

Analyzing the Effect of Aromatic Therapy on Human Energy Level using Resonant Field Imaging (RFI)

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Abstract – This technical paper investigates the effectiveness of aromatic therapy on human energy level using resonant field imaging system (RFI). 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.

Keywords: Aromatherapy, Menstruation, Resonant Field Imaging (RFI), Electromagnetic (EM), Electromagnetic (EM)

1.0 Introduction

1.1 Resonant Field Imaging

RFI is an electromagnetic feedback and imaging process that gives detailed scientific information and objective interpretations for all bioenergy fields of the body. RFI generates complete psychological profiles that fully reveal the role of a patient's psychology in their health condition. Frequency measurements are taken at 17 different points due to health analysis around the body using a hand-held digital frequency counter as shown in Figure 1, and the measurements are entered into a computer program that analyzes and interprets the results. Measurement from 6 other points known as Chakras were also taken to represent a corresponding area of the subject's life, like spirituality, physical and emotional healing, level of calmness or nervousness, and self-identity. RFI system accurately identifies and interprets 15 colors of bioenergy, representing all

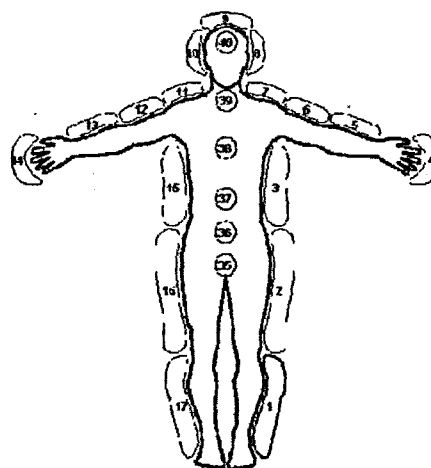


Figure 1: The Human Body Frequency Measurement Points

15 distinguishable colors of the optical spectrum, giving it the maximum possible usefulness for detailed and accurate images and interpretations [1].

1.2 Human Body Radiation

Aura is the "lay man" term for human body radiation. The aura is the electromagnetic field radiating from human body. Our psychological and emotional activities are sent throughout the body as electrical impulses radiating electromagnetic fields outside the body, which are characteristic of the mental activity which generated them[1]. In the area of electrical engineering, there is a principle that electrical currents produce surrounding electromagnetic (EM) fields.

1.3 Lavender Aromatherapy

Aromatherapy is a form of alternative medicine that uses volatile liquid plant materials, known as essential oils, and other aromatic compounds from plants for the purpose of affecting a person's mood or health [2]. Essential oil of lavender is one of the safest and most widely used oils. It is a good way in

order to reduce anxiety, head pain, insomnia and balancing emotions.

1.4 Menstruation

Menstruation is a woman's monthly bleeding, also known as period. It is the periodic discharge of blood from the uterus through the vagina. Women's period may not be the same as other women's period for every month. Women may experience emotional disturbances and discomfort associated with menstruation. Dysmenorrhea (painful menstruation) includes symptoms such as insomnia, headache, breast tenderness/swelling, abdominal bloating or cramps, stress and anxiety, joint or muscle pain, fatigue, acne and mood swings [3][4].

Research done by Lewith, G.T., Godfrey, A.D. & Prescott, P. revealed that lavender created an improvement of the samples in Pittsburgh Sleep Quality Index (PSQI) [5]. Besides that, there were other research done by Diego, M., Jones, N.A., Field, T., Hernandez-Reif, M., Schanberg, S., Kuhn, C., McAdam, V., Galamaga, R. & Galamaga, M. 40 adults were given 3 minutes of lavender and rosemary. The analysis were done using EEG and the results show that the adults that were given the lavender experienced an increase in beta level, they were feeling less depressed and felt more relaxed [6].

In this research, lavender was used among female student during menstruation. The effectiveness of lavender will be evaluated by studying the samples' energy level. By doing that, scientific evidence of the effectiveness of aromatherapy on human energy level can be provided by using electromagnetic principles.

2.0 Methodology

2.1 Aromatherapy Method of Use

Common methods of using essential oils include inhalation, vaporization, massage, bathing, and compresses. In this research three drops of lavender essential oil were dropped onto the samples' pillows. They experienced lavender aromatherapy during their sleep by means of inhalation.

2.2 Data Collection

2.2.1 Questionnaire

A questionnaire is a research instrument consisting of questions for the purpose of gathering information from the samples. The sections are regarding respondent profile, menstrual cycle and their experience before and after using aromatherapy.

