



**TRANSDERMAL PATCHES FROM ESSENTIAL OILS OF ROSE (*ROSA DAMSCENA* MILL, ROSACEAE): A MINI REVIEW ON EFFECTIVE ANTI-DEPRESSANT & FIGHTING STRESS IN HUMANS THERAPY**

**Devansh Mehta\***

Translam Institute of Pharmaceutical Education & Research, Mawana Road, Bypass, Meerut, U.P. (India)

**Submitted on: 28.05.19; Revised on: 06.06.19; Accepted on: 09.06.19**

**ABSTRACT:**

Aromatherapy from essential oils has been in use since early history. However there exists little evidence in terms of calculated results from trials for the affirmation of the same. Recently a research has been done, in which a trial on humans (atleast 50 subjects) was conducted by a pharmaceutical researcher based in Thailand. The research impressively shows the results of Rose oil (*Rosa damscena* Mill, Rosaceae) (Essential Oils) as alternative therapy in fighting stress & depression disorders. The present mini-review has been written in affirmation to the research, in order to develop transdermal patches of rose essential oils to administer the patients of stress, Anxiety, Depression & even mood disorders.

**KEYWORDS:** Rose Oils, Aromatherapy, Transdermal patches, Stress fighter, Anti- Anxiety

**Corresponding Author: Devansh Mehta,**  
Email: [devanshm84@gmail.com](mailto:devanshm84@gmail.com)  
Mobile: +91-7351348736

**Indian Research Journal of Pharmacy and Science; 21(2019)1867-1869;**  
Journal Home Page: <https://www.irjps.in>  
DOI: 10.21276/irjps.2019.6.2.6

**INTRODUCTION:** Aromatherapy using essential oils from selected plant species has been in use since vast history of mankind. Till date as the medicine world has advanced, no specific trial based study could confirm the existence of the same. However, a research based on human trials using around 50 subjects was conducted by a pharmaceutical researcher, from Thailand.

The research conducted various studies in the trials, in while the effects over ANS (Autonomic nervous system) and Emotions were studied. As its been known that ANS system controls the heart rate, blood pressure, heart beats, & temperature of the body. The effects of essential oils when applied via transdermal route had significant effect over the ANS system & on the Emotions of the trial subjects.

Here, the author suggests development of Transdermal patches from the essential oils of Rose (*Rosa damascena* Mill, Rosaceae). This will be helpful as the results are already with us, & if this alternative therapy is marketed well, it would help lot of medical practitioners in treating their patients suffering from depression, anxiety, and mood disorders.

Anxiety and Mood Disorders, and patients suffering from them, have risen in recent decades. Reason being, changes in life cycle of the masses and the challenges of work life balance. So, in such cases, the patient can use the transdermal patches available as OTC medicines. They would in fact be able to deal with their issues, more effectively. Reason, the research has confirmed, that the trial subjects who were given rose essential oils via transdermal route,

were calmer as compared to subjects of control group.

The author here would suggest the transdermal patches of rose (*Rosa damascena* Mill, Rosaceae) essential oils as Over-the-counter therapy category, as number one, it's an alternative therapy, and number two, it would be used widely and people who are reluctant to visit psychologist and psychiatrist for social stigma issues, would use them & get relief on real time basis.

The research is a big breakthrough in the pursuit to find cure for a number of mental diseases.

Recent studies & recent attraction towards dealing with mental health issues have risen. In such case, if immediately transdermal patches of rose essential oils are brought in the market, it would be beneficial for large number of patients per se.

Mental health is highly important as is physical health. Lot of suicides lot of disabilities are happening all over the world due to mental illnesses. Mental diseases are many, not restricting to depression or anxiety. Even mood disorders, Anger, loss of control & loss of speech or words to be used via communication, are also a part of mental illnesses. To deal with all these, the author would suggest use of alternative therapy by psychologist and psychiatrists world over, and basically motivate the patients specifically here to use transdermal patches of oils which are highly beneficial for pour own health and well-being.<sup>1</sup>

The table here, would give brief results of the research published by a researcher from Thailand.

**Table 1:** Results from recent study on Essential oils of Rose (*Rosa damascena* Mill, Rosaceae) on Human subjects (40).<sup>1</sup>

S.No.	Parameter	Effect of Rose Essential Oils Applied via Transdermal Route
1.	Blood Pressure	Low
2.	Heart Beat	Lower
3.	Skin Temperature	Higher (More blood flow high skin temperature = More Relaxed)
4.	Calmness	Higher
5.	Anxiety	Lesser

#### CONCLUSION:

As impressed from the research, the author, is in affirmation of development and marketing of Transdermal patches of essential oils from Rose (*Rosa damascena* Mill, Rosaceae), as effective alternative therapy to deal with Psychological issues and problems.

#### REFERENCES:

1. Hongratanaworakit Tapanee. Relaxing Effect of Rose oil on Humans, Natural Product Communications; 2009, 4 (2): 291-296.

CONFLICT OF INTEREST REPORTED: NIL ;

SOURCE OF FUNDING: NONE REPORTED