

Effectiveness of Indonesian essential oil mixture of lemongrass, cananga, and patchouli in relaxation through inhalation: a clinical test on healthy woman with High Potential for Stress

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20442738&lokasi=lokal>

Abstrak

Relaxation is one of many mechanisms for coping with stress. One of the most widely used methods for relaxation is aromatherapy with the application of essential oils. Known for their therapeutic benefits, essential oils can be extracted from various Indonesian native herbs such as lemongrass (*sereh wangi* or *Cymbopogon winterianus*), cananga or ylangylang (*kenanga* or *Canarium odoratum*), and patchouli (*nilam* or *Pogostemon cabin*). This study aims to examine the effectiveness of a mixture of Indonesian essential oil made of lemongrass, cananga, and patchouli extracts. Experiment was conducted by asking a number of subjects to inhale the oil mixture and assessing its effectiveness in terms of psychological relaxation by using visual analog scale or VAS) and of physical relaxation by examining the subjects' blood pressure or mean arterial pressure (MAP), pulse frequency, and breathing frequency. The result was then compared with that of lavender oil and with the control group. The study was conducted on 60 healthy women through single-blind clinical trials (before and after) using the 'intent to treat' approach, followed by a startle test. Participants were divided into three groups: (1) 20 participants who were treated with Indonesian essential oil mixture, (2) 20 participants who were treated with lavender oil, and (3) 20 participants who served as the control group. Psychological relaxation measurement showed that Indonesian essential oil mixture produced the same degree of effectiveness as lavender oil and the control groups did, although both treatments tended to produce better results than the control group did. However, physical relaxation measurement showed that Indonesian essential oil mixture produced a higher degree of effectiveness than lavender oil and tended to produce a better result than the control group did, especially in terms of blood pressure based on MAP scores.

Efektifitas Campuran Minyak Esensial Indonesia: Sereh Wangi, Kenanga, dan Nilam terhadap Relaksasi secara Inhalasi ?Suatu Uji Klinis pada Wanita Sehat yang Memiliki Risiko Stress?. Relaksasi merupakan salah satu mekanisme coping yang digunakan untuk menghadapi stress. Salah satu metode relaksasi yang banyak dipakai adalah aromaterapi dengan menggunakan minyak esensial. Minyak esensial yang berasal dari tanaman Indonesia yang bisa dimanfaatkan untuk relaksasi adalah sereh wangi, kenanga dan nilam. Penelitian ini bertujuan untuk melihat efektifitas campuran minyak esensial Indonesia yang terdiri dari sereh wangi, kenanga dan nilam yang diberikan secara inhalasi terhadap relaksasi secara psikologis dengan pengukuran visual analog scale (VAS) dan fisik dengan pengukuran tekanan darah atau mean arterial pressure, frekuensi nadi, dan frekuensi nafas serta dibandingkan dengan minyak lavender dan kontrol. Penelitian dilakukan dengan rancangan uji klinis tersamar tunggal, before and after, dengan perlakuan intent to treat yang dilanjutkan dengan tes kejutan pada 60 wanita sehat yang terdiri dari 20 subyek kelompok campuran minyak esensial Indonesia, 20 subyek kelompok lavender, dan 20 subyek kontrol. Penelitian ini memperlihatkan hasil bahwa campuran minyak esensial Indonesia memiliki efektifitas relaksasi secara psikologis yang sama dengan minyak lavender dan kontrol tetapi memiliki kecenderungan yang lebih baik dibandingkan dengan kontrol. Sedangkan secara fisik campuran minyak esensial Indonesia

memiliki efektifitas relaksasi yang lebih baik dibandingkan dengan lavender dan kecenderungan yang lebih baik dibandingkan dengan kontrol terutama pada parameter tekanan darah atau MAP.