

Essential oil research

BCS2011

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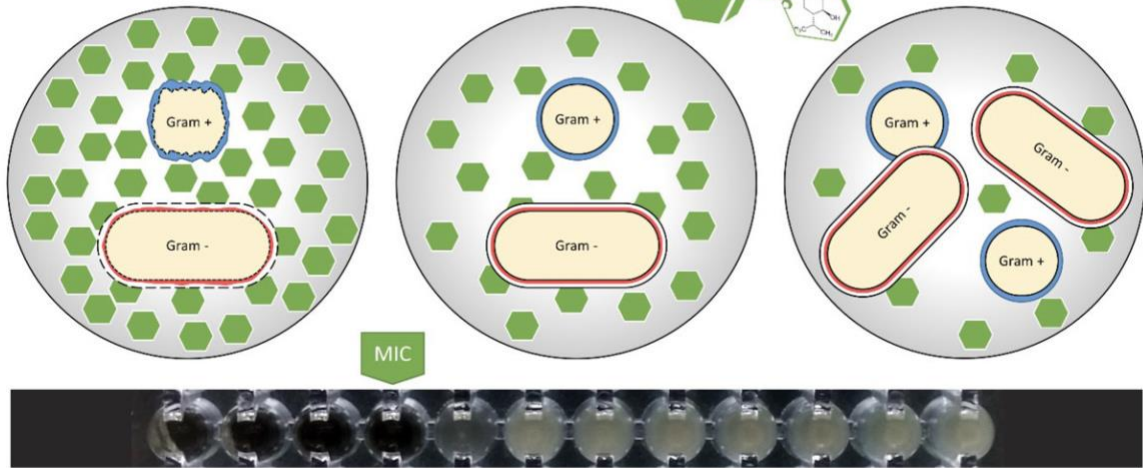
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Abstract:

Several hosts have kept a large number of citations on the antibacterial properties of essential oils and their constituents. Despite the fact that the structure of conflict is simply one of the important oil aspects that have been explained in various inventive works in the past, a complete grasp of the majority of the combinations and their interaction process is still lacking. This type of information is crucial for understanding the influence of essential oils on a variety of microbes, how they interact with other antimicrobial combinations, and how they collaborate with food solution ingredients. The use of condensed essential oils promotes their controlled and long-term release, which increases their bioavailability and potency against multidrug-resistant bacteria. (Deckard, A. (2019, November 23). 11 Proven Powerful Antibacterial Essential Oils. Healthy Focus. Retrieved March 1, 2022, from <https://healthyfocus.org/8-powerful-antibacterial-essential-oils/>) Antibacterial resistance is on the rise in modern times more than ever as a result of antibiotic misuse. Higher dosages of stronger antibiotics are required to treat these resistant germs, which may result in side effects and other health issues in the future. As a result, a safer and healthier alternative has been discovered, which includes the utilization of natural antibiotic sources like cinnamon and peppermint oil. Scientists have discovered that these essential oils have powerful antibacterial characteristics that can be used as therapies. (Hyltdgaard, M. (n.d.). Essential Oils in Food Preservation: Mode of Action, Synergies, and Interactions with Food Matrix Components. Frontiers. Retrieved March 1, 2022, from <https://www.frontiersin.org/articles/10.3389/fmicb.2012.00012/full>)

Essential oil



2-fold dilution of essential oil

Introduction:

With new progressions in the sensible region, the supportive characteristics of plants certainly stand out enough to be noticed on account of their low destructive affinity, drug interests, and useful reasonability. The benefits of plant-separated phytochemicals and their effect on human thriving have been the focal point of such investigations. Essential oils' essential capacity in the world is to safeguard plants by going about as antibacterial subject matter experts and to safeguard against herbivores by decreasing herbivores' craving for spices with such abilities. The reasonability of medicinal oils has been shown in a couple of studies including infections and food poisons, with suggestions for the food business.

Antimicrobial activity of a certain essential oil

The antimicrobial movement of a specific essential oil might be reliant upon a couple of the significant components that make up the whole oil. As indicated by the developing assemblage of proof, the sum wherein the basic powerful parts are available may not be the main element in the inborn action of fundamental oils, however the cooperations among these and other minor components in the oils are similarly significant.

