Hülya Kayhan

HOŞGELDİNİZ

AROMATERAPİ

Art de Huile
by Hülya Kayhan

Art de Huile

by Hülya Kayhan

Doğanın Bilgeliği burada!

Art De Hüle Aromatherapy yağları, seçkin eczanelerde sizleri bekliyor.

Hülya Kayhan

Art de Huile

by Hülya Kayhan

Hülya Kayhan

TIBBİ AROMATERAPİ

- 5000 YILDIR KULLANILIYOR
- MISIRLILAR
- KUTSAL KİTAPLARDA İNCİL DE 200 REFERANS VAR
- KURAN?*
- IBNİ SİNA??????
- MODERN AROMATERAPİ 16. YÜZYIL DA ALMANYADA
- GATTEFOSSE ve VALNET
- 1. ve 2. DÜNYA SAVAŞINDA
- KULLANDILAR

- The aromatic oils have been used for over 5000 years; ancient Egyptians used them as perfumes,[3] and there are nearly 200 references in the Bible to their use for mental, spiritual and physical healing.

[7] Modern aromatherapy originated in Germany in the 16th century.

8] Gattefosse, a French chemist, investigated the antibacterial and healing properties of essential oils during World War I to treat wounded soldiers

[9] and Valnet, a French army surgeon, further revived the application of aromatherapy during World War II.

SAĞLIKTA KORUYUCU ve DESTEK OLARAK AROMATERAPİ

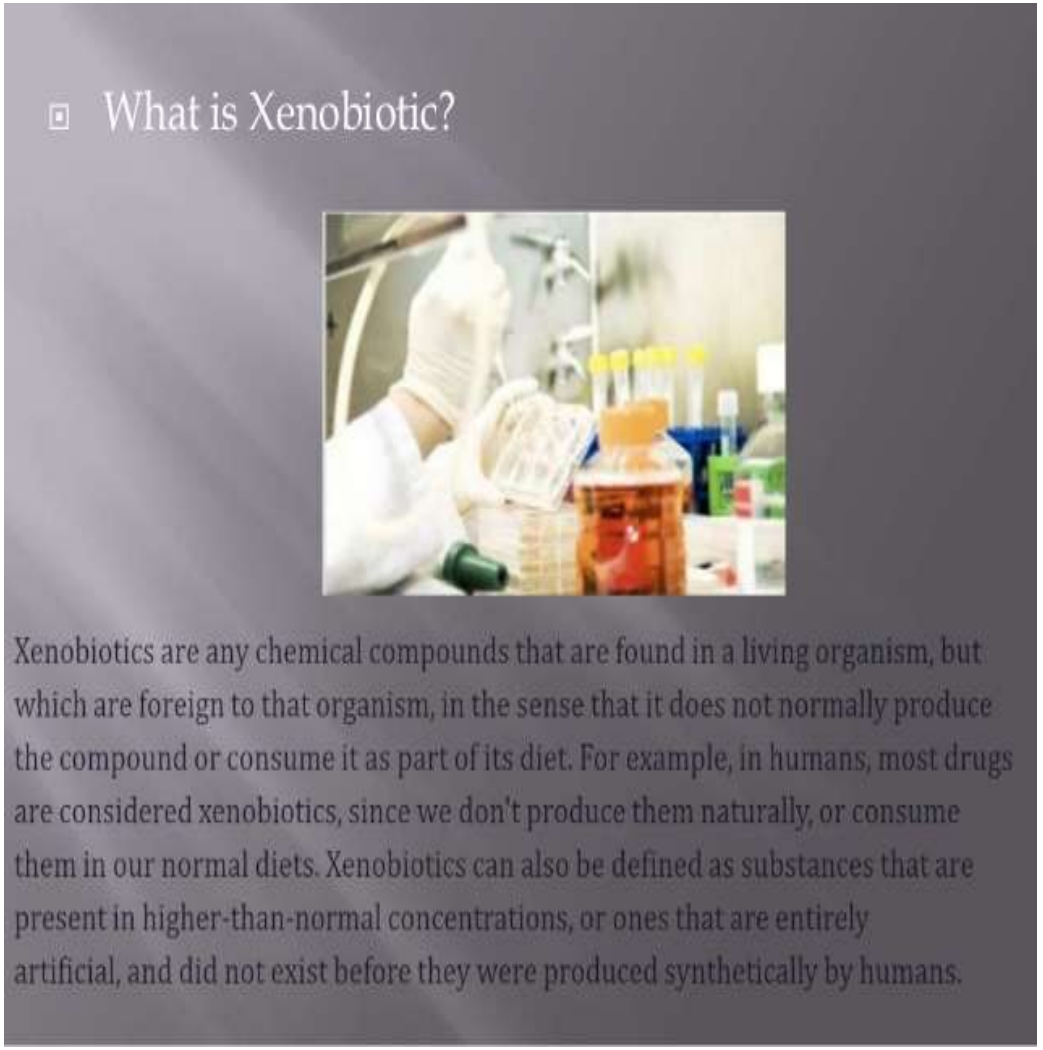
- Soğuk algınlığı
- Solunum yolları
- Cilt (egzema, sedef vs…)
- Ağrı, enflamasyon
- Varis
- Hemeroid
- Ameliyat izi
- Yatak yaraları
- Pişik
- Mantar (ayak, vajinal vs…)
- Stres
- Uyku bozuklukları
- Ruhsal dinginlik

TOKSİK KİMYASALLAR kullanmak zorundamıyız?

- XENOBİYOTİK ETKİ;

Canlı organizmaya yabancı yani organizma tarafından üretilmeyen veya organizmanın normal diyeti ile almadığı kimyasal bileşenlerdir.

- Organizmanın normal diyetinin bir parçası olmadığı için dışardan verildiğinde organizmanın ihtiyacından çok fazla konsantrasyonda olup zarar verirler



KOZMETİKLERDE BULUNAN TOKSİK KİMYASALLAR

- BHA
- karaciğere toksik
- BHT
- beyne, sinirlere,solunum sistemine. Endokrin bezine toksik
- PARABEN
- Nörotoksik, karsinojenik. Endokrin beze
- FTALATLAR
- Immun sisteme toksik solunum sistemine toksik

YAN ETKİ ETKİ

- Cildimiz vücudumuzun sahip olduğu en büyük organ. Bu devasa organın diğer organlardan en temel farkı ; zararlı ve toksik olan her tür dış etkenle direk karşılaşıyor.

!!!!! KİMYASALLARIN ALTERNATİFLERİ DOĞADA MEVCUT

Affects :

- Infertility
- Endometriosis
- Dysmenorrhoea
- Dysfunctional uterine bleeding
- Adenomyosis

Effects:

Phytoestrogens/ dietary estrogen are occcasionaly used as natural HRT (hormone replacement therapy) during postmenopausal period.

AROMATERAPİ İLE NASIL FAYDA SAĞLAYABİLİRİZ

Essential Oil Antioxidant Capacity	
Clove	1,078,700
Myrrh	379,800
Coriander	298,300
Fennel	238,400
Clary sage	221,000
Marjoram	130,900
Melissa	134,300
Ylang ylang	130,000
Wintergreen	101,800
Geranium	101,000
Ginger	99,300
Black Pepper	79,700
Vetiver	74,300
Basil	54,000
Patchouli	49,400
White fir	47,900
Peppermint	37,300
Dill	35,600
Lime	26,200
Cypress	24,300
Grapefruit	22,600
Thyme	15,960
Oregano	15,300
Cassia	14,800
Cinnamon bark	7,100
Wild Orange	1,890
Lemongrass	1,780
Helichrysum	1,740
Lemon	660

Foods Antioxidant Capacity	
Vitamin E oil	3,309
Pomegranates	3,037
Blueberries	2,400
Kale	1,770
XanGo juice	1,644
Tahitian Noni	1,506
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussels sprouts	980
Plums	949
Broccoli florets	890
Beets	840
Oranges	750
Red grapes	739
Red bell peppers	710
Cherries	670
Yellow corn	400
Eggplant	390
Limu juice	305
Carrots	210

Essential Oils Antioxidant Capacity	
Frankincense	630
Spearmint	540
Lavender	360
Rosemary	330
Roman chamomile	240
Sandalwood	160

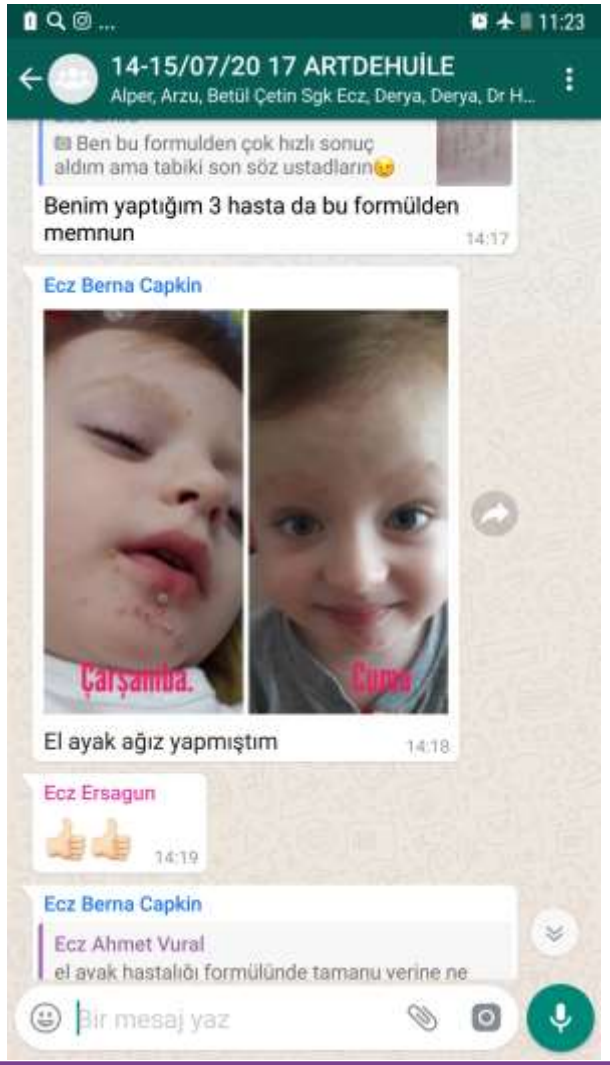
EL – AĞIZ-AYAK

SPREY ; 2 DAMLA ADH-MYRHH
2 DAMLA ADH-NİAOULİ

ADH-TAMANU 15ML
ADH-NIAOULİ 3DML
ADH- FRANKINCENCE 3 DML


Çarşamba
Çarşamba
Cumartesi
Cumartesi


18:48
Tıbbi Aromaterapi
Adnan Bey, Arzu, Aylin, Aysegül, AysunKaradeniz, A...
18:41
Ecz Sukran Atalay Bayirli
Perşembe
Cumartesi
18:45
El ayak formülü yaptığım hasta 18:45
Ağız içi iki günde tamamen geçmiş 18:45
Yaralarda baya rahatlamış 18:45
Sadece bazı yerlerde kırmızı iz var 18:45
Onlar için devamında ne önerirsiniz 18:45
Emine Demir Ecz
Ayy harika çok hızlı 18:46
Bir mesaj yaz


11:23
14-15/07/20 17 ARTDEHUİLE
Alper, Arzu, Betül Çetin Sgk Ecz, Derya, Derya, Dr H...
Ben bu formulden çok hızlı sonuç aldım ama tabiki son söz ustadların
Benim yaptığım 3 hasta da bu formülden memnun
14:17
Ecz Berna Capkin
Çarşamba.
Cuma
El ayak ağız yapmıştım
14:18
Ecz Ersagun
14:19
Ecz Berna Capkin
Ecz Ahmet Vural
el avak hastaliği formülünde tamanu verine ne
Bir mesaj yaz

TIBBİ AROMATERAPİ???? DOĞAL ALTERNATİF OLABİLMESİ İÇİN

- UÇUCU YAĞLARIN DOĞRU KEMOTİP OLMALI

- TEDAVİDE İSTENEN KOMPOZİSYONDA AKTİF BİLEŞEN İÇERMELİ
- ZARARLI BİLEŞENLER İÇERMEMELİ
- ALLERJANLAR, KETONLAR-(KAFUR-THUJON), BERGAPTEN GİBİ FOTOTOKSİK AJANLAR İÇERMEMELİ
- ORGANİK ÜRETİLMELİ
- DOĞRU İŞLENMELİ

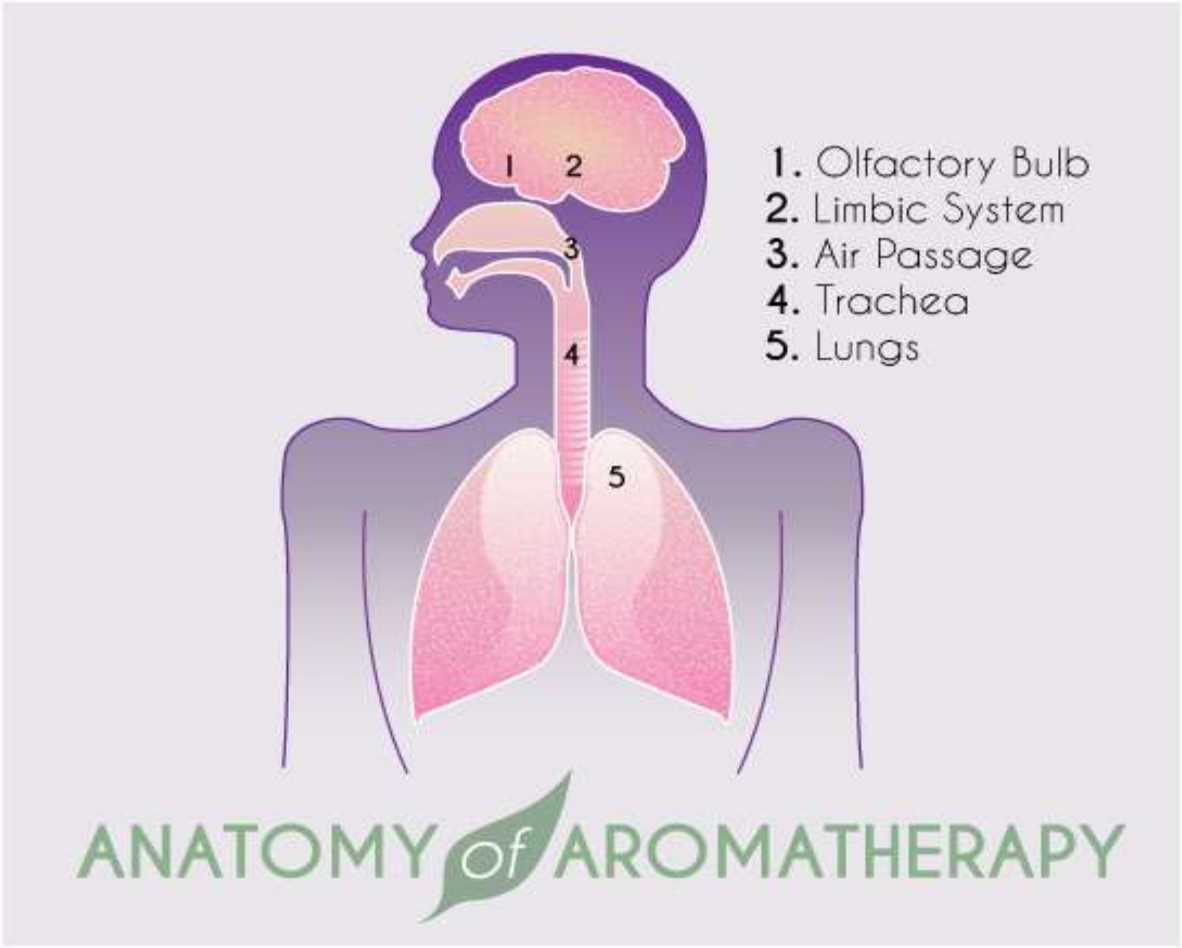
NASIL UYGULANIYOR??

- İNHALASYON
- DİFÜSÖR
- Haznesindeki suya eklenen uçucu yağları soğuk difüzyon etkisi ile ortama yaymak üzere kullanılmaktadır.
- BURUN KENARINA
- YASTIK, YAKA
- SPREY ŞEKLİNDE

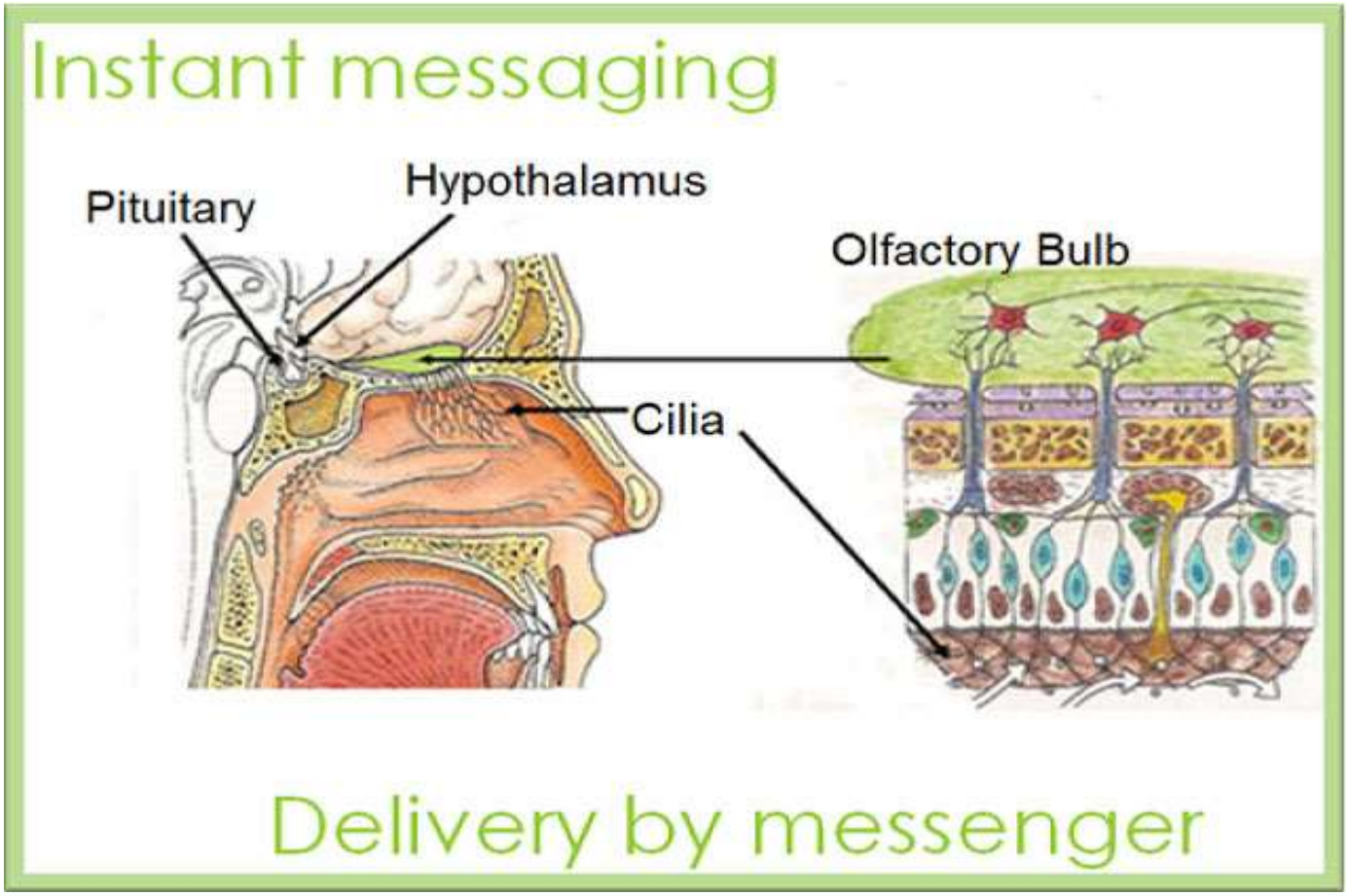
AHŞAP DESENLİ 600cc

AHŞAP DESENLİ 300cc

İNHALASYON (AKCİĞERLERE VE BEYNE HIZLI GEÇİŞ)



BEYİNE ANINDA İLETİ



Beyine Anında İleti

Olfactory nerve signaling	OLFAKTÖR SİNİRE SİNYAL
Emotional response	DUYGUSAL TEPKİ
Absorption into the brain	BEYİNDE EMİLİM

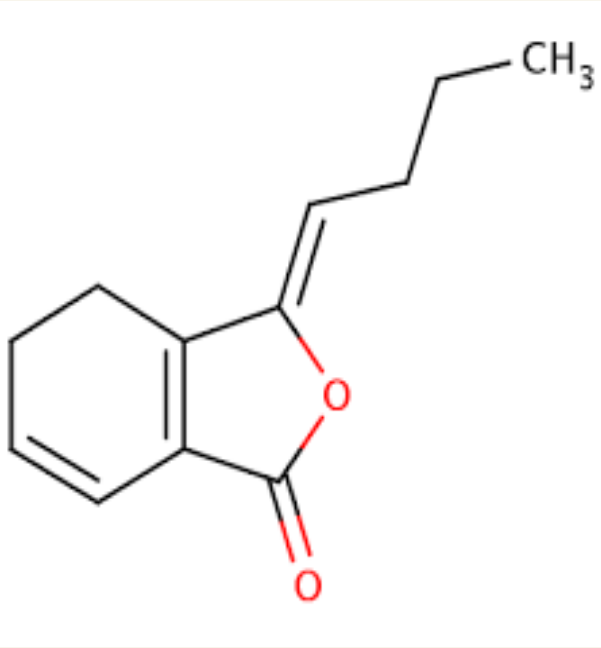
Selam otu koklandığında oral kullanımdan çok daha hızlı ve yüksek konsantrasyonda beyin hücrelerine geçer.

Ligusticum sinense

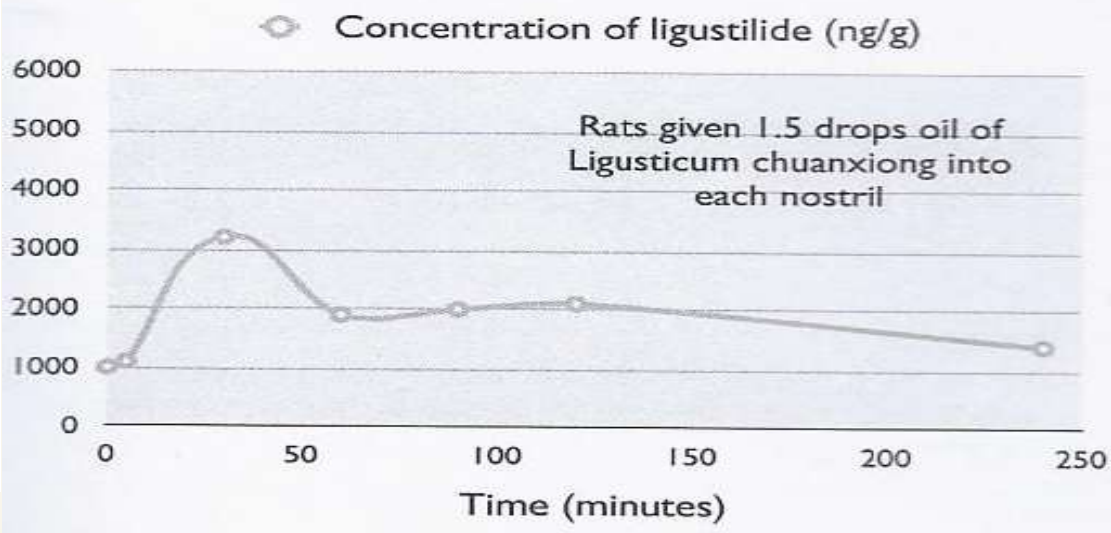
Analgesic and sedative

Intranasal administration
Faster onset of action
Stonger effect

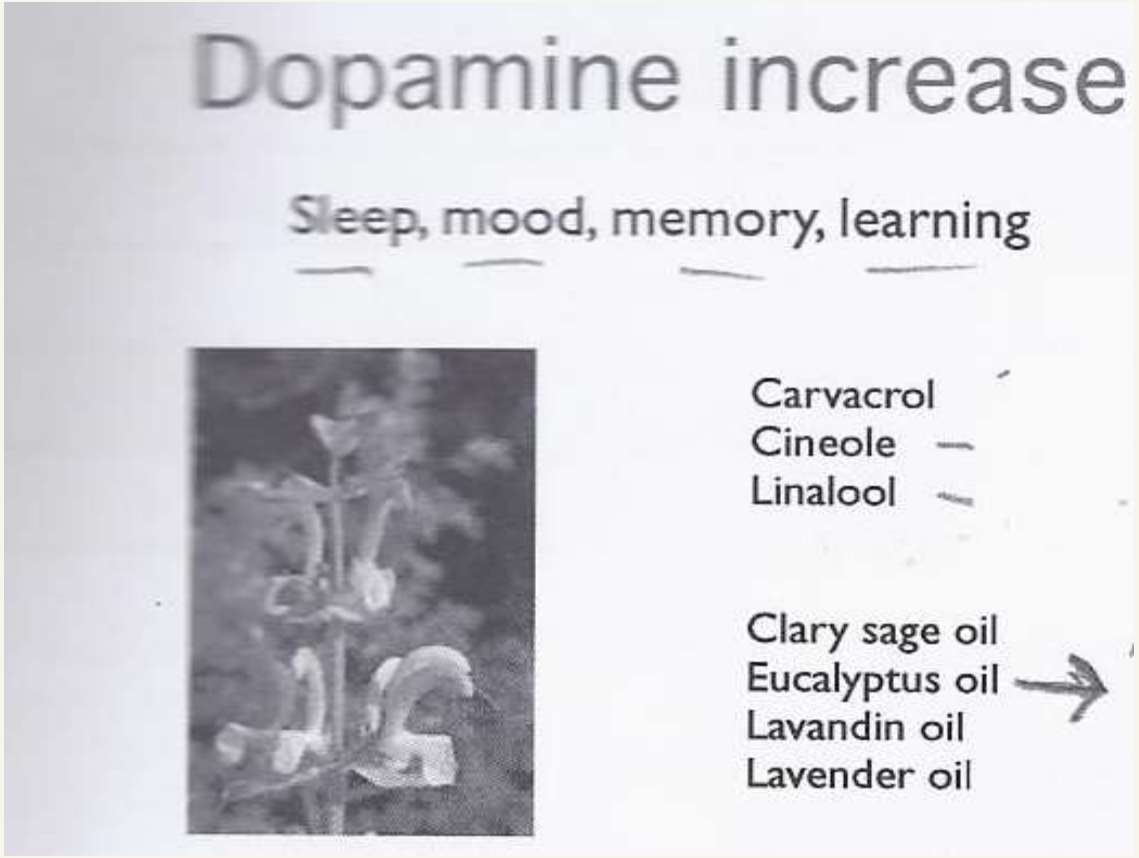
Oral administration
Slower onset of action
Weaker effect



Ligustilide in brain after nasal delivery



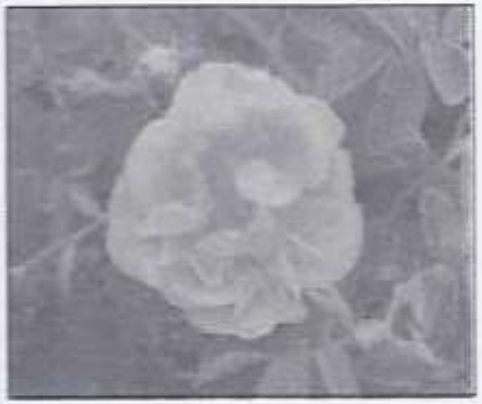
SAKİNLEŞTİRİCİ ETKİ



Neurotransmitters

Neurotransmitter	↑	Example
Acetylcholine	Improves cognitive function	Dill weed oil
Dopamine	Improves sleep quality & mood	Clary sage oil
Serotonin	Calming, improves mood	Lemon oil
$GABA_A$	Calming	Lavender oil

$GABA_A$ agonist constituents



Citronellol (rose oil)

beta-Thujaplicin (hibawood oil)

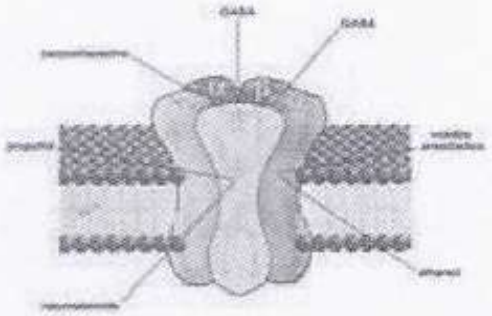
Citronellal (melissa oil)

(3Z)-Hexen-1-ol (violet leaf absolute)

Valerenic acid (valerian oil)

GABAA agonist essential oils

Anise
Bergamot
Lavandin
Lavender
Melissa



Anxiolytic - Calming - Sedative

- İNHALASYON ve TOPİKAL UYGULAMALAR ile
- Farmakolojik etkiler gösterirler
- KRONİK AĞRI
- DEPRESYON
- ANKSİYETE
- UYKU BOZUKLUKLAR
- KOGNİTİF BOZUKLUK(bilişsel bzoukluk)
- STRESE BAĞLI BOZUKLUKLAR

- However, accumulating evidence that inhaled or dermally applied essential oils enter the blood stream and,
- in relevant molecular, cellular or animal models, exert measurable psychological effects, indicates that the effects are primarily pharmacological.
- aromatherapy using specific essential oils in the management of
- chronic pain,
- depression,
- anxiety
- cognitive disorders,
- insomnia
- stress-related disorders.