2.2.2 RFI Data Acquisition

The Resonant Field Imaging (RFI) consists of a hand-held digital frequency counter device together with a specially tuned antenna and computer software. The antenna is a standard receiving dipole antenna with a maximum input impedance of 50 ohms. When electromagnetic (EM) waves interact with the antenna, an alternating charge (voltage) is produced on the surface of the antenna, which induces an alternating electric current. The current travels to the internal electrical circuitry of the frequency counter where the amplitude of the current is detected and converted into frequencies. Impedance (also called resistance) is present in the antenna to protect the internal circuitry against damage that would result from high electric current. The maximum 50 ohm impedance is found at the ends of the antenna and is constant for the entire bandwidth that the frequency counter can measure (1MHz to 3GHz). The minimum impedance in the antenna (any dipole antenna) is found at the center. The antenna is most sensitive at the center, so that it is important to make sure that the center of the antenna is within the area intended for measurement. The higher the impedance applied to the antenna, the lower the current that reaches the counter's circuit and the lower the frequencies detected. A filter in frequency counter, which when turned to the "ON" position, causes the internal circuitry to ignore fluctuating currents induced by rapid changes in the electric field strength of EM waves [1].

In the Resonant Field Imaging (RFI) software program only 17 distinct regions are considered for health level and 6 distinct regions for endocrine system where bioenergy measurements should be taken. There are 15 colors of bioenergy that will be displayed after and before aromatherapy session which are burgundy, red, rose, orange, gold, yellow, green, cyan, gray/black, blue, navy, purple, orchid, silver and white. The flow chart below shows the procedures of RFI measurement:

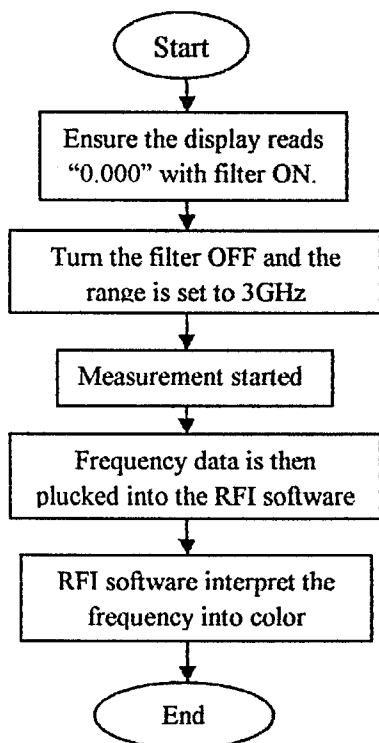


Figure 2: Flowchart of RFI measurement procedures

2.3 Data Analysis

There are a total of 17 health level regions including lower left leg, upper left leg, left torso (hip/pelvic area), lower left arm, upper left arm, left side of neck/shoulder, left side of head, top of head, right side of head, right side of neck/shoulder, lower right arm, upper right arm, right torso, upper right leg and lower right leg[1].

Table 1 shows the human health level which are categorized into 5 color code with color interpretations. Based on the color category, health level of the samples can easily be analyzed [7].

Health Category	Index	Color
Very healthy	5	Gold, Yellow, Orchid, Silver, White
Healthy	4	Rose, Cyan
Moderate Healthy	3	Purple, Burgundy, Green, Blue
Low Healthy	2	Orange, Grey/black, Navy
Unhealthy	1	Red

Table 1: Color Category

3.0 Results and Discussion

3.1 Analysis on Human Health Condition Before and After using Aromatherapy

Figure 3 and Figure 4 show the graph of analysis on samples before and after experiencing aromatherapy session. There are four points that were further analyzed which are the left torso, top of head, right torso and sacral point that indicate the obvious improvement after using lavender. From the graph in Figure 3, it was found that the number of samples that exhibit unhealthy signs are equal for right torso and solar plexus chakras point. It relates to biological malfunction or physical damage. Referring to the point at the top of head, 5 samples were in unhealthy condition. It may indicate a pain or pain sensation in the area of bioenergy or headache during menstruation period. This is verified through interview sessions with the samples.

