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The holistic medical functionalities of Shambhala Kodo

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Abstract

The origin of the word “incense” dates from ancient Latin, and it means to burn. By burning, flammable substances produce a fragrant scent that fills the air. The Human System is comprised of The physical Human Body, The Life Force (Energy) Body, and Spiritual Body. The flow of energy or “qi” is important to facilitate our physical body. Medications can help in many aspects of recovering from certain illnesses. If we combine natural remedies with the knowledge of our energy body, the effect of healing will double or triple. Considering the human’s sensory system such as taste, hearing, balance, vision, and olfaction, a sense of smell is phylogenetically the oldest. The healing properties from the herbs after being infused through nose flow straight to lungs where all energy meridians meet. These, in turn, will distribute these properties to other parts of our body with full absorption.

Keywords: Aroma, incense therapy, holistic medicine, chakras

1. Introduction

The scent has never been alienated from us! Everything around us produces its scent to distinguish its unique character. Ancient saints and the wise knew the great importance of Aroma. Using Aromatic Incense Therapy from natural ingredients has been a traditional practice across different continents and cultures. To our modern world, most of us do not comprehend the wonders or magic of this great wisdom of Aromatic Incense therapy. Most of the recorded usage, formulations, and its effectiveness has been lost or secretly kept only by the linkage of senior student or disciple. Many expressions from the ancient past have posted difficulty in depicting its real message to this modern world. The wise from the ancients who had witnessed the effectiveness of aromatic incense therapy is not “hocus pocus” perceived by many. It is a lack of knowledge and breakage of language in deciphering what the past wise wanted to explain explicitly to us.

2. History of incense

The origin of the word “incense” dates from the ancient Latin, and it means to burn. By burning, flammable substances produce a fragrant scent that fills the air. In ancient times, when the fire was found, the men used many different sources to maintain the flame. Even then, the men found that different types of trees and leaves produce different smells while burning. Therefore, the prehistoric period can be counted as the point in time when not only the fire was found, but also the incense itself as well. From these ancient times to the modern age, incense has found its use worldwide. The best proof of this is the usage in many Buddhist temples for certain religious ceremonies but as well as in modern spa centers and our homes as the mean of relaxation. Talking about incense’s ancient origin, incense-bearing trees were imported from Arabian and Somali coast to ancient Egypt^[1]. These smell trees were used daily in religious rituals and ceremonies which celebrated primarily the sun god Amon-Re. It was believed that a pleasant smell not only made gods benevolent but also drew away evil spirits. These scents were considered divine and the presence of the pleasant smell had the glorifying effect of gods, increasing spirituality. Inside the tomb of Tutankhamun, the most famous pharaoh, besides a perfectly preserved body, archeologists discovered a considerable amount of perfume, oils, gold, and incense^[1]. However, the first stick incense form was made at the time of the Ming dynasty in ancient China. Following China, Japan adopted rapidly this product. Considering this, it is reasonable why these burning smell sticks are the most used in Asian countries. Nevertheless, there is no culture in the world where we cannot find some trace of incense, from Buddhism to Christianity. The main substances used as incenses were frankincense, myrrh, jasmine, aromatic wood, and bark such as sandalwood, cinnamon, patchouli, etc. Even nowadays, these can be found as the main opening or basic notes of the most luxurious perfumes.

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3. Physical and Metaphysical Body

In the past, The Wise knew that our human system does not only include a superficial level of the physical body. Our Human System is comprised of 3 basic bodies: (1) The physical Human Body, (2) The Life Force (Energy) Body, and (3) Spiritual Body.

The Physical Body – comprises what can be touched and seen on macroscopic and microscopic levels such as flesh, bones, blood, organs, veins, muscles, cells, etc.

The Life Force (Energy Body) – the “Qi” or energy meridian points or channels, the chakras, our vibration, or aura. The invisible or formless energy that exists but cannot be seen.

