Other interesting studies


In order to find essential oils with a potential anti-cancer or anti-inflammatory effect, this study screened three pancreatic cell lines with several essential oils. Seven of the essential oils increased the level of ROS. On the other hand, all the essential oils tested produced high levels of NOS activity. Further analyses are required to establish the mechanisms giving rise to these effects.


Mice administered LBEO (0.015 mg/d) for 6 weeks showed significantly reduced blood glucose (65 %; P < 0.05) and TAG concentrations, improved glucose tolerance, as assessed by an oral glucose tolerance test, and significantly higher serum insulin levels, compared with the control group.


This study demonstrated the superiority of an EO rinse compared to a 0.05% CPC rinse in reducing plaque and gingivitis and confirmed that the daily use of an EO containing mouthrinse can provide a clinically significant benefit in reducing plaque and gingivitis.


The study tested the mosquito repellency of six different formulations of lemongrass oil in different classes of base and the oil in liquid paraffin solution. The repellency exhibited by the 1% v/v solution and 15% v/w cream and ointment preparations of the lemongrass oil was comparable to the of a commercial mosquito repellent.


This laboratory research investigated the chemopreventive effects of sandalwood oil (SW oil) on CD1 mice. The results suggested that SW oil treatment (100ul, 5% in acetone, twice a week, topically) significantly decreased papilloma incidence by 67% and multiplicity by 96% in a
concentration and time-dependent manner in the studied mice. It was suggested that SW oil may be useful to prevent chemically induced skin cancer.


Al-Hader et al (1994) evaluated the effects of the volatile oil extracted from the leaves of Rosmarinus officinalis on glucose and insulin levels in normal rabbits. The results show that the intramuscular (i.m.) administration of the volatile oil increased the levels of plasma glucose and decreased the levels of serum insulin significantly comparing with the control animals. It suggested that the volatile oil of R. officinalis has hyperglycemic and insulin release inhibitory effects in the rabbits.


Forty-eight cigarette smokers were randomly assigned to one of the three groups after overnight deprivation from smoking. Participants who puffed and inhaled a vapor from essential oil of black pepper reported significantly less cravings for cigarette than those in the other two control groups who puffed on the device with a mint/menthol or an empty cartridge. Those in the essential oil group also reported less negative affect and somatic symptoms of anxiety.


This randomized, double-blind, controlled trial assessed the efficacy of essential oils (thyme, rosemary, lavender, and cedarwood) in the treatment of 86 patients with alopecia areata. There were significantly more patients in the treatment group (19/43) who showed improvement than that in the control group (6/41). It was shown that aromatherapy was significantly more effective than treatment with the carrier oil alone in treating alopecia areata.