



## Aromatherapy from the perspective of traditional Iranian medicine and modern medicine

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### Abstract:

**Background and Purpose:** Aromatherapy is one of the most commonly used treatments in traditional medicine and modern medicine. Essential oils are the basis of aromatherapy. Different research has been done in traditional medicine and modern medicine for aromatherapy. But since there was no comparative study in this regard, this article is presented.

**Methods and Materials:** The research method was descriptive and survey review. Different printed and electronic resources in Farsi and English related to aromatherapy in traditional medicine and modern medicine and their key words were searched.

**Conclusion:** The aromatherapy has long been considered in ancient texts and today it is widely used in the prevention and treatment of many physical and mental disorders. health-related individuals should be able to identify key elements related to the safety and efficacy of the aromatherapy. In this case, they will be able to provide counseling and training to patients.

**Keywords:** traditional medicine, complementary medicine, modern medicine, aromatherapy.

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