Cinnamon oil is a sort of flavor got from the inward bark of the Ceylon cinnamon tree whenever it is dried (Haddi et. al., 2019). This plant can be found in tropical places like South America, Asia, and Australia where it is bountiful. From now onward, indefinitely quite a while, the motivation behind cinnamon oil was mostly for things like aroma, food, and repellant (Baker et. al., 2018). Presently more than before because of its anti-toxin opposition, cinnamon oil is being

utilized as an antibacterial arrangement and sanitizer. This is because of a few substances, for example, eugenol and cinnamaldehyde which are utilized for both, food readiness and antimicrobial exercises which makes cinnamon so solid (Baker et. al., 2018). With regards to cinnamon oil planning, supercritical liquid extraction and ultrasound helped extraction are the most well-known techniques utilized (Haddi et. al., 2019). On account of supercritical liquid extraction, it is very much like the name says it where supercritical liquids are utilized as the extricating dissolvable to isolate into two parts. On account of ultrasound helped extraction, it is the point at which the oil is separated from ultrasonic waves through the making of little air pockets in the dissolvable.

The other sort of oil referenced in this paper is Peppermint oil. It comes from the peppermint plant which is a blend of water mint and spearmint and for the most part flourishes in North American and Europe (Ratini, 2020). The purposes of Peppermint oil incorporate antibacterial purposes, delectable food and treats like gum, and, surprisingly, clinical purposes, for example, to deal with absorption issues or more normal circumstances like sickness, hacks, and the runs (Ratini, 2020). However, very much like Cinnamon Oil, its purposes with regards to antibacterial and clinical intentions are higher than previously. With regards to the strategies for extraction, the most well-known is by confining the oil from the leaf through supercritical liquid extraction (SFE) by utilizing CO₂ and partial division (Reverchon, 1994). An old yet compelling technique is still exceptionally normal these days.

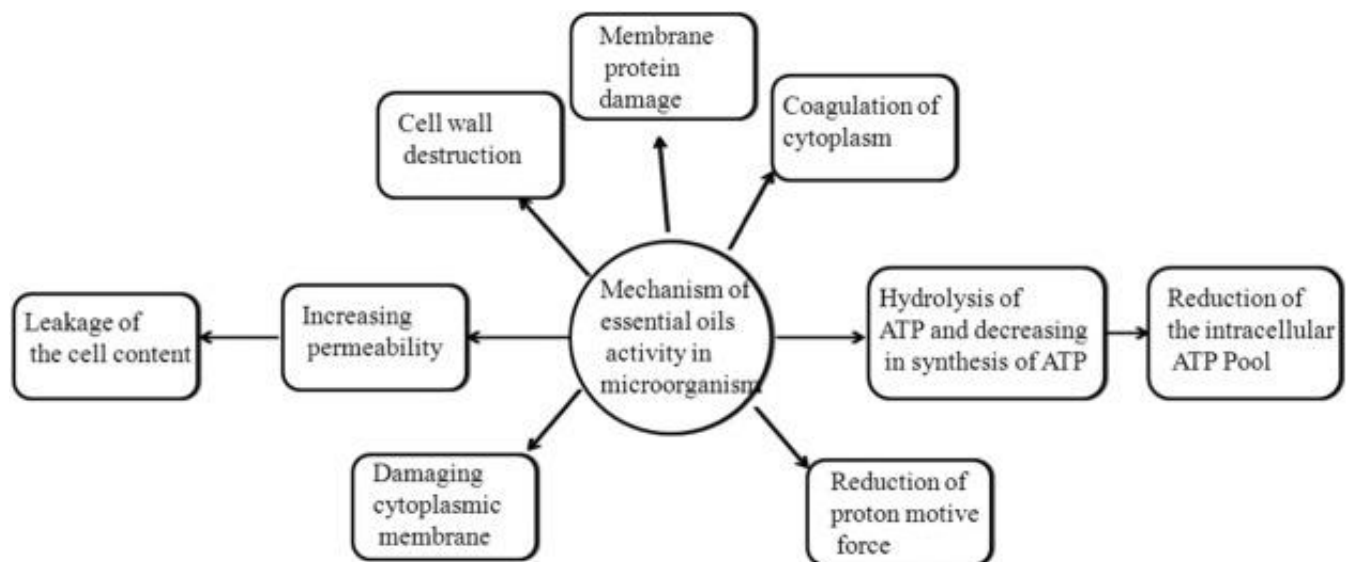
It has additionally been observed that very much like cinnamon oil peppermint oil has antiviral and fungicidal exercises against both Gram-positive and Gram-negative microorganisms, permitting it to have incredible antimicrobial properties (Singh, et. al., 2021). In addition to the

fact that it is successful, it can battle the two sorts of microscopic organisms showing how compelling it very well may be in the clinical field. At the point when peppermint oil is separated, the oil shows huge cancer prevention agent exercises, for example, the ones in cinnamon oil in contrast with others medicinal balms who show lower levels of exercises (Singh, et. al., 2021). These properties are additionally the ones found in a few microbes and yeast permitting it to be antimicrobial (Singh, et. al., 2021).

