

MEDICINAL PROPERTIES OF LAVENDER - LAVANDULA ANGUSTIFOLIA

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Abstract

The article describes the medicinal properties and use of Lavender products for aromatherapy. Use of oils, above-ground parts of the plant. The biology of the plant is described.

Keywords: Lavender, chemical, natural, health, man-made, factor, linalool, lavandulol and cameron, aromatherapy.

Introduction

In recent years, the development of science and technology has led to the negative impact of man-made factors on the human body and health. In treatment, it is preferable to avoid chemicals and use natural medicinal plants that have a positive effect on human health. One of these medicinal plants is lavender *Lavandula angustifolia*. Lavender is a semi-shrub with an erect stem, the leaves are gray-tomentose, small, the flowers are often purple, small and fragrant, the fruits are nuts. The plant is native to the Mediterranean, belongs to medicinal essential oil plants. Lavender is a perennial herbaceous plant, a semi-shrub, a shrub of the Lamiaceae family. The plant has a strong spicy smell and a spicy-tart taste. Essential oil is widely used in the production of perfumes and cosmetics and in the liquor and vodka industry. Lavender oil is part of drugs with neuro- and myotropic activity, as well as inhalation liquid, which is an effective preventive measure against influenza infections. The calming effect of lavender for neurasthenia and palpitations is used in the form of medicinal baths. In Bulgaria, lavender oil is used in dentistry and for the treatment of rhinitis, laryngitis, and pneumonia by inhalation. Previously, lavender oil was used to improve the smell of medicines. In folk medicine, alcohol solutions of lavender oil and flowers were used to treat migraines, neurasthenia, rheumatism, cardiovascular diseases, urolithiasis and pyelonephritis, for medicinal baths for joint inflammation, as a wound-healing agent, for skin diseases and neuralgia, bruises, dislocations, and paralysis. It is also one of the plants that are used in aromatherapy. People turn to aromatherapy for various reasons, depending on their needs and circumstances. Here are some of the main reasons why aromatherapy has become popular: reducing stress and anxiety, improving sleep quality, pain relief, improving mood, supporting psycho-emotional state, supporting the immune system, ease and accessibility.

Aromatherapy is actively used in cosmetology to improve skin condition. In general, aromatherapy attracts people with its soft, natural and effective impact on health and well-being. It combines elements of nature, ancient traditions and modern approaches to improving the quality of life.

Lavender contains many active substances, including: linalool - the main compound responsible for the relaxing and antiseptic effect, lavandulol and cameron - also play a role in aromatherapy effects.

These substances have a calming, antiseptic, anti-inflammatory and analgesic effect. Lavender essential oil is used in diffusers, aroma lamps, for massage (mixed with base oils), in warm baths and for inhalation. Dried lavender flowers can also be used to scent rooms or added to pillow bags.

Lavender is known to be safe to use, but it is important to remember: lavender essential oil should be diluted before applying to the skin, the use of lavender in large doses can cause dizziness or nausea, so you need to follow the dosage lavender is not recommended for use during pregnancy without prior consultation with a doctor.

Lavender is also useful for relieving headaches, improving mood, and increasing concentration. It is important to remember that essential oils should be used with caution to avoid allergic reactions or skin irritation.

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