women.

Obesity treatment methods suggested to date include diet therapy, exercise therapy, behavior therapy, drug therapy, surgical therapy, and the like. Among these therapies, the diet therapy is the most basic therapeutic method for treatment of obesity, but most patients experience difficulty in performing diet therapy. For this reason, aroma therapy is being used to suppress appetite, but the effects thereof have not yet been sufficiently demonstrated.

The aroma therapy is naturopathic medicine in which fragrant oils extracted from natural sources are used to regulate the spontaneous healing capacity of humans and activate the immune system, thereby treating and preventing disease. In addition, the aroma therapy can show various effects depending on the kind of material used, and it is used in a wide range of applications. In other words, the aroma therapy is used not only as a treatment method for physical and mental health, but also in the production of cosmetic products. In recent years, the aroma therapy has been used for interior decoration.

Summary of Invention

The present invention refers to an aromatic composition for suppressing appetite, comprising ethanol, a *Glycyrrhiza* extract, a *Platycodon grandiflorum* extract, a *Rhubarb* extract, a *Mentha arvensis* extract, an *Atractylodis rhizoma* extract, a *Cnidium officinale* extract, and a *Schizonepeta tenuifolia* extract.

Disclosure

Technical Problem

Accordingly, the present invention has been made in order to solve the above-described problems occurring in the prior