

# *Study on Smoking Cessation by Chinese Herbal Aromatherapy*

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**Abstract:** Common tobacco in the burning process produced a variety of harmful substances, not only the smokers' body damage, the surrounding people are also harmed by second-hand smoke. And smoking is prohibited in many occasions, smoking will trigger smoke alarm, endangering public safety. Therefore, it is necessary to give up smoking. Therefore, it is a new exploration to use safe, effective and inexpensive tobacco substitutes to give up smoking. Chinese herbal medicine has the function of economic safety and environmental protection, so it is a new idea to make a kind of aromatherapy preparation with Chinese herbal medicine to relieve tobacco addiction.

## **1. Introduction**

Various harmful substances produced by tobacco burning can not only cause respiratory diseases, make people cough and throat itchy symptoms, and even increase the incidence of cancer, pollution to the environment, so that the health of people who breathe secondhand smoke has been damaged. Even in public places like airplanes and high-speed trains, smoking is forbidden. Therefore, for some smoking groups, quitting is irresistible, but because of the addictive nature of tobacco, it is difficult to stick to quitting. There is an important role to play in developing a natural, pollution-free alternative to smoking cessation. Chinese herbal medicine has the characteristics of low toxic and side effects, low price and excellent effect, so it is significant to choose Chinese herbal medicine as a substitute for cigarettes. As a substitute for relieving tobacco addiction, aromatherapy has the above advantages. The research report is as follows.

## **2. Clinical Data**

General information There were 200 cases in this group, all of them were school smokers, with an average of more than 1 cigarette per day, smoking age of 1-20 years, and young adults aged 18-60 years, including 52 females, 148 males, and 69 aged 18-30 years. 60 people in their 30s to 40s, 42 in their 40s to 50s, 29 in their 50s to 60s. All of them were in line with the diagnosis results of cigarette addiction in "China Clinical Smoking Cessation Guidelines".

### 3. Treatment Methods

Preparation method of traditional Chinese medicine aromatherapy All subjects of smoking cessation were treated with fumigation in our self-made pharmaceutical bag, and the drug composition was as follows: Ageratum 60 g, cordate houttuynia, 50 g earthworm 45 g, polygala, 45 g mint 30 g, 30 g dried tangerine or orange peel, 40 g wood fragrance, bamboo shavings, 50 g bamboo 20 g, 40 g unibract fritillary bulb, 40 g lily, radix stemonae 30 g, platycodon grandiflorum 30 g, rhizoma atractylodis 30 g, 30 g argyi, 30 g cassia twig, 30 g, lavender will more than medicine into meal, add the meal round bottom flask, according to the medicinal materials and the proportion of water is 1:6 to join the distilled water, put the medicine soak in cold water for 2 h, connection naphtha refining device, The volatile oil was extracted until no volatile oil appeared, and the extraction time was about 6h. Volatile oil was collected in a test tube, about 10ml of the volatile oil was collected. Take 8ml twain-80 into a mortar, emulsify the volatile oil at a constant speed. After stirring, the distilled water was gradually added to make uniform emulsion, which was put into the spray bottle and made into aromatherapy liquid for use <sup>[1]</sup>.

Treatment the separated spray bottles were distributed to all the subjects, and the aromatherapy liquid was smeared on both sides of the people and nose when the craving came on.

### 4. Criteria for Smoking Cessation Effect

Success: Cigarette addiction disappeared and no smoking for 6 months. Effective: smoking times significantly reduced, lower tobacco requirements, still a small amount of smoking within half a year. No effect: smoking was not reduced before the use of aromatherapy solution.

### 5. Effect of Smoking Cessation

156 cases (78%) were successful, 21 cases (10.5%) were effective, 24 cases (12%) were ineffective, and the total effective rate was 88.5%. From the results of male and female smoking cessation, the success rate of male and female smoking cessation is 81% and 84%, the success rate of male and female smoking cessation is similar. In terms of age distribution in table 1, the success rate of people aged 50-60 is the lowest, followed by those aged 30-40, and those aged 18-30 are the highest.

