

Aromatherapy and its usage in midwifery: A narrative review article

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Abstract:

Background and Purpose: Aromatherapy is one of the most common forms of complementary medicine that was used in ancient times for treatment and has become popular in recent years. It is widely used in gynecology and obstetrics diseases. Due to abundant use of essential oils in midwifery, this study reviews common essential oils and their effects in cases such as child birth, primary dysmenorrhea, menopause and some pregnancy problems.

Materials and Methods: This study is a narrative review study. Google Scholar, Scopus and PubMed databases and valid Persian articles without time limit were searched for related articles by using “Aromatherapy”, “Dysmenorrhea”, “Menopause”, “Essential oil”, “Pregnancy”, “Nausea and Vomiting”, “Labor” as keywords. Studies related to aromatherapy, essential oils and their use in pregnancy, primary dysmenorrhea, Pregnancy nausea and vomiting, menopause and childbirth were selected. Based on this criterion, 69 articles, all or part of which referred to these cases, were selected and reviewed.

Results: Most studies have shown that aromatherapy is effective in resolving gynecological and obstetric problems. The essential oils studied in midwifery and childbirth includes lavender and chamomile in reducing labor pain, lavender and rosemary to reduce the symptoms of dysmenorrhea and geranium to reduce the depression of postmenopausal women. However, no significant association has been established between pregnancy nausea and aromatherapy.

Conclusion: Aromatherapy is an inexpensive and practical intervention. Given the importance of pregnancy in health of a fetus, further studies are necessary on effective essential oil, its side effects, dosage and the usage pattern in midwifery.

Keywords: Aromatherapy, Pregnancy, Dysmenorrhea, Delivery, Menopause

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