

A Botanical Nano Ozonated Relax Oil Composition for Headache, Migraine, Autism and Depression

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Abstract

The present patent-pending invention relates to a topical pharmaceutical nano ozonated composition (with maximum bioavailability) for headache, migraine, autism and depression. Observed results showed excellent results for all ages of men women and children with no adverse or side effects.

Keywords: Nano; Ozonated; Headache; Migraine; Autism; Depression;

Description of the Invention

Millions of people suffer from headache worldwide daily. Most of patients take acetaminophen/caffeine without noticing the dangerous side effects that may occur for them such as:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of liver problems like dark urine, feeling tired, not hungry, upset stomach or stomach pain, light-colored stools, throwing up, or yellow skin or eyes.
- A fast heartbeat.
- Not able to pass urine or change in how much urine is passed.
- A very bad skin reaction (Stevens-Johnson syndrome/toxic epidermal necrolysis) may happen. It can cause very bad health problems that may not go away, and sometimes death [1]. Get medical help right away if you have signs like red, swollen, blistered, or peeling skin (with or without fever); red or irritated eyes; or sores in your mouth, throat, nose, or eyes.

A study of people with recurring migraine headaches found that two out of three delayed or avoided taking prescribed drugs due to concerns about treatment side effects. Patients also reported more intense, longer-lasting headaches when they did not take their medications correctly.

Despite the availability of new drugs, most of the 28 million Americans who suffer from migraines are not taking the most effective medications.

Two-thirds delayed or avoided taking their current prescription medications because of treatment side effects [2]. Of those taking trip tans -- the most commonly prescribed class of drugs for recurring headache pain -- patients listed sleepiness and fatigue, racing heartbeat, nausea, and difficulty thinking as common side effects.

A sweeping study of military health records reveals that children with autism are at risk for a host of obesity-related health issues, such as high blood pressure and diabetes [3]. These issues are especially common among children who take drugs to ease autism features¹.

The findings highlight the complexity of treating anxiety and repetitive behaviors in children with autism without creating or exacerbating chronic health problems. These children often have trouble controlling their weight even when not taking medications, because many are picky eaters or get little exercise.

But "sometimes children with autism do need to be medicated," says lead researcher Cade Nylund, assistant professor of pediatrics at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. "Parents need to understand the risks; providers need to explain the risks."

The study, published in August in the *Journal of Pediatrics*, is the largest yet to explore autism's ties to obesity. Nylund's team examined military health records from 292,572 children aged 2 to 18, including 48,762 children with autism. The researchers compared rates of obesity, type 2 diabetes, and cardiovascular and liver disease in children with and without autism (see graphic below). They also looked at the impact of medication use on obesity rates in children with autism.

The analysis revealed that about 8.2 percent of children with autism are obese compared with 4.7 percent of typical children.

Though anti-depression drugs do not solve the problem all of them cause many side effects such as [4]:

- Nausea
- Weight gain
- Lower sex drive
- Tiredness
- Trouble sleeping
- Dry mouth
- Blurred vision
- Constipation
- Dizziness
- Anxiety

Compositions comprising botanical extracts, active agents, etc., can be produced and used in accordance with the present invention that is useful to treat or affect the headache, migraine, autism and depression. For example, the present invention relates to compositions, preferably for topical or local use on head and forehead, which comprises one or more of the following ingredients, including, but not limited to, ozonated lavender oil, ozonated chamomile oil, ozonated ylang ylang oil, ozonated bergamot oil and ozonated Palesinian jojoba oil as a carrier oil. The compositions can produce one or more of the following pharmacological effects, including, but not limited to, increases anti-anxiety, anti-stress, anti-depression and relaxation effects.

Ozonated Bergamot oil is a great antidepressant because it's very stimulating. Bergamot can create a feeling of joy, freshness and energy by improving the circulation of your blood. It's also shown the ability to work as a natural remedy for anxiety, as a 2011 study in Thailand found that bergamot lowered the anxiety response in rats [5].

Another 2011 study hypothesizes that applying a blended essential oil that includes bergamot to participants helps treat depression [6]. The blended essential oil mixed bergamot with lavender essential oil, and participants were analyzed based on their blood pressure, pulse rates, breathing rates and skin temperature. In addition, subjects had to rate their emotional condition in terms of relaxation, vigor, calmness, attentiveness, mood and alertness in order to assess behavioral changes.

Compared with the placebo, blended essential oil caused significant decreases of pulse rate and blood pressure. At the emotional level, subjects in the blended essential oil group rated themselves as "more calm" and "more relaxed" than subjects in the control group. The investigation demonstrates the relaxing effect of a mixture of lavender and bergamot oils, and it provides evidence for its use in medicine for treating depression or anxiety in humans [2].

Ozonated Lavender oil mood and has long been used to help battle depression. A study published by the International Journal of Psychiatry in Clinical Practice reported that 80-milligram capsules of lavender essential oil can help alleviate anxiety and depression. The study also showed that there were no adverse side

effects from using lavender oil to treat anxiety and depression. This is great news since we know that synthetic medications and psychotropic drugs often have many negative side effects [7].

