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Extraction of Essential Oil from Seasonal Fruit Rind: A Review

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***Abstract*: Essential oils are extracted from the plant material using various extraction techniques. It is a total of chemical components containing molecules of low molar mass that have biological properties and are odorous in nature. Moreover, it includes numerous volatile molecules such as phenol-derived aromatic components, aliphatic components, terpenoids, and terpenes, mainly due to the extraction method by distillation from aromatic plants. Apart from aromatic compounds, presence of indigenous pigments contributes to varying colors of essential oil. This can affect the applications as the ingredient in some particular foods. However, essential oils provide an easy way to relieve certain physical symptoms, promote emotional well-being and provide comfort. These are known to possess antioxidant and antimicrobial activities, thereby serving as natural additives in foods and food products. Furthermore, using aromatherapy in fitness care has grown unexpectedly in recent years and will continue to do so, demonstrating the need for proper training. This review focus on their common extraction methods, health benefits and applications in food industry.**

***Keywords*: Antimicrobial, Aromatherapy, Distillation, Extraction, Terpenoids.**

1. Introduction

Essential oils are a combination of many compounds and are mainly composed of sesquiterpenes, isoprenoids and monoterpenes. These are composed of volatile aromatic compounds produced by some species of plants [1]. These bioactive compounds are involved in the scents of many aromatic plants, especially for food flavor and pharmaceuticals additives [2]. In nature, essential oils play a vital role in antifungal, pesticide, and antibacterial, antiviral and in protecting plants from herbivores by lowering their appetite for such plants [3]. Moreover, essential oils are widely used in the manufacture of foods and medicines. These are also used in the production of fragrances, cosmetics and household products [4]. Although, they also have antibacterial, antifungal and insecticidal properties. They are prepared from extraction of peels using numerous extraction techniques [5]. Common methods include cold pressing, supercritical CO_2 extraction, steam distillation, hydro distillation and organic solvent extraction. However, it dissolves in organic solvents and is usually much less dense than water [6]. They can be synthesized by all floral species. There are numerous methods to extract essential oils which consist of using microwaves or liquid carbon dioxide, and low or high pressure distillation, commonly by the use of boiling water or warm steam [7]. So, the chemical profile of essential oil not only depends on number of molecules but also on the chemistry of essential oil. Essential Oil extraction depends on the kind and kind of extracted molecule [8]. The extraction and the kind of extraction are chosen accordingly for the reason of usage. Extracted products are subjected to change in quantity, quality and composition which depend on plant organs, soil characteristics, climatic conditions and nutrition [9]. However, Essential oils are part of the tradition of Chinese herbs that has been around for heaps of years. It is a volatile oil containing the "essence" of aromatic plant scents. Although, traditional methods for extracting essential oil include steam or water distillation from plant material or cold press extraction from citrus peels [10]. Therapeutic inhalation of essential oil is believed to provide physiological and psychological benefits. Moreover, Essential oil aromatherapy is thought to mediate emotional responses with the aid of affecting the autonomic and neuroendocrine nervous systems [9], [11]. In addition to breathing an essential oil, there are numerous topical uses that are said to be beneficial in addition to aromatic properties such as preservatives. The chemical composition of essential oil has been proven to inhibit the growth of microorganisms and fungi [12]. Furthermore, healthcare services that are not well trained in the practice of aromatherapy allows the staff to use essential oils, tolerating the risk of abusing sick patients, especially if the essential oils they use are not suitable for therapeutic purposes[13]-[14]. Although essential oils are concentrated liquids composed of a complex mixture of volatile compounds and can be extracted from numerous plant organs. Essential oils are an excellent source of numerous bioactive compounds with antioxidant and antibacterial properties. In addition, some essential oils are used as medicines [15]. The threat of using artificial preservatives has caused growing interest in the usage of essential oils as a natural additive to extend the shelf life of foods. Additionally, essential oils have been extensively used in bactericidal, insecticidal, medicinal, sterilizing, and cosmetic applications, especially in the pharmaceutical, agriculture and food industries [16]-[17].

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2. Essential Oil and its Chemistry

Essential oils of plant origin are crucial products of agriculture-based industries. Essential oils from plants have numerous applications, especially in the cosmetics, health, agriculture and food industries [12]. In addition, the essential oils of spices and aromatic plants have been widely utilized in food preservation and as flavoring agents in perfumeries, food products, drinks and cosmetics [18]. Extensive photochemical research has led to the identification and characterization of major components of essential oils, which are of huge interest, especially to the pharmaceutical and cosmetics industries [19]. Currently, there is a developing interest in essential oils and their components, mainly for their broad-spectrum antimicrobial activity. It can provide alternative functional ingredients to increase the shelf life of food products and to ensure microbial safety for consumers. Moreover, plants are able to synthesize two types of oils: essential oils that are volatile in nature and fixed oils [20]. However, Fixed oils consist of esters of fatty acids (triacylglycerols or triglycerides) and glycerol, while essential oils are complex mixtures of semi volatile and volatile organic compounds originating from a single botanical source that determines the specific aroma of plants and the flavor and fragrance of the plants [16], [19].