The Spiritual Body – When the physical body ceased, the energy that left our body to experience another stage of dimension. There are many similarities between the human body and the cellphone. A cellphone can receive messages, connect to the Internet because of the waves that the cellphone receives from wi-fi and telecom companies. Like the cellphone, the human body acts as a signal and energy receiver. The wireless signal is around us even cannot be seen. The same rule applies to the Energy Body. If we are only aware of our physical appearance and deny the energy body, we could ask ourselves how cells in our body generate energy by itself. What makes the heart pump without any charger? Although we have a brain to think where is our mind? If we solely believe in our physical self, we can start asking ourselves these questions. Both living humans and corpse have a physical body. But, why the corpse has a mouth that cannot speak and a body that cannot move? Both have heart, buy why the living human heart is pumping and the dead are not? Why some physical body can live longer than others?

Another question that should be asked is if we only believe in the physical body, why medication today still cannot express a full effect for patients suffering from depression, anxiety attack, insomnia, etc.?

Studying the physical body is very important and crucial! If we can move further from the physical body to the energy body, it would be another breakthrough in the human revolution. Although we may think it is something new and amazing, it is well-known form the wise of the ancient past!

The flow of energy or “qi” is important to facilitate our physical body. Medications can help in many aspects of recovering from certain illnesses. If we combine natural remedies with the knowledge of our energy body, the effect of healing will double or triple. We can study the different structures and functions of our organs and the physical body. But what causes the organs to function, what causes the cell to regenerate, what causes us to heal is another paradigm.

The energy body is a second body that exists both internally and externally of the human physical body. It is the energy dimension that connects our body, mind, and soul, together with the external world. All things around us as we perceived as physical, it is the vibration with its frequency in terms of energy! All energies have the vibration of its unique scent! Energies express themselves through scent! Diving into the world of aromatherapy will open your eyes to a new and different perspective!

4. The Breath of Life

The moment that we are given birth when a newborn is out from mother’s womb, newborn inhales, not only the air but

life itself as well! However, a fetus in the mother’s womb has another system of breathing. The fetus needs oxygen for cells to proliferate and grow! Nevertheless, the fetus does not breathe through the nose when it is in the womb. The intake of nutrients and oxygen is through the umbilical cord connected to the belly button.

The breath of Life - when a fetus is in the mother’s womb, the intake of oxygen is from the umbilical cord connected to the belly button. This is known as the innate breadth.

The breath of Life- the 1st breadth through the nose after the baby left the mother’s womb. This is known as the acquired breadth. The breath of Life or the breath of God is the first and of the utmost importance! Only through breadth, we exist! This explains why for thousands of years yogis, Buddhists, and Taoists have taught different ways of breathing. Breathing connects our physical body to our energy body! This breadth of life does not stop upon entering our nose. The breadth of life pervades throughout our physical body to energies every cell in our body! To this point, we know that breadth is the bridge of our physical self and our energy body! This is where the ancient depicts as “heavenly bridge” What is this “heavenly bridge”? It is a bridge of salvation! A bridge of Life indeed! Without breathing, in a split of time, we will not be able to live! How do you know that this person can live longer or have a short life span? This has always been a multi-million question. Two signs can gauge, breath, and odor. If you speak with a person whose breath is short and quick, that person will not enjoy a long life span. Additionally, if the person’s body gives a bad odor, sometimes called “old man/woman odor” that person will not have a long lifespan as well. We can further evaluate the above situation. A short distant marathon runner does not have a long life span. Through their years of training to run fast in the shortest time frame has caused the breath to be short and quick. Those who suffer from illness have very short breath! Moreover, people who live in high magnitudes, such as in Tibet, have an average lifespan of around 50 years. Their lifespan is not long! Why is this so? Because of the lack of oxygen intake. Their breath has to be quicker and shorter compared to dwellers on low magnitudes to supply enough amount of oxygen for metabolism. Which living being has a very long life span on earth? The turtle! This is because turtles breathe very slowly and most of the time, they conserve their energy! The importance of the energy body is to be the impetus of our overall wellbeing. Ancient wise knew the importance of breathing. Thus, Aromatic Incense Therapy is an important breathing ritual to have a healthy body, mind, and soul. It is an integral part of our total wellbeing.