A 2012 study published in *Complementary Therapies in Clinical Practice* evaluated 28 women at high risk for postpartum depression and found that by diffusing lavender in their home, they had a significant reduction of postnatal depression and reduced anxiety disorder after a four-week treatment plan of lavender aromatherapy [8].

Yet another study showcasing that lavender aromatherapy improves mood was done on people suffering from post-traumatic stress disorder (PTSD), which can result in depression. Lavender had amazing results, showing signs of enhanced moods. The results revealed that the lavender oil, when used daily, helped decrease depression by 32.7 percent and dramatically decreased sleep disturbances, moodiness and overall health status in 47 people suffering from PTSD [9].

Ozonated Chamomile Oil

Chamomile is one the best medicinal herbs for fighting stress and promoting relaxation. This is why you see chamomile as a popular ingredient in candles and other aromatherapy products, whether in tea, tincture or essential oil form.

Chamomile benefits your emotions by providing soothing qualities to help with depression. According to research from *Alternative Therapies in Health and Medicine and Pharmacognosy Review*, inhaling chamomile vapors using chamomile oil is often recommended as a natural remedy for anxiety and general depression [10, 11].

Ozonated Ylang Ylang Oil

Ylang ylang may have a funny name, but it has amazing benefits for helping stave off depression and negative emotions associated with depression. Inhaling ylang ylang can have immediate, positive effects on your mood and act like a mild, remedy for depression. Research shows it can help release negative emotions such as anger, low self-esteem and even jealousy! [12].

Ylang ylang works because of its mild sedative effects, which can lower stress responses helping you, relax. To enhance confidence, mood and self-love, try diffusing the oil in your home or massaging it into your skin.

Ozonated Palestinian Jojoba Oil

Jojoba is used here as a carrier oil to keep oil s blend homogenous permanently.

The top benefits of ozonated essential oils Ozonated Oil holds a variety of health benefits, but is most commonly used for conditions of the skin and external body, much as you would use a therapeutic salve or cream [13]. As a massage paste, the ozonide acts as an antioxidant, allowing lactic acid and toxins to be released from the pores of the skin. Other benefits and uses include: 1. Stimulation of growth for skin cells 2. Speeds up healing-time for skin wounds and ulcers 3. Cleans and sterilizes the epidermis 4. Reduces swelling and redness 5. Calms the

nerves and reduces the amount of pain in skin conditions 6. May increase cellular function and cellular memory 7. Acts as a free radical scavenger on harmful toxins 8. Acts as a moisturizing facial conditioner (leave on for 20 minutes and promptly remove) 9. Aids in healing processes and reduces scarring 10. Promotes healthy skin conditions 11. Good for removing makeup 12. Good for animal wounds, as it is all natural, and can be licked m. Sunburn of the skin 13. Insect bites and stings 14. Infections of the sebaceous glands (sweat) 15. Can be used as a natural under arm deodorant 16. Burns – One of the best natural remedies. 17. Sore muscles (rub as a massage paste) 18. Cellulite Reduction 19. Wrinkles u. Ringworm 20. Bed Sores 21. Cuts & Burns 22. Skin Yeast 23. Carbuncles 24. Diaper Rash 25. Tinea Versicolor 26. Dermatitis

Maximum Bioavailability

The herbal composition if used as an oral formulation its bioavailability will be poor compared to a topical (external) applications on head and forehead. To give good bioavailability. It was found that this oil with its nano particle size did give maximum bioavailability effect.

Summary of the Invention

The present invention relates to a topical pharmaceutical composition for treatment of headache, migraine, autism and depression. The composition for treating stress, anxiety and depression, preferably formed of bergamot oil , lavender oil, chamomile oil , ylang ylang oil and jojoba oil

Examples of Pre-Clinical Results

The following results were obtained at the clinic of Dr.B. Khasawneh.

Dr B.Khaswneh 4 surveys to date

Headache Group

Number: 24 patients

Time applied 5 minutes on head and forehead with mild fingers massage:

Relief of pain achieved in 5-10 minutes

Summary: Instant headache relief

Star rating 5

Migraine Group

Number of patients: 24 patients

Time applied 5 minutes on head and forehead with mild MINI VIBRATOR massage:

Relief of pain achieved in 5-10 minutes

Summary: Instant headache relief

Star rating 5

Autism Group

Number of patients: 12 patients

Course Duration : 3 months

Sessions: twice daily

Summary: Autism relief naturally.(one case has become a famous artist in California with permanent cure for 10 years)

Star rating 5+

Depression Group

Number of patients: 24 patients

Course Duration: 3 months

Sessions: twice daily

Depression relief naturally after failure of all medications.

Safety and Toxicity Study

Toxicity study performed on mice in the animal house showed that the composition is free of adverse effects especially on liver, kidneys, lipid and other body organs.

Conclusion

This patented botanical nano ozonated oil mix was successfully used for more than 10 years with excellent results and no single side effect was observed throughout the whole period hence it is expected to help hundreds of millions of headache, migraine, autism and depression worldwide. Double blind is still needed to give more reliable results.

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Conflict of Interest

None

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