



ФАРМАЦЕВТИЧЕН ФАКУЛТЕТ

Медицински Университет – София.

ул. Дунав № 2, София 1000, Тел./Факс: 029879 874; e-mail: dean@pharmfac.mu-sofia.bg

Dean

(Prof. Al. Zlatkov Ph.D.)

DEPARTMENT OF PHARMACOGNOSY

SYLLABUS

of

Essential oils and aromatherapy

ELECTIVE COURSE

INCLUDED IN **PHARMACY EDUCATION CURRICULUM**

DEGREE OF EDUCATION: "**MASTER**"

CREDITS (ECTS): 4

ANNOTATION:

The aromatherapy is an ancient therapy. It is in a process of revival and fundamental, and practical enrichment. It is a treatment with essential oils (natural aromas through inhalation, massage, water treatments etc.). Aromatherapy is a holistic approach and a branch of phytotherapy. It is one of the most powerful and pleasant ways of balancing, bringing the into harmony and gently influencing the imbalanced human organism. Aromatherapy has a multidirectional effect - the therapeutic effect is based directly on the antibacterial and antifungal activity which most of the essential oils possess. The therapeutic effect of some essential oils in cases of anxiety and chronic stress, become more and more important in today's high-tech civilization. The popularity of aromatherapy among the population determines the need of highly qualified master pharmacists.

The aim of this interdisciplinary elective course is to upgrade the knowledge obtained in the Pharmaceutical Botany and Pharmacognosy courses on: 1) essential oils and aromatic plants, 2) on the extraction methods of essential oils, storage, control methods and shelf life, 3) on the methods of application of essential oils, 4) on possible side effects and basic safety rules when working with essential oils - which are the toxic and dangerous essential oils that are not recommended in aromatherapy, 5) which are the most commonly used essential oils, 6) what are

the main base oils and which of them are used most often, 7) how to make therapeutic compositions, etc.

At the end of the course, pharmacy students will be able to independently evaluate, use, recommend and supervise the application of aromatherapy approaches and methods.

Student control and evaluation system: current control - colloquium, individual course assignment and semester exam - written and oral

English language training

SYLLABUS

1. Aromatherapy – definition. History of Aromatherapy. Ways of essential oils' application. Diffusion and skin application techniques.
2. Essential oils - summary of acquired knowledge and upgrade with additional information.
3. Essential oils. Production. Extraction, standardization, storage, shelf life. Base oils. Production. Extraction, standardization, storage, shelf life.
4. Essential oils - summary of acquired knowledge and upgrade with additional information.
5. Essential oils. Production. Extraction, standardization, storage, shelf life. Base oils. Production. Extraction, standardization, storage, shelf life.
6. Methods for studying the composition of essential oils.
7. Pharmacological effects of essential oils.
8. Aromatherapy – application of essential oils as anti-inflammatory and analgesic agents. Anti-stress effects.
9. Safety rules for the use of essential oils.
10. Most commonly used essential oils. Essential oils used in inflammatory processes.
11. Most commonly used essential oils (continued). Essential oils used for stress and depressive conditions.
12. Most commonly used essential oils (continued). Essential oils used in cosmetics.
13. Most commonly used essential oils (continued). Toxic and dangerous essential oils not recommended in aromatherapy.
14. Essential oil plants from the Bulgarian flora.
15. Exotic essential oil plants.
16. Natural resources of aromatic plants, sustainable use, conservation and cultivation.
17. Essential oil and perfume industry - structure, features and directions for development.

Date.....

Program author

(prof. E. Kozuharova DSc)

Head of the Department of Pharmacognosy

(prof. I. Krasteva, DSc)