- SANTRAL SİNİR SİSTEMİNDE ETKİLİ OLAN BİLEŞENLER

- 1,8 SİNEOL
- ALFA_PİNEN
- LİNALOL
- LİNALİL ASETAT
- KAFUR
- GERANİAL
- KARYOFİLLEN OKSİT

- The subjective effects of aromatic plant oils relevant to CNS/cerebral

1,8-Cineole (monoterpene oxide

Alpha-pinene (monoterpene hydrocarbon

Linalool (monoterpene alcohol)

Linalyl acetate (acetate of linalool)

Camphor (monoterpene ketone) Salvia officinalis (12%) O

Geranial (monoterpene aldehyde)

Caryophyllene oxide

(sesquiterpenoid)

- SANTRAL SİNİR SİSTEMİNDE ETKİLİ OLAN BİLEŞENLER

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1,8-Cineole (monoterpene oxide

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Camphor (monoterpene ketone) Salvia officinalis (12%) O

Geranial (monoterpene aldehyde)

Caryophyllene oxide

(sesquiterpenoid)

. Subjective effects and chemical constituents of aromatic essential oils relevant to cerebral functiona

Essential oil Latin name Reported subjective effects Main chemical constituents

Bergamot Citrus bergamia Antidepressant, calming, relaxing, sedative

Limonene 38%, linalyl acetate 28%, linalool 8%, gamma-terpinene 8%, beta-pinene 7%

Chamomile-Roman Chamomelium nobilis Analgesic, hypnotic, relaxing, sedative

Isobutyl angelate 36%, 2-methylbutyl angelate 15%, methyl angelate 9% Linalyl acetate 49%, linalool 24%, germacrene D 3%, alpha-terpineol 3%, geranyl acetate 3%

Geranium Pelargonium graveolens Analgesic, antidepressant, uplifting

Citronellol 21%, geraniol 17%, linalool 13%, citronellyl formate 8%, geranyl formate 8%

Jasmine Jasminum grandiflorum Antidepressant, aphrodisiac, euphoric, relaxing,

Benzyl acetate 22%, benzyl benzoate 15%, phytyl stimulating acetate 10%, linalool 6%, methyl cis-jasmonate 3

Juniper Juniperus communis Analgesic, aphrodisiac, mentally clearing

Alpha-pinene 33%, myrcene 11%, beta-farnesene 11%, gamma-elemene 3%, beta-caryophyllene 3%

Lavender Lavandula angustifolia Analgesic, antidepressant, anticonvulsant,

Linalyl acetate 40%, linalool 32%, (Z)-beta-ocimene 7%, anxiolytic, calming, hypnotic, relaxing, sedative beta-caryophyllene 5%, lavandulyl acetate 4%

Lemon Citrus limonum Mentally stimulating, reviving

Limonene 70%, beta-pinene 11%, gamma-terpinene 8%, citral 2%, trans-alpha-bergamotene 0.4%

Mandarin Citrus deliciosa Sedative, uplifting

Limonene 71%, gamma-terpinene 19%, alpha-pinene 2%, alpha-sinensal 0.2%, octanal 0.2%

Marjoram Origanum majorana Analgesic, anxiolytic, aphrodisiac, comforting,

Terpinen-l-ol 15%, Sabinene 8%, mycene 5%, gammasedating terpine 17%, linalool 5%

Rose (Egypt) Rosa damascena Antidepressant, aphrodisiac, relaxing, sedative, 2-Phenyl ethyl alcohol 38%, geraniol 16%, citronellol soothing, uplifting 13%, farnesol 6%, nerol 4%

Rosemary Rosmarinus officinalis Analgesic, anxiolytic, mentally stimulating, 1,8-Cineole 51%, camphor 11%, alpha-pinene 10%, (Tunisia, cineole) clarifying borneol 8%, alpha-terpineol 4%

Sagec Salvia officinalis Nerve tonic

Alpha-thujone 37%, beta-thujone 14%, camphor 12%, 1,8-cineole 12%, alpha-pinene 4%

Spearmint Mentha spica Analgesic, stimulating

(–)-Carvone 43%, dihydrocarvone 16%, 1,8-cineole 6%, perillyl alcohol 5%, alpha-terpinenyl acetate 5%

Ylang-Ylang Cananga odourata Analgesic, aphrodisiac, relaxing

Linalool 19%, beta-caryophyllene 11%, germacrene D 10%, p-cresyl methyl ether 9%, benzyl benzoate 7%

Vetiver Vetivera zizanoides Calming, nerve tonic, sedative, uplifting

Vetiverol 50%, vetivenes 20%, alpha-vetivol 10%, vetivones 10%, khusimol 1%

Melissa Melissa officinalis Anxiolytic, calming, hypnotic, sedative,

Geraniol 40%, neral 35%, 6-methyl-5-heptan-2-ol 3%, stimulating, uplifting beta-caryophyllene 2%, citronellal 2%

Neroli Neroli bigarade Sedative, uplifting

Linalool 37%, limonene 26%, beta-pinene 12%, geraniol 4%, linalyl-acetate 3%

Patchouli Pogostemon cabin Calming, sedative, uplifting

Patchouli alcohol 33%, alpha-patchoulene 22%, betacaryophyllene 20%, beta-patchoulene 13%, betaelemene 6%

a Among hundreds of essential oils used in aromatherapy, only those referred to in the present review are included in this table. For reviews on subjective effects see Price and Price,[1] Tisserand and Balacs,[2] Lawless,[3] Buckle,[4] and Thomas;[5] for chemical compositions see Bowles.[6] b The principal chemical constituents are listed in order of concentration, with the highest first (note that proportions may vary according to the source and that many oils contain hundreds of terpenoids). c

Not widely used in aromatherapy because of its high thujone content; Salvia lavandulaefolia is thujone-free.

Controlled clinical trials of aromatherapy in patients with severe dementia

Essential oil Study design Outcome Reference

Lemon balm (Melissa) and lavender Placebo controlled; six patients received treatment Treatment oils increased functional abilities and 21
aroma oils and six control oil; duration 1wk communication, and decreased difficult behaviours
(no statistical analysis)

Lavender aroma and massage Randomised, controlled; 21 patients; aromatherapy Aromatherapy with massage significantly reduced 22
and massage compared with aroma or massage frequency of excessive motor behaviour ($p = 0.05$ vs alone; duration 2wk massage alone)

Lavender aroma Placebo controlled;
15 patients;

treatment with oil Aromatherapy significantly reduced agitated behaviour 23
and placebo (water) on alternative days; duration (as assessed using the Pittsburgh Agitation Scale;
10d p = 0.016 [one tailed] vs placebo)

Melissa lotion applied to face and Randomised, controlled;

36 patients

received Aromatherapy associated with highly significant 24
arms Melissa and 36 sunflower oil; duration 4wk reductions in measures on the Cohen Mansfield
Agitation Inventory and social withdrawal, together with
an increase in constructive activities (dementia care
mapping) [p = 0.01 to p = 0.0001 vs sunflower]

Lavender, marjoram, patchouli and Placebo controlled;

36 patients;
treatment vs Aromatherapy significantly increased MMSE score 25
vetivert applied as a cream to body control cream; duration 4wk (>3 points, p = 0.015), but also increased resistance
and limbs to care (considered due to increase in alertness)

Lavender, geranium and mandarin Open label:

39 patients;

treatment over unspecified Aromatherapy increased alertness, contentment and 20
essential oils in almond oil applied to period; patient, staff and carer interviews/rating sleeping at night, and reduced levels of agitation

CNS effects of lavender species essential oil and constituents
Lavender species Main CNS effect In vitro and in vivo pharmacology References [% constituents]

Lavandula angustifolia Mill. Anticonflict Dose-dependent (400–1600 mg/kg, SC) anti-conflict effects in the Geller conflict test, 78 (syn. Lavandula officinalis), with effects similar to diazepam French lavender
Anticonvulsant Inhalation of oil blocked pentetrazol-, nicotine- and electroshock- but not strychnine-

72,79 [linalyl acetate 45%, (R)-(–)-linalool induced convulsions in mice. A dose of 33mg decreased motility of normal mice and 38%, (Z)-β-cis-ocimene 10%] reversed caffeine-induced over-agitation in mice; serum concentration of linalool correlated with effects on motility Sedative/anticonvulsant Increased pentobarbital-induced sleeping time.
Sedative effects in certain tests in 80 mice. Suppressed the population spike amplitude in the CA1 region of rat hippocampal slice preparation following application of essential oil (IC50 65 µg/mL); effects comparable to the GABAA agonist muscimol (Perry N et al., unpublished data)
Neuroprotective Extract of flowers protected against glutamate-induced neurotoxicity in rats (100 mg/L)

81 Spasmolytic Spasmolytic action on guinea-pig ileum smooth muscle (postsynaptic, not atropine

Linalool [30–40%] Anticonvulsant Competitive antagonism of [3H]-glutamate and non-competitive antagonism of [3H]- 86-90 dizocilpine (NMDA receptor antagonist) binding in rat cortical membranes. Evidence that optically active linalools may have different CNS effects. Delayed NMDA-induced convulsions and blocked QUIN-induced convulsions; partial inhibition and significant delay of behavioural expression of pentylenetetrazole-induced kindling in mice. Protection against

82 like) Anaesthetic Concentrations of 0.01–10 µg/mL produced dose-dependent local anaesthetic activity

83,84 in the rabbit conjunctival reflex test. Restorative effects on stress-induced immunosuppression Lavandula Anticonvulsant/sedative 600 mg/kg (aqueous-methanolic) extract of flowers reduced severity and increased

85 stoechas L. latency of pentylenetetrazole-induced convulsions; prolonged pentobarbital-induced sleeping time in mice, with effects similar to diazepam

Lavandula vera D.C. Anticonvulsant Prevented metrazol-induced convulsions (200–300 mg/kg, IP) in 60–70% of mice and 44 rats. 108–164 mg/kg (IP) inhibited electroshock-induced convulsions in rats Sedative 10–300 mg/kg potentiated narcotic effects of hexobatbital sodium, alcohol and chloral hydrate, and inhibited spontaneous motor activity in mice

ANALJEZİK VE ANTİENFLAMATUAR ETKİNLİK

ROMATOİD ARTRİT

MİYALJİ -MİYOPATİ

NÖROPATİK AĞRI

NOSİSEPTİK AĞRI

POST KEMOTERAPİK AĞRI

MİGREN

FİBROMİYALJİ

STRESE BAĞLI AĞRI

BURSİT

TENDİNİT

EPİKONDİLİT

Stress Yönetimine Destek ve Rahatlatıcı Aromaterapi

- 1Analjezik uçucu yağlar, (*tıbbi nane, karanfil,lavanta*)
- Antienflamatuar uçucu yağlar, (*nioli,frankincence,mür,karanfil, tarçın,palmarosa*)
- Ferahlık veren, rahatlatan, sakinleştiren uçucu yağlar
- (*limon, petitgrain, selvi,paçuli,lavanta,sedir,adaçayı*)
- Anksiyolitik uçucu yağlar (*ylang ylang, frankicence, ardıç,elemi*)
- Canlandırıcı , (*bergamot. Palmarosa,limon*)
- Konsantrasyon sağlayıcı (*nioli, ökaliptus,vetivert*)
- Uyku bozukluklarında *(lavanta, vetivert*)

- **Analgesic Potential of Essential Oils**
- José Ferreira Sarmento-Neto [1], Lázaro Gomes do Nascimento [1]
- , Cícero Francisco Bezerra Felipe [2] and Damião Pergentino de Sousa [1,*]
- [1] Departamento de Ciências Farmacêuticas, Universidade Federal da Paraíba, CEP 58.051-900 João Pessoa-PB, Brazil[2] Departamento de Biologia Molecular, Universidade Federal da Paraíba, CEP 58.051-900 João Pessoa-PB, Brazil
- * Author to whom correspondence should be addressed.
- Academic Editor: Maurizio Battino
- *Received: 7 November 2015 / Revised: 25 November 2015 / Accepted: 26 November 2015 / Published: 23 December 2015*
- (This article belongs to the Special Issue 20th Anniversary of Molecules—Recent Advances in Natural Products)
- View Full-Text | Download PDF **[299 KB, uploaded 23 December 2015]**
- **Abstract**
- Pain is an unpleasant sensation associated with a wide range of injuries and diseases, and affects approximately 20% of adults in the world. The discovery of new and more effective drugs that can relieve pain is an important research goal in both the pharmaceutical industry and academia. This review describes studies involving antinociceptive activity of essential oils from 31 plant species. Botanical aspects of aromatic plants, mechanisms of action in pain models and chemical composition profiles of the essential oils are discussed. The data obtained in these studies demonstrate the analgesic potential of this group of natural products for therapeutic purposes.

ENERJİ DÜŞÜKLÜĞÜ, HALSİZLİK, UYKUSUZLUK

- Elde olan bütün yağlar bu konuda faydalı olabilir ve kullanılabilir.
- BERGAMOT
- PALMAROSA
- Sabahları bu 2 uçu yağdan biriyle hazırlanmış su ile yüz yıkamak,

ENERJİ DÜŞÜKLÜĞÜ, HALSİZLİK, UYKUSUZLUK

- akşam ise ayak banyosu veya banyoda küvette;

- LAVANTA
- BERGAMOT
- FRANKINCENCE (antienflamatuar özelliği ve ağrı kesici özelliği çok fazlaçok yürüdüysek vs.)

UYKU BOZUKLUĞU

- Vetivert
- Lavanta
- Hava yayıcıda

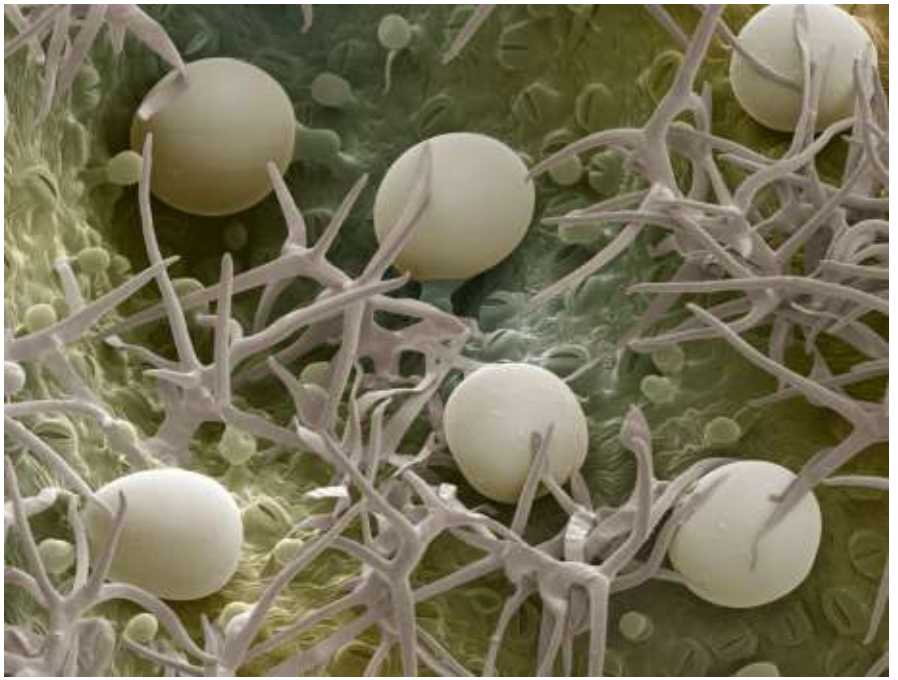
- “Oğullarımın alın ve şakaklarında lavandin kullanıyorum, rahatlıyorlar... Ergen olan için de sedir ve lavanta kullanıyorum...
- Aşk acısı çektiklerinde de SEDİR süper.. Varsa Frankincence ile karıştırıp... ☺”

Stress Yönetimine Destek ve Rahatlatıcı Aromaterapi

- ANALJEZİK UÇUCU YAĞLAR
- LAVANTA = LİNALOL
- KARANFİL = ÖJONOL
- NANE= MENTOL
- Aktif bileşenleri Üzerinden etkinlikleri

UÇUCU YAĞ ÖZLERİ

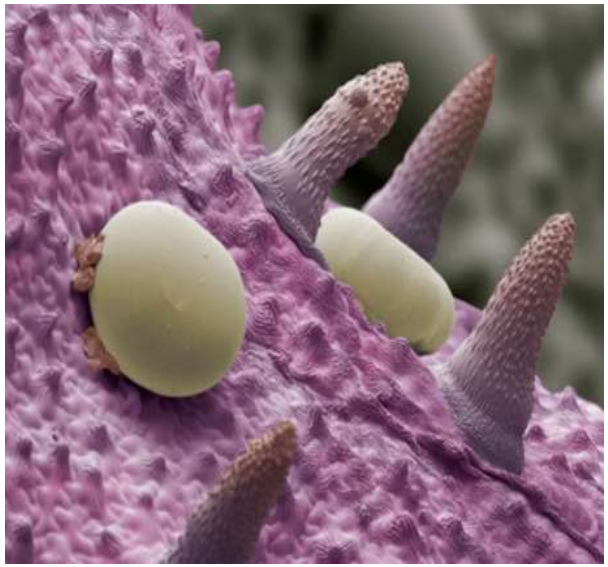
- İç salgı bezlerinden (Internal Secretory Structures) salgılanır ve burada depolanırlar.
- Bitkinin dalında, gövdesinde veya yaprağında, dokunun içindedirler.
- Bitki ezildiğinde veya kesildiğinde hissettiğimiz aroma, iç salgı bezinde depolanırlar.

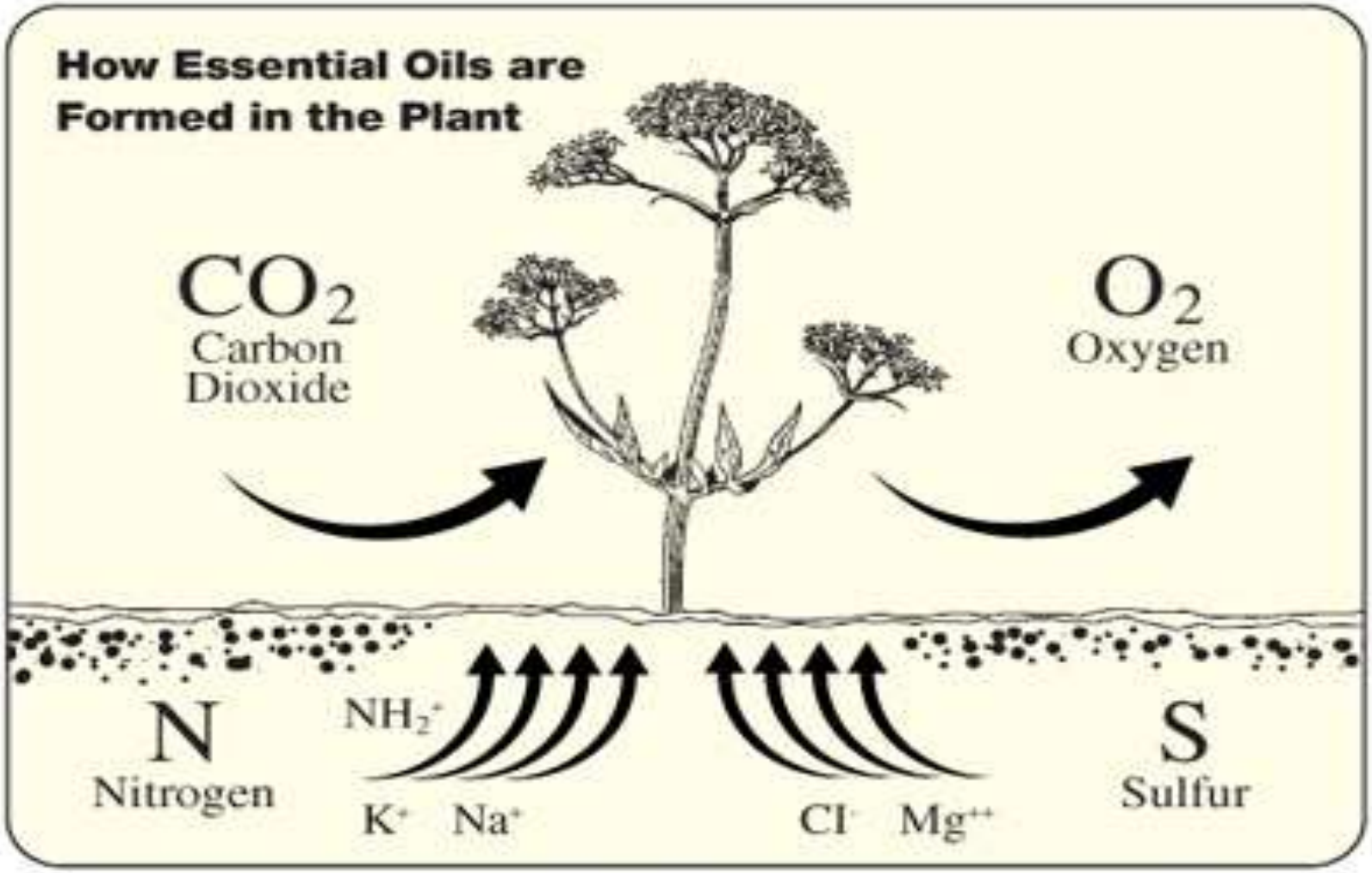


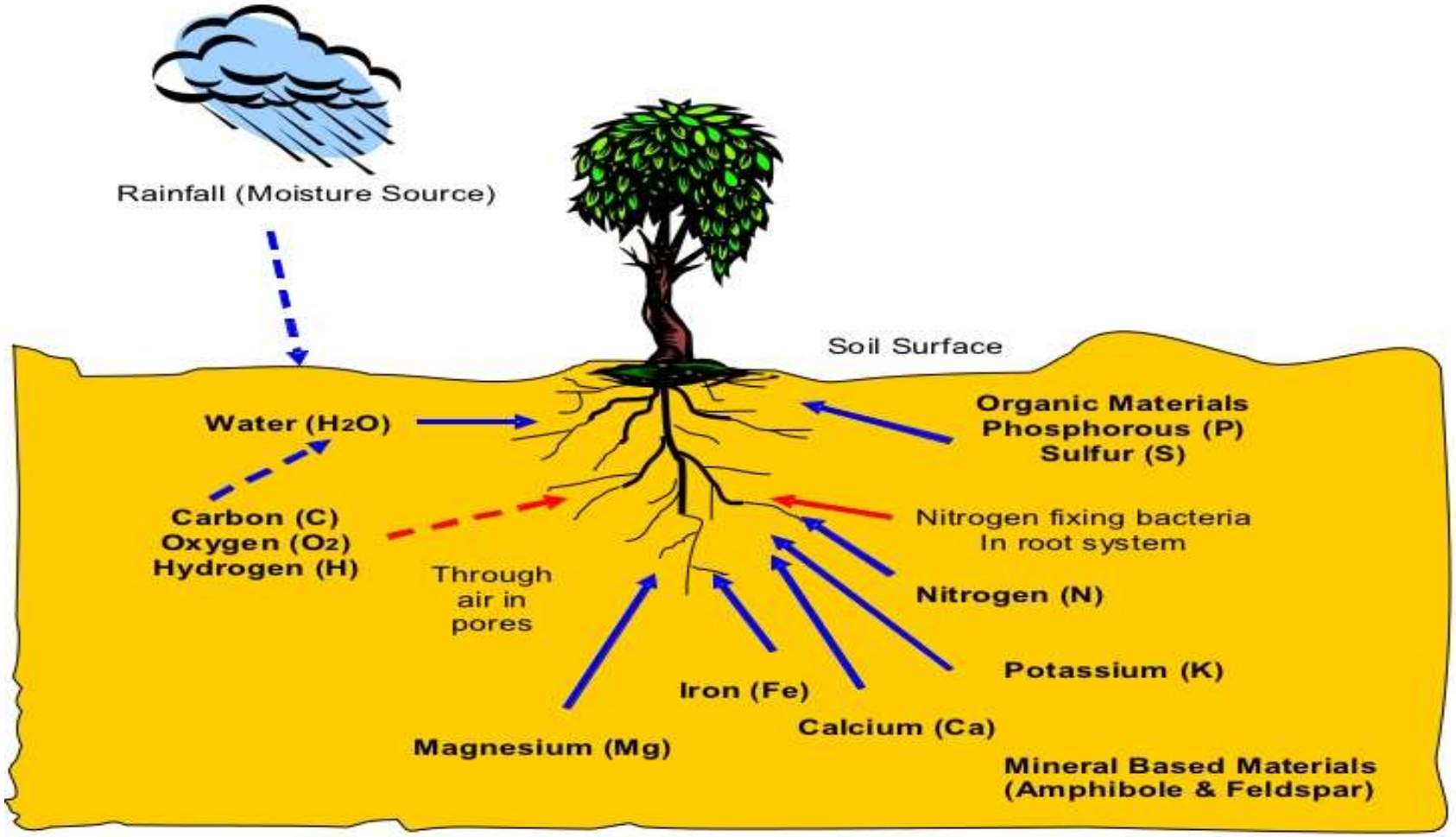
UÇUCU YAĞ ÖZLERİ NEDİR?
BİTKİDE NASIL OLUŞUR?

Uçucu yağ özleri bitki ve çiçeklerin dış salgı bezlerinde (external secretory structures) bulunurlar.

Bitkinin dış yüzeyinde bulunurlar ve bitkiye dokunduğumuzda elimize geçen kokuyu depolarlar. Glandular Trichomes (beze tüyler) tarafından salgılanırlar.




How Essential Oils are Formed in the Plant
CO_2
Carbon Dioxide
O_2
Oxygen
N
Nitrogen
NH_2^+
K^+ Na^+
Cl^- Mg^{++}
S
Sulfur


Rainfall (Moisture Source)
Soil Surface
Water (H_2O)
Carbon (C)
Oxygen (O_2)
Hydrogen (H)
Through air in pores
Organic Materials
Phosphorous (P)
Sulfur (S)
Nitrogen fixing bacteria In root system
Nitrogen (N)
Potassium (K)
Iron (Fe)
Calcium (Ca)
Magnesium (Mg)
Mineral Based Materials (Amphibole & Feldspar)

UÇUCU YAĞ

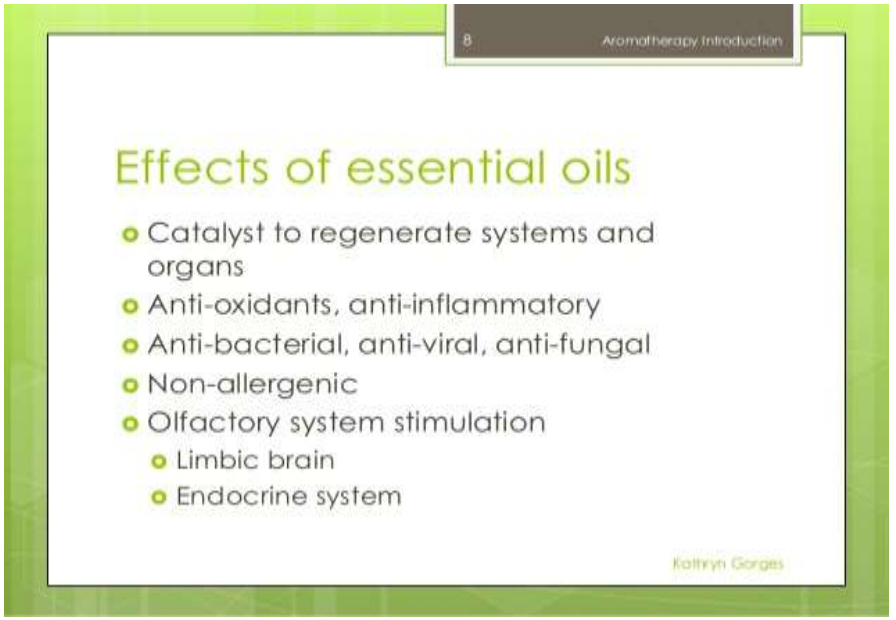
- BİTKİNİN
- Bağışıklık Sistemidir
- Dehidre olmasını önler
- Antibakteriyeldir
- Haşerelerde:

Fertilizayon için atraksiyon yapar, Arılar ,Kuşlar

Saldırıya karşı önlem alır bakteri ,mantar,böcek

UÇUCU YAĞLAR

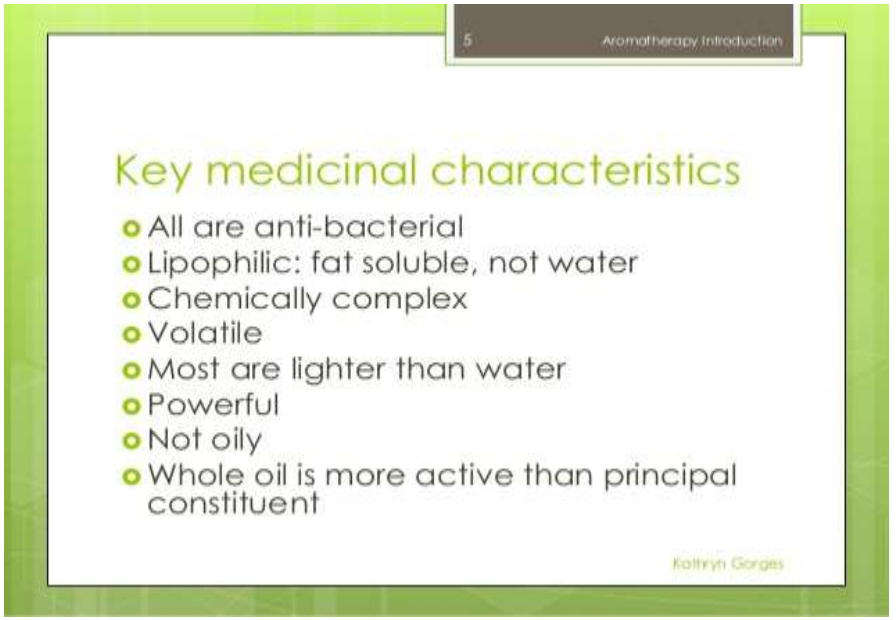
- YENİ SİSTEM VE OGAN GELİŞİMİNDE KATALİSTTİRLER
- ANTİBAKTERİYEL
- ANTİENFLAMATUAR
- ANTİOKSİDAN
- ANTİVİRAL
- ANTİFUNGAL
- OLFAKTOR SİSTEM STİMULEANI
- limbik beyin
- Endokrin sistemi stimüle ederler



UÇUCU YAĞLAR

- HEPSİ ANTİBAKTERİYAL
- LİPOLİK (YAĞDA ÇÖZÜNEN)
- KİMYASAL OLARAK KOMPLEKS YAPIDA
- UÇABİLEN, GAZA DÖNÜŞÜR
- ÇOK GÜÇLÜ
- YAĞLI DEĞİL
- TEK BİR BİLEŞEN YERİNE

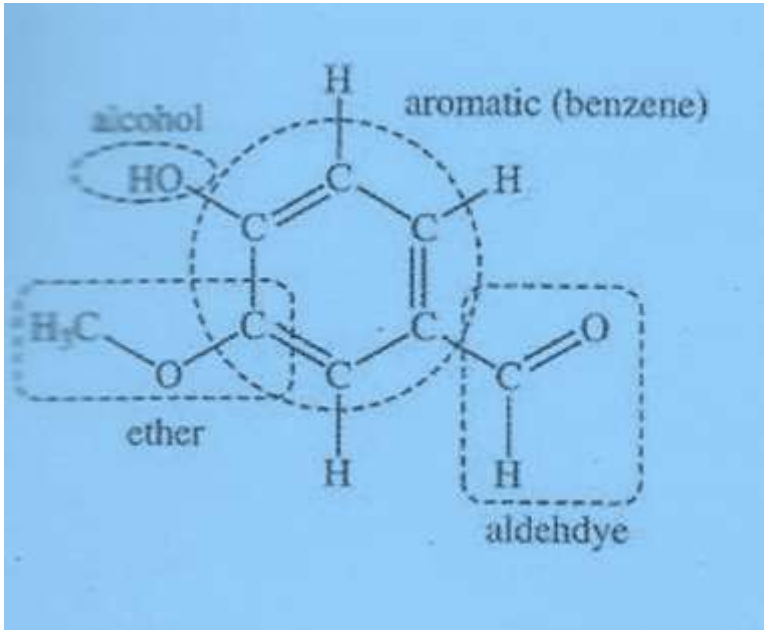
Bütün olarak çok daha etkil



UÇUCU YAĞLAR

- NİOLİ
- JUNIPER (ARDIÇ)
- LEMON
- FRANKINCENCE
- CEDARWOOF (SEDİR)
- LAVANDER
- PETİTGRAIN (TURUNÇ YAPRAĞI)
- CYPRESS (SELVİ)
- PEPPERMINT (NANE)
- SAGE (ADAÇAYI)
- BERGAMOT
- PATCHOULI
- YLANG YLANG
- VETİVERT
- MYRHH (MÜR)
- ELEMİ
- CLOVE (KARANFİL)

FUNCTIONAL GROUPS



Uçucu yağ özleri kompleks yapıdadırlar.

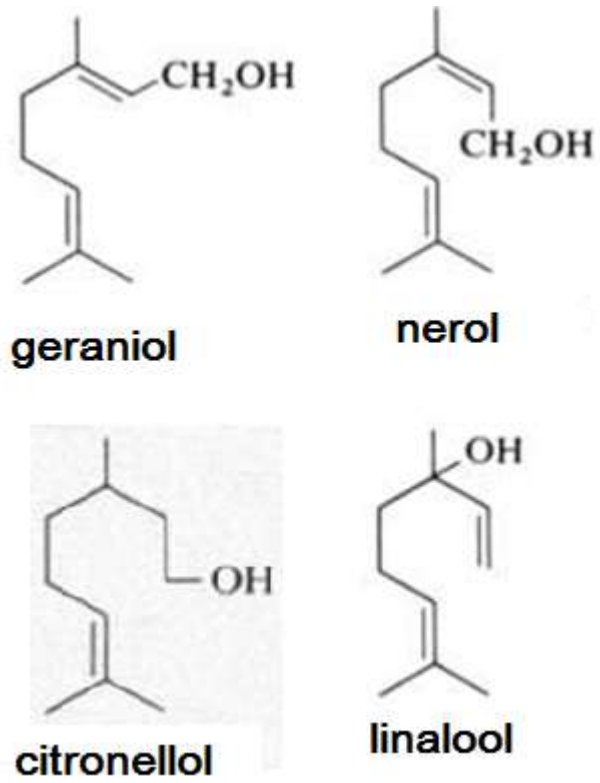
Tek bir bitkiden elde edilen yağ özünde, yüzlerce farklı aktif bileşen (constituent) olabilir.