5. How Do We Smell

Considering the human’s sensory system such as taste, hearing, balance, vision, and olfaction, a sense of smell is phylogenetically the oldest.² Around 10% of the airflow is directed to the upper part of the nasal cavity where the olfactory cells are located.³ Nerve cells consist of an axon (long fiber) and many dendrites (short fibers). These olfactory nerve cells act as receptors on stimulus such as odorant molecules. The sense of smell is the least understood compared to all other sensory systems. One of the potential reasons for this is that sense of smell is a highly individual phenomenon. Another difficulty for lack of research is that humans do not have developed a sense of smell such as some other mammals^[2, 4]. Olfaction has a crucial role in a few aspects of life. Smell disorders are often in the general

population and could cause food poisoning, weight loss, anxiety, depression, and other health issues. Cells in charge of the detection of odorants are olfactory epithelium which is located in the upper parts of the nasal cavity. In this part of the nose, millions of olfactory (smell) neurons are situated which respond to odor molecules by activation of its receptors. The bond between olfactory cells and odor molecules leads to firing electrical signal which then spread along the axons to the part of the olfactory brain called the olfactory bulb. This electrical signal travels then to other parts of the brain leading to odorant perception and consequently, to the response^[5]. It is important to emphasize that olfactory nerves do not crossover into the thalamus (one of the central brain structures where all other nerves) where all other sensory nerves cross (nerves for vision, hearing, touch, etc.). Olfactory nerves travel directly to a certain part of the brain called limbic system which has a very significant function in emotions, behavior, cognition. This is the reason why when people smell some familiar odor (scent, fragrance) can evoke emotions and recall memories for events connected with certain odor substances^[6]. However, the sense of smell is not only defined by chemical reactions on the cell membrane. One of the factors is the volatility of a smelling substance. Olfactory neurons to be stimulated must detect volatile substances. Only in volatile form, the odor molecules can be sniffed and detected by olfactory neurons. Other factors are water-solubility and lipid-solubility which will provide penetration through olfactory mucosa and detection by olfactory neurons^[4]. We all know that after we feel some smell, our nose very fast adapts to a new odor. Our smell receptors have the feature of adapting around 50% in the first second. After that, the adaptation of these receptors will continue although at a drastically slower pace^[4]. Some psychological studies tried to classify the sensation of smell in the few categories: putrid, musky, floral, pepperminty, camphoraceous, ethereal, and pungent. However, researchers are certain that these seven categories are far from the real number. Recent genetical studies discovered that there are above 100 primary olfactory sensations, while some argue that this number is greater than 1000. This is opposite to taste, where there are only five gustatory sensations and 3 primary visual sensations (primary colors)^[4]. Given the above, now we can understand the scientific background of aromatherapy and incense. Smell and consequently incense is a powerful drive, which directly activates human olfactory cells, limbic systems, arouse our deepest self, and can make us feel calm of fully energized depends on what sort of incense we use.

6. Breathing and Elixir of Life

Human beings breathe through the nose and smell at the same time. The olfactory function is highly individual. Therefore, the intensity of the sense of smell varies among individuals. When we smell or when any odor enters our nose and passes through the nasal cavity and reaches our olfactory receptors and olfactory receptors detect it. The human nose has an estimated 400 types of scent receptors, by some scientists that can detect at least one trillion different odors. These olfactory receptor cells regenerate throughout the lifespan and are replaced about every 60 days. These receptors neurons will receive the air-borne odor molecules and enter into the olfactory bulb bypassing the thalamus. The olfactory bulb is directly connected to the limbic system (amygdala and hippocampus) which will trigger emotion or memory through scent, as described above. By inhaling the incense, the aroma or its properties enter our body in three channels:

