

4-1-2023

Debunking Medical Myths: Essential Oils And Covid-19: What'S The Deal?

Ranganath Kathawate

Wayne State University School of Medicine, gh2142@wayne.edu

Hussein Bazzi

Wayne State University School of Medicine, gh7820@wayne.edu

Noor Sulaiman

Wayne State University School of Medicine, gk0888@wayne.edu

Emma Breukink

Wayne State University School of Medicine, hk1931@wayne.edu

Vikram Rajan

Wayne State University School of Medicine, hn0327@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Kathawate, Ranganath; Bazzi, Hussein; Sulaiman, Noor; Breukink, Emma; Rajan, Vikram; and Lukose, Ron, "Debunking Medical Myths: Essential Oils And Covid-19: What'S The Deal?" (2023). *Patient Education Projects*. 587.

https://digitalcommons.wayne.edu/pat_edu_proj/587

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

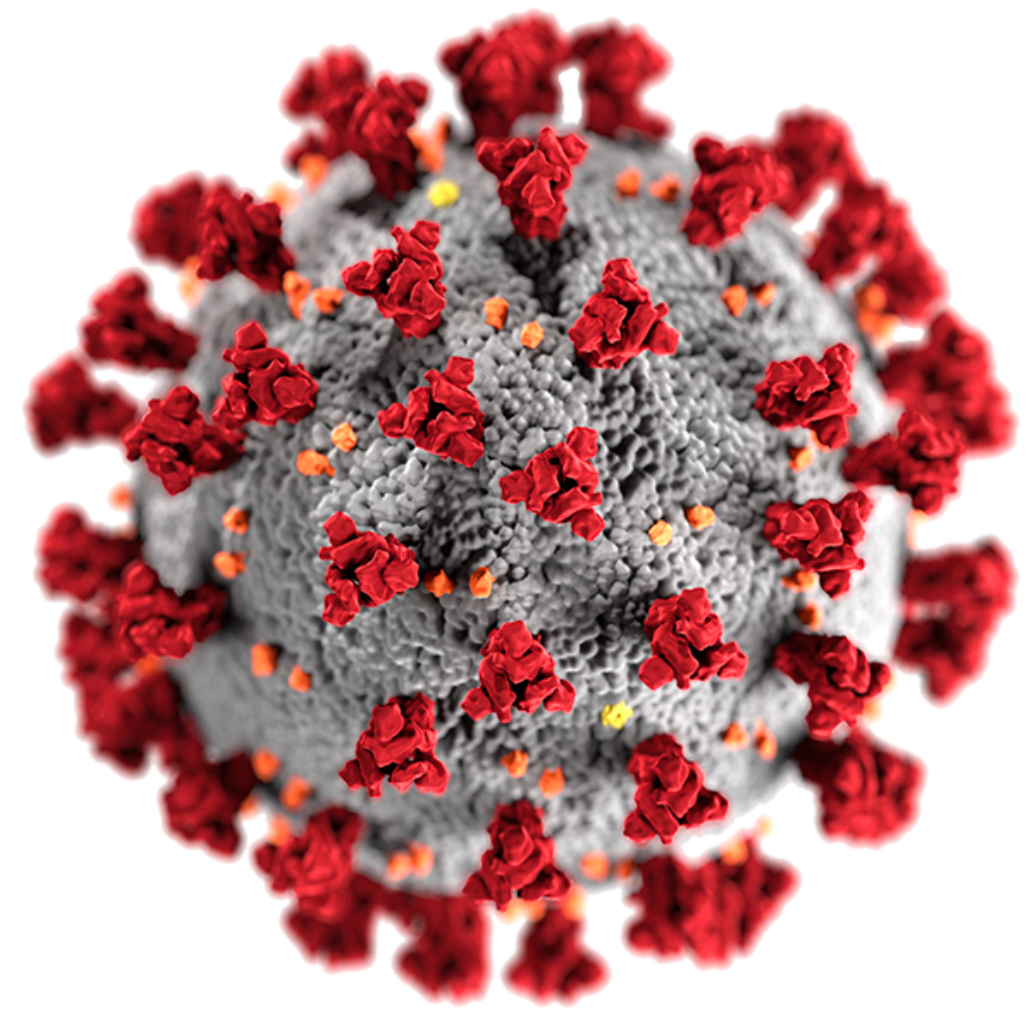
Ranganath Kathawate, Hussein Bazzi, Noor Sulaiman, Emma Breukink, Vikram Rajan, and Ron Lukose

ESSENTIAL OILS AND COVID-19: WHAT'S THE DEAL?

Gray 14 - Bazzi H, Breukink E, Kathawate R, Lukose R,
Rajan V, Sulaiman, N.

WHAT DO WE KNOW?

SARS-CoV-2, the virus that causes the COVID-19 disease is extremely dangerous. We've learned that COVID-19 can cause painful body aches, loss of taste and/or smell, and significant difficulty in breathing. COVID-19 is particularly dangerous in groups with diabetes, asthma, and high blood pressure. Additionally, racial and ethnic minorities are at very high risk for contracting the virus due to complex barriers in the healthcare system.



HOW ARE ESSENTIAL OILS INVOLVED?

Although there is no one established treatment, existing research indicates that special anti-viral drugs. Additional studies have suggested that polyherbal oil could substitute for a formal drug regimen in emergency circumstances (1).

Additionally, some researchers believe essential oils can block inflammation (2) and destroy viruses (3),

SHOULD COVID-19 PATIENTS USE ESSENTIAL OILS?

NO!

The scientific evidence does not support the use of these substances to treat covid-19 properly. until a full-scale clinical trial is performed, such use should be **avoided**.

YOU SHOULD:

INFORM CLOSE CONTACTS

VISIT THE EMERGENCY ROOM

MONITOR YOUR TEMPERATURE & BREATHING

(1) Bahl AS, et al. *Chemico-Biological Interactions*. 2022;367:110179.

(2) Asif M, et al. *Inflammopharmacology*. 2020;28(5):1153-1161.

(3) Bailey ES, et al. *Frontiers in Public Health*. 2021;9.