

Aromatherapy alleviates endothelial dysfunction of medical staff after

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Full Title: Aromatherapy alleviates endothelial dysfunction of medical staff after night-shift work: preliminary observations.

Night-shift work causes mental stress and lifestyle changes, and is recognized as a risk of cardiovascular diseases associated with impaired endothelial function. Aromatherapy is becoming popular as a complementary therapy that is beneficial for mental relaxation. The purpose of this study was to investigate the effect of aromatherapy on the endothelial function of medical staff after night-shift work. This study consisted of 19 healthy medical personnel (19 men, mean age 32 ± 7 years), including 11 physicians and 8 technicians. Aromatherapy was performed for 30?min by inhalation of the essential oil of lavender. Flow-mediated dilation (FMD) of the brachial artery was measured three times in each subject: on a regular workday, and after night-shift work before and immediately after aromatherapy. A control study was performed to assess the effect of a 30-min rest without aromatherapy. The mean value of sleep time during night-shift work was 3.3 ± 1.3 ?h. FMD after night-shift work was lower than on a regular workday (10.4 ± 1.8 vs. $12.5\pm 1.7\%$, P Hypertens Res. 2010 Nov 25. Shimada K, Fukuda S, Maeda K, Kawasaki T, Kono Y, Jissho S, Taguchi H, Yoshiyama M, Yoshikawa J. Department of Medicine, Cardiovascular Division, Osaka

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