1) From the nose to the lungs – in this way, the aroma and healing properties of the plant are inhaled through the nose and supplied to the lungs. According to Chinese Physicians, there are countless of “qi” or energy meridians connected from the lungs to all organs in the body. The vital “qi” or energy will be distributed to all organs and cells to detox and revitalize our physical and energy bodies. This is one of the reasons in ancient China, where the patient who suffered from severe sickness when the intake of medication was impossible, burning medical plants or incense was essential to distribute healing properties of plants and incense. This acted as one of the best ways to provide a cure in ancient times. Another point to consider is why the intake of supplements or medications does not express the healing properties. It is not that the product is not good, it is the function of the spleen. According to Chinese Physicians, anything that orally intakes has to pass the screening check of the spleen. The spleen is capable of absorbing the nutrients from foods and other essentials and distributing them to other parts of the body. Nowadays, due to the hectic lifestyle, lack of sleeping and exercise, drinking, smoking, the spleen is affected. These factors cause the weakness of the spleen and inefficiency to absorb all the nutrients we intake. Most of the nutrients will be pass out in our waste! Whereas, the good properties from the herbs being infused through our nose go straight to our lungs where all energy meridians meet. These, in turn, will distribute the good properties to other parts of our body with full absorption!

2) From the nose to the brain – The neurologist has found out that one of the natural formations of our brain acts in a very unique way. All the 4 senses have to pass through a transformer or router of our brain known as the thalamus. The thalamus then sends the impulses received from our senses to other parts of the brain. What made the sense of smell unique is that olfactory nerves do not enter thalamus, but go directly to the limbic system. This is the reason why the ancient called the sense of smell “The breath of life”. If this breath carries the healing properties of plants, incense would be “The elixir of life”

3) Through the skin – the third entering channel of Aroma is through the human’s largest organ, the skin. The aroma enters into from every pore of the skin to the bloodstream. Can cells smell? According to ACS- American Chemical Society which released a study on April 07, 2013, the discovery suggested that odors may have a far more important role in life than previously believed. Scientists have found that heart, blood, lung and other cells in the body have the same receptors for sensing odors that exist in the nose. “Our team recently discovered that blood cells – not only cells in the nose – have odorant receptors.” Said Schieberle. Schieberle described one experiment in which scientists put an attractant odorant compound on one side of a partitioned multi-well chamber and blood cells on the other side. The blood cells moved toward the odor.” This is a great breakthrough in finding how our body enables us to detect scent!”

This perhaps can explain why ancient wise men and saints used aroma not only to infuse but also to apply body herbs, incense powders, and oils on the skin for different purposes! A connection to our body, mind, and soul! Connection to the divinity and our environment!

7. How to Apply Aromatic Incense Therapy

The method's application of our Aromatic Incense Therapy is

common for all types of Classic Incense Therapy and 7 Chakras Aromatic Incense. Therefore, you can choose the method which best suits you. In the following lines, instruction about its usage can be found.

1. Infuse ritual

- **Stick form** – one end of the stick incense should be burned and placed into stick burner
- **Powder form** – powder can be diffused by electrical incense burner for 1 hour to 3 hours on the temperature from 160 to 200 Celsius degrees, depending on the surface of the space. For powder form, different pattern mold can be found. The powder should be put into incense mold trail and after completing the design, one end of the incense mold needs to be lit to infuse or clear the space. In case powder is used for treatment purposes, the mobile electrical burner is the preferred option, as this burner is individual and it is not meant for space diffusion. This option is recommended for those who suffer from serious insomnia or depression and require more intense treatment.

2. Can be applied to the skin of the face, body, arms, back

3. Belly-button treatment ritual – a small amount of powder should be taken and put on the middle finger. Place your middle finger on belly-button and do not move it. After placing powder on belly-button start circular motion anti-clockwise 36 times. The second round of powder should be put on the middle finger and placed on belly-button. Press it 10 times and let the powder to magic.

