

Historical Use of Essential Oils

Essential oils are considered mankind's first medicine and have been used around the world for centuries. Essential oils and other aromatics have been used in religious rituals, to treat various illnesses, and for other physical and spiritual needs.

Research dates the use of essential oils back to 4500 BC. Ancient Egyptians were the first to discover the potential of fragrance, and records demonstrate that oils and aromatics were used for treating illness and performing rituals and religious ceremonies in temples and pyramids. In fact, three oils that are still commonly used today—cedarwood, myrrh, and frankincense—were used in the embalming process. [1]

According to ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians used oils thousand of years before the time of Christ. There are more than 188 references to oils in the Bible, and some precious oils like frankincense, myrrh, rosemary, cassia, and cinnamon were used for the anointing and healing of the sick. Additionally, biblical prophets recognized the use of essential oils as protection against disease. [2]

The reintroduction of essential oils into modern medicine first began during the late 19th and early 20th centuries. Since that time essential oils have been used traditionally to kill harmful germs, as well as spiritually to balance mood, lift spirits, and dispel negative emotions.

[1] Young, D. Gary. "Ancient Aromas." *Aromatherapy the Essential Beginning* 1996: 7.

[2] Young, D. Gary. "Aromatherapy: An Ancient Science Returns to the Modern World." *Aromatherapy the Essential Beginning* 1996: 1.

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