Mesela lavanta uçucu yağı;

- Monoterpen
- Alkol
- Ester
- Aldehit
- Keton
- Eter gruplarını içeren bir veya birden fazla aktif bileşen vardır.

MONOTERPEN ALKOLLER

- GÜL (geraniol, citronellol, linalol)
- ITIR (geraniol,citronellol)
- PALMAROSA (geraniol, citronellol)
- LİMON (citronellol)
- CITRONELLA(citronellol)
- LAVANTA (linalol)
- ADAÇAYI (linalol)
- NANE(mentol)
- PAÇULİ (paçulol)
- SEDİR (cedrol)
- HİNT DEFNESİ (terpinol)



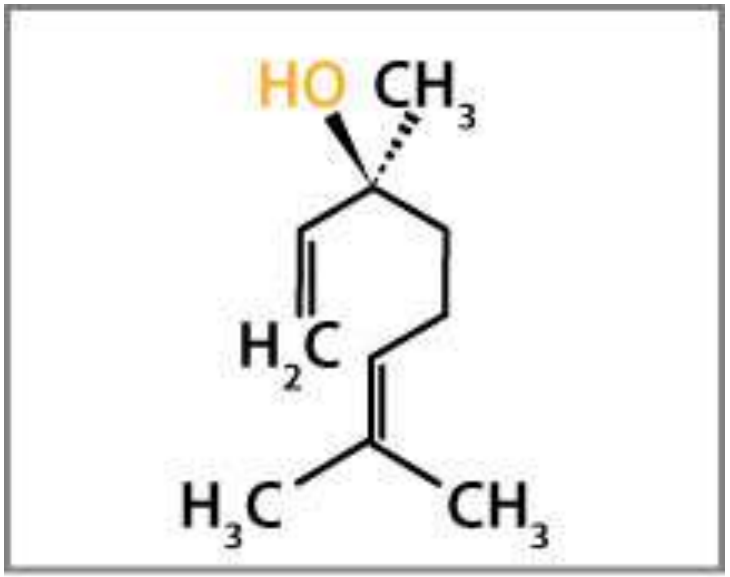
geraniol nerol citronellol linalool

MONOTERPEN ALKOLLER

Fesleğen	linalol	Yaklaşık İçerik %80
Gül	citronellol,geraniol,nerol	Yaklaşık İçerik %60
Mercanköşk	linalol,terpinenol	Yaklaşık İçerik %55
Itır	citronellol,geraniol	Yaklaşık İçerik %50
Hint defnesi	terpineol	Yaklaşık İçerik %50
Nane	menthol	Yaklaşık İçerik %50
Cilantro	linalol,decenol	Yaklaşık İçerik %45
Yasemin	phytol,linalol	Yaklaşık İçerik %45
Lavanta	linalol	Yaklaşık İçerik %35
Kişniş	linalol,geraniol	Yaklaşık İçerik %30
Ada Çayı	linalol	Yaklaşık İçerik %25
Paçuli	patchoulol	Yaklaşık İçerik %25
Sedir	cedrol	Yaklaşık İçerik %20

LINALOOL İÇEREN BİTKİLER

- ADAÇAYI
- CİTRUS TÜRLERİNDE
- LAVANTA
- GÜL
- PALMAROSA
- PAÇULİ
- SELVİ
- YLANG YLANG



Alcohol: Linalool

LINALOOL

- In addition, linalool is used by pest professionals as a flea, fruit fly and cockroach insecticide.
- Linalool is used in some mosquito-repellent products;[5] however, the EPA notes that "a preliminary screen of labels for products containing linalool (as the sole active ingredient) indicates that efficacy data on file with the Agency may not support certain claims to repel mosquitos."[6]

Stress relief in rodents

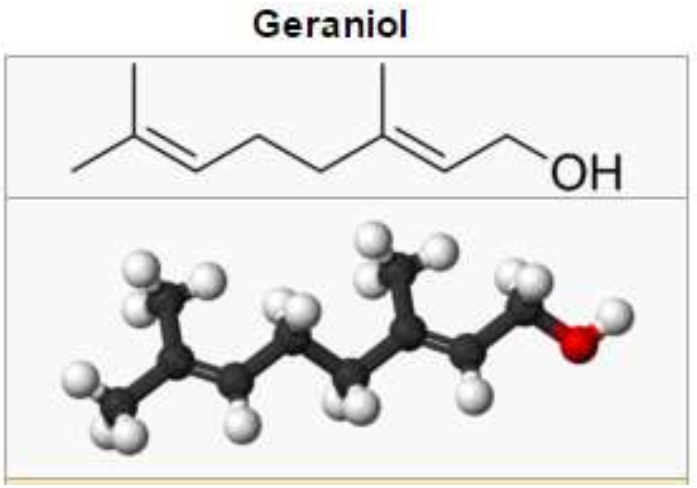
- Akio Nakamura and colleagues from the University of Tokyo and T. Hasegawa Co., Ltd in Kawasaki, Japan, claim to have demonstrated that inhaling linalool can reduce stress in lab rats. In a study published in The Journal of Agriculture and Food Chemistry,[7] they exposed the animals to stressful conditions and found that those inhaling linalool saw their stress-elevated levels of neutrophils and lymphocytes fall to near-normal levels compared with the controls. Inhaling linalool also reduced the activity of more than 100 genes that "go into overdrive" in stressful situations. The findings could form the basis of new blood tests for identifying fragrances that can soothe stress, the researchers claim.[8]

GERANIOL

- Geraniol is a monoterpenoid and an alcohol. It is the primary part of rose oil, palmarosa oil, and citronella oil (Java type). It also occurs in small quantities in geranium, lemon, and many other essential oils. It appears as a clear to pale-yellow oil that is insoluble in water, but soluble in most common organic solvents. It has a rose-like scent and is commonly used in perfumes. It is used in flavors such as peach, raspberry, grapefruit, red apple, plum, lime, orange, lemon, watermelon, pineapple, and blueberry.

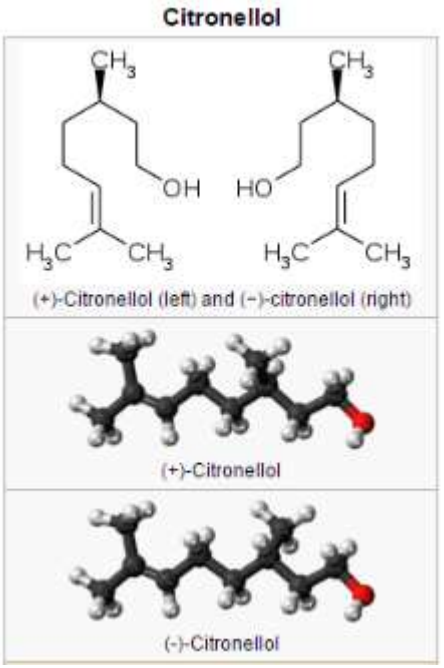
Use

- Research has shown geraniol to be an effective plant-based mosquito repellent.[3][4] On the other hand, it can attract bees as it is produced by the scent glands of honey bees to help them mark nectar-bearing flowers and locate the entrances to their hives.[5]
- Although geraniol and other flavor compounds are found naturally in well-aged tobacco, geraniol is listed in a 1994 report from cigarette companies as one of the 599 additives to cigarettes to improve their flavor.[6]



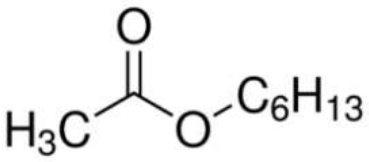
CITRONELLOL

- Uses
- Citronellol is used in perfumes and insect repellents,[4] and as a mite attractant.[5] Citronellol is a good mosquito repellent at short distances, but protection greatly lessens when the subject is slightly further from the source.[6] When complexed with β-cyclodextrin, it has on average a 1.5 hour protection duration against mosquitoes.[7]
- Citronellol is used as a raw material for the production of rose oxide.[8]

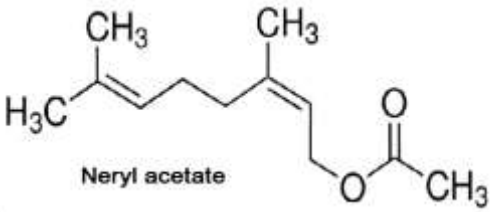


ESTER İÇERENLER

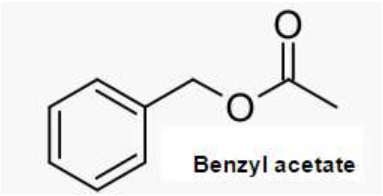
- Rahatlatıcı, sakinleştirici, anksiyolitik
  - FRANKINSENCE (kapril asetat)
  - HELİCRYSIUM (neril asetat)
  - YLANG YLANG (neril asetat, benzil asetat)
  - YASEMİN (benzil asetat, benzil benzoat)
  - LAVANTA (linalil asetat)
  - ADAÇAYI (linalil asetat)
  - BERGAMOT (linalil format)



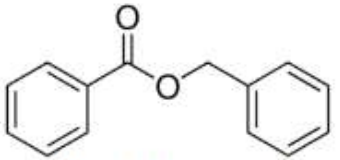
Capryl acetate
(Hexyl acetate)



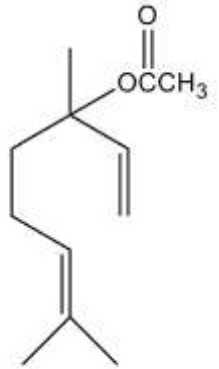
Neryl acetate



Benzyl acetate

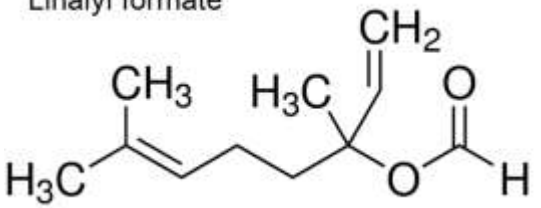


Benzyl benzoate



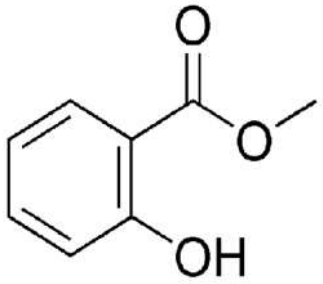
linalil asetat

Linalyl formate

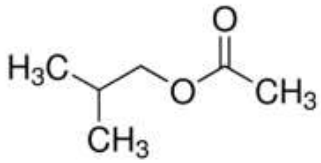


ESTER İÇERENLER

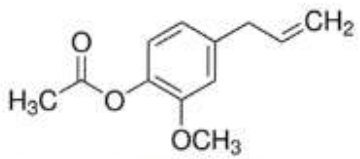
- Rahatlatıcı, sakinleştirici, anksiyolitik
  - WINTERGREEN (Metil salisilat)
  - PAPATYA (ısobutil asetat, ısoamil anjelat)
  - KARANFİL (öjonol asetat)
  - KİŞNİŞ (geranil asetat)
  - NANE
  - YLANG YLANG (ÖJANİL ASETAT)



metil salisilat

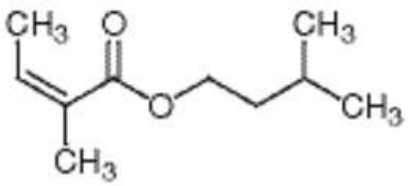


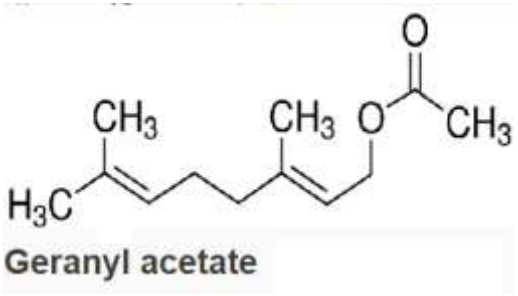
Isobutyl acetate



Eugenyl acetate

Isoamyl Angelate





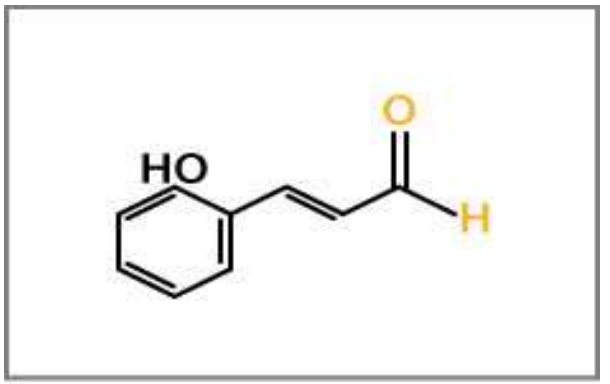
Geranyl acetate

ESTER İÇERENLER

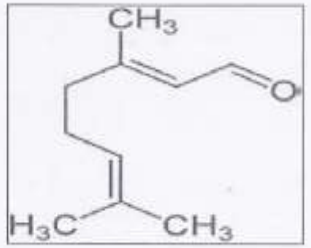
Wintergreen	methly salicylat	Yaklaşık İçerik %99
Papatya	isobutyl acetat,isoamyl angelat	Yaklaşık İçerik %75
Ada Çayı	linalyl acetat	Yaklaşık İçerik %65
Lavanta	linalyl acetat	Yaklaşık İçerik %50
Ölmez Çiçek	neryl acetat	Yaklaşık İçerik %40
Bergamat	linalyl format	Yaklaşık İçerik %40
Yasemin	benzyl acetat , benzyl bezoat	Yaklaşık İçerik %40
Ylang Ylang	neryl acetat	Yaklaşık İçerik %20
Karanfil	eugenol acetat	Yaklaşık İçerik %10
Kişniş	geranyl acetat	Yaklaşık İçerik %10
Sığala	caprylyl acetat	Yaklaşık İçerik %10

ALDEHİT

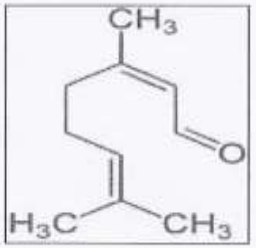
- LİMON ÇİMENİ(citral, geranial)
- PALMAROSA (citral, geranial)
- TARÇIN (sinnemaldehit)
- SEDİR (cedral)
- MÜR (sinnamaldehit)
- LİMON (sitral)



Aldehyde: Cinnamaldehyde



Geranial



Neral

ALDEHİTLERİN TEDAVİ ÖZELLİKLERİ

- Antibakteriyal
  Antifungal
  Teratojenik + Anti Tümör
  Antienflamatuar
- Analjezik
- Antienflamatuar
- Antioksidandır.
- Ruh halini pozitif etkiler.
- Uyku bozukluklarının düzenlenmesine yardımcı olur.
- Kan dolaşımına yardımcı olur.
- Endokrin fonksiyonunu düzenler.
- Çok güçlü antiseptiktir.
- Çevresel faktörlerin zararlı etkilerinden korur.

ALDEHİT İÇERENLER

Essential Oil	Main Aldehyde Constituent(s)	Amount
Cassia[1,2]	cinnamaldehyde, benzaldehyde	Approximately 90%
Lemongrass[3*]	geranial, neral	Approximately 75%
Cinnamon[1]	cinnamaldehyde	Approximately 70%
Cilantro[3*]	decenal	Approximately 45%
Melissa[1,2]	geranial	Approximately 35%

OKSİT ETERLERİN(1.8 cineol =ökaliptol)TEDAVİ ÖZELLİKLERİ

- Hava yoluyla bulaşan enfeksiyonlarda
  - (airborne bacteries)
  - Influenza, Nezle, grip
- Mukolitik
- Analjesik ağrı kesici
- Anti enflamatuar
- Antibakterial
- Antioxidant
- Antispasmodik
- Antiviral
- Hypotensive
- Kan dolaşımı hızlandırır
- İmmun booster

OXİDE-ETER İÇERENLER

Essential Oil	Main Oxide Constituent(s)	Amount
Eucalyptus	eucalyptol	Approximately 75%
Rosemary	eucalyptol	Up to 40%
Niaouli	eucalyptol	Up to 60%
Cayeput	eucalyptol	Up to 56%
Laurel	eucalyptol	Up to 45%
Tea Tree	eucalyptol	Up to 15%
Peppermint	eucalyptol	Up to 10%
Thyme	eucalyptol	Up to 10%
Spanish sage	eucalyptol	Up to 13%

Ökoliptol=1.8

Medicinal

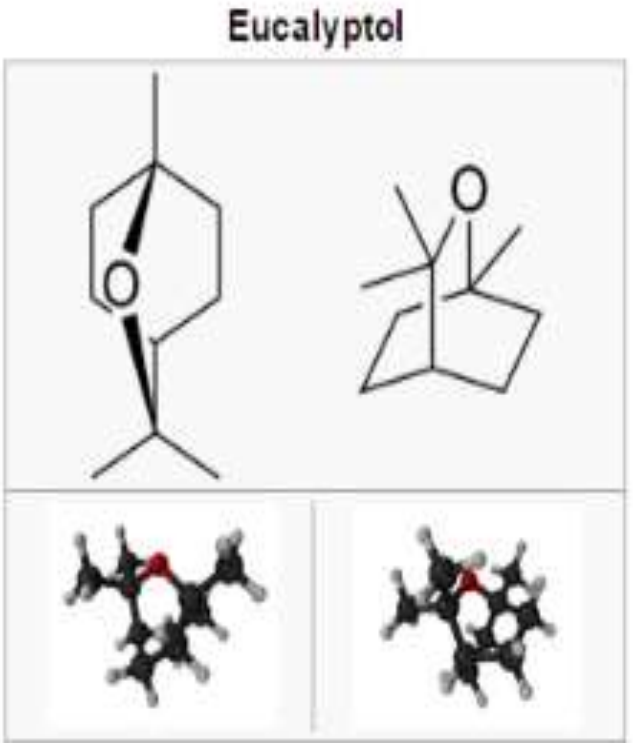
Eucalyptol is an ingredient in many brands of mouthwash and cough suppressant, as well as an inactive ingredient in body powder.

Insecticide and repellent

Eucalyptol is used as an insecticide and insect repellent.[5][6]

In contrast, eucalyptol is one of many compounds that are attractive to males of various species of orchid bees, which gather the chemical to synthesize pheromones; it is commonly used as bait to attract and collect these bees for study.[7] One such study with *Euglossa imperialis*, a non-social orchid bee species, has shown that the presence of cineole (also eucalyptol), elevates territorial behavior and specifically attracts the male bees. It was even observed that these males would periodically leave their territories to forage for chemicals such as cineole, thought to be important for attracting and mating with females, to synthesize pheromones.[8]

- In a 2003 study, eucalyptol was found to control airway mucus hypersecretion and asthma; after, in a previous study, the authors found eucalyptol to suppress arachidonic acid metabolism and cytokine production in human monocytes.[9][10]
- In a 2004 study, it was found to inhibit cytokine production in cultured human lymphocytes and monocytes.[11]
- In a 2004 study, eucalyptol was found to be an effective treatment for nonpurulent rhinosinusitis. Treated subjects experienced less headache on bending, frontal headache, sensitivity of pressure points of trigeminal nerve, impairment of general condition, nasal obstruction, and rhinological secretion. Side effects from treatment were minimal.[12]
- A 2000 study found eucalyptol to reduce inflammation and pain when applied topically.[13]
- In a 2002 study, it was found to kill leukaemia cells of two cultured human leukemia cell lines, but not cells of a human stomach cancer cell line *in vitro*.[14]



Ökoliptol=1.8 Cineol

Airborne antimicrobial
Analjezik
Antibakterial
Antifungal
Anti-enflamatuar
Antispasmodik
Antiviral
Expektoran
Kan dolaşımını arttırır
Mucolytic
Strese bağlı baş ağrısını azaltır
Kas gevşetici
Öksürük kesici

Ökoliptol=1.8 Cineol

Eucalyptus - Eucalyptus globulus
Eucalyptus - Eucalyptus radiata
Helichrysum - Helichrysum gymnocephalum
Laurel Leaf - Laurus nobilis (defne)
Niaouli ct 1,8 cineole - Melaleuca quinquenervia ct 1,8 cineole
Ravintsara - Cinnamomum camphora ct 1,8 cineole
Rosemary ct camphor - Rosmarinus officinalis ct camphor/ 1,8 cineole
Saro - Cinnamosma fragrans

Koah ve Eucaliptol(1,8 cineole)

Immune-Modifying and Antimicrobial Effects of Eucalyptus Oil and Simple Inhalation Devices

Angela E. Sadlon, ND, and Davis W. Lamson, MS, ND

Abstract
Eucalyptus oil (EO) and its major component, 1,8-cineole, have antimicrobial effects against many bacteria, including *Mycobacterium tuberculosis* and methicillin-resistant *Staphylococcus aureus* (MRSA), viruses, and fungi (including Candida). Surprisingly for an antimicrobial substance, there are also immune-stimulatory, anti-inflammatory, antioxidant, analgesic, and spasmolytic effects. Of the white blood cells, monocytes and macrophages are most affected, especially with increased phagocytic activity. Application by either vapor inhalation or oral route provides benefit for both purulent and non-purulent respiratory problems, such as bronchitis, asthma, and chronic obstructive pulmonary disease (COPD). There is a long history of folk usage with a good safety record. More recently, the biochemical details behind these effects have been clarified. Although other plant oils may be more microbiologically active, the safety of moderate doses of EO and its broad-spectrum antimicrobial action make it an attractive alternative to pharmaceuticals. EO has also been shown to offset the myelotoxicity of one chemotherapy agent. Whether this is a general attribute that does not decrease the benefit of chemotherapy remains to be determined. This article also provides instruction on how to assemble inexpensive devices for vapor inhalation.
(*Altern Med Rev* 2010;15(1):33-47)

Introduction

Eucalyptus oil (EO) has antibacterial, antiviral, and antifungal components and a long history of use against the effects of colds, influenza, other respiratory infections, rhinitis, and sinusitis.

Inhalation of the vapor is safe; historical usage employed the method of breathing the vapor over a bowl of hot water containing a few drops of EO with a towel-tent over the head. Readers are likely to have experience with eucalyptus oil via their parents, who may have applied Vicks VapoRub® to the chest area and even to the nose for respiratory difficulty or infection. It seems that Vicks VapoRub not only works through inhalation, but also through absorption into the tissues of the chest.[1,2]

Devices are now sold in pharmacies that allow one to inhale vapor, foregoing the bowl, towel, stove, and risk of a par-boiled face. These devices perhaps provide greater convenience than the bow of hot water, but the rather expensive per-use pads required for the device contain little EO.

This article reviews the published data on the medicinal attributes, safety, and efficacy of eucalyptus oil. The article also describes a simple, low-cost home delivery system for the vapor and an easily constructed pocket inhaler. Included is limited information on activity of other plant oils with similar components.

Most of the references cited have been obtained from a PubMed search of eucalyptus oil cross-referenced with other subjects. Some of the references cited were not found in PubMed, but in bibliographies of other publications. A PubMed search for 1,8-cineole (Figure 1), the major component of most EO species and present in tea tree, rosemary, and other plant oils, lists 635 publications. References on EO as an antiparasitic or antiprotozoan, bug repellent, or insecticide are not covered in this discussion; use of EO to increase penetration of other agents through the skin is also not included.

Components of Eucalyptus Oil

The percentage of components varies with species, plant part, and batch. Table 1 lists the major components of EO from five species and tea

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species selected were randomly was significantly inhibited in

Eucalyptus Nioli u.y. ve 1,8 Cineol

Table 2. Immunomodulatory Effects of Eucalyptus Oil and 1,8-Cineole

Eucalyptus Oil

- Increases phagocytic activity and number of monocytes/macrophages[7]
- Decreases significantly or inhibits IL-4, IL-6, TNF-α and NF-κB when inflammation present[7]
- No influence on IL-2, IL-10, INF-γ[7]
- Significantly lowers inflammatory cell infiltrates such as neutrophils[8,17]
- Decreases airway mucin secretion of tracheal and bronchiole epithelium[8]
- EO/5-FU combination inhibited myelotoxicity and increased phagocytic activity of granulocytes[7]

1,8-Cineole

- Inhibits or reduces TNF-α, IL-1β, IL-4, IL-5, IL-6, IL-8, LTB4, PGE2, TxB2[9,10,13]
- Affects monocytes/macrophages more than other leukocytes[13]
- Decreases localization of Egr-1[14]
- Had no effect on NF-κB[14]

TNF-α = tumor necrosis factor-alpha; **IL** = interleukin; **LTB4** = leukotriene B4; **TxB2** = thromboxane B2; **NF-κB** = nuclear factor-kappaB; **INF-γ** = interferon-gamma; **5-FU** = 5-fluorouracil

Nioli & 1,8 cineol

- 1,8-Cineole 1,8-Cineole (cineole, eucalyptol) (Fig. 4), a monoterpene oxide, is present in many essential oils from eucalyptus, sage,niaoıli and other plants
- .35 1,8-cineole is often employed by the pharmaceutical industry in drug formulations as a percutaneous enhancer.35 It is also considered useful for the treatment of bronchitis, sinusitis and rheumatism
- .36 Santo et al., (2000) used experimental inflammation in rats to verify the anti-inflammatory action of 1,8-cineole; the results showed that the 1,8-cineole has an inhibitory effect on carrageenan-induced paw oedema, cotton pellet-induced granuloma, and the acetic acidinduced increase in peritoneal capillary permeability.
- 36 In another study, Santo et al., (2004) found that 1,8-cineol can prevent colitis induced by trinitrobenzene sulfonic acid in rats.
- 37 Juergens et al., (2003) evaluated the antiinflammatory efficacy of 1,8-cineol in treatment of asthma.38 In this double-blind, placebo-controlled trial, thirty-two patients with steroid-dependent bronchial asthma were randomly allocated to receive either 200 mg 1,8-cineol three times a day or placebo in small gut soluble capsules for 12 weeks after determining the effective oral steroid dosage during a 2 month run-in phase. The steroid-saving effect of 1,8-cineol in severe asthma was investigated. The results showed that daily prednisolone dosage reduced by 36% in the treatment group, only 7% in the placebo group (P = 0.006), twelve of 16 patients receiving 1,8-cineol achieved a reduction of oral prednisolone, only 4 in the placebo group (P =0.012).
- These results suggest an anti-inflammatory activity of 1,8-cineol in asthma and a new rational for its use as mucolytic agent in upper and lower airway diseases. Juergens et al., (1998)
- investigated the effect of 1,8- cineole on AA metabolism in blood monocytes of patients with bronchial asthma, where 1,8-cineole was shown to inhibit leukotriene B4 (LTB4) and PGE2. 39 The same group reported that 1,8-cineole inhibits the production of TNF-α, IL-1β, LTB4 and thromboxane B2 (TXB2) highly in a dose-dependent manner.

1.8 CINEOLE

The anti-inflammatory activity of 1,8-cineole was investigated by using the trinitrobenzenesulfonic acid (TNBS)-induced colitis model in rats, which is one of the most common experimental models used in screening drugs active against human inflammatory bowel disease [18].

increase in myeloperoxidase (MPO) activity, an indicator of neutrophilic infiltration. Myeloperoxidase is an enzyme released from storage granules following activation of the neutrophils by inflammatory stimuli, showing potent proinflammatory properties and a direct contribution to tissue injury [19]. Animals pre-treated but not post-treated with 1,8-cineole showed a significant reduction in gross damage scores and wet weights of the inflamed colonic tissue, a parameter considered a reliable and sensitive indicator of the severity and extent of the inflammatory response [20

. In addition, it also significantly reduced MPO activity, thus indicating anti-inflammatory effect of 1,8-cineole with a possible preventive action for gastrointestinal inflammation and ulceration [17].

1)In the humans, a clinically relevant anti-inflammatory action of 1,8-cineole in bronchial asthma was reported in a double-blind placebo-controlled trial that evidenced a mucolytic and steroid-saving effect of 1,8-cineole in bronchial asthma patients [21].

2)A previous study by this author reported the inhibitory effect of 1,8-cineole on lipopolysaccharide (LPS)-and interleukin (IL)-1β (IL-1β)-stimulated mediator production by human monocytes in vitro, showing a decreased production of tumor necrosis factor α (TNF-α), IL-1β, leukotriene B4 (LTB4) and tromboxane B2, an indication that 1,8-cineole could be useful in long term treatment of airway inflammation in bronchial asthma and other steroid-sensitive disorders [22].1

BURUN TIKANIKLIĞI FORMÜLÜ

- SOĞUK ALGINLIĞI VE GRİPTE
  - NANE (Mentha piperita)
  - SELVİ (Cupressus sempervirens)
  - ÖKALİPTUS (Eucalyptus globulus)

    veya
  - NİOLİ (Malaleuca viridifolia)

Art de Huile
by Hülya Kayhan

1,8 CİNEOL VAJINAL MANTAR

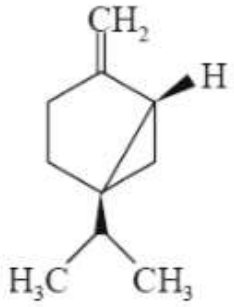
The assessment of the anti-inflammatory effects of 1,8-cineole and α-terpineol against Gardnerella vaginalis-induced vaginosis and vulvovaginal candidiasis in mice revealed that the intravaginal treatment with the essential oil or the monoterpenes produced a significant decrease in the number of viable G. vaginalis and Candida albicans in the vaginal cavity and MPO activity in vaginal tissues. They also inhibited the expressions of proinflammatory cytokines (IL-1β, IL-6 and TNF-α), cyclooxigenase-2 (COX-2), inducible nitric oxide synthase (iNOS), and the activation of nuclear transcription factor κappa B (NF-κB). In addition, they increased the expression of anti-inflammatory cytokine IL-10, and inhibited the expressions of proinflammatory cytokines and the activation of NF-κB in LPS-stimulated peritoneal macrophages, being α-terpineol the strongest inhibitory effector of the expressions of proinflammatory cytokines and NF-κB activation [27]. NF-κB is a ubiquitous rapid response transcription factor in cells involved in immune and inflammatory reactions. After its activation, NF-κB migrates to the cell nucleus to induce the expression of cytokines, such as TNF-α, IL-1β, IL-6, COX-2 and adhesion molecules (L-selectins, ICAM-1), which are important for the genesis of inflammatory signals

CİLTTE ANTİ ENFLAMATUAR, 1,8 CİNEOL,LİMONEN

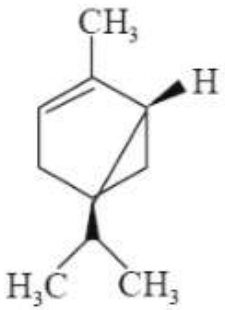
species popularly employed in the treatment of dermatological pathologies, were used in experimental assays to determine the 5-lipoxygenase inhibitory activity of these species. This enzyme is a member of the lipoxygenase family that converts essential fatty acids into leukotrienes, proinflammatory mediators which are mainly released from myeloid cells. The essential oils of these aromatic plants and two of their major components, namely 1,8-cineole and limonene, are believed to contribute to the anti-inflammatory activity of these species, in which 1,8-cineole has been shown to cause a partial potentiation of the anti-inflammatory action exhibited by limonene

MONOTERPENLER

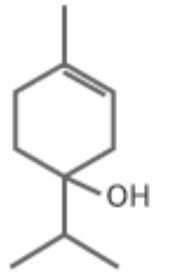
- Ağrı kesicidir.
- Antioksidandır.
- Ruh halini pozitif etkiler.
- Uyku bozukluklarının düzenlenmesine yardımcı olur.
- Kan dolaşımına yardımcı olur.
- Endokrin fonksiyonunu düzenler.
- Çok güçlü antiseptiktir.
- Çevresel faktörlerin zararlı etkilerinden korur.
- Immunstimulan
- Antitumoral
- Expektoran



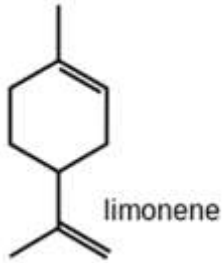
Sabinene



α-Thujane



Terpinen-4-ol




(−)-α-Pinene

BAŞLICA MONOTERPENLER İÇERENLER

Greyfurt	limonen	Yaklaşık içerik %97
Acı Portakal	limonen	Yaklaşık içerik %95
Limon	limonen,pinen	Yaklaşık içerik %95
Lime	limonen,terpinen	Yaklaşık içerik %85
Sığala	pinen,limonen	Yaklaşık içerik %75
Köknar	limonen,pinen	Yaklaşık içerik %75
Ardıç	pinen,sabinen,myrcene	Yaklaşık içerik %75
Selvi	pinen,caren	Yaklaşık içerik %70
Bergamot	limonen,terpinen	Yaklaşık içerik %50
Karabiber	limonen,caren	Yaklaşık içerik %50
Kişniş	pinen,terpinen	Yaklaşık içerik %45
Dere Otu	limonen,phellandren	Yaklaşık içerik %40
Biberiye	pinen,camphen	Yaklaşık içerik %35
Hint defnesi(çay ağacı)	terpinen	Yaklaşık içerik %35
Terpinen	terpinen	Yaklaşık içerik %30
Rezene	limonen	Yaklaşık içerik %25
Ölmez Çicek	pinen	Yaklaşık içerik %25
Kekik	cymen	Yaklaşık içerik %20

FELLANDREN = ANTİ ASTMATİK etkinlik
Frankincence

α-phellandrene, camphene, borneol acetate, isoborneol, and carvone besides the sesquiterpenes elemol and α-cedrene in guinea pigs indicated that α-terpineol/l-α-terpineol and trans-carveol were antiasthmatic [9,10]

1,8-cineole, ocimene, linalool acetate, 1-epibicyclosesquiphellandrene, menthol, menthone, cyclohexanol, cyclohexanone, myrcenol and nerol were also tested and only myrcenol and nerol exhibited antiasthmatic activity [11].

