

Diarrhea Relief Using Essential Oils

Abstract

Female client has experienced diarrhea for three days. Pepto-Bismol and Ammodium AD did not help relieve her bowel problems and was willing to try aromatherapy. She was instructed to mix Black pepper, Cinnamon, and Vetiver essential oils into water and drink. The client experienced relief within fifteen minutes and had normal bowel movements after second dosage, fifteen hours later.

Case Study Description

Client (C.S) is a 38 year old Caucasian woman, who has had diarrhea for three days and frequented the bathroom around seven to eight times per day. She has tried Pepto-Bismol and Ammodium AD. Nothing helped relieve her symptoms. She would like an oil blend to help relieve her symptoms. She is not sure of the diarrhea's cause. C.S. maintains a healthy lifestyle. She swims and bicycle riding twice per week and running three times per week. She eats nutritious food, drinks one to two 8 oz. cups of coffee per day, one to two 8 oz. glasses of wine as well as 64 oz. of water daily.

She has not consulted her primary medical doctor but is willing to contact her if things don't change.

Literature Review

Black pepper *Piper nigrum* essential oil is harvested and distilled mainly from India, Indonesia, Malaysia, Sumatra, China, and Madagascar. The United States and Europe import the fruit for distillation (American College of Healthcare Sciences, 2012, p. 41). The essential oil is distilled from the plant's dried, whole unripe fruit. *Piper nigrum's*

therapeutic action relevant to this case study: antibacterial, antimicrobial, antispasmodic, antiviral, digestant, stomachic, tonic. Mehmood & Gilania (2010) conducted an original study finding a “possible explanation for the medicinal use of pepper and piperine in gastrointestinal motility disorders.”

Cinnamon *Cinnamomum zeylanicum* essential oil is harvested from Ceylon, Seychelles, Madagascar, Martinique, Jamaica, Brazil, and Sri Lanka (American College of Healthcare Sciences, 2012, p. 59). The essential oil is steamed distilled from the bark and leaves. *Cinnamomum zeylanicum*'s therapeutic action relevant to this case study: anthelmintic, antibacterial, anti-inflammatory, antimicrobial, antispasmodic, antiviral, digestant, germicide, sedative, stomachic. Reported in *Planta Medica* (1989) cinnamon may improve circulatory disorders and gastric cytoprotection.

Vetiver *Vitiveria zizaniodes* essential oil is water and steam distilled from vetiver grass's roots. Vetiver is widely cultivated in the tropical and subtropical regions. *Vitiveria zizaniodes*' therapeutic action relevant to this case study: antibacterial, antiscatarrhal, anti-inflammatory, antimicrobial, antiviral, depurative, immune system stimulant, sedative, tonic (American College of Healthcare Sciences, 2012, p. 200-201).

Treatment Protocol/Methods

C.S. was instructed add the following formula to an 8 oz glass of temperate water and drink up to three times daily: 1 drop of Black pepper *Piper nigrum*, 1 drop of Cinnamon *Cinnamomum zeylanicum*, 1 drop of Vetiver *Vitiveria zizaniodes*.

C.S. was informed of the essential oils cautions and possible contraindications:

- This blend contains oils with toxic rating I and II. A skin patch test is required.
- Recommended Daily Dose: 1 drop three times daily.

- Don't exceed RDD, may cause liver problems. Contraindicated if client has liver disease.
- Do not use during pregnancy, lactation or suffering from stomach or intestinal ulcers.

Client Response

C.S. experienced relief within fifteen minutes of drinking the blend and did not need a second dose until fifteen hours later. After the second dose her stools were back to normal.

Evaluation

The overall effectiveness of the essential oil blend was positive. C.S. has not had any signs of diarrhea since taking the blend. She is very happy with her results and would recommend this blend to others.

References

American College of Healthcare Sciences. (2012). *ACHS Aroma 303 and Aroma 304 Essential Oil Monographs*. (pp. 41) Portland: American College of Healthcare Sciences.

Keville, K., & Green, M. (2009). *Aromatherapy: a complete guide to the healing arts* (2nd ed.). New York: Crossing Press.

Mehmood, M., & Gilani, A. (2010). Pharmacological basis for the medicinal use of black pepper and piperine in gastrointestinal disorders. *Journal of Medicinal Food*, 13(5), 1086-96.

Tanaka, S., Yoon, Y., Fukui, H., Tabata, M., Akira, T., Okano, K., . . . Yokoyama, K. (1989). Antiulcerogenic Compounds Isolated from Chinese Cinnamon. *Planta Medica*, 55(3), 245-248.

Valnet, J. (1990). *The Practice of Aromatherapy*. (R. Tisserand, Ed.) Rochester, Vermont: Healing Arts Press.