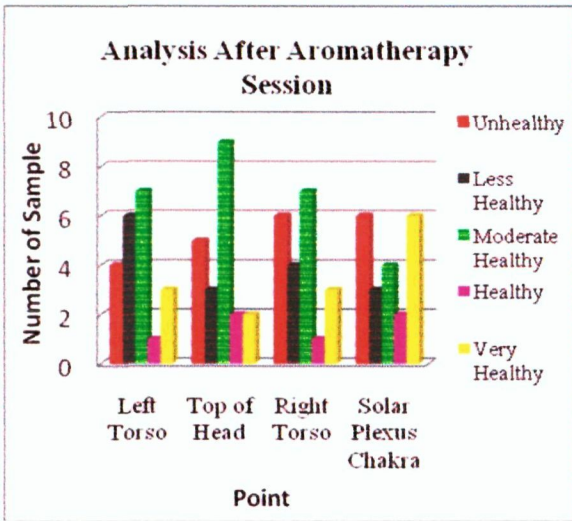


Figure 3: Graph of analysis on samples before experienced aromatherapy session.

Figure 4 shows that there was an improvement on human health condition where the number of sample that exhibit healthy sign increased for each points after using aromatherapy. The signs of good health generally indicate physical body experiences, physical comfort, enjoyable sensations of the body, vitality, neurological activity and circulatory systems such as blood circulation. This condition is related to general emotional release or release of bioenergy from physical stress. Because of this improvement, it can be concluded that lavender is effective in reducing pain and discomforts during menstruation period.

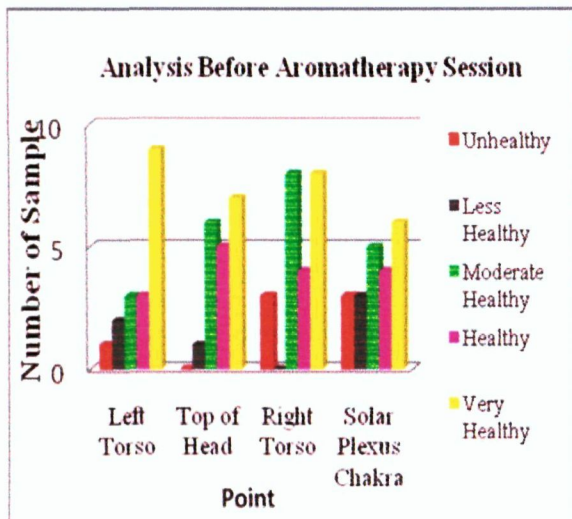


Figure 4: Graph of analysis on samples before experienced aromatherapy session.

3.2 Further Analysis on The Improvement of Unhealthy Samples

In this section, further analyses on the improvement of unhealthy samples were carried out. Figure 5a shows the colors from 4 regions before the sample underwent the aromatherapy session. Red and grey represent pain response or pain sensation in the area of bioenergy with or without actual malfunction or damage. It indicates that the sample suffer from pain during period on the right and left torso and solar plexus chakra. Periods can be light, moderate, or heavy. Figure 5b shows the red area have transformed to rose color which relates sensual and physical body experiences, physical comfort and enjoyable sensations of the body.

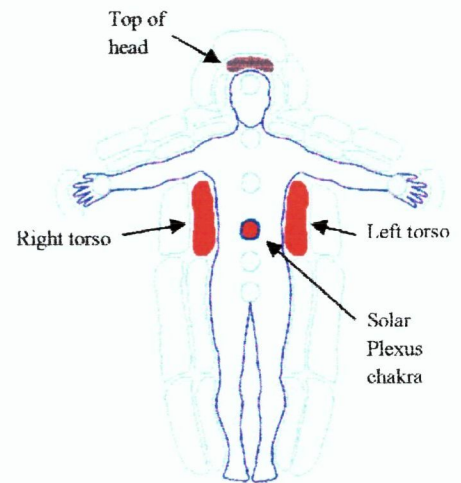


Figure 5a: Before using aromatherapy

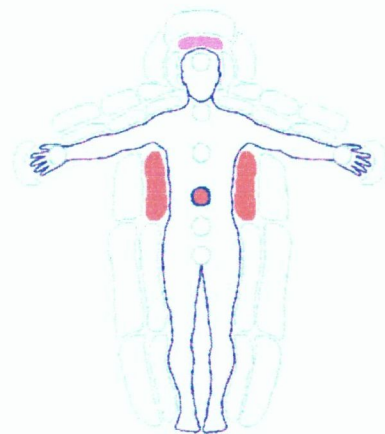


Figure 5b: After using aromatherapy



The same condition occurred on the second sample as shown in Figure 6a and 6b. From Figure 6b, it was found that gold color at the right torso clarify the healing energy is emanating from an area which is already vital and healthy. The cyan color on top of head relates to comfort and healthy biological activity in the area of the bioenergy, or in this context means that there is a reduction in headache or stress. Rose color at solar plexus chakra relate to sensual and physical body experiences, physical comfort and enjoyable sensations of the body. These findings support the previous research done by Sanders, C., Diego, M., Fernandez, M., Field, T., Hernandez-Reif, M. and Roca A. The research revealed that 39 adults from the lavender group had significant EEG shifting, with greater relative left frontal EEG activation (associated with greater approach behavior and less depressed affect) [8].