TERPİNENE COZ İNHİBATİON

The anti-inflammatory activity of other monoterpenoids was reported in experimental protocols which showed selective inhibition of ovine COX-2 activity by α-terpinene, α-terpineol, α-carveol, menthone and pulegone. α-terpineol, for instance, showed higher COX-2 activity inhibition than aspirin, the most popular NSAID

It is believed that various mechanisms may play a role in the anti-inflammatory effects of HC, since terpenoids are known to display inhibitory activity on the inflammatory signaling cascade of NF-□B by different interactions in this pathway [108], which could produce decreased expression of COX-2, iNOS, and inflammatory cytokines, along with other effects induced by the translocation of NF-□B to its DNA binding site [109].

(Loutrari et al., 2004).

Antiangiogenic therapy is one

of the most promising approaches to control cancer.

Perillyl alcohol (POH) which is the hydroxlated analogue of d-limonene has the ability to interfere with angiogenesis

PO(Rajesh and Howard 2003).

H either alone or with PA (perillic acid, the major metabolite of POH in the body), has the potential use as an anticancer drug that stimulates different types of tumour to apoptosis inhibit their proliferation of overcomes their resistance to chemo/radiotherapy

LİMONEN

Limonene, a monoterpene commonly found in species of Citrus, and its metabolites have been shown to exhibit chemopreventive and chemotherapeutic properties against different tumours in animal models and clinical trials. In

[97], Yoon and collaborators carried out a study to verify the pharmacological and biological effects of limonene on the production of pro-inflammatory cytokines and inflammatory mediators in RAW 264.7 macrophages. Limonene effectively inhibited LPS-induced NO and PGE2 production that included dose-dependent decreases in the expression of iNOS and COX-2 proteins. The evaluation of the inhibitory effects of limonene on other cytokines by measuring TNF-α, IL-1β, and IL-6 levels in the cell supernatants of LPS-stimulated RAW 264.7 macrophages by enzyme-linked immunosorbent assay showed that limonene decreased their expression in a dose-dependent manner

LİMONEN Ve ALLERJİ

Pulegone, menthone and limonene increased cell proliferation, but decreased IL-13 levels, being limonene and the mixture of the three compounds the most active combination. In addition, the essential oil and limonene suppressed mast cell activation and degranulation in the skin when testing passive cutaneous anaphylaxis, being limonene once again the most active compound. They also reduced, in whichever combination, β-hexosaminidase release from basophil with values even lower than those of the antiallergic drug desloratadine. These findings indicate that limonene was the most potent agent displaying immunomodulatory activity, providing a promising natural alternative for the treatment of allergic diseases [106].

PİNEN

α-pinene (52.1%), were analyzed in inflammatory and neuropathic models of hypernociception in mice and compared with those of

indomethacin or gabapentin, drugs used clinically to treat inflammatory and neuropathic processes.

Similarly to indomethacin (5 or 10 mg/kg, p.o.), the oil (5–50 mg/kg, p.o.) significantly prevented mechanical hypernociception induced by carrageenan or complete Freund's adjuvant (CFA)

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in mice. In addition, the treatment with the oil (5–25 mg/kg, p.o.), α-pinene (5–50 mg/kg, p.o.), or gabapentin (70 mg/kg, p.o.) also abolished mechanical sensitization induced by CFA, indicating that the effects displayed by U. myricoides essencial oil are related, at least in part, to the presence of α-pinene, which shows a potential role for the management of inflammatory and neuropathic pain [111]. (S)-cis-Verbenol, a natural metabolite from (–)-α-pinene of host pine tree, has been shown to have anti-ischemic activity and to reduce cerebral ischemic injury caused by 1.5-hour middle cerebral artery occlusion followed by 24-hour reperfusion. It significantly prevented neuronal cell death caused by oxygen-glucose deprivation (OGD, 1 h) and subsequent re-oxygenation (5 h and diminished the intracellular level of ROS elevated by OGD/re-oxygenation), and decreased the expression levels of pro-inflammatory cytokines in ischemic brain and immunostimulated glial cells. These findings indicate that (S)-cis-verbenol could become a useful therapeutic agent due to its anti-oxidative and anti-inflammatory activities [112].

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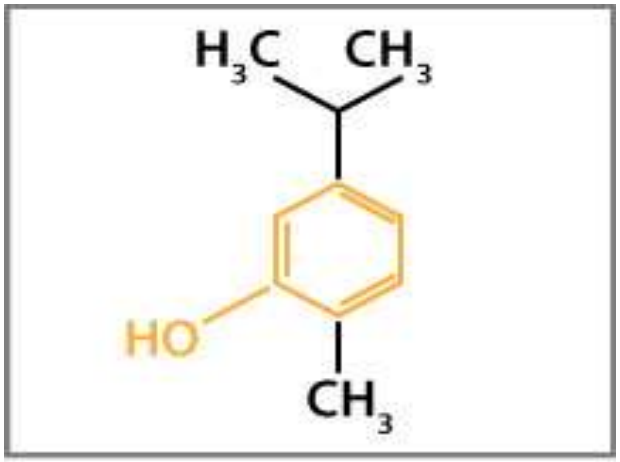
ANTİENFLAMATUAR ETKİNLİK

The assessment of the effects of essential oils obtained from lemongrass, palmarosa,geranium and spearmint oils and some of their major constituents (geraniol, citronellol, citral and carvone) on neutrophil activation by measuring TNF-α-induced adherence reaction of human peripheral neutrophils showed that all essential oils tested (0.1% concentration) and the major constituents suppressed TNF-α-induced neutrophil adherence. In contrast, very popular essential oils, such as tea tree oil and lavender oil, failed to display any inhibitory activity [87]. Moreover, butylidene phthalide or the monoterpenes geraniol and citronellol, used alone or in combination, was reported to reduce or relieve the syndromes of the inflammation

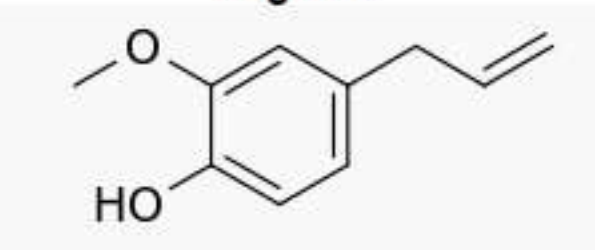
FENOL BİLEŞENLERİ

- ÖKSÜRÜK
- MUKOLİTİK
- SPAZM GİDERİCİ
- ADET SANCILARA
- MENOPOZ
- SAÇ DÖKÜLMELERİ
- AFRODİZYAK (bayanlarda)



Phenol: Carvacrol

Eugenol



FENOL İÇEREN YAĞLAR

Essential Oil	Main Phenol Constituent(s)	Amount
Oregano[1,2,*]	thymol, carvacrol	Approximately 90%
Clove[2,*,3]	eugenol	Approximately 80%
Thyme[1,3]	thymol, carvacrol	Approximately 50%
Fennel	Antheole	Approximately 65%

ÖJONOL

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ÖJONOL

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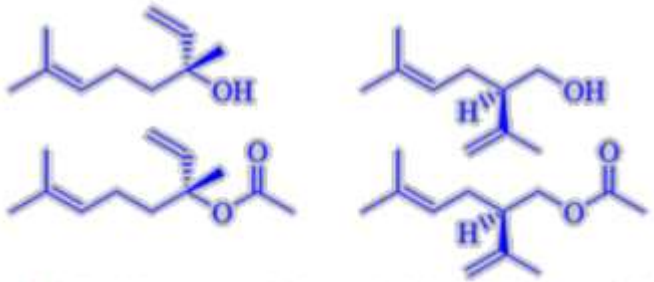
LAVANTA

- YANIK TEDAVİSİ
- YARA-SCAR
- SİVRİSİNEK KOVUCU
- DUDAK ÇATLAKLARI
- CİLT NEMLENDİRİCİ
- SİNEK SOKMALARI
- ALLERJİ-SAMAN NEZLESİ
- FERAHLATICI
- DEZENFEKTAN



(-)-linalool, (-)-linalyl acetate, (-)-lavandulol and (-)-lavandulyl acetate

Art de Huile
by Hülya Kayhan

LAVANTA

Wound healing potential of lavender oil by acceleration of granulation and wound contraction through induction of TGF-β in a rat model.

Mori HM[1,2], Kawanami H[1], Kawahata H[1], Aoki M[3].
Author information

Abstract
BACKGROUND:
Although previous studies have suggested that lavender oil promote wound healing, no study has examined the molecular mechanisms of its effect. In this study, we investigated the effect of lavender oil on various steps of wound healing and its molecular mechani **RESULTS:**
The area of wounds topically treated with lavender oil was significantly decreased as compared to that of wounds of control rats at 4, 6, 8, and 10 days after wounding. Topical application of lavender oil induced expression of type I and III collagen at 4 days after wounding, accompanied by an increased number of fibroblasts, which synthesize collagen. Induced expression of type III collagen by topical application of lavender oil was reduced to control level at 7 days after wounding although increased expression of type I collagen still continued even at 7 days, suggesting rapid collagen replacement from type III to type I in wounds treated with lavender oil. Importantly, expression of TGF-β in wounds treated with lavender oil was significantly increased as compared to control. Moreover, an increased number of myofibroblasts was observed in wounds treated with lavender oil at 4 days after wounding, suggesting promotion of differentiation of fibroblasts through induction of TGF-β, which is needed for wound contraction.
CONCLUSION:
This study demonstrated that topical application of lavender oil promoted collagen synthesis and differentiation of fibroblasts, accompanied by up-regulation of TGF-β. These data suggest that lavender oil has the potential to promote wound healingin the early phase by acceleration of formation of granulation tissue, tissue remodeling by collagen replacement and woundcontraction through up-regulation of TGF-β. The beneficial effect of lavender oil on wound healing may raise the possibility of new approaches as complementary treatment besides conventional therapy.

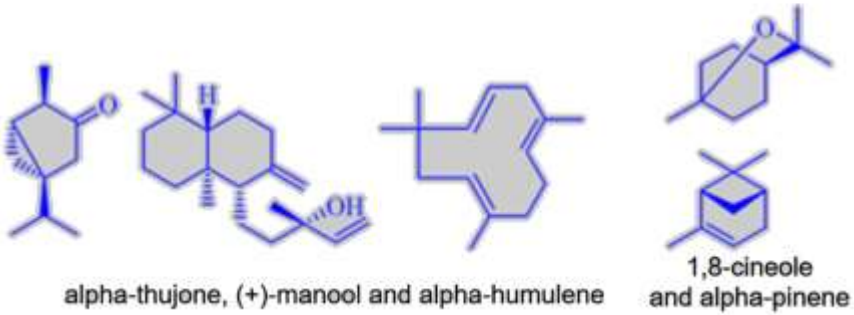
Hülya Kayhan

Art de Huile
by Hülya Kayhan

ADAÇAYI (SAGE SCLAREA)

- Tuyon içermeyen !!!
- Linanil asetat %75,
- pinen,linalol, mirsen, öjonol

- Adet sancıları
- Menapoz
- Kepekli,yağlı saç
- Ağız, boğaz enflamasyonları
  (British Farmakopeye kayıtlı etkisi)
- Öksürük
- Dikkat,hafıza
- Stres
- Ağrı
- Kolik
- Kramp



alpha-thujone, (+)-manool and alpha-humulene

1,8-cineole
and alpha-pinene

- ADA ÇAYI

İçerdiği Linalil Asetat (ester) sayesinde

Deride enflamasyon azaltıcı

Yağ salgılanmasını azaltır

Bakterilerin büyümesini ve çoğlmasını inhibe eder,

(monoterpen alkoller sayesinde)

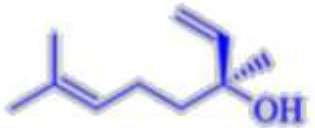
2014 yılında Journal of Phytotherapy Research de yapılan çalışma; adaçayı u.yağı, Kortizol düzeyini %36 düşürdüğü bulunmuştur, ve antidepresan etki gösterdiği, anksiyetede ve duygudurumda iyileşme sağladığı

Advances in Dermatology and Allorgology nin paylaştığı en son çalışmada, (the effects of Calry Sage oil on Staphyloccocci responsible fro wound, fe.2015,10.5114/pdia 2014,40957) Adaçayı u.y , cilt enfeksiyonuna sebep olan bakterilere etkileri kanıtlanmıştır.

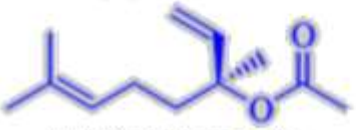
BERGAMOT (CITRUS BERGAMIA)

- Bergaptensiz olmalı !!
- linalil asetat,%60
- Linalol,limonen

- Ağız kokusu,
- Ağız boğaz enfeksiyonları
- İştah kaybı
- Nezle,grip
- Stres
- Depresyon, halsizlik
- Bıkkınlık,
- Konsantrasyon
- İsteksizlik
- Yağlı saç,
- Sebore (saç)

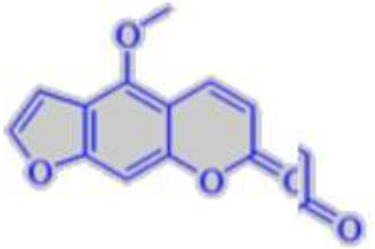


(+)-linalool



(+)-linalyl acetate

(+)-linalyl acetate



bergaptene

bergaptene

Art de Huile
by Hülya Kayhan

KRONİK ANKSİYETE ve PANİK ATAK

- Chronic anxiety and panic disorders are characterized by overreactive “fright, flight, freeze” responses, both when exposed to dangerous stimuli or seemingly innocuous stimuli. Termed *panic disorder* in some circles, it is “characterized by recurrent, spontaneous panic attacks which are acute episodes of intense fear accompanied by physical as well as cognitive symptoms” (Demenescu et al., 2013).
- The processing of threat stimuli takes place in the amygdala, a structure that is part of the limbic system. In people with panic attacks, the amygdala appears to be hyperactive during spontaneous panic attacks but hypoactive during anticipatory anxiety, compared to healthy volunteers (Demenescu et al., 2013).
- Amygdala hypoactivation was seen in response to fear, anger, UNhappiness, and neutral emotions compared to healthy volunteers. In addition to changes in activation of the amygdala, there is a disruption between the amygdala and other portions of the brain, and this corresponds with hyper-vigilance to external stimuli (Demenescu et al., 2013). Unfortunately, there has been little research into aromatherapy treatment for chronic panic disorders.
-

D-limonen, b pinen, terpinene

- Citrus essential oils' chemical constituents (as verified by gas chromatography and mass spectrometry tests) usually include d-limonene, β-pinene, γ-terpinene, linalyl acetate, and linalool in varying amounts. The first three constituents [d-limonene, β-pinene, and γ-terpinene] are monoterpenes, which generally are analgesic, anti-inflammatory, and anti-spasmodic (Butje). Linalyl acetate is considered sedative, analgesic, and anti-inflammatory (Igarashi, 2013; Russo et al., 2013). Linalool is considered anti-spasmodic, sedative, analgesic, and anti-inflammatory, and anxiolytic (Igarashi, 2013; Russo et al., 2013).
-

- BERGAMOT
- GABA seviyelerini yükselterek
- Anksiyolitik

- **Acute effects of bergamot oil on anxiety-related behaviour and corticosterone level in rats.**
- Saiyudthong S[1], Marsden CA.
- **Author information**
- **Abstract**
- Bergamot essential oil (BEO), Citrus aurantium subsp. bergamia (Risso) Wright & Arn. (Rutaceae), is used widely in aromatherapy to reduce stress and anxiety despite limited scientific evidence. A previous study showed that BEO significantly increased gamma-aminobutyric acid levels in rat hippocampus, suggesting potential anxiolytic properties.
- The aim of this study was to investigate the effect of BEO (1.0%, 2.5% and 5.0% w/w) administered to rats on both anxiety-related behaviours (the elevated plus-maze (EPM) and hole-board tests) and stress-induced levels of plasma corticosterone in comparison with the effects of diazepam. Inhalation of BEO (1% and 2.5%) and injection of diazepam (1 mg/kg, i.p.) significantly increased the percentage of open arm entries on the EPM. The percentage time spent in the open arms was also significantly enhanced following administration of either BEO (2.5% and 5%) or diazepam. Total arm entries were significantly increased with the highest dose (5%), suggesting an increase in locomotor activity. In the hole-board test, 2.5% BEO and diazepam significantly increased the number of head dips. 2.5% BEO and diazepam attenuated the corticosterone response to acute stress caused by exposure to the EPM. In conclusion, both BEO and diazepam exhibited anxiolytic-like behaviours and attenuated HPA axis activity by reducing the corticosterone response to stress.

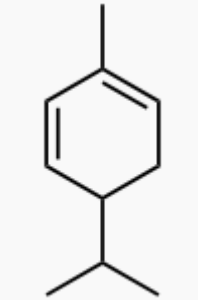
FRANKINCENCE (Günlük) Boswellia Carterii

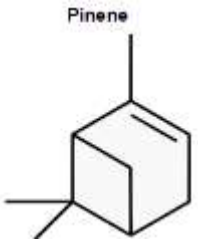
- Pinen, fellandren, simen, mirsen, octyl asetat, octanol, limonen

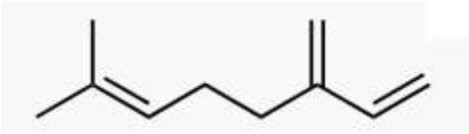
- Antienflamatuar
- Yara ,kesik, çarpma
- Morluk
- Depresyon
- Yara izleri
- Anti aging
- Leke giderici
- Agrı kesici

(NSAD yerine geçebilecek kadar güçlü)

- Sakinleştirici
- Artritte (şişme ve yangı kesici)
- Akne (çok dolgulu, iltihaplı)
- İrinli yaralarda
- Nasır, siğil







PİNEN

α-pinene (52.1%), were analyzed in inflammatory and neuropathic models of hypernociception in mice and compared with those of indomethacin or gabapentin, drugs used clinically to treat inflammatory and neuropathic processes. Similarly to indomethacin (5 or 10 mg/kg, p.o.), the oil (5–50 mg/kg, p.o.) significantly prevented mechanical hypernociception induced by carrageenan or complete Freund's adjuvant (CFA)

Molecules 2013, 18 1246

in mice. In addition, the treatment with the oil (5–25 mg/kg, p.o.), α-pinene (5–50 mg/kg, p.o.), or gabapentin (70 mg/kg, p.o.) also abolished mechanical sensitization induced by CFA, indicating that the effects displayed by U. myricoides essencial oil are related, at least in part, to the presence of α-pinene, which shows a potential role for the management of inflammatory and neuropathic pain [111]. (S)-cis-Verbenol, a natural metabolite from (−)-α-pinene of host pine tree, has been shown to have anti-ischemic activity and to reduce cerebral ischemic injury caused by 1.5-hour middle cerebral artery occlusion followed by 24-hour reperfusion. It significantly prevented neuronal cell death caused by oxygen-glucose deprivation (OGD, 1 h) and subsequent re-oxygenation (5 h and diminished the intracellular level of ROS elevated by OGD/re-oxygenation), and decreased the expression levels of pro-inflammatory cytokines in ischemic brain and immunostimulated glial cells. These findings indicate that (S)-cis-verbenol could become a useful therapeutic agent due to its anti-oxidative and anti-inflammatory activities [112].

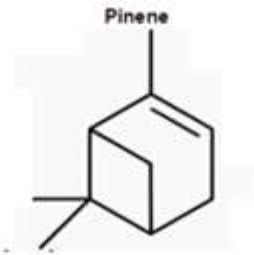

18:58
Art de Huile Advance
Adnan, Arzu, Asli, AysunKaradeniz, Ayten, ...
Seval Cekoop
Efendimmm
Sizi bekliyoruz hülya hanımcim.. Sevgiler
15:51
Özgül Ham Izmir
Özgül Ham Izmir
Hulya hnm.iltihaplı yara var..,gul hastalıgı denilmıs.baska bir teshıs daha demısler.kozmetık onermısler...ne
Hulya hnm.bakabılırmısınız.musaıtsen.
16:04
Emine Demirel Ecz
2 hafta önce bir hastama migren için nane +vetivert yaptığımı, ertesi gün çok teşekkür ettiğini yazmıştım. Aynı hastamla tekrar görüştüm,hiç ağrı kesici almama bile gerek kalmadı diyerek,çok memnun olduğunu söyledi.Dualar Çok şükür, etki devam teşekkür ederim
16:19
Derya Beri
Süper . Ben de bugün migren için nane günlük yaptım bir arkadaşımız paylaşmıştı Enes masajı ile kullandığını inşallah güzel sonuç gelir
16:44
Bir mesaj yaz

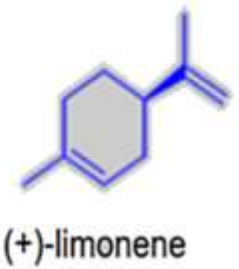
Art de Huile
by Hülya Kayhan

Art de Huile
by Hülya Kayhan

NİOLİ (Melaleuca v viridiflora)

- Ökoliptol=sineol %60-70, pinen, limonen, asetik ester, valerik ester, bütirik ester, sitren
- Radyasyon Yanıkları (radyoterapiye girmeden önce sürülürse önler, sonra iyileştirir)
- Vajinal enfeksiyonlar
- Üriner enfeksiyonlar
- Üst solunum yolu enfeksiyonlar
- Göğüs enfeksiyonları
- Boğaz ağrıları, öksürük
- Sinüzit
- Yara, yanık
- Böcek sokmaları
- Uçuk
- Zona
- Akne,
- Bacak ağrıları
- (Eklemlerden Ürik asit atılımını hızlandırır)





1,8 CİNEOL VAJINAL MANTAR

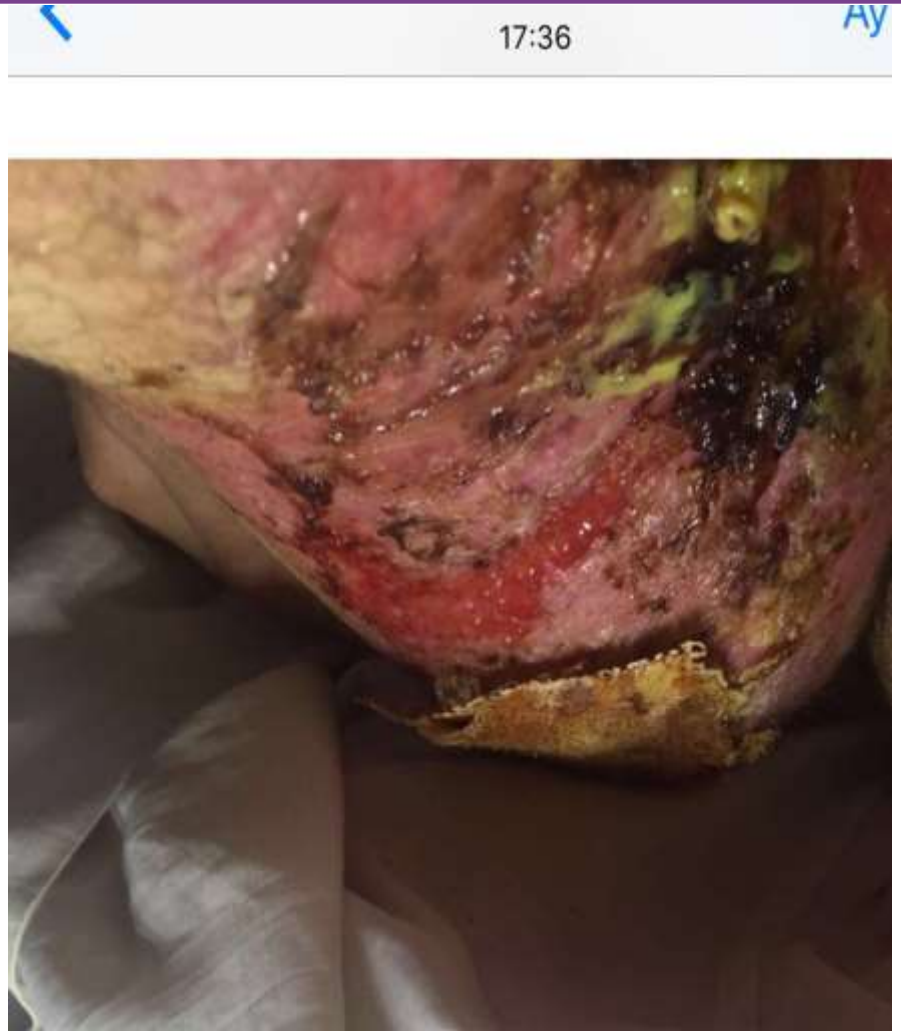
The assessment of the anti-inflammatory effects of 1,8-cineole and α-terpineol against Gardnerella vaginalis-induced vaginosis and vulvovaginal candidiasis in mice revealed that the intravaginal treatment with the essential oil or the monoterpenes produced a significant decrease in the number of viable G. vaginalis and Candida albicans in the vaginal cavity and MPO activity in vaginal tissues. They also inhibited the expressions of proinflammatory cytokines (IL-1β, IL-6 and TNF-α), cyclooxigenase-2 (COX-2), inducible nitric oxide synthase (iNOS), and the activation of nuclear transcription factor κappa B (NF-κB). In addition, they increased the expression of anti-inflammatory cytokine IL-10, and inhibited the expressions of proinflammatory cytokines and the activation of NF-κB in LPS-stimulated peritoneal macrophages, being α-terpineol the strongest inhibitory effector of the expressions of proinflammatory cytokines and NF-κB activation [27]. NF-κB is a ubiquitous rapid response transcription factor in cells involved in immune and inflammatory reactions. After its activation, NF-κB migrates to the cell nucleus to induce the expression of cytokines, such as TNF-α, IL-1β, IL-6, COX-2 and adhesion molecules (L-selectins, ICAM-1), which are important for the genesis of inflammatory signals

Anti-inflammatory activity of 1.8-cineol (eucalyptol) in bronchial asthma: a double-blind placebo-controlled trial.

- Juergens UR[1], Dethlefsen U, Steinkamp G, Gillissen A, Repges R, Vetter H.
- **Author information**

- **Abstract**
- Airway hypersecretion is mediated by increased release of inflammatory mediators and can be improved by inhibition of mediator production. We have recently reported that 1.8-cineol (eucalyptol) which is known as the major monoterpene of eucalyptus oil suppressed arachidonic acid metabolism and cytokine production in human monocytes. Therefore, the aim of this study was to evaluate the anti-inflammatory efficacy of 1.8-cineol by determining its prednisolone equivalent potency in patients with severe asthma. Thirty-two patients with steroid-dependent bronchial asthma were enrolled in a double-blind, placebo-controlled trial. After determining the effective oral steroid dosage during a 2 month run-in phase, subjects were randomly allocated to receive either 200 mg 1.8-cineol t. i.d. or placebo in small gut soluble capsules for 12 weeks. Oral glucocorticosteroids were reduced by 2.5 mg increments every 3 weeks. The primary end point of this investigation was to establish the oral glucocorticosteroid-sparing capacity of 1.8-cineol in severe asthma. Reductions in daily prednisolone dosage of 36% with active treatment (range 2.5-10 mg, mean: 3.75 mg) vs. a decrease of only 7% (2.5-5 mg, mean: 0.91 mg) in the placebo group (P = 0.006) were tolerated. Twelve of 16 cineol vs. four out of 16 placebo patients achieved a reduction of oral steroids (P = 0.012). Long-term systemic therapy with 1.8-cineol has asignificant steroid-saving effect in steroid-depending asthma. This is the first evidence suggesting an anti-inflammatory activity of the monoterpene 1.8-cineol in asthma and a new rational for its use as mucolytic agent in upper and lower airway diseases.

ADH-NİAOULİ 30dml
ADH-TAMANU 30ml



RADYOTERAPİ YANIĞI

KAYNAR SU

Art de Huile
by Hülya Kayhan

Art de Huile
by Hülya Kayhan

LİMON (Citrus limon)

- Limonen, sabinen, pinen, geraniol, linalol, citronellal, bergamotene, citral, mirsen

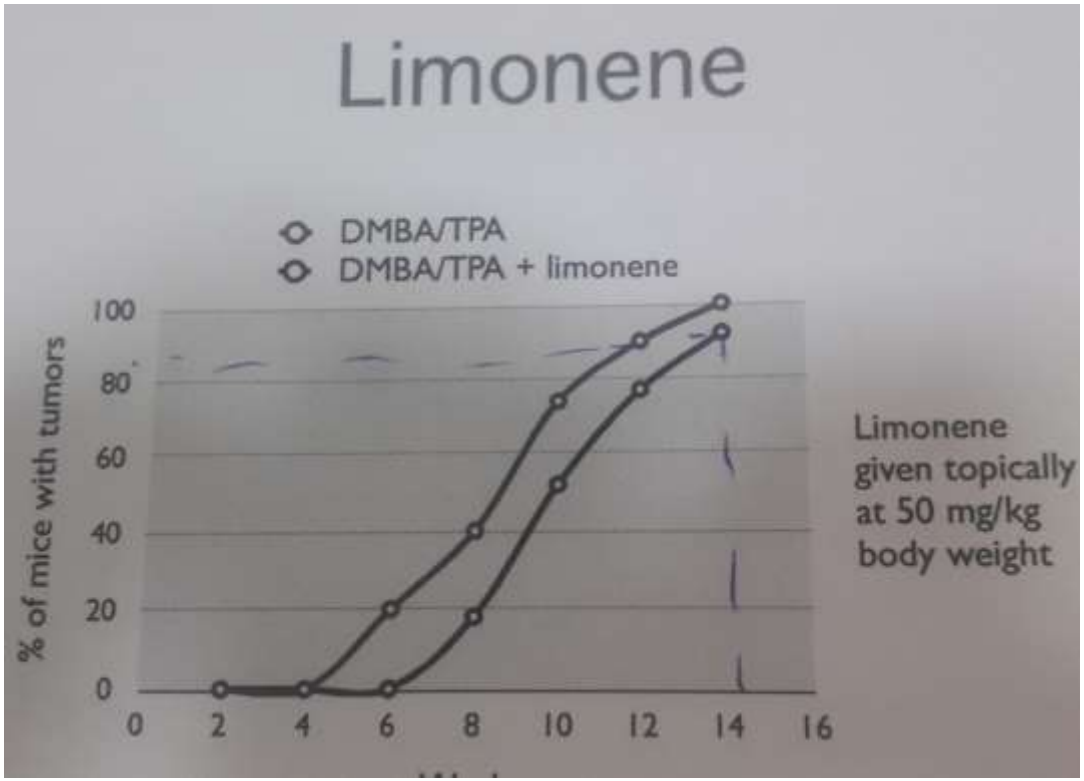
- Yağlı saç
- Yağlı cilt
- Ağız bakımı
- Akne
- Sinek,böcek kovucu
- İmmun sistem güçlendirici
- Soğuk algınlığı
- Cilt nemlendirici
- Uçuk
- Tırnak kırılmaları
- Nasır, siğil
- Kan dolaşımı stimüle
- Romatizma
- Selülit
- Varis
- Mutluluk verici

citral
3,7-dimethyl-2(E),6-octadienal

(+)-limonene

Limonenin antitumoral etkileri

- Farelere verilen DMBA/TPA karsinomuna limonen ilave edildiğinde tümör hücrelerinin, dağılma ve üreme hızında düşüş görülmüştür



LİMONEN

Limonene, a monoterpene commonly found in species of Citrus, and its metabolites have been shown to exhibit chemopreventive and chemotherapeutic properties against different tumours in animal models and clinical trials. In

[97], Yoon and collaborators carried out a study to verify the pharmacological and biological effects of limonene on the production of pro-inflammatory cytokines and inflammatory mediators in RAW 264.7 macrophages. Limonene effectively inhibited LPS-induced NO and PGE2 production that included dose-dependent decreases in the expression of iNOS and COX-2 proteins. The evaluation of the inhibitory effects of limonene on other cytokines by measuring TNF-α, IL-1β, and IL-6 levels in the cell supernatants of LPS-stimulated RAW 264.7 macrophages by enzyme-linked immunosorbent assay showed that limonene decreased their expression in a dose-dependent manner

LİMONEN Ve ALLERJİ

Pulegone, menthone and limonene increased cell proliferation, but decreased IL-13 levels, being limonene and the mixture of the three compounds the most active combination. In addition, the essential oil and limonene suppressed mast cell activation and degranulation in the skin when testing passive cutaneous anaphylaxis, being limonene once again the most active compound. They also reduced, in whichever combination, β-hexosaminidase release from basophil with values even lower than those of the antiallergic drug desloratadine. These findings indicate that limonene was the most potent agent displaying immunomodulatory activity, providing a promising natural alternative for the treatment of allergic diseases [106].