4. Shower ritual – In case standing shower is used, prepare a pain in which 1 teaspoon of powder with salt and white flowers (e.g. Jasmine). After shampooing hair and soaping the body, pour the pail of the mixture from the head to toe. It needs not to be raised off. If the tub is used, the tub should be filled with water and the previously described mixture added to the water. Soak yourself in the tub and enjoy the tranquility!

*Please note, take into the consideration the skin sensitivity in case incense therapy is applied to the skin or the belly-button. It is recommended first to try a small portion on the skin to check if there is a sensitive reaction. In case the skin shows signs of sensitivity, such as rash, do not apply it.

Scheme therapy of 28 days regimen for a healthy body, mind, and soul:

1st week – Use Kinko aromatic incense for detoxification

2nd week– Use Love aromatic incense to open up the energy sphere

3rd week– Use Wealth aromatic incense to attract positive energy

4th week–Use Prosperity aromatic incense to fortify positive energy

Classis Series Aromatic Incense Therapy

Kinko – Sublimation Aromatic Incense

Due to its natural herb's properties, this formulation is beneficial for body and energy recovery.

Ingredients of Kinko-Sublimation Aromatic Incense are

sandalwood⁸, brassica seeds, basil, cinnamon, benzoin, and 10 more natural herbs which all have active substances which help in many conditions.

- **Physical benefits** – detoxication, helps in relieving constipation, promote peaceful sleep and act as the antidepressant, antiseptic effects, relieve the pain such as toothache and stomachache, release the water retention in body, anti-inflammatory effects, possible anti-cancer properties, effectively cure for acne and promote healthy skin face, relieve menopausal symptoms.
- **Aura and Energy benefits** – it not only acts as a protective shield from negativity but also it has superb properties in clearing the space from negativity.

Love Aromatic Incense

Due to special mix ingredients and natural herb's properties, this formulation is beneficial for body and energy recovery. The Ingredients include rose petals, sandalwood, benzoin, and more than 10 natural herbs.

- **Physical benefits** – this formulation is enriched with Vital vitamin, it promotes healthy and restful sleep and acts as antidepressants due to activation of the “hormone of happiness” – serotonin. What is more, it will make skin radiant and relieve menstrual pain and menopausal symptoms.
- **Aura and Energy benefits** – by opening Aura, it attracts benefactors, love, and love partner. It promotes a joyous relationship.

Prosperity Aromatic Incense

Carefully mixed ingredients such as white and yellow sandalwood, agarwood, benzoin, orange peel, etc. help to boost the immune system.

- **Physical benefits** – this formulation enhances immunity and promotes an anti-inflammatory response. Moreover, you will feel calm and relaxed as it relieves anxiety and positively boosts mood. Also, these ingredients help with digestion and mitigate gastric problems.
- **Aura and Energy benefits** – this incense brings a positive vibe and prosperity to the surrounding and at the same time improve the immune system. This aroma attracts positive vibes and abundance in your life

Wealth Aromatic Incense

The old, traditional formula, made of sandalwood, agarwood, basil, cinnamon, rose, jasmine, and more than 10 natural herbs will not only make you protect from diseases but also it brings good health

- **Physical benefits** – due it active substances from natural plants, this mixture has anti-oxidant effects and fight against free radicals which have harmful effects on our body. In this way, it promotes anti-inflammatory responses and fights against bacteria, cough, and cancer. What is more, Wealth Aromatic Incense decreases the risk of heart diseases, improves the sensitivity to insulin, and decreases the risk of Diabetes Mellitus and neurodegenerative diseases. Natural ingredients also have advantageous effects on the mind. It acts as an anxiety calmer and mood booster.
- **Aura and Energy benefits** – this special formulation purifies the space and environment around people and

brings fortune and good luck. It attracts positive energy, love, and harmonious relationships.

Ai-Zen Aromatic Incense

This combination of carefully blended natural plants such as lotus, sandalwood, benzoin, cinnamon leaves, agarwood, and more than 10 other natural ingredients will help you achieve a zen state of the mind, peace, and focus.