Methods

First, 2 lysogeny broth agar plates, 2 metal bacteria spreaders, 2 beakers with ethanol, 2 ethanol lamps, 2 micropipettes set to 130 microliters, 2 cotton swabs, ruler, and 2 permanent markers were obtained. The petri dish loaded with lysogeny broth agar has been turned side up. Next, a permanent marker and a ruler have been used to mark the dish with a straight line from the center to an outer edge; then, six equal-sized wedge sections were created, while the dish was rotating approximately 60 degrees. All sections were numbered 1 to 6 near the middle of the agar plate. After that, the LB agar plate was inoculated with 130 microliters of the liquid bacterial culture by using a micropipette. Then, the Petri dish lid was replaced. Next, a metal bacteria spreader was sterilized in a beaker filled with ethanol, and then it was quickly passed over the flame of an ethanol lamp in order for the ethanol on the spreader to burn away. Then, the spreader was placed on the plate, parallel to the drawn lines. After that, to spread the bacteria evenly through, the plate was moved. Then, the dish was left for 5 minutes without any distribution. The next setup included 1 forceps, 1 beaker of ethanol, sterile filter paper discs, 1 ethanol lamp, and 1 vial of an essential oil to be tested. First, the forceps were dipped into the beaker with

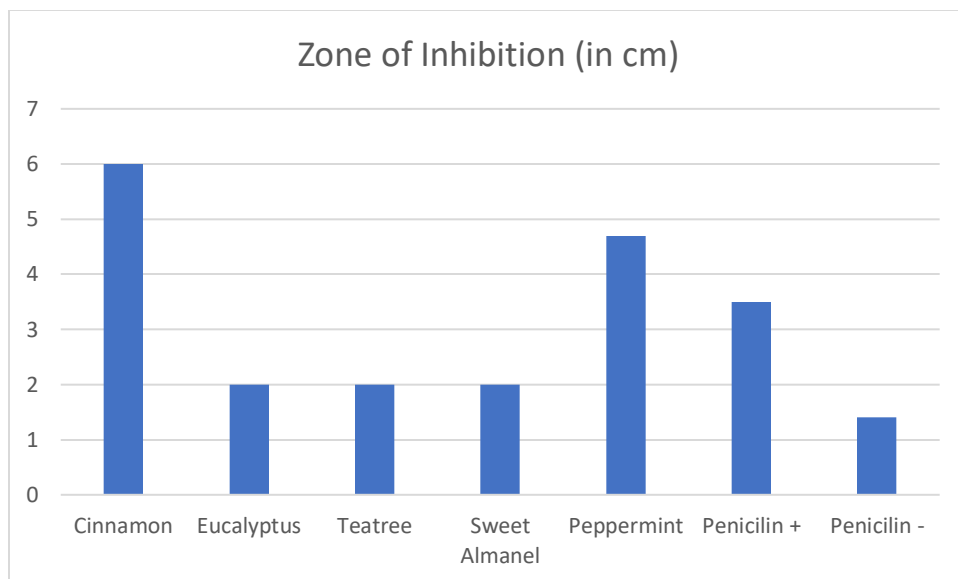
ethanol and, after that, passed over the flame just like during the first setup. Next, sterilized forceps were used to pick up a filter disc, which was poured into the vial. After that, the disc was gently pressed against the side of the vial for any excess liquid to be removed. During next step, a cotton swab was used to press the disc carefully on the center of the corresponding number wedge of LB agar. The same procedures were repeated for all remaining test compounds. After the last disc was placed, the agar plate was left undisturbed for 5 minutes. Next, the plate was stored in an incubator set at 37 degrees Celsius for 24 to 48 hours, which is incubation period. After the incubation period was over, the Petri dish was stored at 4 degrees Celsius for approximately a week.