TIRNAK MANTARI

- ADH-Niaouli 2ml
- ADH-Palmarosa 2ml
- ADH-Lemon 2 ml
- ADH-Clove 2 ml
- **Cilt kaşıntılı mantar**
- Adh-Niaouli 5 damla
- Adh-Palmarosa 5 damla
- Adh-Frankincense 5 damla
- Adh-Lemon 5 damla
- Adh-Tamanu 5 ml
- Adh-Cocos 5 ml

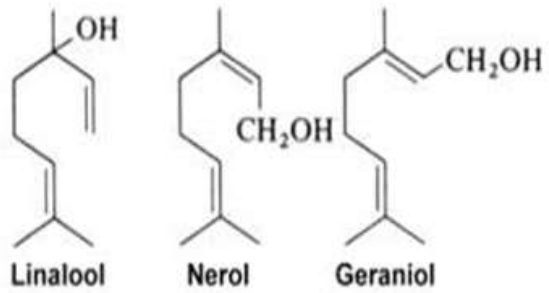

Back
Save
11/09/2017
29/09/2017
Enhance
Filter
Text
Edit
Sticker
Square Fit
Mo

Art de Huile
by Hülya Kayhan

PALMAROSA (Cymbopogon martinii)

- Geraniol, geranil, LİNALOL, asetat, citronellol, citral,limonen,dipenten,metil heptenon

- Antiseptik/antiviral
- Sivilce
- Akne, yağlı cilt
- Bakteriyel enfeksiyonlarda
- Mantar enfeksiyonlarında
- Ayakta
- Ciltte
- Leke açıcı
- Nemlendirici
- Uçukta
- Ayak mantarlarında
- Sikatrizan



PALMAROSA

PALMAROSA

What is the Genus Species? *Cymbopogon martinii*. Commonly referred to as Indian Geranium or Rosha.

What Part of the Plant is Used? Leaves

What is the ORAC Value? 127,800 µTE/100g

Why know about this number? ORAC stands for Oxygen Radical Absorbance Capacity. It tells you the antioxidant capacity of a food item. This was developed by the USDA researchers. For instance: Oranges = 750; Clove = 1,078,700. Wow! The number for clove is NOT a typo!

Most Interesting Historical Reference?

Did you know that the Turks used Palmarosa to adulterate the more expensive Rose Otto Oil? Yes, sometimes they even sold it as Rose Oil! And sometimes some companies, still try to do it today!

The principal constituents: Geraniol (between 75 and 95 per cent), with other alcohols like citronellol and farnesol, and esters like dipentene (but in small proportions).

Antibacterial Activity of Essential Oils from Palmarosa, Evening Primrose, Lavender and Tuberose

M. H. Lodhia, K. R. Bhatt, and V. S. Thaker*

Author information ► Article notes ► Copyright and License information ►

PALMAROSA

Abstract

Essential oils extracted from flower petals of palmarosa (*Cymbopogon martini*), evening primrose (*Primula rosea*), lavender (*Lavandula angustifolia*) and tuberose (*Polianthus tuberosa*) were tested for their antibacterial activities against gram-positive and gram-negative bacteria. Different concentrations of each essential oil ranging from 10-100% were tested. Both gram-positive and gram-negative bacteria were found susceptible to the studied flower essential oils. With increase in concentration of essential oil, increase in zone of inhibition was observed thus dose-dependent response was clear for each essential oil. Essential oil extracted from *Cymbopogon martini* showed the highest activity against both gram positive and gram negative bacteria among the tested essential oils.

Art de Huile
by Hülya Kayhan

J Pharm Pharmacol. 2014 Oct;66(10):1491-6. doi: 10.1111/jphp.12278. Epub 2014 Jun 16.

Cymbopogon martinii essential oil and geraniol at noncytotoxic concentrations exerted immunomodulatory/anti-inflammatory effects in human monocytes.

Murbach Teles Andrade BF[1], Conti BJ, Santiago KB, Fernandes Júnior A, Sforcin JM.

- **OBJECTIVES:**
- In traditional medicine, plants have formed the basis of sophisticated systems that have been in existence for thousands of years and still provide mankind with new remedies. Cymbopogon martinii, known as palmarosa, has been used in aromatherapy as a skin tonic due to its antimicrobial properties. It has also used in Ayurvedic medicine for skin problems and to relieve nerve pain. The immunomodulatory action of C. martinii essential oil (EO) and geraniol was evaluated regarding the production of pro- and anti-inflammatory cytokines (tumour necrosis factor (TNF)-α and IL-10, respectively) by human monocytes in vitro.
- **METHODS:**
- Monocyte cultures were incubated with EO or geraniol. After 18 h, cytotoxicity assays were performed using 3-(4,5-dimethyl-thiazol-2-yl)-2,5-diphenyltetrazolium bromide method, and cytokine production was determined by ELISA.
- **KEY FINDINGS:**
- The variables showed no cytotoxic effects on monocytes. TNF-α production was not affected by C. martinii and geraniol, and only the concentration of 5 μg/ml of C. martinii stimulated its production. On the other hand, all concentrations of C. martinii and geraniol increased IL-10 production by human monocytes.
- **CONCLUSIONS:**
- Data showed that noncytotoxic concentrations of EO and geraniol exerted an anti-inflammatory action by increasing IL-10 production; moreover, geraniol seemed to be probably responsible for EO immunomodulatory activity in our assay condition.


Önce
23 haziran
Sonra
10 temmuz

Kezban Coskun Ecz
yazıyor...

2 gün kullanım nasıl ama😍😍😍

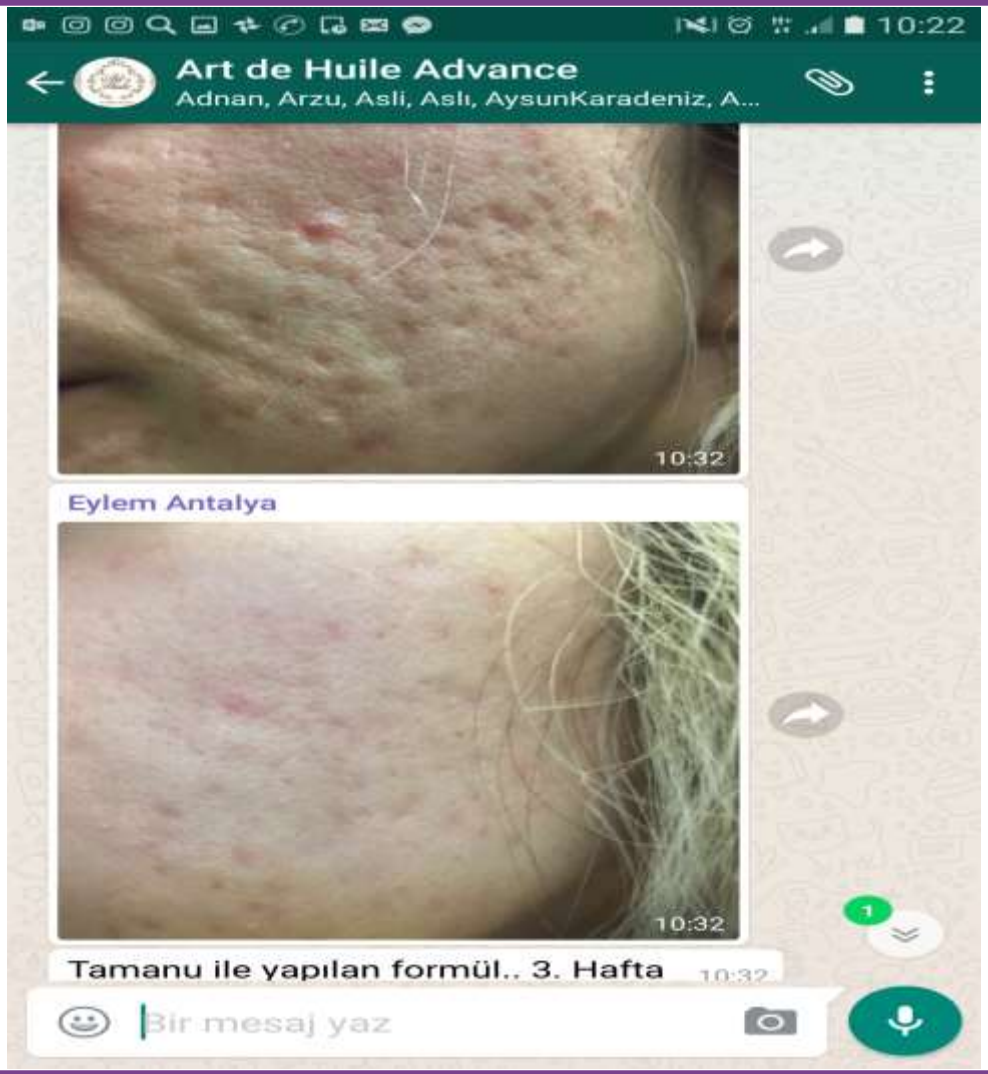
Bir mesaj yaz

İLK HALİ

8 GÜN KULLANIM SONRASI

Art de Huile
by Hülya Kayhan

Art de Huile
by Hülya Kayhan

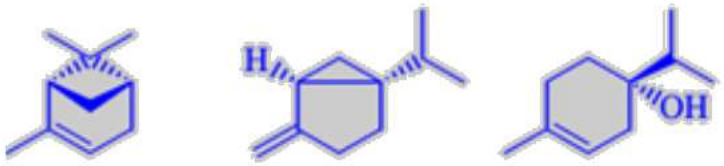


Art de Huile
by Hülya Kayhan

ARDIÇ (junıperus comminus)

- Pinen, mirsen, limonen, simen,s abinen, terpinen, kamfen

- Egzama
- Saç Dökülmesi
- Kuru Saç Derisi
- Antiseptik
- Akne (strese bağlı yetişkin aknesi)
- Cilt Toniği
- Egzema, dermatit
- Artrit (British Pharmacopeia)
- Kas ağrıları/gerginlik
- Diüretik
- Sistit (British pharmacopeia)
- Menstruasyon düzenleyici
- Mantar enfeksiyonları
- Ter kokuları/ayak kokusu giderici



(+)-alpha-pinene, (+)-sabinene and
(+)-1-terpinene-4-ol

ARDIÇ

Anti mikrobiyal ve antibakteriyal

Detoxifying, Stress Azaltıcı

2005 yılında Pharmaceutical development and technology yayınlanan

(Solid lipid microparticles containing juniper oil as anti-acne topical carriers,preliminary studies,PharmşDeviTechnol,2005;10(4);479-87)

Çalışmada, Ardıç u.y. akneye sebep olan bakterilerle karşılaşınca aktivitesi ölçülmüştür. Ardıç uçucu yağı Anti –Akne aktivite skoru çok yüksek ölçülmüşür.

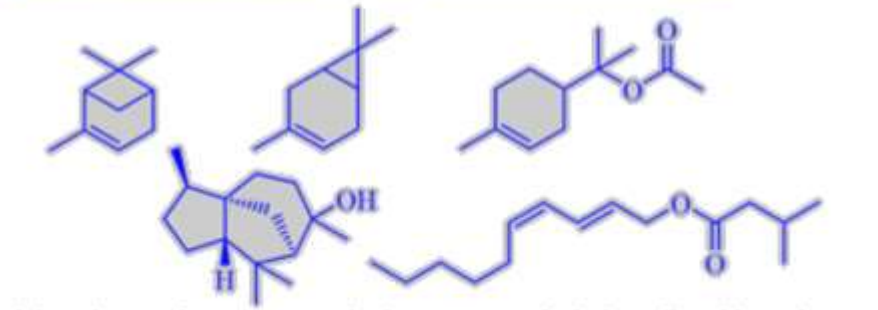
İçerdiği ; Alpha pinen, p-cymene, beta pinen sayesinde, topikal uygulamalarda etkinlik gösteriri.

- Abstract
- Juniper berry oil is stated to possess a wide spectrum of pharmacological activities and its monographs are included in some National Pharmacopoeias. The antibacterial and antifungal activity of the oil was reported by some authors. In our study we estimated the antibacterial and antifungal activity of three different juniper berry oils and their main components. All the micro-organisms used in this experiment were isolated from patients of Regional Hospital of Gdańsk and some of them showed resistance against commonly used antibiotics. Only one of the oils (labelled A) revealed good antimicrobial properties. None of the single oil components was a stronger antibacterial and antifungal inhibitor than the oil A itself. Our data suggest that the antimicrobial activity of juniper oil A is the result of either the specific composition of the oil A (highest concentration of (-)-alpha-pinene, p-cymene and beta-pinene) or activity of a single non-identified compound. The presence of an adulterant in the oil was excluded.

SELVİ (CYPRESS) Cupressus sempervirens

- Pinen, kamfen, silvestren, sabinol, simen

- Kan dolaşımını hızlandırır
- Varis
- Hemaroid
- Saç dökülmesi
- Cilt sarkmaları (astrenjan)
- Kırışıklık, antiaging
- Selülit
- Antiseptik
- Canlandırıcı
- Aşırı terleme
- Diş eti kanamaları
- Eklem ağrıları



alpha-pinene, 3-carene, terpinyl acetate, cedrol, decadienyl isovalerate


15:53
Sumru Erkul
12:53
12:53
Hafta da bir çekiyorum 12:53
Fotoğraflarını 12:53
Iyi gidiyor 12:54
Artırıp azaltmamız gereken bir şey var mı? 12:54
Evet iyi gidiyor 12:54
Ben cok begendim son resimleri 12:54
Aynen devam 12:54
Bir mesaj yaz


15:52
Sumru Erkul
12:53
12:53
Bir mesaj yaz

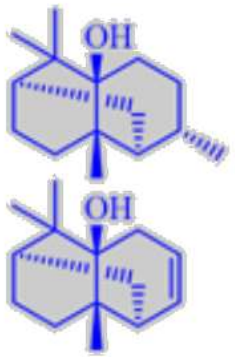

15:53
Sumru Erkul
12:53
Bir mesaj yaz

Tamanu 50ml
Ardıç 40 dml
Paçuli 40 dml
Selvi 40 dml
Günlük 40 dml
Karanfil 10 dml

PAÇULİ (Pogostemon Cablin)

- Paçulen, paçulol, linalool alkol, bulnesol, paculen, bulnese

- Kan dolaşımı hızlandırıcı
- Varis
- Hemeroid
- Antienflamatuar
- Metabolizma hızlandırıcı
- Yara izleri giderici
- Uykusuzluk
- Diüretik
- Toksik maddelerin atılımı
- Detox lenfatik drenaj
- Cilt sarkmalarında
- Yüzde kırışıklık giderici
- Ayak çatlakları
- Kepek
- Egzema



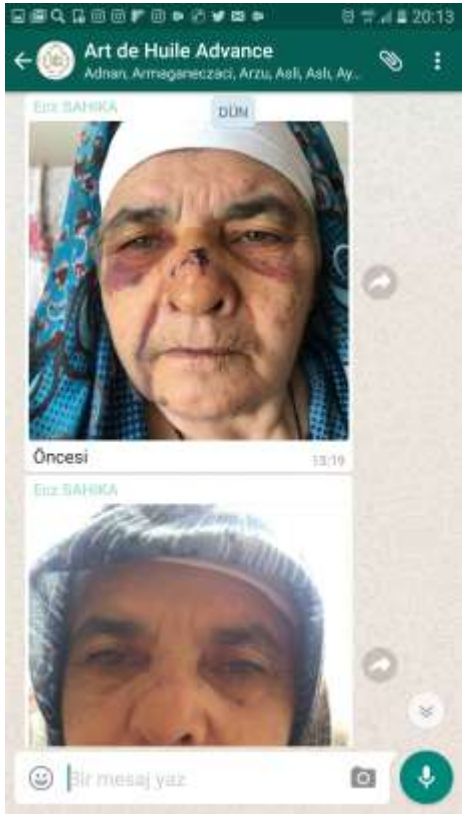
(-)-patchoulol and norpatchoulenol

PAÇULİ

- **(-)-Patchouli alcohol protects against Helicobacter pylori urease-induced apoptosis, oxidative stress and inflammatory response in human gastric epithelial cells.**
- Xie J[1], Lin Z[2], Xian Y[2], Kong S[3], Lai Z[2], Ip S[2], Chen H[4], Guo H[5], Su Z[4], Yang X[6], Xu Y[7], Su Z[8].
- **Author information**
- **Abstract**
- (-)-Patchouli alcohol (PA), the major active principle of Pogostemonis Herba, has been reported to have anti-Helicobacter pylori and gastroprotective effects. In the present work, we aimed to investigate the possible protective effect of PA on H. pylori urease (HPU)-injured human gastric epithelial cells (GES-1) and to elucidate the underlying mechanisms of action. Results showed that pre-treatment with PA (5.0, 10.0, 20.0μM) was able to remarkably ameliorate the cytotoxicity induced by 17.0U/mg HPU in GES-1 cells. Flow cytometric analysis on cellular apoptosis showed that pre-treatment with PA effectively attenuated GES-1 cells from the HPU-induced apoptosis. Moreover, the cytoprotective effect of PA was found to be associated with amelioration of the HPU-induced disruption of MMP, attenuating oxidative stress by decreasing contents of intracellular ROS and MDA, and increasing superoxide dismutase (SOD) and catalase (CAT) enzymatic activities. In addition, pre-treatment with PA markedly attenuated the secretion of nitric oxide (NO) and pro-inflammatory cytokines such as interleukin-2 (IL-2), interleukin-4 (IL-4) and tumor necrosis factor-α (TNF-α), whereas elevated the anti-inflammatory cytokine interleukin-13 (IL-13) in the HPU-stimulated GES-1 cells. Molecular docking assay suggested that PA engaged in the active site of urease bearing nickel ions and interacted with important residues via covalent binding, thereby restricting the active urease catalysis conformation. Our experimental findings suggest that PA could inhibit the cellular processes critically involved in the pathogenesis of H. pylori infection, and its protective effects against the HPU-induced cytotoxicity in GES-1 cells are believed to be associated with its anti-apoptotic, antioxidative, anti-inflammatory and HPU inhibitory actions.

PAÇULİ

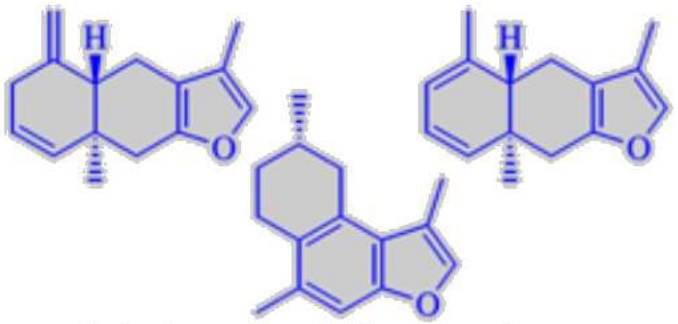
- **Selective antibacterial activity of patchouli alcohol against Helicobacter pylori based on inhibition of urease.**
- Yu XD[1], Xie JH, Wang YH, Li YC, Mo ZZ, Zheng YF, Su JY, Liang YE, Liang JZ, Su ZR, Huang P.
- **Author information**
- **Abstract**
- The aim of this study is to evaluate the antibacterial activity and urease inhibitory effects of patchouli alcohol (PA), the bioactive ingredient isolated from Pogostemonis Herba, which has been widely used for the treatment of gastrointestinal disorders. The activities of PA against selected bacteria and fungi were determined by agar dilution method. It was demonstrated that PA exhibited selective antibacterial activity against Helicobacter pylori, without influencing the major normal gastrointestinal bacteria. Noticeably, the antibacterial activity of PA was superior to that of amoxicillin, with minimal inhibition concentration value of 78 μg/mL. On the other hand, PA inhibited ureases from H.pylori and jack bean in concentration-dependent fashion with IC50 values of 2.67 ± 0.79 mM and 2.99 ± 0.41 mM, respectively. Lineweaver-Burk plots indicated that the type of inhibition was non-competitive against H.pylori urease whereas uncompetitive against jack bean urease. Reactivation of PA-inactivated urease assay showed DL-dithiothreitol, the thiol reagent, synergistically inactivated urease with PA instead of enzymatic activity recovery. In conclusion, the selective H.pylori antibacterial activity along with urease inhibitory potential of PA could make it a possible drug candidate for the treatment of H.pylori infection.


20:13
Art de Huile Advance
Adnan, Armaganeczaci, Arzu, Asli, Asli, Ay...
Eriz SAHIKA
DÜN
Öncesi
13:19
Eriz SAHIKA
Bir mesaj yaz

MÜR (Commiphora myrrha)

- Sinamaldehit, öjonol, limonen, pinen, dipenten, kadinen

- Çatlak dudaklar / cilt
- Streç Çatlak
- Çatlak, patlak topuklar
- Ağız yaraları
- Gingivit
- Gum (diş eti) rahatsızlıkları
- Ses kaybı
- Anti bakteriyal, antifungal
- Relaksasyon
- Huzurlu hissetme
- Antioksidant



lindestrene (top left) and analogues

The genus Commiphora: a review of its traditional uses, phytochemistry and pharmacology.

- sAbstract
- ETHNOPHARMACOLOGICAL RELEVANCE:
- The resinous exudates of the Commiphora species, known as 'myrrh', are used in traditional Chinese medicine for the treatment of trauma, arthritis, fractures and diseases caused by blood stagnation. Myrrh has also been used in the Ayurvedic medical system because of its therapeutic effects against inflammatory diseases, coronary artery diseases, gynecological disease, obesity, etc.
- **AIM OF THE REVIEW:**
- Based on a comprehensive review of traditional uses, phytochemistry, pharmacological and toxicological data on the genus Commiphora, opportunities for the future research and development as well as the genus' therapeutic potential are analyzed.
- **METHODS:**
- Information on the Commiphora species was collected via electronic search (using Pubmed, SciFinder, Scirus, Google Scholar and Web of Science) and a library search for articles published in peer-reviewed journals. Furthermore, information also was obtained from some local books on ethnopharmacology. This paper covers the literature, primarily pharmacological, from 2000 to the end of December 2011.
- **RESULTS:**
- The resinous exudates from the bark of plants of the genus Commiphora are important indigenous medicines, and have a long medicinal application for arthritis, hyperlipidemia, pain, wounds, fractures, blood stagnation, in Ayurvedic medicine, traditional Chinese medicine and other indigenous medical systems. Phytochemical investigation of this genus has resulted in identification of more than 300 secondary metabolites. The isolated metabolites and crude extract have exhibited a wide of in vitro and in vivo pharmacological effects, including antiproliferative, antioxidant, anti-inflammatory and antimicrobial. The bioactive steroids guggulsterones have attracted most attention for their potent hypolipidemic effect targeting farnesoid X receptor, as well as their potent inhibitory effects on tumor cells and anti-inflammatory efficiency.
- **CONCLUSIONS:**
- **The resins of Commiphora species have emerged as a good source of the traditional medicines for the treatment of inflammation, arthritis, obesity, microbial infection, wound, pain, fractures, tumor and gastrointestinal diseases. The resin of C. mukul in India and that of C. molmol in Egypt have been developed as anti-hyperlipidemia and antischistosomal agents. Pharmacological results have validated the use of this genus in the traditional medicines. Some bioassays are difficult to reproduce because the plant materials used have not been well identified, therefore analytical protocol and standardization of extracts should be established prior to biological evaluation. Stem, bark and leaf of this genus should receive more attention. Expansion of research materials would provide more opportunities for the discovery of new bioactive principles from the genus Commiphora. Evaluation of the wound healing property of Commiphora guidottii Chiov. ex. Guid.**

Mür
cadinene (1), elemol (2), eugenol (3), cuminaldehyde (4), numerous furanosesquiterpenes

- commiphora molmol is the most important species of
- Myrrh used for sore throats, canker sores and gingivitis [1].
- It is useful for the treatment of acne, boils and arthritis [1,
- 34]. Myrrh has local stimulant and antihealing, antiseptic
- properties for wounds and abrasions. It is used as a mouth
- wash and as a uterine stimulant and emmenagogue [2, 3].
- It is used in the treatment of infections in the mouth as
- mouth ulcers, pyorrhea as well as catarrhal problems of
- pharyngitis and sinusitis [1]. It is excellent in sore mouth
- and extreme ulceration of mercurial ptyalism.
- 36]. It is used also in cos-
- metic preparations for treatment of hair and scalp [37].
- Tincture of myrrh is used for the therapy of apthous ulcers
- (Stomatitis aphthosa) [44]. Myrrh is useful in chronic
- gastritis and atomic dyspepsia with full pale tongue and
- membrane, as well as frequent mucous stouts accompa-
- nied by flatulence [1]. It helps in the treatment laryngitis
- and respiratory complains.

Adaçayı 5 damla
Mur 5dml
Palmarosa 5 dml
Vetiver 5dml
Hodan 20ml
Tamanu 20ml

Gözaltı morluğu formülü ilk fotoğraf 2 gün sonraki hali son fotoğraf 6 gün içindeki sonuç

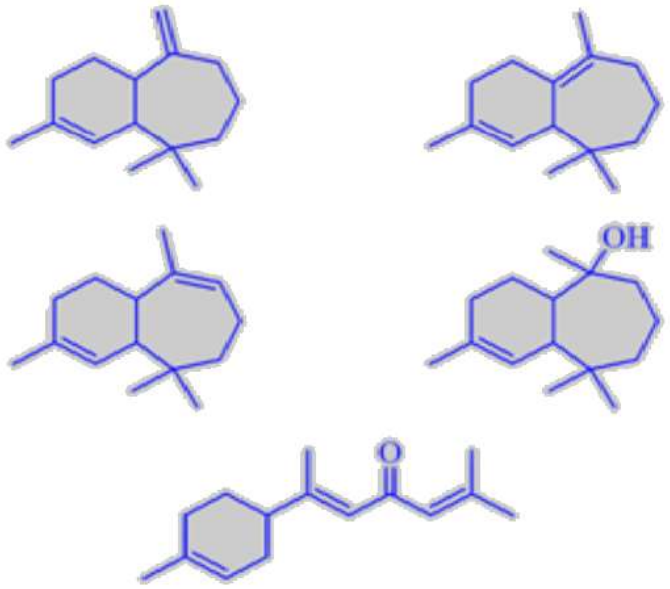
Hülya Kayhan


VODAFONE TR 4G
15:38
%47
@artdehuile_
@hulyakayhan
Yine guzel bir sonuç geldi ❤️❤️❤️❤️
Bugün 15:15
Merhaba Hülya hanım. Oğlumun kulaklarında sıvı birikmesi vardı. 2kez antibiyotik kullanmamıza rağmen düzelmemişti. Sizin sayfanızda paylaştığınız kulak sıvısıyla ilgili bir yazışmadan sonra bende Trabzon'da Saygılı eczanesine yaptırdım. Düzenli kullanmamıza rağman 2 hafta gibi bir süre içinde kulakları düzelmiş. Cok teşekkür ederim.
Beğenmek için iki kez dokun
Mesaj yaz...

SEDİR (Cedrus atlantica)

- Karyofillen, cedrol, kadinen, atlanton, cedral

- Egzama
- Saç dökülmesi
- Kuru saç deris
- Kepek, sebore
- Antiseptik
- Artritte
- Kas ağrıları/gerginlik
- Diüretik
- Menstruasyon düzenler
- Mantar enfeksiyonları
- Ter kokuları /ayak kokuları giderici
- Rahatlatıcı
- Gerginlik ve stres giderici



alpha-himachalene, beta-himachalene,
gamma-himachalene, himachalol
(E)-alpha-atlantone

Hülya Kayhan

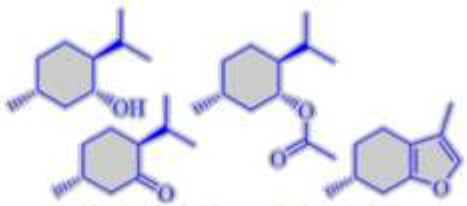
Art de Huile
by Hülya Kayhan


VODAFONE TR 19:48 %27
17:29
Ecz Sukran Atalay Bayirli
son görülme bugün 17:26
11:31
Bundan 2.5 ay önce 11:31
Size saç kıran 11:31
Resmi göndermiştim 11:32
Hasta baya kötü durumdaydı 11:32
Bugün saçlarını kestirmiş ve son halini resim attı 11:32
Size ve sizinle onu tanıştırdığım için bana çok dua ediyor 11:33
Ayşe Betül Çınar ve 17 diğer kişi

TIBBİ NANE (Mentha piperita)

- Mentol, methane, metil asetat, mentofuran, limonen, sineol

- Kas ağrılarında
- Sinüslerde
- Eklem ağrılarında,
- Nöralji
- Açlık gidermede
- Bulantı !! BP!!
- Kolik Sancı !BP
- Hamilelikte Kusma !! BP
- Dismenore !! BP
- Enerji verici
- Alerji giderici, kaşıntı kesici
- Ateş düşürücü
- Baş ağrısı/migren
- Ağız kokusu giderici



(-)-menthol, (-)-menthyl acetate,
(-)-menthone and (+)-menthofurane

Nane uçucu yağının IBS te Barsaktaki yumuşak kaslardaki Ca Kanallarını bloke ederek etkisiGaz,şişlik, IBS,

- 1)The mechanism of action of peppermint oil on gastrointestinal smooth muscle: An analysis using patch clamp electrophysiology and isolated tissue pharmacology in rabbit and guinea pig
- Judith M. Hills[a, b],
- Philip I. Aaronson[a, b]
- **Check access**
- 1. Hills JM, Aaronson PI. The mechanism of action of peppermint oil on gastrointestinal smooth muscle. Gastroenterology 1991; 101: 55565.
- **Purchase $35.95**
- Abstract
- An investigation of the mechanism of peppermint oil action was performed using isolated pharmacological preparations from guinea pig large intestine and patch clamp electrophysiology techniques on rabbit jejunum. Peppermint oil relaxed carbachol-contracted guinea pig taenia coli (IC_{50}, 22.1 µg/mL) and inhibited spontaneous activity in the guinea pig colon (IC_{50}, 25.9 µg/mL) and rabbit jejunum (IC_{50}, 15.2 µg/mL). Peppermint oil markedly attenuated contractile responses in the guinea pig taenia coli to acetylcholine, histamine, 5-hydroxytryptamine, and substance P. Peppermint oil reduced contractions evoked by potassium depolarization and calcium contractions evoked in depolarizing Krebs solutions in taenia coli. Potential-dependent calcium currents recorded using the whole cell clamp configuration in rabbit jejunum smooth muscle cells were inhibited by peppermint oil in a concentration-dependent manner. Peppermint oil both reduced peak current amplitude and increased the rate of current decay. The effect of peppermint oil resembled that of the dihydropyridine calcium antagonists. It is concluded that peppermint oil relaxes gastrointestinal smooth muscle by reducing calcium influx.