- **Physical benefits** – this mixture has anti-oxidant effects and fights against free radicals which have harmful effects on our body. What is more, Wealth Aromatic Incense decreases the risk of heart diseases by lowering high blood pressure. Natural ingredients also have advantageous effects on the mind acting as antidepressants and promoting restful sleeping. Also, it promotes the formation of new blood cells and decreases swelling and irritation of eyes. Diarrhea accompanied by vomiting can be treated as well.
- **Aura and Energy benefits** – this special formulation purifies the space, makes mind focused, and brings peace to the heart.

Shakti-01 Aromatic Incense

This remarkable health wellness incense is based on the special formulation of Ayurveda. The wisdom of Ayurvedic herbal therapy has been applied for thousands of years. Due to its natural outstanding properties, this formulation has many benefits. Some of the ingredients are sandalwood, agarwood, haritaki, ashwagandha, turmeric, amla, and more than 10 other plants.

- **Physical benefits** – this Ayurvedic mixture helps on detoxification of blood, increases oxygen levels in the blood, and possesses anti-inflammatory properties. What is more, by boosting the immune system, it helps in preventing cancers. Besides this, it promotes digestion and can be used in digestion difficulties.
- **Aura and Energy benefits** – this special formulation based on Ayurveda promotes healing and well-being of body, mind, and soul.

9. 7 Chakras Aromatic Incense

The method's application of our Aromatic Incense Therapy is common for all types of Incense Therapy. Therefore, you can choose the method which best suits you. In case you need to read it again, please refer back to the section “how to apply Aromatic Incense Therapy”. In the following lines, Aromatic Incense for Chakras will be described.

Root Chakra Aromatic Incense

This unique and spectacular health wellness incense is based on a special formula from Ayurvedic medicine. The wisdom of herbal therapy has been around for centuries and now is available and to you. Thanks to ingredients such as agarwood, sandalwood, cedarwood, patchouli, dandelion root, angelica root, clary sage, etc it has enormous health potential.

- **Physical benefits** – this Ayurvedic mixture helps on detoxification of blood and organism by antioxidants it contains. By improving blood circulation it maintains hearth, kidneys healthy and skin healthy. Also, it helps to maintain hormonal balance, so in that way prevents stress and mitigates menstrual problems.

- **Aura and Energy benefits** – this special blend incense enables balancing Base Chakra (Muladhara). Therefore, it helps to feel secure in life, self-cherished, and to let go of obsession.

Sacral Chakra Aromatic Incense

Carefully formulated Incense based on the wisdom of herbal therapy Ayurveda, which is made of agarwood, sandalwood, coriander, fennel, cinnamon, vanilla, caraway seeds, and other natural products, heals body and mind.

- **Physical benefits** – by improving blood circulation, this mixture improve kidney function, increase urine flow, and detoxicate organism. It acts as antidepressants, relieves anxiety, stress, and promotes restful sleeping. Besides this, it has antibacterial properties, increases hair growth, and relieve menstruation problem.
- **Aura and Energy benefits** – this special blend incense enables balancing Sacral Chakra (Svahisthana). Therefore, it helps to feel passionate, happy and it boosts creativity.

Solar Plexus Chakra Aromatic Incense

Specially designed Aromatic Incense based on Ayurveda which has several ingredients such as agarwood, sandalwood, ylang-ylang, coriander, fennel, anise, celery, cinnamon, dragon blood, etc. is right choice to empower yourself.

- **Physical benefits** – this formulation decreases cholesterol levels, so in that way help with the regulation of high blood pressure, decrease the progression of diabetic neuropathy. Other advantageous effects are that increase libido, improve digestion, mitigate menstruation problems, relieve the pain and cramps. Treat diarrhea and help with mood swings.
- **Aura and Energy benefits** – this special blend incense enables balancing Solar Plexus Chakra (Manipura). Therefore, it helps to feel confident, calm, and to achieve integrity with body, mind, and soul.