Results



Disc	Compound	Zone of inhibition
1	Cinnamon	6 cm
2	Eucalyptus	2 cm
3	Teatree	2 cm
4	Sweet Almanel	2 cm
5	Peppermint	4.7
6	Penicillin +	3.5 cm
7	Penicillin -	1.4 cm



Discussion

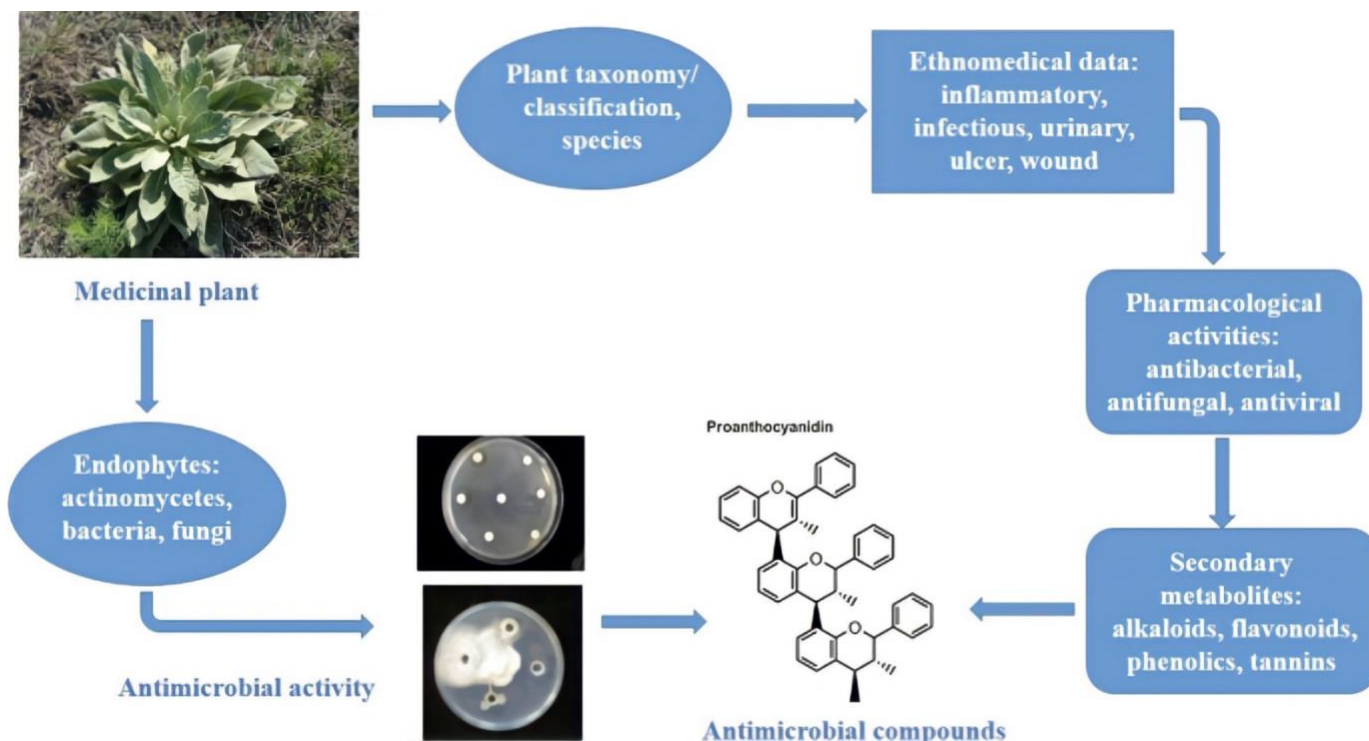
The zones 2 (cinnamon) and 5 (peppermint) had the greatest zone of inhibition.

The zone of inhibition is the area where bacteria are unable to grow due to presence of a drug that prevent their growth. Thus, we can say that the cinnamon and peppermint oils have the greatest antibacterial effect because the zone of inhibition next to it was the greatest. The results can be better seen by looking at the graph.

There might be a few potential sources of error that could affect the result. First one is the bacteria spreader was not sterilized enough and the sample of bacterial could be mixed with a bacterial on the spreader. Another possible error is the Petri dish was open for too long, and it got contaminated, as well as the additional moisture could get into the plate, which could affect the result as well.

Essential oils have been used since old events in fragrant recuperating and contamination control, after observational effects, without knowing the substrate or the collaboration with the scaled down scale or microorganism. Various crucial oils are available nowadays, and they are comprehensively used by their availability. (Ghavam, M., Manca, M. L., Manconi, M., and Bacchetta, G. (2020, September 24)). Cinnamon oil and Peppermint oil have great properties that make it possible to work against bacteria and combat some such as *E.coli* and *Staphylococcus*. This is due to certain factors and properties that make it effective for the essential oils to serve as disinfectant and antimicrobial. They can effectively destroy some bacteria that are resistant to pharmaceutical antibiotics and are such a threat to humanity.

In addition to the fact that they have numerous purposes like aroma, food enhancer, skin issues and parasitic disease among others however, they are likewise normal, making it the best other option.



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