Hülya Kayhan

Art de Huile by Hülya Kayhan

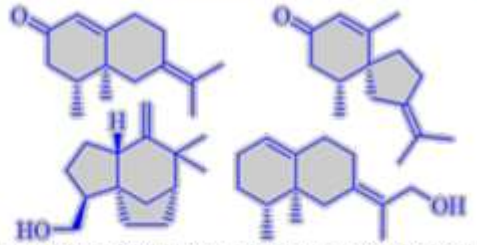
Nane uçucu yağının IBS te Barsaktaki yumuşak kaslardaki Ca Kanallarını bloke ederek etkisi, Gaz,şişlik, IBS,

- **Peppermint oil (Mintoil®) in the treatment of irritable bowel syndrome: A prospective double blind placebo-controlled randomized trial**
-
- Abstract
- *Introduction*
- The use of peppermint oil in treating the irritable bowel syndrome has been studied with variable results probably due to the presence of patients affected by small intestinal bacterial overgrowth, lactose intolerance or celiac disease that may have symptoms similar to irritable bowel syndrome.
- *Aim*
- The aim of the study was to test the effectiveness of enteric-coated peppermint oil in patients with irritable bowel syndrome in whom small intestinal bacterial overgrowth, lactose intolerance and celiac disease were excluded.
- *Methods*
- Fifty-seven patients with irritable bowel syndrome according to the Rome II criteria, with normal lactose and lactulose breath tests and negative antibody screening for celiac disease, were treated with peppermint oil (two enteric-coated capsules twice per day or placebo) for 4 weeks in a double blind study. The symptoms were assessed before therapy (T_0), after the first 4 weeks of therapy (T_4) and 4 weeks after the end of therapy (T_8). The symptoms evaluated were: abdominal bloating, abdominal pain or discomfort, diarrhoea, constipation, feeling of incomplete evacuation, pain at defecation, passage of gas or mucus and urgency at defecation. For each symptom intensity and frequency from 0 to 4 were scored. The total irritable bowel syndrome symptoms score was also calculated as the mean value of the sum of the average of the intensity and frequency scores of each symptom.

VETİVERT (Vetiveria zizenoides)

- Vetiverol, vitivon terpenleri, vetiven

- ADHD
- (Dikkat eksikliği, hiper aktivite)
- ANKSİYETTE
- BEYİN SAĞLIĞI
- UNUTKANLIK
- DİKKATSİZLİK
- BAŞ AĞRILARI
- UYKU BOZUKLUKLARI
- RAHATLATICI
- SİNİR, GERGİNLİK
- ÖFKE
- KONSANTRASYON



a-vetivone, ß-vetivone, khusimol, isovalencenol

Evaluation of antioxidant activity of vetiver (Vetiveria zizanioides L.) oil and identification of its antioxidant constituents.

- Kim HJ[1], Chen F, Wang X, Chung HY, Jin Z.
- **Author information**

- **Abstract**
- Antioxidant capacities of vetiver (Vetiveria zizanioides) oil were evaluated by two different in vitro assays: the DPPH* free radical scavenging assay and the Fe2+-metal chelating assay.
- Results showed that the vetiver oil (VO) possessed a strong free radical scavenging activity when compared to standard antioxidants such as butylated hydroxytoluene (BHT) and alpha-tocopherol.
- However, its metal chelating capacity was relatively weak. VO (10 microL/mL) dissolved in methanol exhibited approximately 93% free radical scavenging activity in the DPPH* assay and approximately 34% Fe2+ chelating activity in the metal chelating assay. By contrast, 10 mM BHT and 0.1 mM alpha-tocopherol exhibited 93 and 89% free radical scavenging activities in the DPPH* assay, respectively, and 1 mM EDTA exhibited approximately 97% activity in the metal chelating assay.
- Among the complex constituents in the crude VO, beta-vetivenene, beta-vetivone, and alpha-vetivone, which had shown strong antioxidant activities, were isolated and identified using various chromatographic techniques including silica gel open column chromatography, silica HPLC, and GC-MS.
- These results show that VO and some of its inherent components can be potential alternative natural antioxidants.

Modification of sleep-waking and electroencephalogram induced by vetiver essential oil inhalation

- .
- Cheaha D[1], Issuriya A[2], Manor R[3], Kwangjai J[4], Rujiralai T[5], Kumarnsit E[4].
- **Author information**
- **Abstract**
- **BACKGROUND:**
- Essential oils (EOs) have been claimed to modulate mental functions though the most of data were obtained from subjective methods of assessment. Direct effects of EO on brain function remained largely to be confirmed with scientific proof. This study aimed to demonstrate quantifiable and reproducible effects of commercial vetiver (Vetiveria zizanioides) EO inhalation on sleep-waking and electroencephalogram (EEG) patterns in adult male Wistar rats. The experiments were conducted during November 2013 - February 2014.
- **MATERIALS AND METHODS:**
- The following electrode implantation on the skull, control, and treated animals were subjected for EEG recording while inhaling water and vetiver EO (20 and 200 µl), respectively. Fast Fourier transform was used for analysis of EEG power spectrum.
- **RESULTS:**
- One-way ANOVA analysis confirmed that vetiver EO inhalation significantly increased total waking and reduced slow-wave sleep time.
- Moreover, EO inhalation decreased alpha and beta1 activity in both frontal and parietal cortices and increased gamma activity in the frontal cortex. Changes in these frequencies began almost from the start of the inhalation.
- **CONCLUSION:**
- These data suggest refreshing properties of vetiver EO on electrical brain activity and alertness.

Hülya Kayhan

Art de Huile
by Hülya Kayhan

Treats ADHD

- In 2001, a study done by Dr. Terry Friedman found that vetiver oil is effective in treating children with ADHD. The case study was conducted for two years (1999-2001), and it involved 40 children between 6 and 12 years old. Twenty of the children were not diagnosed with ADHD — they served as the control group — and 20 children were diagnosed.
- The essential oils that were used in the study were lavender, vetiver, cedarwood and Brain Power (which is a blend of **frankincense**, sandalwood, melissa, cedarwood, blue cypress, lavender and The essential oils were tested one at a time for 30 days per oil; the children used a inhalation device at night and inhaled the essential oil about three times day when they were feeling "scattered."
- The final results were extremely promising — **lavender oil's benefits** were apparent, as it increased performance by 53 percent, **cedarwood essential oil** increased performance by 83 percent and **vetiver oil increased performance by 100 percent!** The study found that the relaxing and calming properties of vetiver oil helped the children combat their ADHD and ADD symptoms, which typically include difficulty in concentrating, diminished focus, being easily distracted, difficulty with organization and following directions, impatience, and fidgety behavior. The research that is being done to support vetiver oil, and other essential oils, as an effective **natural remedy for ADHD** is an exciting and much-needed prospect.

According to a study published in the American Medical Association Journal, essential oils of vetiver and cedarwood are very effective in improving focus and calming down children with ADHD.

-

Hülya Kayhan

Art de Huile
by Hülya Kayhan

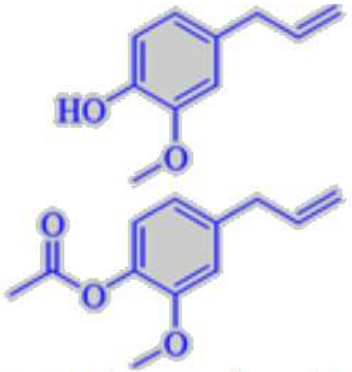
- Vetiver oil boosts the immune and nervous system, as it's a natural tonic. A 2015 study conducted in India found that vetiver oil plays a protective role in the body by lessening the toxic results of a chemotherapy drug called cisplatin, which is used to treat cancer of the testicles, bladder, ovaries or lung. Because of its antioxidant activity, vetiver oil significantly inhibited DNA damage, clastogenic effects and cell cycle arrest in the bone marrow cells of mice that were given cisplatin for five consecutive days.
- According to a study published in the American Medical Association Journal, essential oils of vetiver and cedarwood are very effective in improving focus and calming down children with ADHD.
-

- t’s also very important that you get enough sleep. According to an article from the journal *Current Opinion of Endocrinology, Diabetes and Obesity*, getting enough sleep *and* at the right times are two of the most effective and **natural ways to raise testosterone**. Because vetiver oil has soothing properties that leave you in a state of tranquility, it’s known to help with insomnia and stress that leads to sleep loss. With the right amount of sleep, your body begins to feel its natural and healthy urges again — so if you **can’t sleep**, try utilizing vetiver oil.

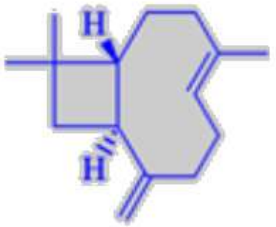
KARANFİL (Eugenia aromatica)

- Öjanil asetat, öjonol, karyofillen,

- Artrit
- Diş ağrısı
- Dişeti enfeksiyonları
- Morarma
- Atlet ayağı
- Ayak deri sertliği, çatlak



eugenol, eugenyl acetate



caryophyllene

Karanfi l

- Eugenia caryophyllata (EC) was found to be effective against egg and adult of Pediculus capitis
- (3). It has antiseptic as well as bacteriostatic and bactericidal activity against several bacteria including Escherichia coli and Staphylococcus aureus
- (4;5). Growth of Helicobacter pylori being one of the major causes of peptic ulcer disease has been shown to be inhibited by EC
- (6). Clove oil also showed the acaricidal activity against Dermatophagoides farinae and Dermatophagoides pteronyssinus
- (7). Its anesthetic and spazmolytic properties have also been reported (5). In mouse macrophage cultures, methanol extract of EC inhibits cyclooxigenase by 80% (8) without affecting
- **Eugenol suppresses cyclooxygenase-2 expression in lipopolysaccharide-stimulated mouse macrophage RAW264.7 cells.**

Abstract

- Inducible cyclooxygenase (COX-2) has been implicated in the processes of inflammation and carcinogenesis. Thus, the potential COX-2 inhibitors have been considered as anti-inflammatory or cancer chemopreventive agents. In this study, the methanolic extract of the cortex of Eugenia caryophyllata Thunberg (Myrtaceae) was found to potently inhibit the prostaglandin E(2) production in lipopolysaccharide (LPS)-activated mouse macrophage RAW264.7 cells (98.3% inhibition at the test concentration of 10 microg/ml). Further, hexane-soluble layer was the most active partition compared to ethyl acetate, n-butanol, and water-soluble parts. By bioassay-guided fractionation of hexane-soluble partition, eugenol was isolated and exhibited a significant inhibition of PGE(2) production (IC(50) = 0.37 microM). In addition, eugenol suppressed the cyclooxygenase-2 (COX-2) gene expression in LPS-stimulated mouse macrophage cells. On the line of COX-2 playing an important role in colon carcinogenesis further study was designed to investigate the effect of eugenol on the growth and COX-2 expression in HT-29 human colon cancer cells. Eugenol inhibited the proliferation of HT-29 cells and the mRNA expression of COX-2, but not COX-1. This result suggests that eugenol might be a plausible lead candidate for further developing the COX-2 inhibitor as an anti-inflammatory or cancer chemopreventive agent.

Karanfi l

- **Acaricidal activity of clove bud oil against Dermatophagoides farinae (Acari: Pyroglyphidae)].**
- [Article in Chinese]
- Li J[1], Wu HQ, Liu ZG.
- **Author information**
- **Abstract**
- Volatile oil from the clove bud was extracted by petroleum ether using Soxhlet Extractor. The acaricidal activity was examined using direct contact and vapour phase toxicity bioassays. In a filter paper contact toxicity bio-assay, at 2.5 h after treatment, clove bud oil at a dose of 12.20 microg/cm2 killed all dust mites. As judged by 24-h LD50 values, potent fumigant action was observed with clove bud oil (12.20 microg/cm2), showing an adequate acaricidal activity against indoor Dermatophagoides farinae.

Hülya Kayhan

Art de Huile by Hülya Kayhan

Karanfil

- **A preliminary study of the acaricidal activity of clove oil, Eugenia caryophyllus.**
- Mahakittikun V[1], Soonthornchareonnon N, Foongladda S, Boitano JJ, Wangapai T, Ninsanit P.
- **Author information**
- **Abstract**
- **BACKGROUND:**
- The search for more eco-friendly acaricides has prompted testing of medicinal plants from botanical sources.
- **OBJECTIVE:**
- To evaluate the eradication of house dust mites (HDM), Dermatophagoides pteronyssinus, by direct contact using the essential clove oil (Eugenia caryophyllus).
- **METHODS:**
- A pilot study was initiated to determine the killing power of clove oil. Synthetic fibers were immersed in 2% clove oil for 30 min, dried in a hot air oven at 60°C for 2 hrs after which 0.5 gm of HDMs were exposed to these coated fibers placed in the Siriraj Chamber (SC). Two additional long-term methods were employed. Ten mites were placed in the SC and 10 µl of clove oil was pipetted or sprayed onto them. These latter two procedures were each carried out for 3 consecutive days at 0, 1, 3 and 6 months. The solutions antimicrobial and antifungal properties were evaluated by exposing common bacteria and fungi to sterile filter disks impregnated with the mixture, and after overnight incubation, the disc diffusion method on nutrient agar was used. Ethyl alcohol served as the placebo. 99% and 81%, respectively, while the placebo mortality was <5%. The zone of inhibition indicated significant clearance for all the bacteria and fungi indicating greater biocidal activity when compared to the controls.
- **RESULTS:**
- SEMs revealed dead mites on the fibers. The effectiveness of pipetting and spraying was 99% and 81%, respectively, while the placebo mortality was <5%. The zone of inhibition indicated significant clearance for all the bacteria and fungi indicating greater biocidal activity when compared to the controls.
- **CONCLUSIONS:**
- Clove oil is a promising agent for killing dust mites with a potential use in dust-mite laden mattresses. Spraying diminishes in efficiency after 3 months.

Hülya Kayhan

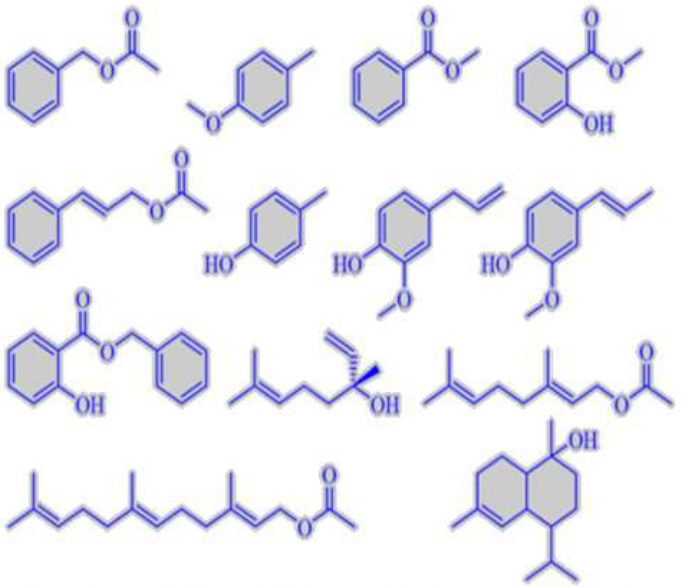
Art de Huile
by Hülya Kayhan

YLANG YLANG (Cananga Odarata)

- Metil benzoate, metil salisilat, benzil asetat, öjonol, geraniol, linalol

- Antistress
- Antidepresan
- Rahatlatıcı
- Sebore
- Saç uzatıcı
- Kirpik uzatıcı
- Hormonları dengeler
- Afrodizyak
- Göğüs sertleştirici
- Deri toparlayıcı
- Sakinleştirici

- CHANEL NO:5 PARFÜMÜNÜN HAMMADDESİ

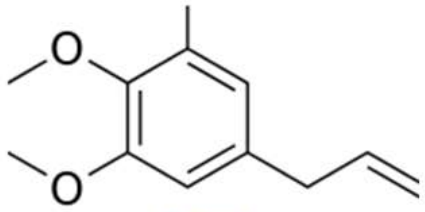


important odorants from ylang-ylang oil - in the order mentioned in the text


Info
Rate Us
Cart
More
17:00
Çok teşekkürler
17:00
Harika
17:01
Ohhhh
17:01
Bencede Harika ve 15 gün henüz oldu
17:01
Paylaşabilir miyim
17:01
Evettttt Evettttt Evettttt
17:01
350 tl ye alınan serumun yapamadığını yaptı
17:02

ELEMİ (Canarium luzonicum)

- Elemol, elemisin, fellandren, dipenten, terpineol
  - Arapça allemi (alem) demektir
  - İlk dini kitaplarda vardır
  - Açılan mumyanın içinden çıkan yağdır, mumyalamada kullanılmış
- Kan dolaşımı hızlandırıcı
- Kırışıklık, yüz çizgileri
- Cildi yumuşatır, rahatlatır
- Yaşlanan cildi gençleştirir
- Hücre üretimine yardımcı
- Cilde ton ve elastikiyet verir
- Cilde canlı ve parlak görünüm kazandırır.
- Kötü düşüncelerden kurtulmayı sağlar.
- Kas, kramp



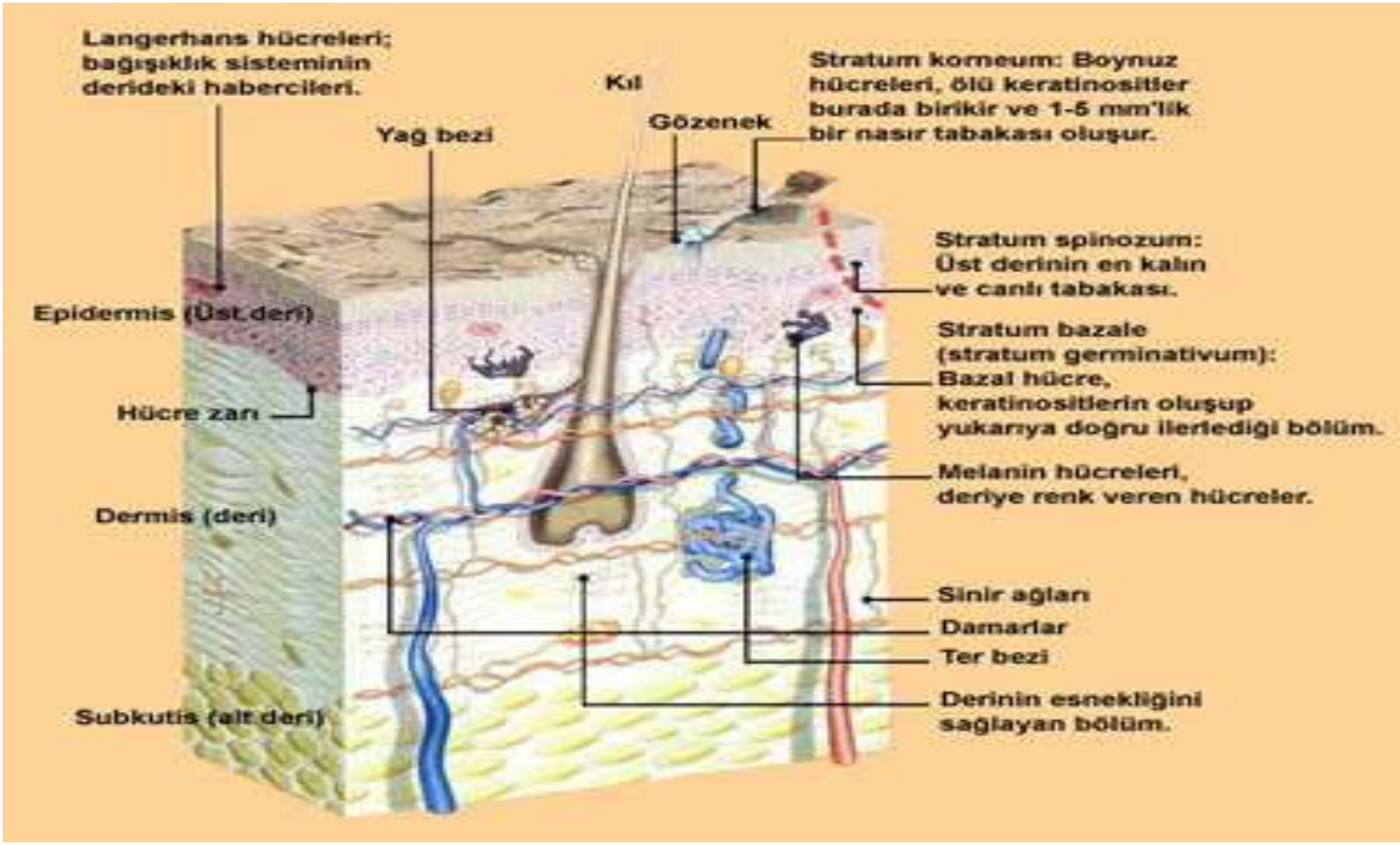
Elemicin

CİLT

- Akne
- Rozase
- Sedef
- Egzema
- Yatak yaraları,Diyabetik Ayak
- Yanık
- Atopik cilt
- Güneş veya hamilelik lekeleri
- Kırışıklık
- Selülit
- Deri çatlakları
- Varis
- Saç dökülmeleri
- Saçkıran
- Tırnak mantarları

Art de Huile
by Hülya Kayhan

TOPİKAL UYGULAMA



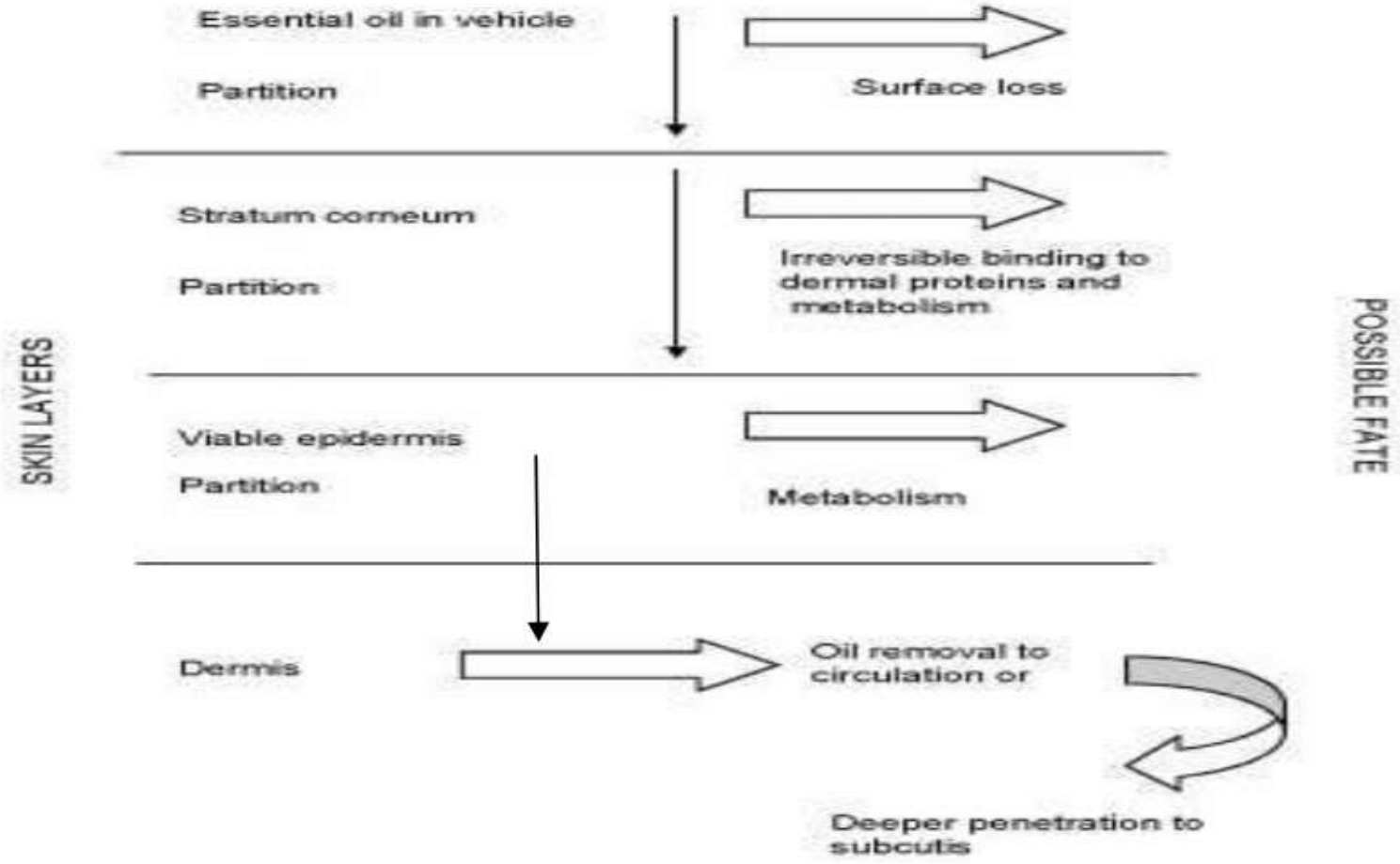
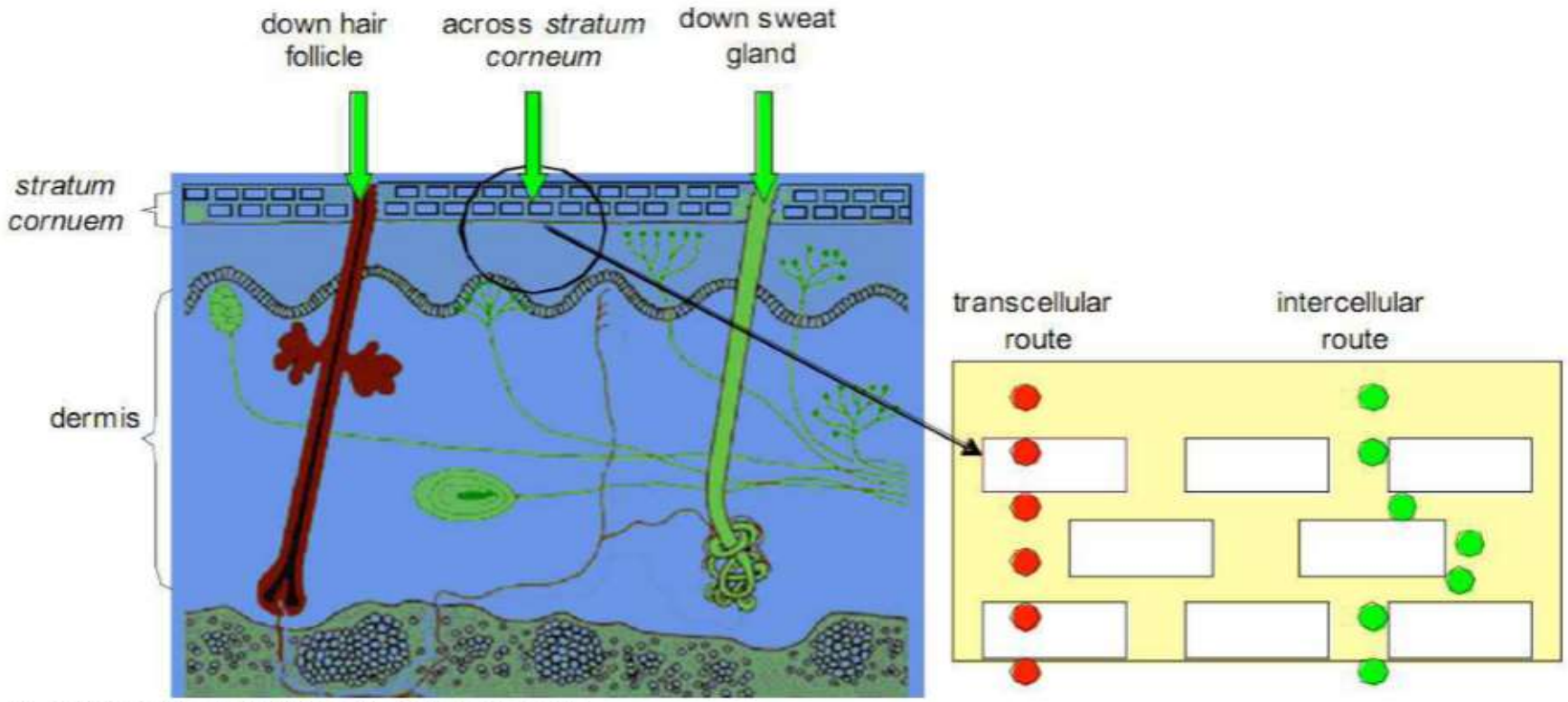


Figure 4

Potential fate of essential oil components when applied to skin



1) intercellular ± via lipid domains
2) transcellular ± diffusion through the corneocyte
3) shunt routes ± via hair follicles and sweat glands.

Figure 3
Intracellular and Intercellular routes of essential oil absorption

DERİDEN EMİLİM

- Yağda çözünen moleküller daha hızlı ve daha çok emilir.
- Suda çözünen moleküllerin emilim hızı yavaştır veya emilemezler.
- Molekül ağırlığı çok küçük olan moleküller daha hızlı emilir.
- Partikül yapısı çok küçük moleküller en hızlı emilir. (nano partikül boyutta moleküller)
- Deriden emilen moleküller önce stratum korneum(epidermisin dış kısmı) sonra dermis ve kılcal damarlara ve en son lenfatik sisteme geçer.

DERİDEN EMİLİMİ ETKİLEYEN FAKTÖRLER

- Uygulanan yüzey alanının genişliği
- Derinin geçirgenliği (İnce deri tabakası daha geçirgendir.)
  kulak arkası
  bileklerin iç kısmı
  ayak altı, avuç içleri, saç derisi
- Derinin gözeneklerinin açık olması, temiz deri
- Deri de yara, çizik, yanık, egzama vs. varsa da deri daha geçirgendir.

SABİT YAĞLARIN DA DERİDEN EMİLİMDE ÖNEMLİ ROLLERİ VARDIR

- Birçok uçucu yağ özünü sabit yağda seyrelterek uygularız. (Tahriş oluşmaması için)

•Sabit yağın vizkozitesi, taşıdığı uçucu yağın deri altına itilme hızını belirler.

•Daha vizkoz yağlar daha çok itme kuvveti uygular .

hodan, jojoba gibi yağlar, deriden emilimde avokado yağı veya zeytinyağı gibi yağlardan çok daha itici görev yaparlar.

- ATOPİC DERMATİTİS
- **Ceramide-dominant barrier repair lipids alleviate childhood atopic dermatitis: changes in barrier function provide a sensitive indicator of disease activity.**
- Chamlin SL[1], Kao J, Frieden IJ, Sheu MY, Fowler AJ, Fluhr JW, Williams ML, Elias PM.
- **Author information**
- **Abstract**
- **BACKGROUND:**
- It is currently fashionable to consider atopic dermatitis (AD), like other inflammatory dermatoses, as immunologic in pathogenesis ("inside-outside" hypothesis). Accordingly, topical glucocorticoids and other immunosuppressive agents are mainstays of therapy, but the risk of toxicity from these agents is not insignificant, particularly in children. Alternatively, because stratum corneum (SC) permeability barrier function is also abnormal in AD, it has been hypothesized that the barrier abnormality could drive disease activity. Yet commonly used emollients and moisturizers do not correct the SC ceramide deficiency, the putative cause of the barrier abnormality.
- **OBJECTIVES:**

- **OBJECTIVES:**
- We assessed the efficacy of a newly developed, ceramide-dominant, physiologic lipid-based emollient, when substituted for currently used moisturizers, in 24 children who were also receiving standard therapy for stubborn-to-recalcitrant AD.
- **METHODS:**
- All subjects continued prior therapy (eg, topical tacrolimus or corticosteroids), only substituting the barrier repair emollient for their prior moisturizer. Follow-up evaluations, which included severity scoring of atopic dermatitis (SCORAD) values and several biophysical measures of SC function, were performed every 3 weeks for 20 to 21 weeks.
- **RESULTS:**
- SCORAD values improved significantly in 22 of 24 patients by 3 weeks, with further progressive improvement in all patients between 6 and 20 or 21 weeks. Transepidermal water loss levels (TEWL), which were elevated over involved and uninvolved areas at entry, decreased in parallel with SCORAD scores and continued to decline even after SCORAD scores plateaued. Both SC integrity (cohesion) and hydration also improved slowly but significantly during therapy. Finally, the ultrastructure of the SC, treated with ceramide-dominant emollient, revealed extracellular lamellar membranes, which were largely absent in baseline SC samples.

