

Oregano aromatherapy as support management in alleviation of depression: A prospective-interventional study

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ABSTRACT

*Managing stress and having a positive uplifting of mood and promoting relaxation makes aromatherapy a great alternative treatment for depression. It has also been shown to improve sleep quality, decrease stress levels, and aid in pain relief. Using essential oils is not meant to replace medical attention, but oils paired with therapy, medicine, or lifestyle changes can greatly help mental wellness. One of the biologically active medicinal herbs is *Origanum vulgare* L. (*O.vulgare*) of the Lamiaceae family, which is reported to have multiple biological activities. Recent studies have shown in- vivo using oregano essential oil showed increased vigor and lowered stress levels in patients suffering from anxiety and depression. In this study, the objective was to evaluate the potency of inhalation intervention of volatile oil of *O. vulgare* in human depression using the conventional PHQ-9 ("Patient Health Questionnaire-9") and PROMIS depression scale. Aromatherapy study results suggest that essential oils help in treating depression in over 136 days. With these observed outcomes, aromatherapy was proven to be effective as a supplementary treatment throughout this study.*

Keywords: Aromatherapy, depression, Lamiaceae, Oregano, *Origanum vulgare*