Essential Oil Blend & Toe Nail Fungi

Abstract

A 58 year old male using over-the-counter ointments and prescription medication wasn't able to remove the fungi enveloping both of his large toe nails. The client was willing to try an essential oil blend of thyme, oregano, and cinnamon. After fourteen days, the fungi was completely gone. Further studies are recommended to determine how the essential oil blend affected the fungi.

Case Description

Client (RM) is a 58 year old male, who wears sandals throughout the summer, has toe nail fungi covering $\frac{3}{4}$ of each large toe nail and would like an essential oil blend to help kill the fungi.

RM is an active male who runs four times a week. He eats three nutritious meals a day, drinks one to two glasses of red wine a night and five to eight 8 oz glasses of water per day.

RM was given a prescription, which he could not remember it's name, from his doctor to help kill the fungi. One of the side effects of the prescription drug is potential liver damage. He tried the medication for the full prescribed forty-five days; however, he did not have any positive results.

Literature Review

Thyme *Thymus vulgaris* steam or water distills the leaves and flowers to produce the essential oil. This plant can be found abundantly throughout the Mediterranean area.

Sokovic et al. (2008) conducted an *in vivo* evaluation of *Thymus vulgaris*'s toxicological and antifungal activity on 2-month-old male Wistar rats. The animals were induced dermatomycetes – *Trichophyton mentagrophytes*, *T. rubrum*, and *T. tonsurans*. A 1% solutions of *Thymus vulgaris* essential oil, thymol and bifonazole were evaluated. After observing the rats for 37 days, all the *Thymus vulgaris* treated animals were cured.

Oregano *Origanum compactum* essential oil is produced by steam distilling the plant's leaves. The major producers of oregano are France, Germany, Turkey, and the United States.

Inouye et. al. (2006) examined the vapor activity of six essential oils, oregano being one of them, against a *Trichophyton mentagrophytes*. The oregano had the strongest effect – after 3 hours the fungi's mycelia were destroyed and after 15 hour exposure caused the cellular death.

Cinnamon *Cinnamomum zeylanicum* origins are Sri Lanka, Madagascar, and Ceylon, Jamaica, and Brazil. The essential oil is distilled from the plant's bark.

Ooi et. al. (2006) conducted a study on both *Cinnamomum verum* J.S. Presl. and *Cinnamomum cassia* Blume. It was found that both of them were equally effective in inhibiting the growth of several bacteria, fungi, molds, and dermatophytes.

Treatment Protocol/Methods

RM was given the following essential oil blend in a 5 ml bottle for his toe nails: 2 drops of Thyme *Thymus vulgaris*, 1 drop of Oregano *Origanum compactum*, and 1 drop of Cinnamon *Cinnamomum zeylanicum*. (Schnaubelt, 1998, p. 112-113) Sesame oil *Sesamum indicum* and Camellia oil *Camellia japonica* was added to dilute the essential oil to 5%.

RM was instructed to apply the blend twice a day to his nail and nail bed only. He was told to discontinue use of the

blend if he saw no clear improvements within 14 days. He was also informed of the following cautions and contraindications:

- Contraindicated during pregnancy and while breast-feeding.
- Avoid when liver disease is present.
- Avoid when hypertension is present.
- Do not use with homeopathic.
- Thyme, oregano, and cinnamon can burn and irritate the skin.

Client Response

RM noticed the nail changing colors within the first two days of application. At the end of the two weeks, both nails looked normal and he doesn't see any signs of the fungi. He will definitely use this oil again if he has any nail issues.

Evaluation

The oil blend met the client's needs. Further scientific study is required to determine how the essential oil blend affected the fungi.

References

Inouye, S., Nishiyama, Y., Uchida, K., Hasumi, Y., Yamaguchi, H., Abe, S. (2006). The vapor activity of oregano, perilla, tea tree, lavender, clove, and geranium oils against a *Trichophyton mentagrophytes* in a closed box. *Journal of Infection and Chemotherapy*. 12(6). (pp.349-354). doi: 10.1007/s10156-006-0474-7

Ooi, L.S., Li, Y., Kam, S.L., Wang, H., Wong, E.Y., Ooi, V.E. (2006) Antimicrobial activities of cinnamon oil and cinnamaldehyde from the Chinese medicinal herb *Cinnamomum cassia* Blume. *The American Journal of Chinese Medicine*. 34(3). (pp.511-522). DOI: 10.1142/S0192415X06004041

Schnaubelt, K., (1998). *Advanced Aromatherapy*. (pp. 112-113).

Rochester, VT: Healing Arts Press.

Sokovic, M., Glamoclija, J., Ciric, A., Kataranovski, P., Marin, D. Vukojevic, J., Brkic, D. (2008). Antifungal Activity of the Essential oil of *Thymus vulgaris* L. and Thymol on Experimentally Induced Dermatomycoses. *Drug Development and Industrial Pharmacy*, 34(12). (pp. 1388-1393). doi: 10.1080/03639040802130053