

Healing Arthritis Naturally with Essential Oil

Arthritis - #1 cause of disability in the United States affecting over 50 million people nationwide.

- Over 100 different types
- Most common are Osteoarthritis and Rheumatoid Arthritis
- All forms of Arthritis have inflammation as a common factor

Osteoarthritis – most common form of arthritis, caused by wear and tear on joints or injury

Rheumatoid arthritis – auto immune disorder, chronic condition

Essential oils – aromatic, volatile compounds that come from the leaves, stems, roots, flowers, and other parts of plants. Effective in -

arthritis due to their anti-inflammatory, antispasmodic, analgesic, and circulatory tonic therapeutic properties.

Essential oil use – inhalation, topically (massage oil, lotion, etc.), or orally.

General safety – dilute oils properly before applying to the skin (good rule of thumb: 2-3 drops of essential oil per 1 tsp. of carrier oil), seek guidance from a qualified aromatherapist for internal use or if you have a medical condition or take medications.

Blending – can help increase therapeutic properties of essential oils

Supplies needed: bottles or containers, pipettes, a funnel, essential oils, carrier oil, labels, markers.

Studies on essential oils for arthritis:

Study #1

In a study that took place at the University of Arizona and the University of Kansas, Ginger essential oil was found to have anti-arthritis properties. The test focused on Rheumatoid Arthritis and an infectious start to arthritis and shows that Ginger was anti-inflammatory and helped to prevent chronic joint inflammation.

Study #2

A study was conducted in France on the effects of Basil and Ginger essential oils showed that both oils had anti-inflammatory properties that were beneficial in treating arthritis.

Study #3

A study at the Catholic University of Korea was conducted looking at how aromatherapy could affect the pain, depression, and life satisfaction of people with arthritis. Five different oils were looked at during this study, including Marjoram essential oil, and it was found that aromatherapy significantly decreased both the pain levels and depression levels of arthritis patients. Measures on life satisfaction, however, were not affected.



Recipes

Blend #1

ORANGE-GINGER THAI MASSAGE BLEND

This massage blend is based on a placebo-controlled and double-blind study conducted at a senior citizen center in Hong Kong. The results were astounding. Pain and stiffness gone!

WHAT YOU WILL NEED:

- 5 drops Orange essential oil
- 5 drops Ginger essential oil
- 1 tablespoon Olive oil
- 15ml glass bottle Pipette
- Funnel

WHAT TO DO:

1. Add carrier oil (olive oil) to the glass bottle.
2. Add essential oils. Replace cap and shake to mix well.
3. To use, rub oil blend on affected areas and joints to alleviate pain. To use as a massage oil, ask a friend or family member to perform an aromatic massage on you.

Blend #2

SORE MUSCLE SALVE

Salves are great to have on hand and easy to use without the mess.

WHAT YOU WILL NEED:

- 10 drops Wintergreen essential oil
- 10 drops Lemongrass essential oil 10 drops Marjoram essential oil
- 10 drops Lavender essential oil
- 1 tablespoon Beeswax
- 4 tablespoons Carrier oil (Coconut, Almond, or another favorite)
- Small tin or container with a lid

WHAT TO DO:

1. In a saucepan, gently melt beeswax and add carrier oil over low heat. Stir frequently.
2. Remove from heat, and allow to cool for 1 minute.
3. Stir in essential oils and mix well.
4. While mixture is still soft, pour into small storage tins or containers.
5. Allow to cool completely before replacing lid.
6. For use, apply to sore muscles for aches and pains.



The Essential Oils

Basil (*Ocimum basilicum*)

Basil is widely used for muscular aches and pains and relieving stress and tension. When diluted and applied topically, basil is a powerful anti-inflammatory and is also an effective antispasmodic.

Scent: herbaceous, fresh, green, sweet

Safety: may irritate sensitive skin, should not be used during pregnancy.

Applications: oral, topical, inhalation

Other Uses: eczema, psoriasis, inflamed skin, depression, digestive concerns

Ginger (*Zingiber officinale*)

Ginger is a warming oil, making it great for warming the joint to relax stiffness and pain. It works well as an antispasmodic, anti-inflammatory, and analgesic making it a great choice for pain, stiffness, inflammation, and spasms.

Scent: spicy, warm, woody

Safety: could interact with blood pressure, aspirin, anti-platelet, and anticoagulant medication. May irritate sensitive skin

Applications: oral, topical, inhalation

Other uses: colds, flu, nausea, vomiting, coughs, rheumatism, circulatory problems

Lavender (*Lavandula angustifolia*)

Lavender has analgesic properties that can soothe pain associated with arthritis, burns, or other inflammatory conditions. It is analgesic, anti-rheumatic, anti-inflammatory, and antispasmodic. When used for arthritis, Lavender essential oil helps promote healing.

Scent: floral, sweet, slight fruity notes

Safety: Do not use in first trimester of pregnancy

Applications: oral, topical, inhalation

Other uses: skin irritation, burns, colds, stress, anxiety, high blood pressure, migraines

Lemongrass (*Cymbopogon flexuosus*)

Lemongrass enhances the repair process of connective tissue. It's also helpful in promoting blood circulation, which can lead to faster healing. Lemongrass is also an effective anti-inflammatory and analgesic when applied topically.

Scent: fresh, bright, fruity, earthy

Safety: Avoid use in individuals with glaucoma, during first trimester of pregnancy, and with history of high blood pressure. Use caution in prostatic hyperplasia, skin hypersensitivity, and damaged skin.

Applications: oral, topical, inhalation
Other Uses: anti-depressant, stimulant,
nerve pain, pest control, respiratory concerns

Marjoram (*Origanum majorana*)

Marjoram is a great oil to use in massage for painful joints, or in a warm compress. It's great for helping with sports injuries, aching muscles, and fatigued muscles and joints as well as swelling, sprains, and spasms. Marjoram is a great relaxant, analgesic, antispasmodic, antiarthritic, antirheumatic, anti-inflammatory, and vasodilator.

Scent: herbaceous, woody, earthy

Safety: Generally non-toxic, non-irritating, and non-sensitizing

Applications: oral, topical, inhalation

Other Uses: respiratory concerns,
calming, relaxing digestive concerns.

Other uses: stress, skin concerns,
digestive concerns, colds, flu

Wintergreen (*Gaultheria procumbens*)

Wintergreen contains methyl salicylate, which is similar to aspirin. Wintergreen essential oil is great for relieving pain, inflammation, and in rheumatic conditions.

Scent: Minty, medicinal

Safety: Avoid use in pregnancy and in children under age 12. Safety while nursing or in those with severe liver or kidney disease is unknown.

Applications: topical, inhalation

Other Uses: increase blood flow,
stimulant, antiseptic serves as an anti-inflammatory, antiseptic

For more information, including more studies and recipes check out my new book: *Healing Essential Oils Naturally with Essential Oil*
By Rebecca Park Totilo