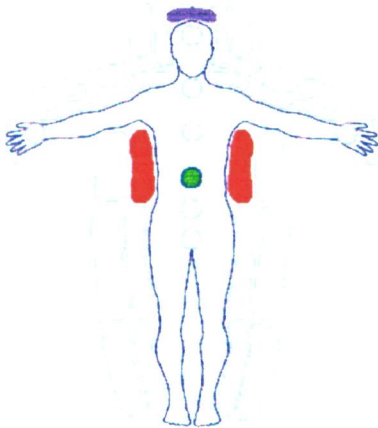


Figure 6a: Before using aromatherapy

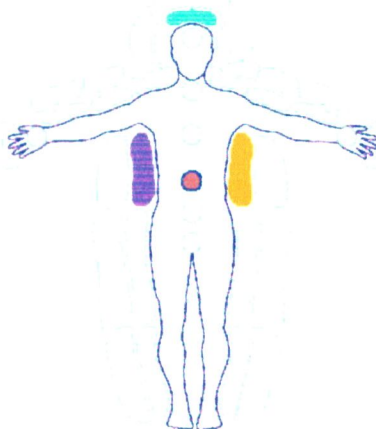


Figure 6b: After using aromatherapy

3.3 Further Analysis on The Unimprovement of the Unhealthy Sample

Figure 7 (a) and 7 (b) show the aura frequency that had been converted into color in RFI software. Before aromatherapy session it was found that 14% of the aura color is red. However, after aromatherapy session, the percentage of red color was still 14%. This means that there are no changes or no improvement on health condition of the sample. The method that was being used in this research was inhalation whereby individuals must sniff the essential oil, molecules emitting from it will travel through the air and enter the nose. At the top of nasal cavity there are 50 millions receptors. Smells enter through cilia (the fine hairs lining the nose) to the limbic system, the part of the brain that controls our moods, emotions, memory and learning [9]. By using the correct properties of the essential oil, it gives the power to affect moods in a positive and balancing way. When someone is having flu, our bodies produce even more mucus to try and get rid of the virus. This makes our nose feel blocked. They cannot smell the aroma well through the nose. Because of that, the samples had not improved on their health conditions after using aromatherapy. This finding has been verified with both of the samples.

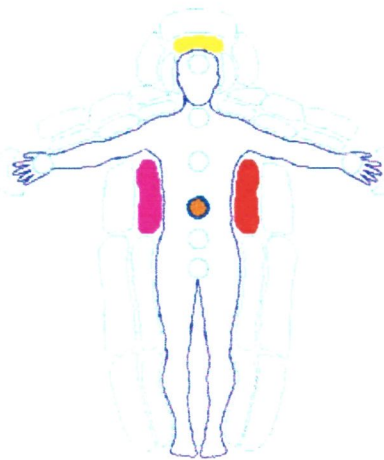


Figure 7a: Before using aromatherapy

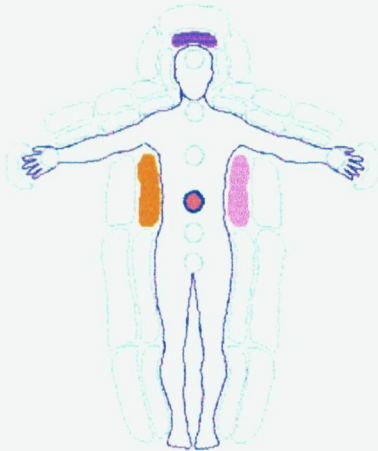


Figure 7b: After using aromatherapy

4.0 Conclusion

At the end of this research, the objectives of this research have been achieved. Statistical analysis revealed that when used as a substance for aromatherapy, lavender is capable of increasing human energy level. Samples were also able to sleep well, reduced in mood disturbances and less pain after going through the aromatherapy. Based on the results presented, it can be concluded that the inhalation method of the lavender essential oils taken during asleep using can be considered as an effective nursing intervention and is capable of increasing human energy level during menstruation.

This research could be further extended by using RFI to show the effectiveness of other types of aromatherapy such as rosemary, lemon, basil, peppermint and others on human energy level. A similar study could be extended on similar samples but by using psychological analysis. The study also can also be extended to all stage of age in order to produce a more comprehensive result regarding the effectiveness of aromatherapy on human health condition.

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