

REVIEW ARTICLE

Aromatherapy of *Santalum album* Linn. and its antiviral activity

DAS SS* • KHAN SY

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ABSTRACT

Santalum album Linn. also known as white sandalwood (Chandan/srigandha), is a scented evergreen tree that belongs to the Santalaceae family. This plant is rich in essential oils extracted commonly by hydrodistillation. In phytochemical studies, alpha and beta santalols are major constituents in the heartwood. Sandalwood oil is used in aromatherapy, a holistic approach to treating mental illnesses without any risk of side effects like conventional medicines. Aromatherapy also cures insomnia and skin problems and provides relief in case of respiratory ailments too. Among numerous beneficial qualities, sandalwood oil also has antiviral properties; it is proven to prevent the multiplication of Herpes Simplex Virus, helps treat Human Papilloma virus, and indirectly contributes to combating Influenza-A virus. This article attempts to concisely apply aromatherapy and antiviral activities using the essential oil of sandalwood.