

HOW ESSENTIAL OIL BOOST IMMUNITY

Abstract

Every day, our bodies are exposed to countless toxins and stressors that can really put a strain on our immune system. Some of which can be controlled and some of it we can't, but regardless, it doesn't change the fact that our immune systems take numerous hits every single day. In a healthy individual, this isn't normally an issue. However, if the immune system is compromised, this can lead to illness or possibly even more serious health issues.

When we hear the words "essential oils," what comes to our mind? If it's not immune health, then we may be missing out on an effective weapon in our wellness arsenal.

Essential oils are chemically-active aromatic compounds extracted from plants that have been used for centuries to scent, disinfect, and heal.



Essential oils can provide an umbrella of antiviral and antibacterial protection against seasonal illnesses.

Introduction

Herbal medicine has been increasingly receiving the attention of the people and is being applied more extensively in disease treatments or improving health status during the last decades. A growing amount of data demonstrates the efficacy of herbal products, but in many cases the available evidences are still scarce.

Certain plants possess immunomodulatory properties and exerting effects on various parts of the immune system on both cellular and molecular levels: T cells and other immune effector cells, cytokine, and antibody production.

It is well known that whole plants, herbs, their parts or extracts, or other herbal products may all have immune stimulatory properties, like Echinacea (purple coneflower), licorice root (*Glycyrrhiza glabra*), garlic, and two species of cat's claw, *Uncaria guianensis* and *Uncaria tomentosa*. The mechanism of immune enhancement is either by promoting the activity of lymphocytes, increasing phagocytosis by macrophages, inducing interferon production, or by stimulating NK cell activity.



Essential oil and its importance

Boosting Immunity

There are many things that can be done to boost immunity such as getting quality sleep, eating a healthy diet, exercising regularly, and reducing our toxin load are all those things that have a big impact on our immunity.

Among the most frequently asked questions about health, the common queries are ones about essential oils and the immune system. Many essential oils are said to “boost” or strengthen it, though specifics are rare. Most of the time this is assumed to mean they will help the body fight infection.

However, the most important way by which we can support the immune system is to add essential oils to our daily regimen. In fact, there are numerous essential oils that can be used for immunity.



What are Essential Oils?

Essential oils (EOs) are highly concentrated, aromatic volatile oils of plant origin with numerous chemical constituents that are extracted by steam distillation, hydro diffusion, or pressure. Aromatherapy is a field of complementary medicine that uses Essential Oils to treat and prevent diseases via several routes of administration: such as mainly by topical, massage, inhalation, or oral methods. Antimicrobial, anti-inflammatory, antioxidant, anticancer, anxiolytic, antidepressant, analgesic, and antidiabetic activities of EOs have been studied and reported recently. Scientific evidence on the immune stimulatory effects of EOs is rather fragmentary, but there seems to be a potential for certain EOs to be able to enhance some immune functions. More research is justified to be done in this area to increase the body of evidence, and an overview of currently available data is relevant.

The main focus of this article is how essential oil boost our immunity, though sometimes negative, opposite or inconsistent results are also mentioned in order to offer a more nuanced view. Two further specific fields of immune function enhancement with EOs are explored. One is the immunomodulatory (and other) effects of the dietary supplementation of livestock and fish with EOs or EO components. The other is forest bathing, whose health-promoting and immune function enhancing effect may be mediated by wood EOs present in the forest air.

Essential oils can be inhaled or diluted, and then finally applied to our skin. They may stimulate our sense of smell or have medicinal effects when absorbed. Essential oils are obtained through distillation (via steam and/or water) or mechanical methods, such as cold pressing. Once the aromatic chemicals have been extracted, they are combined with a carrier oil to create a product that's ready for use.



Let's have a look at the evidence regarding some of the common health problems that essential oils and aromatherapy have been used to treat.

- Stress and Anxiety
- Headaches and Migraines
- Sleep and Insomnia
- Reducing Inflammation
- Antibiotic and Antimicrobial

Essential oils have many uses outside of aromatherapy. Many people use them to scent their homes or freshen up things like laundry. They are also used as a natural scent in homemade cosmetics and high-quality natural products. What's more, it has been suggested that essential oils could provide a safe and environmentally friendly alternative to man-made mosquito repellents, such as DEET. However, results regarding their effectiveness have been mixed.

Essential Oils for Immunity

While all essential oils have antimicrobial and antibacterial properties, they differ in which properties they contain.

Below, I've included some of the most common essential oils for immunity, plus a few that contain powerful antimicrobial compounds that can be especially useful in fighting off a wide range of bacteria, viruses, and fungi.

