

# **A case study on Chicken pox using Ayurveda Aromatherapy oils**

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Kerrie Hunter attended my Ayurveda Aromatherapy weekend seminar at Port Macquarie in September 2001. Kerrie is a student of Aromatherapy in Brisbane and studies at The Australian College of Natural Medicine with Therese Wilson.

A week after Kerrie did our course I got a phone call from her regarding this client who had chicken pox. I guided her as to what she needed to do with the Ayurveda oils over the phone as I was away at Forster then. She took it on herself to follow it up in full faith and trust and has done a fantastic job thereby achieving profound and positive results. I asked her to record it all as she herself contracted the chicken pox soon after and she benefited greatly from the remedies.

I would like to commend her on a job well done and am forwarding this as an article to share the benefits with all.

## **Case Study 1**

By

Kerrie Hunter

The following is a case study using Aromatherapy and Ayurveda Aromatherapy essential oils on a 23- year-old male who contracted Chicken Pox.

### **Client History**

My client was severely depressed, lethargic, very frustrated and stressed out, with a temperature of 39c His appetite had gone. Itchy, inflamed sores covered his back, neck, stomach, chest, face, forehead, scalp, behind and in his ears, down his throat, in his mouth, all around the gums of his teeth, in and around his eyes, on his elbows, arms, inner thighs, genital area, plus his legs and feet.

### **Aims**

- To reduce the inflammation and itching
- Prevent scarring of the skin
- Reduce his temperature
- Overcome depression, frustration, and fatigue
- Relieve any stress and anxiety
- Improve his appetite and help him swallow

### Treatment One- Day One

The following essential oils were chosen and blended together for a bath solution, body lotion, Eye solution, and a remedy for the mouth, gums and throat.

#### For the Bath

2 drops Coriander Seed (for its cooling effect, to reduce the burning, itching sensation and its calming properties). 2 drops of German Chamomile (boosts the anti-inflammatory effect, it's soothing and has antiseptic healing properties).

1 drop of Lavender (cleans and disinfects sores, it's an antiseptic, and has calming and soothing properties).

These were blended together and placed in a full bath. The client was advised to sit in the bath for approx. 15 minutes 3 times per day which he did.

#### Body Lotion

10ml of Brahmi (an anti-depressant, cooling and moisturizing) 3 drops of Gul Heena (Very cooling nurturing and great for skin sores and itch) and 1ml Neem (for fever-blood purifier, and its calming and grounding properties).

Blended together and massaged gently over the entire body, (including inside the ears and the scalp) 3 times per day after his bath.

#### Eye Pads

2 drops Rose (ideal for all skin disorders). 2 drops Gul Heena (for inflammation and tissue repair). 2 drops Coriander Seed (to relieve the burning sensation, and cool the eyes down). 100ml filtered water.

Blending oils with water, soaking two cotton eye-pads in the solution and placing over both eyes 3-4 times per day.

#### Mouth & Throat Drink

2 drops of Turmeric (fights bacteria, antiseptic, anti-inflammatory and reduces itching) in 250ml full cream milk to ingest three to four times a day.

All the above was carried out by my client that evening. Chicken pox is serious in adults especially males.

- The disease can cause brain swelling, pneumonia, skin infections and sometimes impotency. I stressed the importance of keeping warm, and to drink plenty of water.

### Treatment Two -Day Two

My client returned the following afternoon and was ecstatic at the improvements. His temperature had returned to normal. The eye area had improved dramatically. His mouth and gums had completely cleared up, enabling him to clean his teeth properly and swallow quite comfortably. His appetite had improved and he felt much better in himself.

However, best of all...his spots were no longer itchy and inflamed. Instead they were

turning black. ..with some actually falling off, leaving no scars.

Because the results were quite significant, I recommended he continued using the same treatments 3 times per day. Advice was given in regards to his diet, to stay away from fast foods, eat plenty of fresh fruit and vegetables, and to drink plenty of water, up to 2 litres per day.

