

Conference Abstract

<http://dx.doi.org/10.21065/AdvFoodNutrSci.4.15>

9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

Monday –Thursday, July 10-11, 2019

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

MENTAL HEALTH BY FLOWERS AND NATURAL AROMA

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Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

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

Citation:

Abeer A, Iqra T, Mahwish A.S, Hira A. Mental Health by Flowers and Natural Aroma. Paper presented at 9th Pak Pharma Healthcare Expo 1ST Pakistan Food –Nutrition International Summit. Adv Food Nutr Sci. Vol. 4. 2019. p 15-16.

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.

Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interests

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The abstract appearing is approved to present in 9th Pak Pharma Healthcare Expo | 1ST Pakistan Food –Nutrition International Summit 2019, July 10-11, 2019 at Pak-China Friendship Centre, Islamabad, Pakistan. The submissions were selected and processed by the Organizing Committee to be presented in oral or poster session, and were subject to review by the Program Committee.