

# Essential Oils Handbook

**Author:** H. Panda

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Essential oils are more widely used in modern products than one might expect usually extracted through distillation, they are used to fragrance bathing products, incense, perfumes and cosmetics, as well as in some types of household cleaner. In terms of alternative medicine, essential oils are most frequently used today in aromatherapy. Some essential oils are well known for their efficiency in treating minor ailments. There are huge numbers of useful plant extracts which can be used or aromatherapy. Essential oils can have physical and mental benefits. When essential oils make contact with the skin, they go deep beneath the pores and into the cell tissues where it is thought that they improve circulation and immunity. Other suggested benefits include relief from pain including headaches; antibacterial and antiseptic properties for treatment of minor cuts and wounds; relief from anxiety and depression and improving overall emotional state of a person. About 98% of the essential oils produced worldwide are produced for the cosmetic/perfume or food flavouring industries. In these industries, the therapeutic effect of the oil is not a consideration; and so, the oils are produced in a manner is that is totally unsuited for oils to be uses in aromatherapy. The total share in world export of essential oils and perfumery material it is only 0.4% thus, future hold great promise for India in the fast charging global economy as for as production and trade of natural raw material is concerned.

Some of the fundamentals of the book are development of essential oil crops in India, oil of lavender, oil of lavadin, oil of rosemary, kuromoji oil, laurel leaf oil, sassafras oil Brazilian, nutmeg oil and mace oil (myristica oil), oil of michelia fallay, oil of lysimachia foenum, oil of chlorophyll carotene paste needles and twigs, flavonoids of liquidambar, turpentine oil, essential oil in the kitchen, essential oil in therapeutics, analysis of essential oils, annatto oil, oil of piper bettle, senecio quinquelobus, milletia ovalifolia, oil of vitis vinifera, dill seed and herb, oil siyah zeera (carum bulbocastanum), oil of eugenia jambolana, rosha oil, Indian petitgrain oils, Indian mandarin oils, extraction of citrus oil, etc.

With the development of science and technology, essential oils are becoming popular due to its uses in the manufacturing of different products. This versatile book takes recourse to most pragmatic formulae on diversified essential oils. Overall the book contains formulae, processes which are immensely innovative and profoundly utilitarian for new entrepreneurs as well as motivate the existing units in quality improvement and cost reduction.

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**NIIR PROJECT CONSULTANCY SERVICES** , 106-E, Kamla Nagar, New Delhi-110007, India. **Email:** [npcs.india@gmail.com](mailto:npcs.india@gmail.com) **Website:** [NIIR.org](http://NIIR.org)

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