

# The Role of Aromatherapy in a Healthy Lifestyle for Brain Health

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In the context of modern lifestyle, brain health and cognitive function have become one of the main focal points of attention. This review article examines the role of aromatherapy as an alternative approach to promote brain health. Aromatherapy, by utilizing volatile plant compounds, can influence the olfactory system and neural mechanisms to improve cognitive performance, reduce stress, and help prevent neurodegenerative diseases. Moreover, a healthy lifestyle, which includes stress-management, adequate sleep, balanced nutrition, and a good olfactory function, play important role in maintaining brain health. Studies have shown that compounds such as  $\alpha$ -asarone,  $\beta$ -caryophyllene, cinnamaldehyde, and phenylethyl alcohol are capable of inhibiting protein aggregation processes associated with Alzheimer's and Parkinson's diseases. In addition, olfactory disorders such as anosmia, especially following COVID-19, negatively affected quality of life, mental health, and cognitive function, highlighting the increased importance of paying attention to the olfactory function. The findings of this article emphasize the necessity of advancing fundamental and clinical research on the therapeutic applications of aromas in the prevention and management of neurological disorders.

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