

**ANALYZING THE EFFECT OF AROMATIC THERAPY ON  
HUMAN ENERGY LEVEL USING RESONANT FIELD IMAGING  
SYSTEM (RFI)**

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## **ABSTRACT**

This technical paper investigates the effectiveness of aromatic therapy on human energy level using Resonant Field Imaging (RFI) system. The results show the health level of female students using physiological analysis. Frequency measurement of human radiation is taken for 21 female students of Electrical Engineering before and after using aromatherapy during their menstruation period. The objective is to study the effectiveness of lavender in order to reduce the pain and discomfort during menstruation. Based on the results presented, it is concluded that lavender is effective in increasing human health condition, particularly for women during menstruation period. It also implies that pure and high frequency electrofield energy is projected from parts of the body.

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# CHAPTER 1

## INTRODUCTION

### 1.0 BACKGROUND OF STUDY

Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being. Aromatherapy benefits include stress and headache relief, sleep improvement, mood boosting, immune system's stimulation, blood circulation and others. Although some doctors doubt the efficiency of aromatherapy, medical researchers have scientifically proved that aromatherapy may produce both psychological and physiological effects.

Essential oils, the pure *essence* of a plant, have been found to provide both psychological and physical benefits when used correctly and safely. Essential oils have been used for therapeutic purposes for nearly 6,000 years. The ancient Chinese, Indians, Egyptians, Greeks, and Romans used essential oils in cosmetics, perfumes, and drugs [1].

Lavender is one of the substances used in aromatherapy. Its benefits will be discussed more in this thesis. The name lavender comes from the Latin root *lavare*, which means "to wash." Lavender most likely earned this name because it was frequently used in baths to help purify the body and spirit [1]. However, this herb is also considered a natural remedy for insomnia and anxiety to depression and mood disturbances. Research has confirmed that lavender produces calming, soothing, and sedative effects. Several clinical studies also suggest that essential oils (particularly rose and lavender) reduced the need for pain medications during delivery.

There are many method of using the essential oils, which are massage, inhalation, bathing, and compresses. From all the methods mentioned above, inhalation has the most rapid effect. The molecules of essential oils works when they are inhaled because, aromatic molecules interact with the tops of our nasal cavity. Tiny olfactory nerves located in the roof of the inner nose, those aromatic molecules are transmitted to the part of the brain called the limbic system. The limbic system is directly connected to the part