Clinical Evaluation of Chandana (Santalum album, Linn.) in the Generalized Anxiety Disorder (GAD) with Special Reference to Aromatherapy

Conclusion
CONCLUSION

- Highly significant results in the clinical study concluded that the aroma inhalation of the essential oil of Chandana (*Santalum album*, Linn.) in a prescribed dose (0.1 ml. B.I.D.) is effective in alleviating the symptoms of Generalized Anxiety Disorder (G.A.D.) within two months, without showing any adverse effects.
- Aromatherapy has been proved, in this study, as effective route of administration for the treatment of G.A.D. with the Chandana oil.