

### **Anti-fungal Activity**

(1960's, classical studies by Maruzella, 1970's classical studies by Pellecuer):

Essential oil efficacy against fungi and yeasts has been demonstrated in vitro, but again, no mechanisms have been derived from those. Independently it was shown in the 1990's that sterol insensitive key enzyme HMG CoA Reductase in fungi can be inhibited by essential oils (see Chapter Six).

### **Anti-viral**

(Fundamental study by Lembke and Deininger published in 1987, many studies worldwide follow corroborating its findings, i.e Reichling in 2005:

Efficacy of many oils and their components against a wide range of viruses has been demonstrated in vitro and occasionally in clinical trials. Different cellular mechanism for the observations have been proposed .(see Essential Oils as Anti Viral Agents, 6th Aromatherapy Conference and Chapter 9)

### **Effects Mediated Via The Autonomic Nervous System**

(Classic studies by H. Wagner and clinical trials in the 1970's).

### **Rolf Deininger**

*It is almost impossible to overestimate Dr. Rolf Deininger's contributions to the scientific exploration of essential oils. Among his numerous contributions is, what probably constitutes the key study about the antiviral effects of essential oils.*

*Like so many who pursue recognition of the healing properties of plant with the means of science Dr. Deineinger also has a fascination with the historic and cultural aspects of medicine. In 1998 he published "Kultur und Kult in der Medizin", an exploration of medicine in the context of the philosophical trends throughout history. Dr. Deininger is an accomplished artist. Below is his painting "Alchemie" from the title of the above mentioned book.*

