

Chapter 16. Aromatherapy in Ayurveda - Essential Oils & Their Uses

1 What is Aromatherapy in Ayurveda?

Quick understanding

Using plant aromas (essential oils) to shift mood, skin and health

Classical Snippet

"Gandha-dravyah mano-nigrahe śreṣṭhah" - fragrant substances quickly influence the mind

Take-Home Idea

Essential oils = super-concentrated "steam-caught breath" of a plant.

Rule #1: They must **always** be diluted before they touch skin.

2 The Three Doṣa "Scent Profiles"

Doṣa Mood	You'll Notice	Soothing Oils (cool or heavy)	Stimulating Oils (warm or light)
Vāta (Air-space)	Fidgety • Cold hands • Dry skin	Lavender, Vetiver, Sweet Orange, Vanilla	(rarely used) Clove, Ginger in micro amounts
Pitta (Fire-water)	Hot temper • Red skin • Acid tummy	Rose, Sandalwood, Fennel, German Chamomile	Patchouli, Spearmint
Kapha (Water-earth)	Sluggish • Oily skin • Mucus	Eucalyptus, Lemon, Rosemary, Black Pepper	Cinnamon, Thyme (sparingly)

Smell & Feel cheat-test:

- If scent feels **cooling & floral** → Pitta friendly.
- If **earthy & heavy** → Vāta anchor.
- If **crisp & camphor-like** → Kapha wake-up.

3 Safety FIRST - Dilution Table

Product Type	EO % in Carrier	How to Measure
Full-body massage	1-2 %	20-40 drops per 100 ml sesame/coconut oil
Facial serum	0.3-0.5 %	2-4 drops / 100 ml jojoba
Pulse-point roller	5 %	10 drops / 10 ml sweet-almond oil
Bath water	~0.05 %	5 drops stirred into mug of milk/sea-salt first
Steam inhalation	1 drop / bowl hot water	Eyes closed, inhale 2 min

Contra checks: Pregnancy (avoid rosemary, clary sage early), asthma (limit strong menthol oils), kids under 5 (stick to lavender or chamomile).

4 Visual Flow - How to Pick & Apply an Essential Oil

(Step-by-step: Symptom → Doṣa → Safety check → Choose oil → Dilute → Apply)



5 Top-10 Ayurvedic Essential Oils & Everyday Uses

#	Oil	Latin / Part	Key Note (Top/Heart/Base)	Star Compounds	Quick Clinic Use
1	Lavender	<i>Lavandula angustifolia</i> flower	Middle	Linalool	Sleep spray, Vāta anxiety
2	Vetiver	<i>Vetiveria zizanioides</i> root	Base	Khusimol	Heavy-grounding for dry scalp itch
3	Rose Otto	<i>Rosa damascena</i> petal	Heart	Citronellol	Pitta-heat rash, bridal glow
4	Sandalwood	<i>Santalum album</i> wood	Base	α-Santalol	Post-sun soothing cream
5	Sweet Orange	<i>Citrus sinensis</i> peel	Top	Limonene	Vāta uplift, kid-safe diffuser
6	Eucalyptus globulus	leaf	Top	1,8-Cineole	Kapha cold, scalp detox steam
7	Lemon	<i>Citrus limon</i> peel	Top	d-Limonene	Greasy dandruff rinse (0.5 %)
8	Black Pepper	<i>Piper nigrum</i> fruit	Heart	β-Caryophyllene	Cellulite wrap warm-up
9	German Chamomile	<i>Matricaria chamomilla</i> flower	Heart	Bisabolol, chamazulene	Red, sensitive Pitta eczema
10	Palmarosa	<i>Cymbopogon martini</i> grass	Heart	Geraniol	Anti-acne serum 0.3 %

6 DIY Blending Formula - “3 : 2 : 1” Rule

Note	Drops in 10-drop Blend Example for Stress-Relief
Top (fast smell)	3 Sweet Orange 3 drops
Heart (body)	2 Lavender 2 drops
Base (anchor)	1 Vetiver 1 drop

Mix 6 drops of above in 10 ml jojoba → 3 % pulse-point oil.

7 Application Recipes for Students

A. “Exam-Calm” Pocket Roller (Vāta Stress)

- 5 ml sweet-almond oil
- Lavender 2 drops
- Sweet Orange 2 drops
- Vetiver 1 drop

Roll on temples & wrists; 4-7-8 breathing.

B. “After-Sun Chill Mist” (Pitta Heat)

- 50 ml rose hydrosol
- Sandalwood EO 4 drops (0.4 %)
- Aloe juice 5 ml

Shake, fridge store; spritz face/neck.



C. “Wake-Up Shower Sugar Scrub” (Kapha Cellulite)

- 2 Tbsp raw sugar
- 1 Tbsp sesame oil
- Eucalyptus 3 drops + Lemon 2 drops

Scrub thighs / arms, rinse warm.

8 Quick Quiz (Interactive)

1. **Which doṣa needs cooling floral oils the most?**
2. **Why must essential oils be mixed into milk or salt before adding to bath water?**
3. **Name the base note oil that grounds a racing mind.**

(Answer key: 1-Pitta, 2-They float on water & can irritate skin if undiluted, 3-Vetiver / Sandal.)

Key Take-Aways

- **Identify doṣa & symptom first**, then choose oil.
- **Dilute, dilute, dilute** – essential oils are medicines, not perfumes.
- **Smell influences mind faster than swallowing a pill** – use in study, sleep, spa.
- Track safety – pregnancy, age, pets – before diffusing everything.

Mantra: “Inhale calm, exhale chaos – let each drop of plant essence tune your inner radio.”