

## "SERENE SCENTS: RELAXED ROOTS"

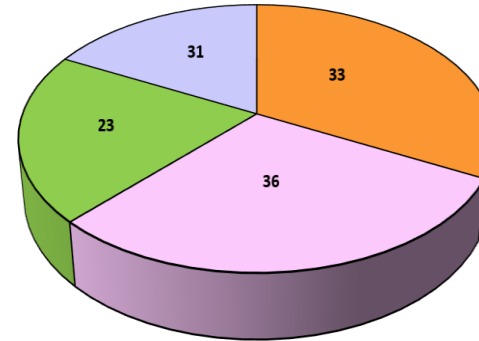
**AIM:** To evaluate the impact of various essential oils on anxiety in dental patients.



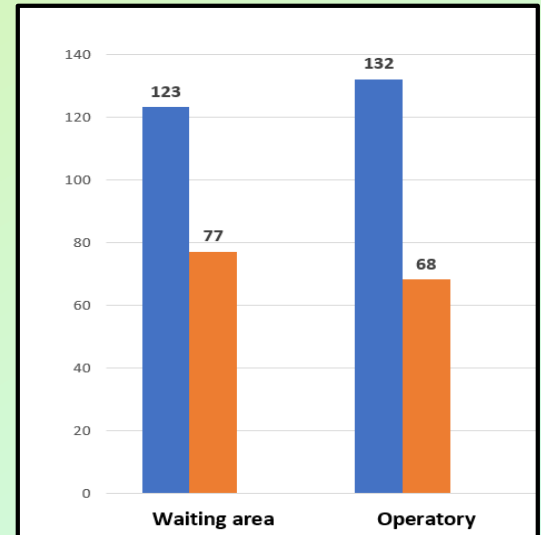
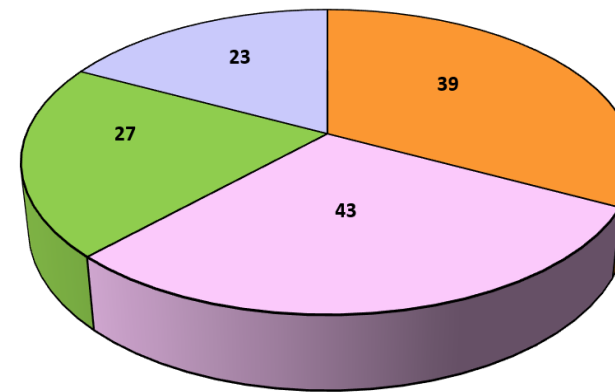
### MATERIALS AND METHOD:

Questionnaire was filled by patients awaiting treatment and anxiety levels were compared using MDAS scale before and after receiving aromatherapy.

Below 19 MDAS score for each essential oil after randomization and before treatment



Below 19 MDAS score for each essential oil after aromatherapy



### RESULTS:

Effectiveness of essential oils:  
Lavender (1) >  
Orange (3) >  
Lemongrass (2) >  
Control