CONCLUSION:

These studies suggest that (1) a ceramide-dominant, barrier repair emollient represents a safe, useful adjunct to the treatment of childhood AD and (2) TEWL is at least as sensitive an indicator of fluctuations in AD disease activity as are SCORAD values. These studies support the outside-inside hypothesis as a component of pathogenesis in AD and other inflammatory dermatoses that are accompanied by a barrier abnormality.

PMID:12140465

Omega-6 (n-6) and omega-3 (n-3) polyunsaturated fatty acids (PUFAs) play a critical role in normal skin function and appearance. *(More information)*

Metabolism of the essential fatty acids (EFAs), linoleic acid (LA; 18:2n-6) and α-linolenic acid (ALA; 18:2n-3), is limited in the skin; long-chain derivatives of LA and ALA are therefore considered conditionally essential nutrients for skin. *(More information)*

The omega-6 PUFAs have a particular role in structural integrity and barrier function of the skin. *(More information)*

Both omega-6 and omega-3 PUFAs give rise to potent signaling molecules, called eicosanoids, which influence the inflammatory response in skin. *(More information)*

Both topical application and oral supplementation are effective means of delivering EFAs to the skin and systemic circulation. *(More information)*

Consuming oils rich in n-6 and n-3 fatty acids can alter the fatty acid composition and eicosanoid content of the epidermis. *(More information)*

Dietary supplementation and topical application of certain omega-3 PUFAs attenuates UV-induced photodamage, extrinsic signs of skin aging, and inflammatory skin responses. *(More information)*

Permeation

enhancers are the substances that reduce the skin ability to

perform its barrier function and makes skin more permeable and they allow drug molecules to cross the skin at a faster rate[10].These substances can increase the drug diffusivity in the stratum corneum (SC) by dissolving the skin lipids or by denaturing skin proteins.The mechanism of action of permeation enhancers are

1)disruption of the highly ordered structure of SC lipids

2) interactions with intracellular proteins

3)improvement in partitioning of the drug, coenhancers or co solvent in to the stratum corneum[9 b] . ROLE OF ESSENTIAL OILS AS PERMEATION ENHANCER Dermal application provides the principal route for essential oil administration and it is axiomatic that it is the primary route for dermatological care. Transdermal permeation of essential oil molecules is complex, involving many possible steps from initial application to their arrival in the systemic circulation. However, they have been shown to penetrate into and through the skin where they exert local therapeutic effects. The stratum corneum for most molecules is the rate-limiting barrier to further permeation. There are three ways that intact stratum corneum can be crossed as shown in Fig.2

SABİT YAĞLARIN DA DERİDEN EMİLİMDE ÖNEMLİ ROLLERİ VARDIR

- Birçok uçucu yağ özünü sabit yağda seyrelterek uygularız. (Tahriş oluşmaması için)
- Sabit yağın vizkozitesi, taşıdığı uçucu yağın deri altına itilme hızını belirler.
- Daha vizkoz yağlar daha çok itme kuvveti uygular .

hodan, jojoba gibi yağlar, deriden emilimde avokado yağı veya zeytinyağı gibi yağlardan çok daha itici görev yaparlar.

UÇUCU YAĞ ÖZLERİNİN TOPİKAL İLAÇ UYGULAMASINA ETKİLERİ

- **Sesquiterpene components of volatile oils as skin penetration enhancers for the hydrophilic permeant 5-fluorouracil.**
- Cornwell PA[1], Barry BW
- . 2015 Apr;67(4):473-85. doi: 10.1111/jphp.12334. Epub 2014 Dec 31.
- **Essential oils and their constituents as skin penetration enhancer for transdermal drug delivery: a review.**
- Herman A[1], Herman AP.

Investigating the potential of essential oils as penetration enhancer for transdermal losartan delivery: Effectiveness and mechanism of action

Indu Vashisth[a, c], Abdul Ahad[b, ,], Mohd. Aqil[a,]

[a] Department of Pharmaceutics, Faculty of Pharmacy, Hamdard

[b] Department of Pharmaceutics, College of Pharmacy, King Saud University, P.O. Box 2457, Riyadh 11451, Saudi Arabia

- The natural absorption promoters documented so far include essential oils, terpenes, terpenoids, fatty acid esters, fatty acid glycols, and herbal extracts. The essential oils are nontoxic, non-allergic, and compatible with drug and excipients have received much attention of researchers and found one of the promising groups of candidates to be employed as clinically acceptable penetration enhancers. Essential oils present a large range of chemically acceptable and relatively safe penetration enhancers to aid percutaneous drug delivery and are considered as GRAS (generally regarded as safe) compounds for medicinal use. They have been reported to use for permeation enhancement of both hydrophilic and lipophilic drugs. They cause no skin toxicity or if any, only mild irritation [7].

Skin permeation profile of LP on concurrent treatment of test penetration enhancers with saturated solution of LP in the vehicle i.e. ethanol: PBS (1:9) (Study 1).

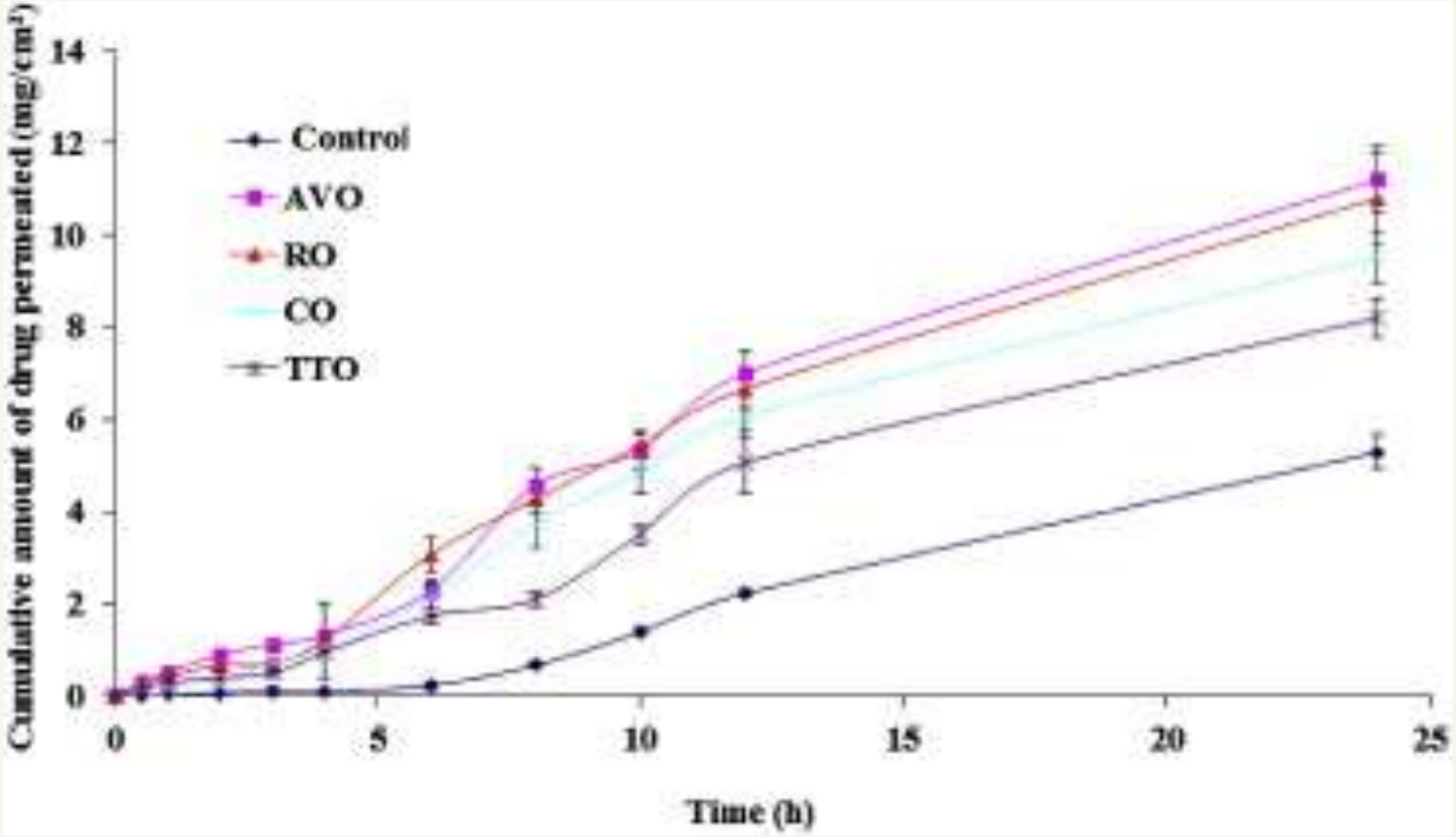
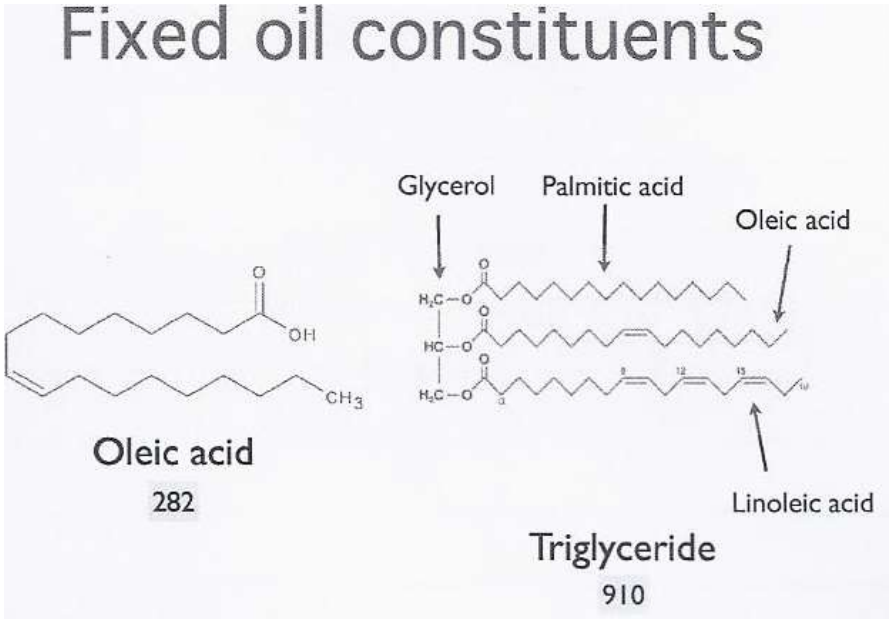


Table I. The Mean Permeability Coefficients (K_p), with Standard Error of the Mean, of 5-FU in Human Epidermal Membranes at 32 ± 1°C Before and After Treatment with a Terpene

Terpene	Purity (%)	K_p (cm/hr × 10^5) Initial (control)	Treated
Hydrocarbons			
d-Limonene	94.1	1.22 ± 0.50	2.57 ± 0.72
α-Pinene	98.1	4.69 ± 1.96	4.74 ± 1.59
3-Carene	95.9	0.82 ± 0.12	3.13 ± 0.65
Alcohols			
α-Terpineol	91.4	5.08 ± 1.55	46.8 ± 7.58
Terpinen-4-ol	95.7	2.46 ± 0.30	25.3 ± 6.31
Carveol	97.6	1.42 ± 0.40	29.0 ± 5.59
Ketones			
Carvone	99.7	1.29 ± 0.42	15.9 ± 4.44
Pulegone	90.7	0.74 ± 0.06	15.5 ± 4.23
Piperitone	97.6	1.62 ± 0.90	47.0 ± 9.82
Menthone	96.1	3.38 ± 1.59	128 ± 46.3
Oxides			
Cyclohexene oxide	99.2	2.86 ± 0.74	6.86 ± 1.99
Limonene oxide	98.4	3.11 ± 0.65	37.3 ± 13.9
α-Pinene oxide	92.7	0.42 ± 0.07	5.84 ± 2.16
Cyclopentene oxide	99.4	1.11 ± 0.22	34.4 ± 12.6
Ascaridole	96.3	2.50 ± 0.37	214 ± 39.1
7-oxabicyclo[2.2.1]-heptane	99.3	4.18 ± 1.14	380 ± 117
1,8-cineole	99.1	2.15 ± 0.30	204 ± 66.0
Oils			
Ylang ylang	—	3.79 ± 1.25	29.6 ± 9.90
Anise	—	2.30 ± 0.34	6.33 ± 0.50
Chenopodium	—	4.33 ± 1.32	93.5 ± 29.1
Eucalyptus	—	2.09 ± 0.42	69.3 ± 13.4

SABİT YAĞLAR

- Tamanu
- Hodan (Borage)
- Sarı Kantaron (Hypericum)
- Jojoba
- Aynısefa (Calendula)
- Haşhaş
- Avokado
- Susam
- Kayısı çekirdeği
- Hindistan cevizi
- Shea butter



HODAN YAĞI (BORAGE)

- Dokusu bozulmuş
- Yıpranmış
- İşlem görmüş ciltlerde
- Sarkmalarda
  - İçeriğindeki Gamma Linoleik Asit (GLA) oranı diğer bütün sabit yağlardan çoktur.
  - GLA zarar görmüş, güneşten yıpranmış ciltlerin yeniden yapılanmasını sağlar.
  - İçeriğindeki tannin'den dolayı cildin gerilmesini ve sarkmalarda kullanılır.

Protective Effect of Borage Seed Oil and Gamma Linolenic Acid on DNA: In Vivo and In Vitro Studies Inmaculada Tasset-Cuevas1 *, Zahira Ferna´ndez-Bedmar2 , Mari´a Dolores Lozano-Baena3 , Ju

- 1. Horrobin DF (1983) The regulation of prostaglandin biosynthesis by the manipulation of essential fatty acid metabolism. Rev Pure Appl Pharmacol 4: 339–383
- 2. Gilania AH, Bashira S, Khana AU (2007) Pharmacological basis for the use of Borago officinalis in gastrointestinal, respiratory and cardiovascular disorders.
- 3.J Ethnopharmacol 114: 393–399 3. Hamilton LA, Trobaugh KA (2011) Acute respiratory distress syndrome: use of specialized nutrients in pediatric patients and infants. Nutr Clin Pract 26: 26–30.
- 4. Cameron M, Gagnier JJ, Chrubasik S (2011) Herbal therapy for treating rheumatoid arthritis. Cochrane Database Syst Rev 16: CD002948.
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- 6. Wauquier F, Barquissau V, Le´otoing L, Davicco MJ, Lebecque P, et al. (2012) Borage and fish oils lifelong supplementation decreases inflammation and improves bone health in a murine model of senile osteoporosis. Bone 50: 553– 561.
- 7. Brosche T, Platt D (2000) Effect of borage oil consumption on fatty acid metabolism, transepidermal water loss and skin parameters in elderly people. Arch Gerontol Geriatrics 30: 139–150.
- 8. Guo Y, Cai X, Zhao X, Shi R (2001) Effect of five kinds of vegetable seed oil on serum lipid and lipid peroxidation in rats. Wei Sheng Yan Jiu 30: 50–51. 9. Del Rı´o M, Ferna´ndez-Martı´nez C, de Haro A (1993) Wild and cultivated Borago officinalis L.: Sources of gamma linolenic acid. Grasas y Aceites 44:

Hülya Kayhan

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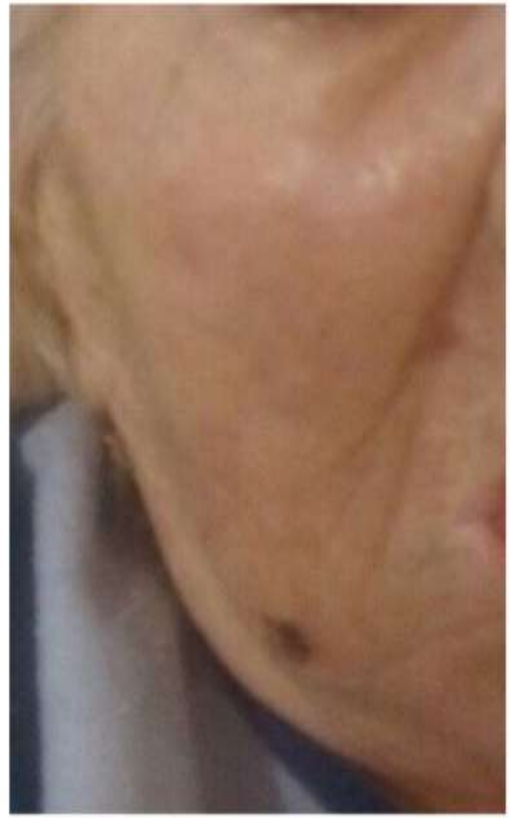

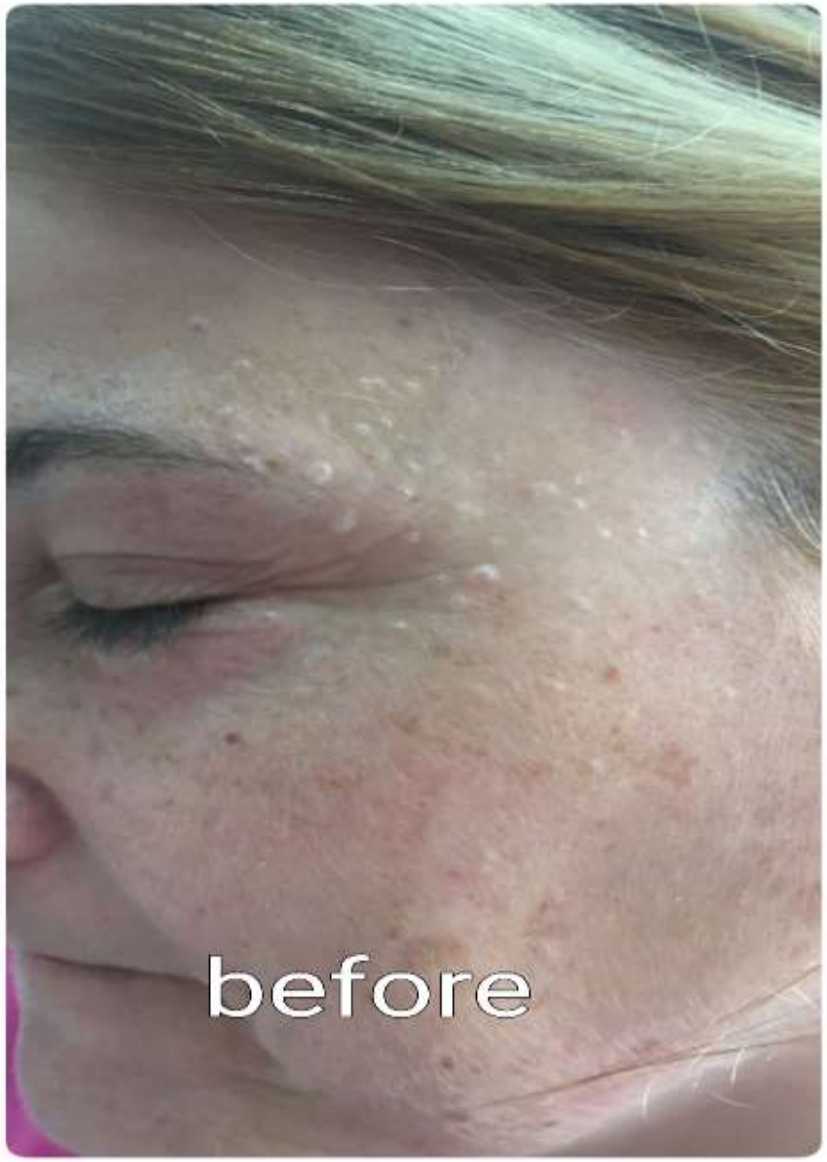
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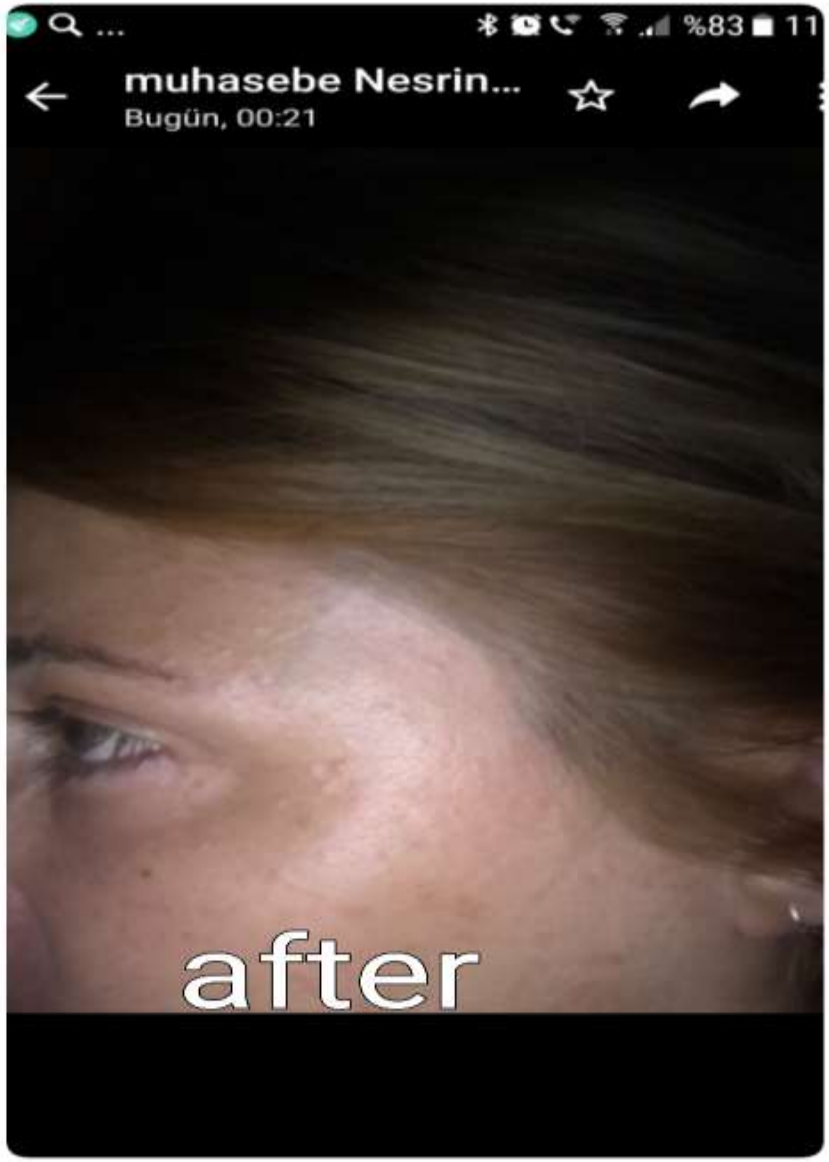
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muhasebe Nesrin...
Bugün, 00:21
after

Art de Huile
by Hülya Kayhan

AYNISEFA (CALENDULA)

- Cildi besler
- Bebek pişikleri
- Yatak yaraları
- Zedelenme, yaralanma, kesi
- İsilik
- Atopi
- Dermatit

delta-cadinene, gamma-cadinene and alpha-cadinol

A Review of the Use of Topical Calendula in the Prevention and Treatment of Radiotherapy-Induced Skin Reactions

- A Review of the Use of Topical Calendula in the Prevention and Treatment of Radiotherapy-Induced Skin Reactions Joyson Kodiyan 1 and Kyle T. Amber 2,* 1 Miller School of Medicine, University of Miami, 1600 Northwest 10th Avenue, Miami, FL 33136, USA; E-Mail: JKodiyan@med.miami.edu 2 Department of Medical Education, Macneal Hospital, 3231 South Euclid Avenue, Suite 203 Berwyn, IL 60402, USA * Author to whom correspondence should be addressed; E-Mail: KAmber@med.miami.edu; Tel.: +1-305-609-2110. Academic Editor: Alexandros G. Georgakilas Received: 10 February 2015 / Accepted: 16 April 2015 /Published: 23 April 2015 Abstract: Calendula is a topical agent derived from a plant of the marigold family Calendula Officinalis. Containing numerous polyphenolic antioxidants, calendula has been studied in both the laboratory and clinical setting for the use in treating and preventing radiation induced skin toxicity. Despite strong evidence in the laboratory supporting calendula's mechanism of action in preventing radiation induced skin toxicity, clinical studies have demonstrated mixed results. In light of the controversy surrounding the efficacy of calendula in treating and preventing radiodermatitis, the topic warrants further discussion.

- Calendic acid (sometimes: α-Calendic acid) is an unsaturated fatty acid, named for the pot marigold (genus: Calendula), from which it is obtained. It is chemically similar to the conjugated linoleic acids; laboratory work suggests it may have similar health benefits (Kinney T. 2007).
- Calendic acid is an omega-6 fatty acid though not usually listed with this group. Calendic acid (8t,10t,12c-18:3) is synthesised in Calendula officinalis from linoleate (9c,12c-18:2) by an unusual Δ12-oleate desaturase (a FAD 2 variant) that converts the cis-double bond in position 9 to a trans,trans-conjugated double bond system (8t,10t), (Christie W.W. 2007).
- An all-trans beta isomer has been described (Kinney T. 2007). Active ingredients Dried flower heads contain: - triterpensaponines 2-10 % - triterpenalcohols - flavonoids 0,3 – 0,8 % - hydroxycumarines - carotinoides - essential oils 0,2 % - water soluble polysaccharides 15 % Preclinical studies revealed different effects: a) stimulation of wound healing Studies of Patrick K.F.M. et al. revealed an wound healing stimulating effect (Patrick K.F.M. et al. 1996). b) anti-inflammatory properties Several studies showed anti-inflammatory effects (Della Logia et al. 1994, Akihisa et al. 1996, Zitterl-Eglseer et al. 1997).
- The study of Della Logia in 2000 revealed as active principle of the anti-inflammatory properties the content of faradiol esters (Della Logia 2000). c) antimicrobial, antifungal and virucide properties Terpene alcohols and terpene lactones of the essential oil show antimicrobial, antifungal and virucide activities, revealed by different studies (Kasiram K. et al. 2000; Kalvatchev Z. et al. 1997; De Tommasi N. et al. 1990). Master data/monograph
- – Calendula officinalis (Pot marigold) 3 Date of information: 10.04.2007 Topical and Cosmetic properties: Calendula is an important ingredient of many cosmetic preparations, especially for cosmetic care of sensitive and dry skin. It is very likely that the above mentioned activities are responsible for the benefits of Calendula in skin care. Recent cosmetic studies revealed interesting results.
- They show that Calendula stimulates the regeneration of skin cells and exerts a calming and relaxing effect, especially in irritated and inflamed skin. Therefore many cosmetic preparations, like face lotions, sun protection products and skin care preparations for babies contain Calendula (Vogelsang K.). It is also used in homeopathic medicine (in a gel form) as a way to promote the healing of minor burns, scrapes and skin irritations.


Art de Huile
by Hülya Kayhan
Art de Huile
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Art de Huile
by Hülya Kayhan
Aromaterapi_kayra

SHEA BUTTER

- E vitamini
- Oleik asit
- Stearic asit
- Palmitk asit

- NEMLENDİRİCİ
- Yatak yaraları
- Zedelenme, yaralanma, kesi
- Atopi
- Dermatit

and alpha-cadinol

- SHEA BUTTER

- cally used in cosmetic and **natural skin care** products. Full of all-natural **vitamin A**, 100 percent pure, unrefined, raw shea butter aids in numerous skin conditions such as blemishes and wrinkles, stretch mark prevention during pregnancy, muscle fatigue, dermatitis, and radiation treatments for certain medical problems.
- Indeed, because raw shea butter is extremely moisturizing and very hydrating, when applied to the skin, it provides immediate softness and smoothness. But it has other proven benefits.
- The National Center for Biotechnology Information published a study indicating thatshea nuts and shea fat (shea butter) constitute a significant source of anti-inflammatory and anti-tumor promoting compounds. Another study from the *American Journal of Life Sciences* claims that shea butter boosts collagen production, demonstrating anti-aging properties.
- aw shea butter is rich in stearic, oleic acids and **benefit-rich vitamin E** and vitamin A. The shea tree is used as a source of vegetable oil containing about 45–50 percent oleic acid, 30–41 percent stearic acid, 5–9 percent palmitic acid and 4–5 percent linoleic acid. The best shea butter is extracted using cold pressed methods without added chemicals or preservatives.
- Shea butter is smooth in texture and does not liquify at room temperatures; however, it will soften in your hands, making it easy to apply. Containing vitamins A and E, it has relatively high amounts of saturated fatty acids (like **MCT oil**) when compared to other plant-sourced lipids, such as grape seed oil, olive oil and canola oil.
- Cosmeticsinfo.org reports that The Food and Drug Administration includes shea nut oil on its list of direct food substances affirmed at Generally Recognized as Safe (GRAS).
- The *Journal of Oleo Science* reported that through its studies, shea nuts and shea fat (shea butter) was found to reduce inflammation. The studies also showed that shea butter contains a significant source of anti-tumor promoting compounds such as cinnamate esters, which also make up the **health benefits of cinnamon**.
- Raw shea butter helps tissue cell regeneration and softening of the skin, which reduces wrinkles. *The American Journal of Life Sciences* reported a clinical study involving 30 volunteers in which shea butter diminished various signs of aging. In another clinical study for dry, delicate or aging skin, 49 volunteers applied shea butter twice daily and discovered that it prevented photo aging. It is also shown to boost **collagen** production, which is essential for skin strength.
- **Moisturizes Both Scalp and Hair**

- **Moisturizes Both Scalp and Hair**
- Shea butter seals in moisture, conditioning the scalp, alleviating dandruff and providing overall protection from harsh climates — much like how **coconut oil works for hair**. You can use it on your scalp, hair or both to improve your health and appearance.
- Gently warm the shea butter to soften it and rub thoroughly through your hair and scalp. For best results, leave on for 20–30 minutes. Then, rinse, shampoo and condition as normal. It can actually provide volume when applied to just the roots when styling!
- **4. Relieves Windburn, Sunburn and Winter Dry Skin**
- Raw shea butter is perfect to help eliminate that itchy winter skin! Its moisturizing qualities penetrate deep into the skin offering more moisturizing benefits while preventing windburn. It's perfect for cracked and dry heels, hands, rough elbows and knees.
- Like my own **homemade sunscreen**, shea butter also protect your skin from the sun and is a much healthier choice because most sunscreens are filled with noxious chemicals that penetrate the skin and enter our bodies. These chemicals can cause **disease-causing inflammation** and numerous other problems. While the SPF is about 6, it can provide some protection in a more natural way and is perfect underneath makeup.
- **5. Reduces Stretch Marks, Scarring and Cellulite**
- How do you **get rid of cellulite** and stretch marks? While many believe that Retin-A and laser treatments are the only way to diminish stretch marks, raw shea butter may help.Because of its amazing healing properties

Art de Huile
by Hülya Kayhan

AVAKADO YAĞI

Oleik asit Omega 9
Vit E,
Lesitin,
Potasyum
Magnezyum(klorofil içeriği çok)
EPİDERMİSTEN EMİLEN SABİT YAĞ

Sedef (anti enflamatuar)
Egzema (Kaşıntı)
Güneş yanığı
Keratosis pilaris
Kepek
Yeni hücre yapımı
Cilt yenileme
KİLO KAYBI !!!!!!

