

Pine Oils and Epsom Salts: Effect on Muscular Pain

Name

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The worst part about training is not the difficulty of the endeavor but the resultant inescapable pain and soreness. The post-training effect makes it harder to perform normal activities such as walking upright, standing, or sitting down. The body takes some days to recover from the overexertion of muscles, and this is a setback for most athletes. However, hot baths with pine oil and Epsom salt are effective in alleviating the muscle pain caused by intensive training.

#### **Pine Oil**

Pine oil, also referred to as pine nut oil, is an extract from the leaves of *Pinus sylvestris*. A compound famous for its refreshing, invigorating, and cleansing properties, pine oil has an intensely dry and woody scent. The smell of pine oil is very similar to that found in balsamic vinegar or forests (Dr. Axe, 2015).

Pine oil has an indirect and intricate effect because of its chemical properties and intricate structure. The process of its treating property includes the incorporation of vital oils into a biological signal of the nose receptors upon inhalation. There is a conveyance of the signal to the hypothalamus and limbic sections of the brain through the olfactory bulb. The signals trigger the brain to produce neuro messengers such as endorphin and serotonin that connect body systems to the nervous systems guaranteeing a needed change and offering relief from pain. Noradrenalin, endorphin, and serotonin result from pine oil to provide desired effect on body and mind (Ali et al., 2015).

#### **Epsom Salt**

Epsom salt is an extract from the first findings of magnesium sulfate in England. The concept that is the foundation of the curative properties of Epsom salt centers on the absorption

of magnesium by the skin via a direct rub or bathing in hot water with the salt (CrossFit, 2014). Many commentaries focus on how most people have a low level of magnesium in their bodies, leading to the difficulty of handling skin irritations and sore muscles. The process of osmosis facilitates the absorption of magnesium, which can help in treating the needed areas.

Some commentaries assert the curative characteristics of Epsom salt and magnesium penetration via hot salt baths. These reviews have the belief that magnesium assists various ailments such as fibromyalgia, rheumatoid arthritis, seasonal flu, and chronic fatigue syndrome (Carter, 2015). Most viewpoints point to research performed by Rosemary Waring, from the University of Birmingham, United Kingdom. Her study maintained that urine and blood levels of sulfate and magnesium increased considerably after the immersion of 19 participants in a warm bath with Epsom salt for 12 minutes (Carter, 2015). There is another analysis, which verified that sulfate and magnesium ions (generated through dissolving magnesium sulfate in water) are conveyed via the skin (Carter, 2015). Nevertheless, the study is not valid because of a variety of reasons.

Michigan State University finalizes stating that there are no sufficient studies in the domain of the treatment properties of Epsom salt for people with different conditions and athletes. The alleged relief that results from soaking in a hot bath with Epsom salt may indeed be a placebo effect (Carter, 2015). If that is the case, it is the outcome of a temporary period in which the individual experiences a reduction of distress. Michigan State University recommends the importance of consulting a pharmacist or physician before starting pain alleviation remedies.

Overall, it is apparent that pine oil and Epsom salt penetrate the tissues to help in the alleviation of muscle pain and soreness. Pine oil has an extensive body of evidence that points to its effectiveness in treating joint pain and soreness. However, Epsom salt has little proof to its

efficiency or effect, and this leads to its disregard with most demonstrating the placebo effect.

Nonetheless, the critical question surrounds the fact whether Epsom salt works for athletes and individuals with different ailments. If it does, perhaps it should continue to be used, regardless of the minimal evidence about its usefulness.

## References

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