



# **Effect of Aromatherapy Inhalation of Rose Essence in Clinical Symptoms of Patients with Irritable Bowel Syndrome**

# BACKGROUND

Irritable bowel syndrome is one of the most common intestinal diseases that psychological factors have an important role in. In this study we evaluate the effect of aromatherapy with *Rosa damascena* on clinical signs of IBS.

# Methods

In a double blind randomized clinical trial, we chose 60 patients with IBS. The patients filled a two parts questionnaire. In the first part they filled about their bowel habits and in the second part they showed their level of anxiety.

# Methods

The participants were randomly allocated to the aromatherapy and placebo group. The aromatherapy group were treated with inhalation of Rosa Damascena oil and the placebo group inhaled grapeseed oil for four weeks.(twice a day and 20 minutes each time)

# RESULTS

The mean age in aromatherapy and control group was 32 and 32.9 years, which was not significantly different. No significant difference in experiencing pain and duration of the abdominal pain was observed between the two groups before or after the intervention.

# RESULTS

Before and after intervention no significant difference was observed in the stool form and stool frequency and presence of mucus between the two groups. Before and after the intervention no significant difference was observed in the level of hidden anxiety between the two groups. However, after the intervention the level of apparent anxiety was decreased in the aromatherapy group.

# CONCLUSION

The findings of our study suggests that except anxiety, Rosa essence was not effective on any other manifestations of IBS.





THANKS FOR YOUR  
ATTENTION