

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

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### 1 What is Aromatherapy in Ayurveda?

#### Quick understanding

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

#### Classical Snippet

“*Gandha-dravyaḥ mano-nigrahe śreṣṭhaḥ*” – fragrant substances quickly influence the mind

#### Take-Home Idea

Smell is the **fast lane** into the brain and doṣas

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)
<b>Vāta</b> (Air-space)	Fidgety • Cold hands • Dry skin	<b>Lavender, Vetiver, Sweet Orange, Vanilla</b>	(rarely used) Clove, Ginger in micro amounts
<b>Pitta</b> (Fire-water)	Hot temper • Red skin • Acid tummy	<b>Rose, Sandalwood, Fennel, German Chamomile</b>	Patchouli, Spearmint
<b>Kapha</b> (Water-earth)	Sluggish • Oily skin • Mucus	<b>Eucalyptus, Lemon, Rosemary, Black Pepper</b>	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
<b>Full-body massage</b>	1-2 %	20-40 drops per 100 ml sesame/coconut oil
<b>Facial serum</b>	0.3-0.5 %	2-4 drops / 100 ml jojoba
<b>Pulse-point roller</b>	5 %	10 drops / 10 ml sweet-almond oil
<b>Bath water</b>	~0.05 %	5 drops stirred into mug of milk/sea-salt first
<b>Steam inhalation</b>	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.”

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