Table 1: Results of smoking cessation in different age groups

age	The number	successful	effective	invalid
18 to 30	69	63 (91.3%)	4 (5.7%)	2 (2.8%).
30 to 40	60	44 (73.3%).	5 (8.3%)	11 (18.3%).
40-50	42	31 (73.8%).	7 (16.7%)	5 (11.9%)
50 to 60	29	18 (62%).	5 (17.2%)	6 (20.6%)
statistical	200	156 (78%)	21 (10.5%).	24 (12%).

### 6. Discussion

Most of the people who quit smoking will have the feeling of restlessness during the smoking seizure within a week, and some of them will have the feeling of dizziness, nausea and headache. After using the aromatherapy agent, there will be obvious relief. One week after quitting smoking, most of the above symptoms have disappeared, and the previous throat discomfort caused by smoking has also been significantly improved. Herbal aromatherapy is more convenient to use than

smoking cessation tea and is not limited by time and place. The older the people who took herbal aromatherapy, the less successful they were at quitting. It may be speculated that due to the old age, the old age, the inherent habit has been formed, for the new things acceptance is low. Young people who quit smoking have achieved better smoking cessation effect, have a deeper understanding of the harm of tobacco, and aromatherapy is easy to be accepted. Besides, due to the increase of tobacco price in recent years, young people have a heavy economic burden and are more active in quitting smoking <sup>[2]</sup>. As a result, the rate of quitting smoking is higher among young people.

The harmful substances produced in the burning process of cigarettes are easily attached to the harmful particles and bacteria in the air, and deposited in the lungs appear pharyngitis <sup>[3]</sup>. For all kinds of throat symptoms in smoking group, add Chinese herbal medicine such as fritillaria, Baiba, platycodon grandiflorum and lily for the treatment of sore throat and cough to relieve throat discomfort symptoms. Atractylodes, Artemisia argyi leaves, cassia twigs and lavender are rich in volatile oil, which can inhibit harmful bacteria such as Escherichia coli, Staphylococcus aureus, Streptococcus pneumoniae and reduce the occurrence of respiratory infection rate. The hair care oil produced by incense, tangerine peel, bamboo shavings and bamboo lek can promote the excretion of toxins and protect cells. Patchouli, Houttuynia cordata and other with anti-nausea effect, for the symptoms of irritability after smoking cessation. The earth dragon, the farago, the mint and so on has the refreshing brain to pass the nose orifices the effect, replaces the nicotine in the cigarette to cheer the spirit the effect, and does not have the addiction <sup>[4]</sup>. The use of Chinese herbal medicine compatibility of aromatherapy instead of cigarettes, not only has the role of uplifting spirit, improving respiratory diseases, and no harmful substances harm the environment, to avoid the toxic group of secondhand smoke. This aromatherapy preparation has the advantages of simple manufacturing technology, convenient use and high acceptance. It is worth popularizing.

In addition to aromatherapy, there are still other ways to quit smoking. E-cigarettes serve as an alternative to tobacco, similar to nicotine, primarily as a substitute for cigarettes in non-smoking areas. The use of e-cigarettes is not high in China, which can reduce the harm of second-hand smoke inhalation by people around, but the safety is still worrying, and animal experiments show that e-cigarette oil is addictive <sup>[5]</sup>. Clinical studies on smoking cessation by acupuncture of traditional Chinese medicine have been carried out for 30 years at home and abroad and have achieved good results. Acupuncture combined with auricular massage has a good effect, but there are still some problems, such as pain in acupuncture, long decocting time of Traditional Chinese medicine decoction, low long-term withdrawal rate of auricular acupuncture, and uncertain efficacy of traditional Chinese medicine tea <sup>[6]</sup>. Mobile health has spawned new ways to quit smoking, such as texting, wechat combined with drugs, etc. Smoking cessation apps have different experiences, and it is difficult for smokers to find suitable apps <sup>[7-8]</sup>.

Smoking is one of the important factors causing chronic diseases. Smoking cessation clinics, smoking cessation messages and smoking cessation apps can improve smokers' awareness of quitting and improve their chances of quitting successfully <sup>[9]</sup>. Acupuncture and decoction of Traditional Chinese medicine have certain intervention effect on smoking cessation. Herbal aromatherapy is a new exploration and is expected to be further tested to improve safety and stability.

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