ESSENTIAL OIL AROMA THERAPY USE AS A COMPLEMENTARY THERAPY IN COVID-19 PATIENTS

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ABSTRACT

Background: COVID-19 has become a pandemic in all countries, including Indonesia. Some of the symptoms it causes include coughing, fatigue, fever, diarrhea, anosmia, and parosmia. The use of non-medical medications in the form of complementary aromatherapy therapy, which is classified as non-invasive therapy, is an addition to natural therapy and has been used in various countries to find a balance of body and mind. This study aimed to identify potential complementary therapies in COVID-19 patients through the use of aromas (jasmine, lavender, lemongrass, rose, and lemon).

Subjects and Method: A systematic review was conducted by searching published articles from 2010 to 2021, in several databases including Google Scholar, Science Direct, Wiley, EBSCO, and PubMed. The articles were collected by PEOS (Population, Exposure, Objective, and Study Design). The keyword for this review was "Complementary Therapy" AND "Essential Oil" AND "COVID-19". The inclusion criteria were peer-review articles from 2010-2021. Initially 321 articles were obtained by searching an online database. The Critical Appraisal Joanna Briggs Institute was used to assess the quality of studies.

Results: 30 articles were included in this systematic review. 10 articles stated that essential oil aromatherapy was used in complementary therapy, autism therapy, and progressive muscle therapy. 12 articles stated that essential oil aromatherapy was used in deep breathing therapy, audiovisual therapy, and meditation therapy. 8 articles stated that essential oil aromatherapy in hydrotherapy, gasoline therapy, warm & cold compress therapy affect health conditions, especially the patient's psychological and psychological state.

Conclusion: Essential oil aromatherapy combined with complementary therapy is potential for healing in COVID-19 patients with symptoms such as anosmia, parosmia, and relaxation.

Keywords: Complementary therapy, essential Oil, COVID-19

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