Heart Chakra Aromatic Incense

An exclusively blended mixture of agarwood, sandalwood, lavender, patchouli, marjoram, rose, sage, etc. by Ayurvedic recipe makes you feel loved.

- **Physical benefits** – this herbal therapy has been around for thousands of years and it relieves depression and stress, boosts the immune system, soothe inflammation, prevents infections, reduces respiratory difficulties, and also has astringent properties.
- **Aura and Energy benefits** – this special blend incense enables balancing Heart Chakra (Anahata). Therefore, it helps to feel loved, peaceful, and blissful.

Throat Chakra Aromatic Incense

By wisely combining natural plant ingredients, such as peppermint, lily of the valley, agarwood, sandalwood, parsley seed, etc. this formulation based on Ayurveda enhances creativity.

- **Physical benefits** – this herbal mixture incense has been around for centuries and it treats fever, prevents water retention, urinary infection, and breaks kidney stones. More importantly, it treats paralysis, speech loss, and poisoning. It is also good for a respiratory infection.
- **Aura and Energy benefits** – this special blend incense

enables balancing Throat Chakra (Vishuddha). Therefore, it enables the feeling of eloquence, creativity, and confidence.

Third Eye Chakra Aromatic Incense

No human has not heard for Third Eye and it is one of the most famous Chakras connected with intuition. This special incense formulation is based on Ayurvedic herbal therapy which has the origin at ancient times. More than 10 natural herbs make part of this blend, while some of them are cinnamon, cardamom, violet, jasmine, Jupiter, sandalwood, agarwood, etc.

- **Physical benefits** – this herbal mixture incense is rich in antioxidants and helps with preventing bacterial infections and to lower high blood pressure. Moreover, it relieves symptoms of depression, has a calming effect, and reduces convulsion.
- **Aura and Energy benefits** – this unique blend of incense enables balancing Brow Chakra (Ajna). Therefore, it enables the feeling of wisdom, intuitively, and increase focus and mental capacity.

Crown Chakra Aromatic Incense

The mixture of juniper, rosewood, marigold, agarwood, rosewood, sandalwood, lavender and other natural plants based on ancient Ayurvedic manuscripts increase spirituality.

- **Physical benefits** – this herbal blend incense manifests antidepressant properties, reduces depressive symptoms and anxiety, and increases libido. Due to its antiseptic characteristics, it acts antibacterial, antiseptic, and helps in treating conjunctivitis.
- **Aura and Energy benefits** – this unique blend of incense enables balancing Crown Chakra (Sahasrara). Therefore, it promotes the feeling of freedom, spirituality, and compassion.

10. Results and Discussion

By analyzing published studies on the theme of holistic medicine and pharmacological effects, there is significant evidence that many of the natural plants which are ingredients of Aroma Incense Therapy have health benefits. In the study done by Hauberger *et al.* [7], there is a correlation between inhalation of sandalwood essential oil and physiological arousal. Namely, sandalwood consists of α -santalol. Comparing placebo effects and a group of volunteers who used sandalwood essential oil, there was increased heart pulse, blood pressure, and alertness. Another study done by Benecia *et al.* [8], showed that sandalwood oil inhibits the replication of the herpes virus. The effects are prominent more in herpes simplex virus type 1, which most commonly cause labial herpes. There is much more evidence about the healing properties of essential oils of natural plants and sandalwood is only one among them. The research about antibacterial and antifungal characteristics of essential oils done by Kalemba *et al.* [9] has proved that a significant number of these substances express antibacterial features. The strongest effects among studied herbs showed cinnamon, mint, thyme, organum.

11. Conclusion

The number of essential oils, incense, and volatile substances have found its usage from ancient times to nowadays. Taking into account studies that are analyzed in this paper,

there is a significant correlation between essential oils, aroma, incense, and their healing properties. The appliance of these products can be found in many cultures, especially China, Japan India, etc. therefore, based on scientific research, many of these natural plants have beneficial properties which helps in revitalizing body and mind.

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