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Conference Abstract

MENTAL HEALTH BY FLOWERS AND NATURAL AROMA

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Abstract

Objective: To determine the effect of flowers and natural aroma on mental health.

Place of study: Department of Pharmacology, Faculty of Pharmacy, Jinnah University for Women, 5 C, Nazimabad, Karachi-, Pakistan.

Materials and Methods: Peppermint and lemon essential oil blend, cinnamon essential oil, musk and rose aromas blend we prepared and jasmine as well as peach aroma was used. Neuro pharmacological parameters were assessed using questioners study assessment by pre and post aroma therapy treatment.

Results: The results showed decline in the time spent in questioner solving after post aroma therapy.

Conclusion: It can be concluded that effect of flowers and natural aroma on mental health enhances memory and show antidepressant activity.

Key Words: Antidepressant, Aroma, Blend, Essential oil, Memory.