

KAS İSKELET SİSTEMİNDE AROMATERAPİ YAKLAŞIMI

Selcan ARPA

Aromaterapi, aromatik bitkilerin çiçek, kök, gövde, yaprak, meyvesinden ekstrakte edilerek elde edilen uçucu yağların distilasyon teknolojisi ile elde edilen esans yağların, vücudu etkilemesi esasına dayanan geleneksel ve tamamlayıcı bir tedavi yöntemidir (1). Bedenin, ruhun, zihnin şifalanmasının doğal bir yoludur.

Aromaterapi aroma kelimesi nedeniyle güzel koku olarak düşünülse de bu tanımın çok daha ötesindedir. Aromaterapide kullanılan yağlar bitkinin kendisinden çok daha fazla güçlü ve yoğundur.

AROMATERAPİNİN TARİHÇESİ

Yağlar yaklaşık 5000 yıldır kullanılmaktadır. Mısırlılar mumyalama, işlemi için, kozmetik, parfüm için uçucu yağları kullanmışlardır (2). İncil’de, zihinsel, ruhsal ve fiziksel iyileşme için yağların kullanılmasına ilişkin 180’den fazla referans vardır (3). Veba salgını süresince hem evin içinde hem de caddelerde çam, sedir, selvi gibi aromatik ağaçlar yakılarak tütsüleme işlemi yapılmıştır (4). Hipokrat ‘Sağlıklı olmanın yolu her gün aromatik banyo yapmak ve güzel kokulu yağlarla masaj olmaktır.’ demiştir.

Aromaterapik bitkilerin geleneksel şifa için kullanımı ile ilgili dökümanlar Mısır, İran, Yunanistan, Çin, Irak, Suriye, Hindistan, Tibet, İngiltere, Amerika (yerli Amerikalılar) bir çok ülkede belgelenmiştir.

Modern aromaterapiye geçiş ise ilk olarak Fransa’da üç kişinin çalışmaları ile başlamıştır. Kimyager Gatefosse, Doktor Valnet ve hemşire Maury.

Gatefosse, aromaterapi keşfetmesi kaza sonucu olmuştur. Laboratuvarında çalışma sırasında elinin yanması sonucu lavanta yağının eline yanlışlıkla dökmesi sonucu yara iyileşmesinin hızlandığını ve enfeksiyon gelişmediğini görmüştür. (5)

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