Consider using one of the essential oils below to better protect ourselves from the flu this year.

Lemon

- Lemon is most exceptional when it comes to removing harmful toxins from the body making it a powerful essential oil for a healthy and strong body.
- Outside the realm of wellness and detoxification, Lemon is also a powerful natural household cleanser.
- Add 10 drops of lemon oil to water inside a spray bottle and what we get is an environmentally-friendly glass and wood cleaner. The “Lemony” fragrance it leaves behind is also quite refreshing.



Oregano Oil

- Oregano oil is one of the best options we can look into for if we want to develop a robust immune system against common cold and flu.
- The essential oil is particularly effective at ridding the body from harmful pathogens that get past through the body's natural defence.
- Oregano oil can be used every day to strengthen the body's immune system, ward off diseases or hasten our recovery time when we get sick.
- When paired with a carrier oil like jojoba oil, it can be a great way to improve our immune system through a nice, sensual foot massage.
- To cure common colds, a congested nose or persisting cough, diffuse Oregano oil for best results.



Eucalyptus Oil

- When we're fighting the effects of common colds, flu, and other respiratory ailments, it's natural to feel weak and exhausted even if we spend most of the day resting on our bed.
- It can also be challenging to focus and process day to day decisions because of nasal congestion.
- To restore our body and mind's natural vigour, Eucalyptus oil can be a solid option.
- Just like tea tree extract, diffusing Eucalyptus can help unlock powerfully natural de-congesting and expectorating qualities. It's also the best way to maximize the oil's healing potential.

- We can also put 3 drops of Eucalyptus oil in half a teaspoon of any preferred carrier oil and simply administer it on our chest area or on our feet.
- We can also mix 2 drops of the oil to a hot tub to absorb its immune system enhancing effects.



Frankincense Essential Oil

- Frankincense essential oil is a potent immune system booster in a cellular level.
- It aids the body in creating additional white blood cells that combat harmful pathogens and diseases.
- It's also a powerful natural anti-inflammatory substance that can help deal with different bodily problems attributed to poor stomach health.



Peppermint

- Peppermint offers numerous benefits and can be used for an array of different purposes.
- It's effective in combating the symptoms of headaches, indigestion and even in augmenting mental focus and awareness.
- And of course, it's also a popular ingredient in creating delicious pastries and tea mixtures.
- In terms of detoxification, it can also lower our craving levels especially for foods high in sugar.



Tea Tree Oil

- Tea tree oil is a multi-purpose essential oil widely renowned for its natural qualities in fighting harmful pathogens.
- Tea tree oil is a popular choice for treating acne because of its anti-inflammatory and antimicrobial properties.
- It's thought to calm redness, swelling, and inflammation. It may even help to prevent and reduce acne scars, leaving us with smooth, clear skin.
- Simply put, it is effective in eliminating different kinds of viruses and bacteria that infiltrate our body regularly.
- We can diffuse tea tree essential oil in our work area or by our bedside to make good use of its immune-boosting properties.



Lavender

- Lavender is a superb option if we want to sleep better at night so our body can rejuvenate properly.
- Women who are suffering from PMS can also benefit tremendously from the essential oil as it helps to relax the body and mind.
- Diffusing Lavender on our room or applying a small amount on our feet can aid we in enjoying improved physical and mental state.
- Research suggests that it may be useful for treating anxiety, insomnia, depression, and restlessness.



Rosemary Oil

- Rose Mary oil can be the immediate comfort we seek from all those nagging symptoms.
- The essential oil is known to bolster the body's resistance against illness and soften mucus build up that is blocking our nasal airways.
- And because it can promote a stronger immune system, a regular dose of rosemary can help stop the onset of diseases as well.
- Whether we diffuse it or administer it on our body every day, we can maximize the benefits of the essential oil either way.



Final Words

Essential oils are the natural volatile compounds having loveable odour. The essential oils are isolated mostly from the hydro distillation method which is more suitable for this process and easy to carry. Whole parts of the plants are used for the extraction of plants. Steam distillation method is expensive than the hydro distillation, so it is less preferred. Essential oils have good medicinal applications and used in the treatment of different diseases including the infectious diseases, depression, anxiety, act as the antifungal, antimicrobial, anticancer, and wound healing; they are also used in cosmetics and perfume industries.

In the field of health, essential oils are used more frequently and are mostly applied to the external body parts to relieve the pain. In the field of fragrance, essential oils are used in the perfume industry and due to attractive odour, the essential oils are used mostly in this industry. It is used worldwide and due to their better usage, the world essential oil market is growing rapidly and getting more importance day by day.