Art de Huile
by Hülya Kayhan

- Partial isolation and characterization of a new natural inhibitor of lysyl oxidase from avocado seed oil
- A new natural inhibitor of lysyl oxidase was separated by thin-layer chromatography from avocado seed oil. This compound, called component C, is unique to the avocado seed. It has a molecular weight of 248 and is extracted from the unsaponifiable matter. Of all seed oil unsaponifiables, only component C was found to inhibit rat skin and check tibia lysyl oxidase activity. The in vitro inhibitory effects of component C on rat skin lysyl oxidase activity was similar to that of seed oil and revealed an I50 of 1mM.
- Skin often shows the first visible indication of aging. Topical application or consumption of some fruits and vegetables or their extracts such as avocado has been recommended for skin health (Roberts et al., 2009; Morganti et al., 2002; 2004). The facial skin is frequently subjected to ongoing oxidative and inflammatory damage by exposure to ultraviolet (UV) and visible radiation and carotenoids may be able to combat this damage. A clinical study found that the concentration of carotenoids in the skin is directly related to the level of fruit and vegetable intake (Rerksuppaphol and Rerksuppaphol, 2006). Avocado's highly bioavailable lutein and zeaxanthin may help to protect the skin from damage from both UV and visible radiation (Roberts et al., 2009). Several small studies suggest that topical or oral lutein can provide photo-protective activity (Puizina, 2008; Palombo et al., 2007; Morganti et al., 2002).
- A cross-sectional study examined the relationship between skin anti-aging and diet choices in 716 Japanese women (Nagata et al., 2010). After controlling for covariates including age, smoking status, BMI, and lifetime sun exposure, the results showed that higher intakes of total dietary fat were significantly associated with more skin elasticity. A higher intake of green and yellow vegetables was significantly associated with fewer wrinkles (Nagata et al., 2010). Several preclinical studies suggest that avocado components may protect skin health by enhancing wound healing activity and reducing UV damage (Nayak et al., 2008; Rosenblat et al., 2011).
- **Osteoarthritis**
- Osteoarthritis (OA) is characterized by progressive deterioration of joint cartilage and function with associated impairment, and this affects most people as they age or become overweight or obese (Dinubile, 2010; Helmick et al., 2008). This joint deterioration may be triggered by oxidative and inflammation stress, which can cause an imbalance in biosynthesis and degradation of the joint extracellular matrix leading to loss of function (Dinubile, 2010; Gabay et al., 2008; Jacques et al., 2006; Goldring and Berenbaum, 2004; van der Kraan and van den Berg, 2000; Lotz et al., 1995). A cross-sectional study reported that fruits and vegetables rich in lutein and zeaxanthin (the primary carotenoids in avocados) are associated with decreased risk of cartilage defects (early indicator of OA)(Wang et al., 2007).

- **Effect of Semisolid Formulation of Persea Americana Mill (Avocado) Oil on Wound Healing in Rats**
- Ana Paula de Oliveira, [1] Eryvelton de Souza Franco, [2] Rafaella Rodrigues Barreto, [2] Daniele Pires Cordeiro, [2] Rebeca Gonçalves de Melo, [2] Camila Maria Ferreira de Aquino, [2] Antonio Alfredo Rodrigues e Silva, [2] Paloma Lys de Medeiros,[3] Teresinha Gonçalves da Silva, [4] Alexandre José da Silva Góes, [4] and Maria Bernadete de Sousa Maia
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- Go to:
- revious studies have shown that the healing process may be modulated by fatty acids [8, 10]. Linolenic (18 : 3 ω-3), linoleic (18 : 2 ω-6), and oleic (18 : 1 ω-9) acids are precursors of eicosapentaenoic (EPA) (20 : 5 ω-3), arachidonic (AA) (20 : 4 ω-6), and eicosatrienoic acids (ETA) (20 : 3 ω-9) which are part of the structure of cell membrane phospholipids and serve as substrates for the synthesis of eicosanoids (inflammatory mediators), such as prostaglandins, thromboxanes, prostacyclins (via cyclooxygenase), and leukotrienes (via lipooxygenase) [15–20]. Eicosanoids formed from arachidonic acid, prostaglandin E2, thromboxane B2, and leukotriene B4 are proinflammatory inducers, more potent than those formed from EPA, prostaglandin E3, thromboxane B3, and leukotriene B5, which have anti-inflammatory effects [15, 18, 19, 21]. Considering that these families of fatty acids compete for the same enzyme, the proper balance between ω3, ω6, and ω9 is of great importance [18]. Depending on the ω3 : ω6 : ω9 ratio of the diet more proinflammatory or anti-inflammatory eicosanoids can be synthesized. Besides modulating the inflammatory response, eicosanoids also act in immunological responses, platelet aggregation, and cell growth and differentiation [22].
- Avocado (*P. americana*) extract or oil *in natura* has been used in wound healing [23, 24], the treatment of psoriasis [25], wrinkles, and stretch marks [26, 27], as well as for their hepatoprotective actions [28]. The unsaponifiable fraction of this oil has regenerative properties of the epidermis [26, 27], besides improving scleroderma [29].

HİNDİSTAN CEVİZİ YAĞI
Kaprilik asit(CANDIDA)
Laurik asit(virüs ve bakteriler)
Kaprik asit
Oleik asit
Vit E vit K
Poly esterler, steroller
Kepek
Mantar
Cilt
Kilo kaybı
Alzhemeir
Pankreatit
Oral kullanım önerilir

Art de Huile
by Hülya Kayhan

In vitro antimicrobial properties of coconut oil on Candida species in Ibadan, Nigeria.

- Ogbolu DO[1], Oni AA, Daini OA, Oloko AP.
- **Author information**

- **Abstract**

- The emergence of antimicrobial resistance, coupled with the availability of fewer antifungal agents with fungicidal actions, prompted this present study to characterize Candida species in our environment and determine the effectiveness of virgin coconut oil as an antifungal agent on these species. In 2004, 52 recent isolates of Candida species were obtained from clinical specimens sent to the Medical Microbiology Laboratory, University College Hospital, Ibadan, Nigeria. Their susceptibilities to virgin coconut oil and fluconazole were studied by using the agar-well diffusion technique. Candida albicans was the most common isolate from clinical specimens (17); others were Candida glabrata (nine), Candida tropicalis (seven), Candida parapsilosis (seven), Candida stellatoidea (six), and Candida krusei (six). C. albicans had the highest susceptibility to coconut oil (100%), with a minimum inhibitory concentration (MIC) of 25% (1:4 dilution), while fluconazole had 100% susceptibility at an MIC of 64 microg/mL (1:2 dilution). C. krusei showed the highest resistance to coconut oil with an MIC of 100% (undiluted), while fluconazole had an MIC of > 128 microg/mL. It is noteworthy that coconut oil was active against species of Candida at 100% concentration compared to fluconazole. Coconut oil should be used in the treatment of fungal infections in view of emerging drug-resistant Candida species.

- PMID:
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- 17651080

- Özet Antimikrobiyal direncin ortaya çıkması, mantar öldürücü etkilere sahip daha az sayıda antifungal ajanın varlığı ile birleşince, bu çalışma, çevremizdeki Candida türlerini karakterize etmeye ve bu türler üzerinde mantar önleyici bir madde olarak bakire hindistancevizi yağının etkililiğini belirlemeye yol açtı. 2004 yılında Candida türlerinin 52 yeni izolatı, Nijerya, Ibadan'daki Üniversite Hastanesi Tıbbi Mikrobiyoloji Laboratuarına gönderilen klinik örneklerden elde edildi. Bakire hindistancevizi yağı ve flukonazol için duyarlılıkları agar-kuyu difüzyon tekniği kullanılarak incelendi. Candida albicans, klinik örneklerden en sık izolat idi (17); Diğerleri Candida glabrata (dokuz), Candida tropicalis (yedi), Candida parapsilosis (yedi), Candida stellatoidea (altı) ve Candida krusei (altı) idi. C. albicans, minimum inhibitör konsantrasyon (MIC)% 25 (1: 4 seyreltme) ile hindistancevizi yağı için en yüksek duyarlılığa (% 100) sahipken, flukonazolün 64 mikrogram / mL'lik bir MİK'de% 100 duyarlılığı vardı (1: 2 seyreltme). C. krusei,% 100'lük bir MİK (seyreltilmemiş) ile hindistancevizi yağına en yüksek direnç gösterirken, flukonazolün MIK değeri> 128 mikrogram / mL idi. Hindistan cevizi yağının flukonazole kıyasla Candida türlerine karşı% 100 konsantrasyonda aktif olduğunu dikkate değer bir husustur. Hindistan cevizi yağı, ortaya çıkan ilaç dirençli Candida türleri açısından fungal enfeksiyonların tedavisinde kullanılmalıdır

- **Natural (Mineral, Vegetable, Coconut, Essential) Oils and Contact Dermatitis.**
- Verallo-Rowell VM[1,2], Katalbas SS[3,4], Pangasinan JP[3,4].
- **Author information**
- **Abstract**
- Natural oils include mineral oil with emollient, occlusive, and humectant properties and the plant-derived essential, coconut, and other vegetable oils, composed of triglycerides that microbiota lipases hydrolyze into glycerin, a potent humectant, and fatty acids (FAs) with varying physico-chemical properties. Unsaturated FAs have high linoleic acid used for synthesis of ceramide-I linoleate, a barrier lipid, but more pro-inflammatory omega-6:-3 ratios above 10:1, and their double bonds form less occlusive palisades. VCO FAs have a low linoleic acid content but shorter and saturated FAs that form a more compact palisade, more anti-inflammatory omega-6:-3 ratio of 2:1, close to 7:1 of olive oil, which disrupts the skin barrier, otherwise useful as a penetration enhancer. Updates on the stratum corneum illustrate how this review on the contrasting actions of NOs provide information on which to avoid and which to select for barrier repair and to lower inflammation in contact dermatitis genesis.
- **KEYWORDS:**
- Contact dermatitis (CD); Essential oil (EO); Fatty acids (FAs); Mineral oil (MO); Natural oils (NOs); Skin barrier; Stratum corneum (SC); Vegetable oil (VO); Virgin coconut oil (VCO)

- **The effect of topical virgin coconut oil on SCORAD index, transepidermal water loss, and skin capacitance in mild to moderate pediatric atopic dermatitis: a randomized, double-blind, clinical trial.**
- Evangelista MT[1], Abad-Casintahan F, Lopez-Villafuerte L.
- **Author information**
- **Abstract**
- Atopic dermatitis (AD) is a chronic skin disease characterized by defects in the epidermal barrier function and cutaneous inflammation, in which transepidermal water loss (TEWL) is increased and the ability of the stratum corneum to hold water is impaired, causing decreased skin capacitance and hydration. This study investigated the effects of topical virgin coconut oil (VCO) and mineral oil, respectively, on SCORAD (SCORing of Atopic Dermatitis) index values, TEWL, and skin capacitance in pediatric patients with mild to moderate AD, using a randomized controlled trial design in which participants and investigators were blinded to the treatments allocated. Patients were evaluated at baseline, and at 2, 4, and 8 weeks. A total of 117 patients were included in the analysis. Mean SCORAD indices decreased from baseline by 68.23% in the VCO group and by 38.13% in the mineral oil group ($P < 0.001$). In the VCO group, 47% (28/59) of patients achieved moderate improvement and 46% (27/59) showed an excellent response. In the mineral oil group, 34% (20/58) of patients showed moderate improvement and 19% (11/58) achieved excellent improvement. The VCO group achieved a post-treatment mean TEWL of 7.09 from a baseline mean of 26.68, whereas the mineral oil group demonstrated baseline and post-treatment TEWL values of 24.12 and 13.55, respectively. In the VCO group, post-treatment skin capacitance rose to 42.3 from a baseline mean of 32.0, whereas that in the mineral oil group increased to 37.49 from a baseline mean of 31.31. Thus, among pediatric patients with mild to moderate AD, topical application of VCO for eight weeks was superior to that of mineral oil based on clinical (SCORAD) and instrumental (TEWL, skin capacitance) assessments.
-

Hülya Kayhan

Art de Huile by Hülya Kayhan

- **In Vitro Killing of *Candida albicans* by Fatty Acids and Monoglycerides**
- Gudmundur Bergsson,[1,*] Jóhann Arnfinnsson,[2] Ólafur Steingrímsson,[3] and Halldor Thormar[1]
- Author information ► Article notes ► Copyright and License information ►
- **ABSTRACT**
- The susceptibility of *Candida albicans* to several fatty acids and their 1-monoglycerides was tested with a short inactivation time, and ultrathin sections were studied by transmission electron microscopy (TEM) after treatment with capric acid. The results show that capric acid, a 10-carbon saturated fatty acid, causes the fastest and most effective killing of all three strains of *C. albicans* tested, leaving the cytoplasm disorganized and shrunken because of a disrupted or disintegrated plasma membrane. Lauric acid, a 12-carbon saturated fatty acid, was the most active at lower concentrations and after a longer incubation time.
- *Candida albicans* is normally present in small numbers in the oral cavity, lower gastrointestinal tract, and female genital tract. Most *C. albicans* infections are caused by endogenous flora exept in cases of direct mucosal contact with lesions, for example, through sexual intercourse. With a breakdown of host defenses, the organism can produce diseases ranging from superficial skin or mucous membrane infections, e.g., oral lesions called thrush and vaginal candidiasis, to systemic involvement of multiple organs. Infections are often a complication of broad-spectrum antibacterial therapy. *Candida* infections of visceral organs have a particularly strong association with immunologic compromise or other violations In summary, the results show that both capric and lauric acids are active in killing *C. albicans* and may therefore be useful for treatment of infections caused by that pathogen or others that infect the skin and mucosa, possibly in conjunction with antibiotic therapy over a longer period of time.

Şükran eczanesi

Art de Huile
by Hülya Kayhan

HAŞHAŞ (HEMP SEED) TOHUMU YAĞI

Alfa Linoleik asit (omega 3)
Gamma Linoleik asit (omega 6)
Stereodenik asit (omega 3)

Omega6 / omega 3
3/1
Omega 6 nın Omega 3 oranı en optimum olduğu yağdır
Tetrahidrocannabiol içermez
NEMLENDİRİCİ
EGZEMA
ATOPİK CİLT
KIRIŞIKLIK

Art de Huile
by Hülya Kayhan

Art de Huile
by Hülya Koyhan



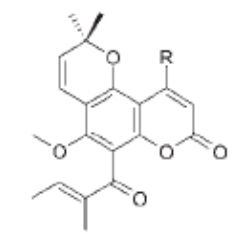
TAMANU (CALLOPHYLLUM INOPYHLLUM)

- UV Filtresi 85 SPF
- Oftalmik preperatlarda güneş filtresi
- Güneş yanığı
- Cilt lekeleri
- Antienflamatuar
- Yara ve ameliyat izlerinde
- Egzema
- İsilik
- Pişik
- Skatrizan
- Yanık
- Yara
- Kırışıklık
- Çatlak (strech marks)
- Vitiligo
- Zona
- Nöropatik ağrı
- Diyabetik ayak
- Yatak yaraları
- Morluk, şişme

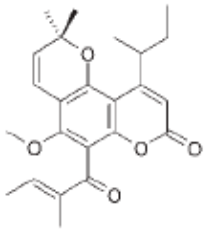
Art de Huile
by Hülya Kayhan

TAMANU (CALLOPHYLLUM INOPHYLLUM)

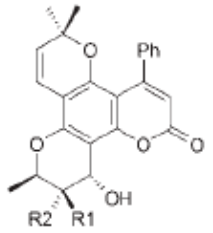
- Lactone,
- sc glucan,
- callophyllyde içerir



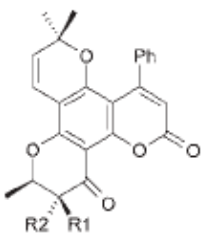
Calophyllolide: R= Ph (**1**)
Calanolide GUT70: R= n-Pr (**3**)



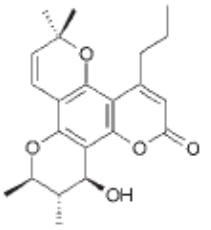
Tamanolide (**2**)



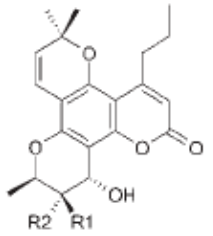
Inophyllum D: R1= Me, R2= H (**4**)
Inophyllum P: R1= H, R2= Me (**5**)



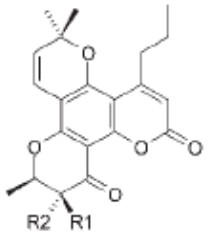
Inophyllum C: R1= H, R2= Me (**6**)
Inophyllum E: R1= Me, R1= H (**7**)



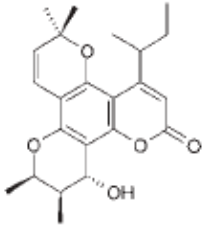
Calanolide A



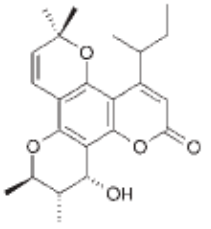
Calanolide B: R1= H, R2= Me



Calanolide D: R1= Me, R2= H



Tamanolide D



Tamanolide P

TAMANU

Cytoprotective effect against UV-induced DNA damage and oxidative stress: role of new biological UV filter.

Said T[1], Dutot M, Martin C, Beaudeux JL, Boucher C, Enee E, Baudouin C, Warnet JM, Rat P.

Author information

Abstract

The majority of chemical solar filters are cytotoxic, particularly on sensitive ocular cells (corneal and conjunctival cells). Consequently, a non-cytotoxic UV filter would be interesting in dermatology, but more especially in ophthalmology. In fact, light damage to the eye can be avoided thanks to a very efficient ocular antioxidant system; indeed, the chromophores absorb light and dissipate its energy. After middle age, a decrease in the production of antioxidants and antioxidative enzymes appears with accumulation of endogenous molecules that are phototoxic. UV radiations can induce reactive oxygen species formation, leading to various ocular diseases. Because most UV filters are cytotoxic for the eye, we investigated the anti-UV properties of Calophyllum inophyllum oil in order to propose it as a potential vehicle, free of toxicity, with a natural UV filter action in ophthalmic formulation. Calophyllum inophyllum oil, even at low concentration (1/10,000, v/v), exhibited significant UV absorption properties (maximum at 300nm) and was associated with an important sun protection factor (18-22). Oil concentrations up to 1% were not cytotoxic on human conjunctival epithelial cells, and Calophyllum inophyllum oil appeared to act as a cytoprotective agent against oxidative stress and DNA damage (85% of the DNA damage induced by UV radiations were inhibited with 1% Calophyllum oil) and did not induce in vivo ocular irritation (Draize test on New Zealand rabbits). Calophyllum inophyllum oil thus exhibited antioxidant and cytoprotective properties, and therefore might serve, for the first time, as a natural UV filter in ophthalmic preparations.

Art de Huile
by Hülya Kayhan

TAMANU

*Colophyllolide
*Callophyllonic asit
*Lactone
SC Glucan : Tamanu yağının içindekiler adlı bir madde,doğal UV koruma sağlar.Ayrıca SC glucan UV ışığın indüklediği DNA hasarını ve oksidaty karşı korur.
 Tamanu yağından elde edilen SC glucan , Oftalmik(Göz) preperatlarına , biyolojik SPF filtresi olarak konuluyor Tıpta.
Bu %100 doğal, UV filtresi ; DNA hasarını ve oksitady stresi %85 önlüyor.
%1'lik hazırlanan konsantrasyonda – Oftalmik göz damla ve kremlerde gözün , güneşten korumak için kullanıldığında ; UV emilimi 300 nm'de max düzeyde engellemiştir ve Göz preparatlarına 18-22 SPF factor olarak ilave edilmiştir. [(Ew.J. Pharn Sci 2007 , Mar. 30 3/4) : 203-10. Cup 2006 No 9.]

Art de Huile
by Hülya Kayhan

TAMANU OIL BENEFITS FOR THE SKIN AND BODY

1. Relieves and protects the skin against inflammation, skin redness, sunburn and insect bites. EVIC-CEBA laboratory study June 2000 - Ih268/01. (ABICH oct.2005 - REL/244/05/FUNZ/ELB).

2. Has a regenerating effect on the skin (especially the epidermis cells) and so it effective for healing wounds, burns, cuts etc. Microna laboratory feb. 2003 - N°03/0607i.

3. Reduces scarring, especially the appearance of scars that are one or more years old). BioScience Laboratories conducted a study of Tamanu oil's ability to improve the appearance of scars. Six subjects with obvious scars aged for one year or more participated in the test. Subjects were not allowed to use moisturizers on their scarred areas for seven days before the test or throughout the nine-week test period. Scars were rated for roughness, length, width and degree of difference from surrounding normal skin. Measurements of darkness and redness were also taken for scarred and surrounding normal skin. Digital photos of scars were taken prior to initial application and at the end of week nine.

4. Tamanu oil was applied to the scarred area twice daily for nine consecutive weeks. There was significant improvement in appearance of scars after six weeks, and improvement continued through week nine. Scar length was reduced by an average 0.28 centimeters, and width was reduced by an average 0.12 centimeters. [Beausoleil] Australian Society of Cosmetic Chemists Annual Congress, Hamilton Island 2003.

5. Is an anti septic and anti acne (Phytochemistry. 2004 Oct;65(20):2789-95).

6. Has anti viral properties (Bioorg Med Chem Lett. 1998 Dec 15;8(24):3475-8) & (Med Res Rev. 2000 Sep;20(5) : 323-459).

Art de Huile
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TAMANU OIL BENEFITS FOR THE SKIN AND BODY

7. Has antibiotic, antibacterial, anti-fungal and anti-coagulative properties (Yao Xue Xue Bao. 2004 Apr;39(4):305-8); (Microna laboratory oct.2002 - °02/4500i) & (Indian J Exp Biol. 1970 Jan;8(1):39-40).

8. Contains 4-Phenylcoumarins from Calophyllum (ie. anti-tumor-promoting agents or cancer chemopreventive agents. Cancer Lett. 2001 Aug 10;169(1):15-9. In Nagoya, Japan the Faculty of Pharmacy at Meijo University found that Tamanu Oil benefits indicated that of ten 4-phenylcoumarins isolated from Calophyllum Inophyllum, all of them showed inhibitory activity against Epstein-Barr virus (BV), without any cytotoxicity. Of these, Calocoumarin-A (5) showed more potent activity than the others and calocoumarin-A (5) exhibited a significant inhibitory effect on skin tumor promotion in mice. Even though their test subjects were rats, the results of the studies strongly indicate that some of these 4-phenylcoumarins might be valuable as potential cancer chemopreventive agents (anti-tumor-promoters) in humans. Source: Cancer Letters, Volume 169, Issue 1, Pages 15-19 M. Itoigawa.

9. Has anti ageing and anti wrinkle qualities - Moisturizes, nourishes and repairs the epidermal cells of dry and damaged skin...) Microna laboratory feb.2003 - N°03/0607i.

10. Increases microcirculation (heavy legs, bruising...) Dermscan - april 2007 - study N°07D0458

11. Body hygiene (body odors, infections, skin rashes, dermatitis, psoriasis...) Phytochemistry. 20(Oct;65(20):2789-95

12. Hypoallergenic (non irritant, non sensitizing). Dermscan April 2007- study DN-730/07EO398

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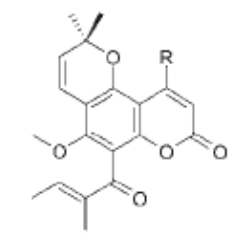
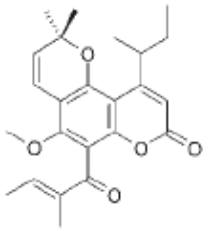
TAMANU (CALLOPHYLLUM INOPHYLLUM)

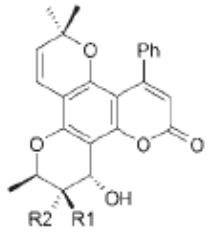
- Lactone,
- sc glucan,
- callophyllyde içerir



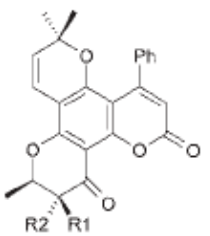
Calophyllolide: R= Ph (**1**)
Calanolide GUT70: R= n-Pr (**3**)



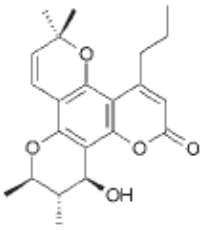
Tamanolide (**2**)



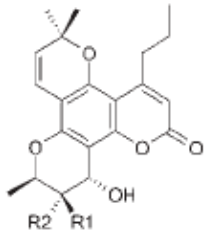
Inophyllum D: R1= Me, R2= H (**4**)
Inophyllum P: R1= H, R2= Me (**5**)



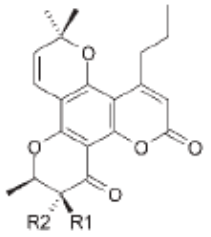
Inophyllum C: R1= H, R2= Me (**6**)
Inophyllum E: R1= Me, R1= H (**7**)



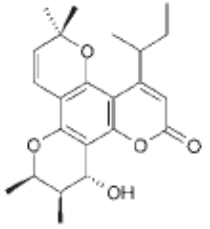
Calanolide A



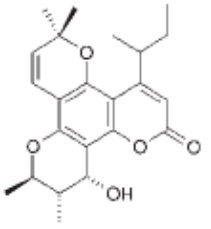
Calanolide B: R1= H, R2= Me



Calanolide D: R1= Me, R2= H



Tamanolide D



Tamanolide P

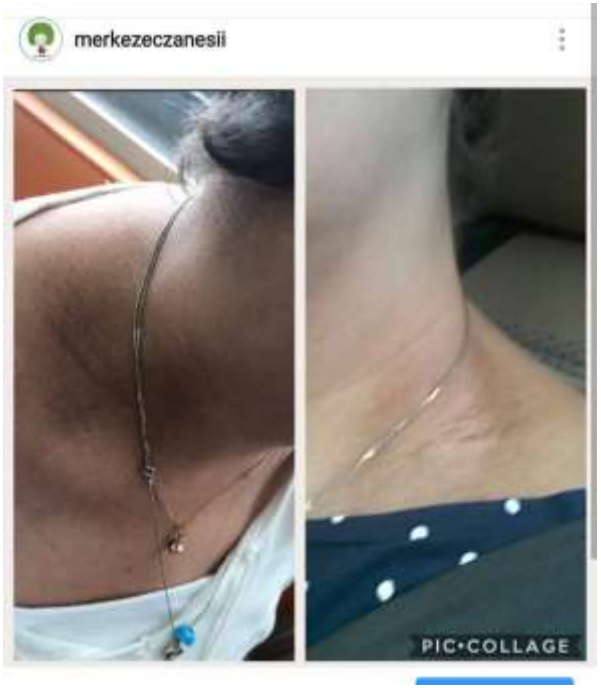

Cuma
Çarşamba

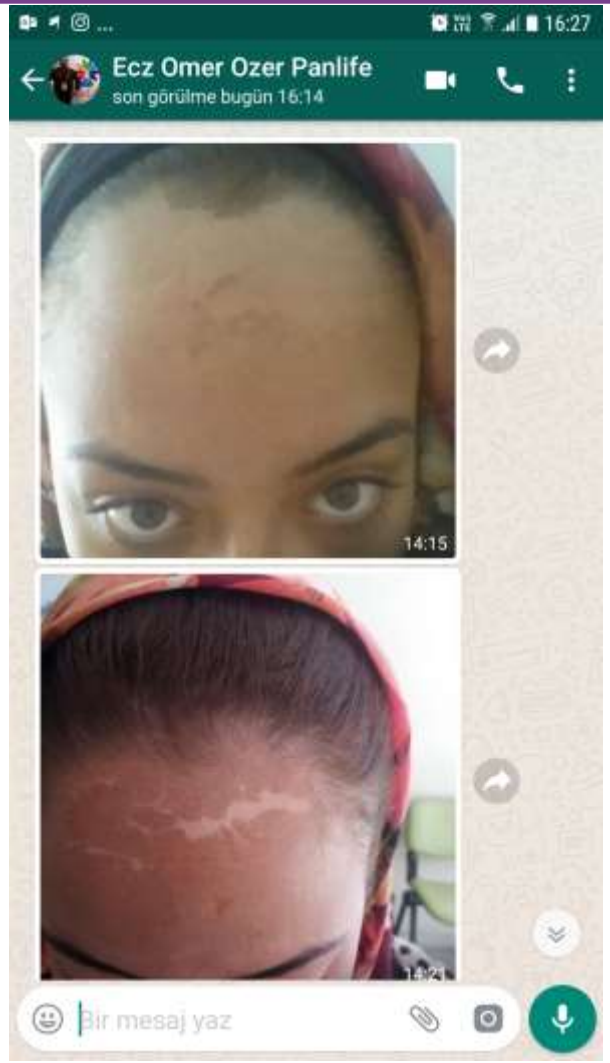
ZONA

SKAR

SKAR


artdehuile_
PhotoGrid


merkezeczanesii
PIC•COLLAGE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Ecz Omer Ozer Panlife
son görülme bugün 16:14
14:15
Bir mesaj yaz

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by Hülya Koyhan




Hülya Kayhan

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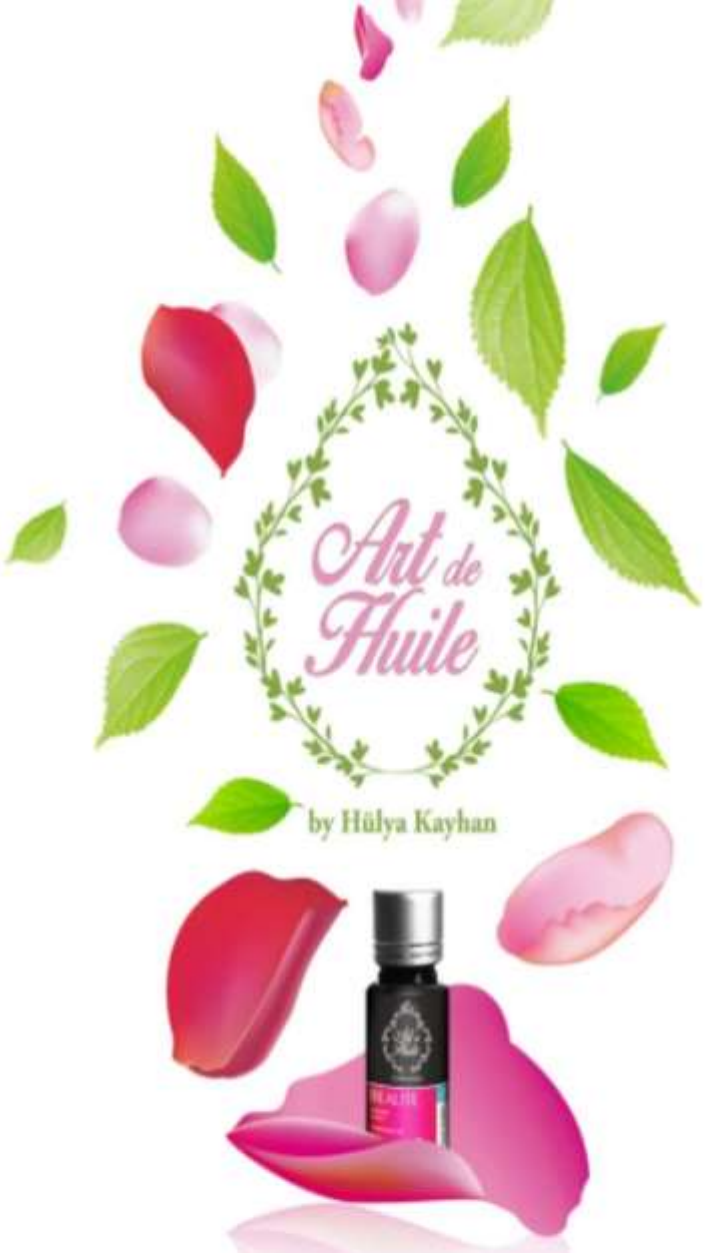
by Hülya Kayhan



DOĞANIN BİLGELİĞİ BURADA...

Art De Huile Aromatherapy yağları, seçkin eczanelerde sizleri bekliyor.

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by Hülya Kayhan

Hülya Kayhan

TEŞEKKÜRLER

AROMATERAPİ

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