

Combination of rosemary, peppermint, and coconut oil to relieve pain

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ABSTRACT

Introduction: Pain is known to be a distressing feeling often caused by intense or damaging stimuli. Pain that lasts for a longer period of time is called as chronic pain and the pain that lasts for a shorter period of time is called acute pain. The combination of rosemary, peppermint, and coconut oil can give instant relieve from pain. The combination of three oils not only gives instant relief from pain but also gives relief from muscle spasms. The aim of the present research is to investigate the extent to which rosemary, peppermint, and coconut oil affects on the pain and gives instant relief. **Materials and Methods:** A study was conducted among 30 people having pain. Rosemary oil, peppermint oil, and coconut oil were mixed in proper proportion and will make a single oil. This oil was distributed to all the 30 participants. The duration of this study was 30 days. Pain was measured with the help of pain scale. Data were collected. Results were discussed. **Results:** Before applying the oil, a majority of participants had very severe and worst pain. However, then after applying the oil, that is, after 15 days and then after another 30 days, we can see a lot of improvement. **Conclusion:** It can be concluded that 53% of participants got relieve from pain after applying the oil, whereas 40% and 16% of the participants still have mild and moderate pain.

KEY WORDS: Pain, Rosemary oil, Coconut oil, Peppermint oil, Effectiveness

INTRODUCTION

Pain is known to be a distressing feeling often caused by an intense or damaging stimuli. In medical diagnosis, pain is referred to as an underlying condition. Pain helps in motivating the individual to withdraw from damaging situations, to protect a damaged body part while it heals, and to avoid similar experiences in the future.^[1] Most of the pain resolves once the noxious stimulus is removed and the body has healed completely, but it may persist despite the removal of the stimulus and apparent healing of the body.^[2]

Pain is said to be the most common reason for physician consultation in most of the developed countries. It is also considered as a major symptom in many medical conditions and can interfere with a person's quality of life and general functioning.^[3] It is said that simple pain medications are useful in 20–70% of cases. Psychological factors which include social support,

hypnotic suggestion, excitement, or distraction can also affect pain's intensity or unpleasantness.^[4]

Pain is usually transitory which lasts only until the noxious stimulus is removed or the underlying damage or pathology has healed, but some painful conditions such as rheumatoid arthritis, peripheral neuropathy, cancer, and idiopathic pain may persist for years.^[5] Pain that lasts for a longer period of time is called as chronic pain and pain that lasts for a shorter period of time is called as acute pain. Hence, as we know that there are different types of oils that play their own significant role by helping an individual to overcome from severe pain. Hence, among all the other oils, we have rosemary, peppermint, and coconut oil.^[6]

Rosemary is an evergreen shrub with needle-like leaves and a woody aroma. Although best known as a food seasoning, it is one of the most popular aromatic and medicinal plants worldwide.^[7]

It has become a lot more important and popular over the years as it is beneficial in many ways like it has the ability to stimulate hair growth, boost mental activity, relieve respiratory problems, and reduce

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pain.^[8] Rosemary oil is an essential oil that has anti-inflammatory properties and helps in pain relief. Rosemary oil has proved itself beneficial in treating headaches, muscle pains, and even arthritis.^[9] This oil works as a powerful anti-inflammatory agent as it contains α -pinene that helps to prevent swelling and pain. Various other functions of rosemary oil are - helps to lower stress, maintains respiratory system, helps fight cancer, improves bad odor, etc.^[10]

Peppermint essential oil is a very effective natural painkiller and also serves as a muscle relaxant. It also has cooling, invigorating, and antispasmodic properties.^[11] Peppermint oil is especially helpful in alleviating headache. The use of this oil also helps in reducing tandem symptoms such as nausea, vomiting, sensitivity to noise, and sensitivity to light. Peppermint oil has analgesic, anti-inflammatory, and anti-spasmodic properties; it not only can relieve pain and inflammation but can also calm the spasms that cause muscle cramps. It also reduces stress.^[12] Now, next comes the role of coconut oil in reducing pain. Aside from improving temporary pain conditions, the anti-inflammatory elements of coconut oil have been shown to naturally help a more serious condition called as arthritis.^[13] Coconut oil is most likely used as a low cost and effective alternative treatment.^[14] The topical application helps in increasing blood supply to the arthritic area and also reduces the localized pain and swelling.^[15]

MATERIALS AND METHODS

A study was conducted among 30 people having pain. Rosemary oil, peppermint oil, and coconut oil were mixed in proper proportion and will make a single oil. This oil was distributed to all the 30 participants. The duration of this study was 30 days. Among those 30 participants, majority will be suffering from very severe and worst pain. However, after applying the oil, lot of improvement can be seen. Pain was measured with the help of pain scale which includes range starting 0–5. 0 was for no pain, 1 was for mild pain, 2 was for moderate pain, 3 was for severe pain, 4 was for very severe pain, and 5 was for worst pain. Data were collected. The result was obtained and discussed.

RESULTS

Before applying the oil, a majority of participants had very severe and worst pain. However, then after applying the oil, that is, after 15 days and then after another 30 days, we can see a lot of improvement.

Pain scale	Before applying oil	After 15 days	After 30 days
No pain	0	2	16
Mild	8	12	12
Moderate	6	6	2
Severe	6	5	0
Very severe	5	5	0
Worst	5	0	0



DISCUSSION

Hence, the above-given result shows that before applying the oil, a majority of participants had very severe and worst pain. However, then after applying the oil, that is, after 15 days, we can see a little improvement. The pain scale for majority of the participants reduced to either mild pain or moderate pain. Then, the outcome which was being noted after 30 days was that pain scale for a majority of the participants reduced to 0, i.e., no pain. Hence, it can be said that the combination of rosemary, peppermint, and coconut oil helped the participants in overcoming from severe pain and being back to normal. Hence, therefore, it is proved that the combination of these oils was really very effective for pain relief.

CONCLUSION

Hence, by seeing to the results, we can conclude that 53% of the participants got relieve from pain after applying the oil, whereas 40% and 16% of the participants still have mild and moderate pain. However, if they take up the initiative to apply the oil daily, then they could find out much more better improvement than earlier. There are chances of getting cured up very soon. If they apply the oil on a regular basis, then their pain scale will reduce to 0 that is no pain. Hence, it can be said that the combination of rosemary, peppermint, and coconut oil proved effective in getting relieved from pain.

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