This study examined the ability of lavender and rosemary, used as aromatherapy, to reduce test-taking anxiety and stress. Thirty-four graduate nurse students in their last clinical course of a family nurse practitioner (FNP) program were recruited as participants for the study.

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Read the full article [here](#).