### **Treatment Three -Day Five**

By the fifth day, his mood had returned to normal, he was sleeping soundly, eating well, and drinking plenty of water. His temperature, mouth, throat, and eyes had all returned to normal, and his spots had completely -vanished. His skin was almost perfect No inflammation could be seen. No scaring, and no sign what so —ever that ever had Chicken Pox. His energy level had improved dramatically, he felt calm, relaxed and revitalized.

### **Conclusion**

No further treatment was required for my client as he had completely recovered and healed and is OK to thisdays.

Havingtreated my client for Chicken Pox, and assuming I had already had them when I was a child,I was suddenlyconfronted confronted with similarsymptoms. with similar symptoms. I had Chicken Pox. .but thankfully not as severe as my clientdid I treated myself with the same blends as I did for my client, with great success. The only thing I changed was the face. After two days of rubbing the body lotion onto my face, I found that the oil was a the face on my skin. I proceeded to make a mask and a moisturizer that would be more suitable for my skin type, (mature).

### **Face Mask**

I blended the following ingredients for my face and applied it every night for a period of five days. 1 1/2 Tsp. White Clay (ideal for sensitive and mature skin). 1 drop Wild Turmeric (moisturizing, antiseptic and grounding). 1 drop Gul Heena (for inflammation and tissue repair). 1 drop Sandalwood (for its cooling, calming and grounding properties, as well as being an antiseptic and bactericidal), and 1 ml Neem (a blood purifier, plus its calming and grounding). Blending all these ingredients together with Sandalwood Water to make a paste mask for my face.

### **Face Moisturizer**

The following were blended as a moisturizer and I applied it to my face every morning and night for a period of five days. (Applied after my mask in the evenings)

1 Tsp. Base Cream. 1 drop Gul Heena. 1 drop Rhu Kus (anti-inflammatory, excellent regenerator for premature skin and dehydration), and 1 drop of Saffron (to balance and to assist any itching).

After 48 hours the results were amazing, my skin looked and felt great, even sunspots that had previously been removed, and had returned, were disappearing.

As with my client by the fifth day I felt great, my skin looked better than ever. Plus, an added bonus, during the previous weeks I had not been sleeping well, but, from the very first night of using my face cream I have been sleeping like a baby.

All traces of Chicken Pox had vanished by the fifth day. I have ceased treatment on myself, with the exception of the mask and moisturizer, and still my skin looks and feels great.

Kerry added white clay and the sandalwood water on her own and also the saffron and

rhu khus. , This goes to show that as therapists and practitioners we are always learning and the best way to learn is to use these oils on ourselves and keep practicing and experimenting with what you learn at your colleges to see the results yourself

If anyone is interested in knowing further about these oils they can refer to the book "The Magic of Ayurveda Aromatherapy" by Farida Irani.

Botanical names are as follows:

Brahmi - Bacopa Moniera

Sesame - Sesamum Indicum

Neem - Azadarichta Indica

Gul Heena (infused in sandalwood) - Lawsonia Alba

Turmeric - Curcuma Longa

Wild Turmeric - Curcuma Aromatica

Sandalwood - Santalurn Album

Lavender - Lavendula Augustifolia

Coriander Seed - Coriandrum Sativum

German Chamomile - Matricaria Chammomila

Saffron (infused in sandalwood) - Crocus Sativus

Rhu Khus (soul of Vetiver) Vetiveria Zizanoides

Rose - Rosa Damascena

## References

References on the properties of the plant extracts were from The Magic of Ayurveda Aromatherapy by Farida Irani(2000) Subtle Energies and the notes supplied for the weekend course.

Main references from the two pages of Bibliography in the Magic of Ayurveda aromatherapy would be:

Nadkarni Dr A K (1976) DR K M Nadkarni's Materia Medica Vol1&2 Mumbai.Popular prakarshan. and Prof Dr P H kulkarni's book on Ayurveda Herbs(1998)

Dr P Paranipe(2000) Ayurveda Home remedies Delhi Chaukhamba Pratishtan. My personal research, experiences and feedbacks from the use of the oils and memories from my childhood.

These were given to her as I have mentioned in the article by myself over the phone as she had just done the course a week before and was very new to the subject.

**International NIMACON 2004**, a conference of  
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