

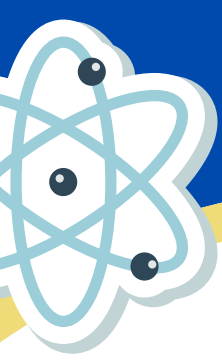

Academy of Language Studies
UiTM Cawangan Pulau Pinang

e-Lingua

2/2024



**MAY
2024**

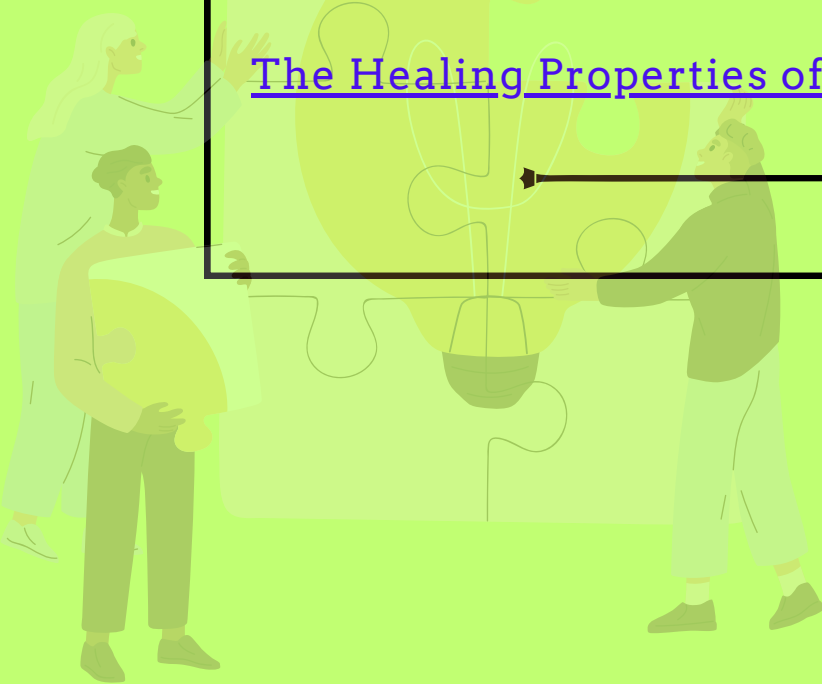
- 
- ✓ Chief Editor's Desk 2 
 - ✓ News & Reports 3
 - ✓ Heads Over Meal 24
 - ✓ Art & Culture 30
 - ✓ Lecturer's Contribution 37
 - ✓ Creative Corner 48
 - ✓ The Team 52



Lecturer's Contribution



<u>Mental Health: Subconscious Mind</u>	<u>38</u>
<u>Uplift Your Momentum</u>	<u>40</u>
<u>The Holistic Living</u>	<u>41</u>
<u>Last Christmas...</u>	<u>42</u>
<u>Sambil Menyelam Sambil Sulam Ukhuwah di Laut Sanur</u>	<u>44</u>
<u>Haiku</u>	<u>45</u>
<u>Ayat-ayat Lucu Memikat</u>	<u>46</u>
<u>The Healing Properties of Essential Oil</u>	<u>47</u>



THE HEALING PROPERTIES OF ESSENTIAL OIL

By Emily Jothee Mathai



Have you heard about essential oil (EO) in Malaysia in the good old days? It would have been used in small quantities by various groups of people before the 21st century but it was not commercialized. Today, EOs are widely used in the country and there are many brands in the market, to name a few - Young Living, doTERRA, Easecox. I am not promoting the brands of EOs here, but generally they have benefitted many people across the globe.



EO is not something new in the 21st century. Historically, the use of essential oil started way back in 4500 B.C.E by the Egyptians. It was used to create tinctures, powders, salves and ointments for medical purposes and spiritual ceremonies. In China, the use of essential oil was also practised by The Yellow Emperor, Huang Di during his reign in 2597 BC.



Today, EOs are gaining popularity in the global market. What is the driving factor? The healing properties of EOs! Aromatherapy is one of it. Aromatherapy, a type of alternative medicine is the most ancient art of healing. "Aroma" means fragrance and "therapy" means treatment designed to cure. The inhaled aroma from EOs via diffuser is believed to stimulate the emotional centre of the brain which plays a role in controlling emotions.



Besides inhaling, EOs can also be applied on the skin in which the molecules of EOs travel through the bloodstream and promote whole body healing. The oil however cannot be applied directly onto the skin as it is highly concentrated. It must be diluted in a carrier oil such as jojoba or grape seed oil before massaging it onto the skin.

In short, the therapeutic effect of EOs is undeniable as evidence have shown that various types of EOs have a wide range of health benefits (Lakshan et. al., (2016)). Besides healing, the usage of EOs also provides pleasure and soothing effects which relaxes someone from a stressful day at work. No wonder EOs are well-received in this growing stressful environment across the globe.

References

Lakhan S.E., Sheaffer H., Tepper D. (2016). The Effectiveness of Aromatherapy in Reducing Pain: A Systematic Review and Meta-Analysis. *Pain Res. Treat.* 2016;2016:8158693. doi: 10.1155/2016/8158693.

