

A review on the effect of aromatherapy on blood pressure and stress in heart patients

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Abstract

Cardiovascular patients, especially those with myocardial infarction, experience a lot of anxiety in the acute stage and in the first 48 hours of hospitalization. Therefore, as a member of the nursing community, we are looking for a way to manage the patient and non-pharmacological ways to reduce the stress and anxiety caused by the stressful conditions of heart patients. Since environmental stress can affect the blood pressure of heart patients, we are looking for research conducted on non-pharmacological ways of managing and reducing stress and pressure on heart patients by searching the databases. . Aromatherapy is one of the non-drug and effective ways to reduce stress and anxiety in people. By reviewing the researches conducted on the effect of aromatherapy on stress, anxiety and blood pressure indicators in heart patients, we came to the conclusion that aromatherapy is one of the effective non-pharmacological ways to reduce stress on heart patients. , and can reduce blood pressure in heart patients as well as people with stressful jobs such as nurses. In the continuation of the searches in the databases, we reached interesting results, which can also examine the effect of aromatherapy on heart rate and blood oxygen level, etc., it is suggested that more activities be done in this field.

Keywords: Aromatherapy, heart patients, stress, blood pressure



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