A. Organoleptic and Physical Characteristics of Essential Oils

Essential oils are commonly lucid liquids; however, some are solid, including orris, or semisolid that includes guaiac wood at room temperature. The majority of essential oils are light yellow or colorless, even though some are deeply colored, including blue chamomile, and green European valerian [1], [4].The normal odor of essential oils relies upon the species, organs and origins of plants. They are unstable and volatile oils with an excessive refractive index and optimal rotation, as the end result of many asymmetrical compounds [13]. The relative density of essential oils is normally less than that of water, however numerous exceptions exist. Essential oils are commonly known for their hydrophobic nature; however, they are largely soluble in alcohols, fats and most organic solvents [21]. Moreover, essential oil has sensitivity to being oxidized to form resinous products through polymerization. It is normally lower than that of water, however numerous exceptions exist. Essential oils are commonly recognized as hydrophobic; however, they are largely soluble in alcohols, fats and most organic solvents [22]-[23].

B. Taxonomy of Essential Oil-Producing Plants

Essential oil-bearing plants belong to numerous genera allotted in around sixty households. "The major plant families are widely recognized for their ability to provide essential oils of industrial and medicinal value, and include Cupressaceae, Zingiberaceae, Asteraceae (Compositae), Lauraceae, Pinaceae, Lamiaceae (Labiatae), Myrtaceae, Poaceae, Alliaceae, Apiaceae, and Rutaceae" [12], [23]. All of the essential oil - generating plant families is rich in terpenoids. At the same time, plant families, such as Myrtaceae, Piperaceae, Apiaceae (Umbelliferae), Lamiaceae and Rutaceae, more frequently contain phenylpropanoids [24]."Essential oils may be acquired from many distinct components of vegetation, including bark (cinnamon), gum (frankincense),grasses (lemongrass), roots (vetiver), flowers (rose), seeds (fennel), leaves (peppermint), rhizomes (ginger), wood (cedar), fruits (lemon), tree blossoms (ylang–ylang), bulbs (garlic), and dried flower buds (clove)" [2], [25]. Mainly, there are two groups of metabolites that can be found in nature: primary and secondary metabolites. Primary metabolites are universal compounds, present in all living organisms, and include proteins, carbohydrates, lipids, and nucleic acids. Secondary metabolites are found only in some species and are classified as terpenoids, shikimates, polyketides, and alkaloids [26]-[27]. Essential Oil is composed of various chemical compounds. The materials of plant Essential Oil fall especially into two chemical classes: phenylpropanoids and terpenes. Although terpenes and their oxygenated derivatives (terpenoids) are more common and considerable in Essential Oil, certain species contain excessive portions of shikimates; namely, phenylpropanoids, and while those compounds are present, they offer a selected odour and flavour to the plant terpenoids, shikimates, polyketides, and alkaloids [15], [17].

Terpenes, also known as terpenoids are the biggest and consist of most diverse group of naturally occurring compounds. Based on the quantity of isoprene units they have, they are divided as mono, di, tri, tetra, and sesquiterpenes [28]. These are widely found in plants, however larger classes of terpenes like sterols and squalene can be found in animals. They are responsible for the pigment, fragrance and taste of plants. Terpenes are labelled on the basis of organization and number of isoprene units it contains [29]-[30]. Terpenes and terpenoids result from the condensation of isoprene (2-methyl-1, 3-butadiene), a Penta carbonate unit with two unsaturated bonds, and often called as isoprenoids. They have many isomeric cyclic or linear structures, and numerous ranges of instauration substitutions, and oxygenated derivatives, commonly known as terpenoids [16]. Isoprene units are joined in a single direction. The branched end of the chain is referred to as the head of the molecule and the opposite end as the tail [31]. Therefore, the arrangement of the shape is called head-to-tail joining. This pattern of coupling can be defined through the biosynthesis of terpenoids. Furthermore, terpenes are the most diverse class of volatile organic compounds [32]. Terpenes are divided into different functional and structural classes. Terpenes are classified according to the number of isoprene units in their structure, for example, diterpenes (four units), sesquiterpenes (three units), monoterpenes (two units), hemiterpenes (one unit) [19]. Although, most essential oil are highly complex combinations of monoterpenes and sesquiterpenes and include biogenetically associated phenols (phenylpropanes and cinnamates), along with ethers, aldehydes, carbohydrates, alcohols and ketones that are responsible for their characteristics [20]. Furthermore, sometimes trace amounts of heavier terpenes, such as diterpenes, may also be present in essential oils with four isoprene units, but they usually do not contribute to the odour of essential oils, as with the diterpenes found in ginger oil [33].

Phenylpropanoids include one or greater C6–C3 units, with C6 being a benzene ring. They commonly have a methyl ether functional group attached to the ring, and a propenyl tail (three-carbon chain with one C bonded to the ring by one end) [34]. Many of the phenylpropanoids found in essential oils are phenols or phenol ethers, and in some cases the side chain is shortened (C1). Their main representatives in essential oils include the oxygenated hydrocarbons anethole, safrole and eugenol which all possess a carbon–carbon double bond in the side chain (and are hence phenylpropanoid alkenes, or phenylpropanoids) [35]. Various phenylpropanoids that are rodent carcinogens are α-Asarone, β-asarone, estragole, methyl eugenol, and safrole [36].

3. Methods of Extraction

A. CO_2 Extraction

Essential oils derived from the supercritical CO_2 extraction of herbs are just like the oils produced via distillation in that they may be utilized in aromatherapy and herbal perfumery [8]. Oils derived from steam distillation range of their features relying at the temperatures, pressures, and duration of time carried out for the system. Oils derived from steam distillation variety in their functions depending on the temperatures, pressures, and period of time done for the machine [37]. In CO_2 extraction, not one of the ingredients of the oil is damaged through heat. The CO_2 extraction system would possibly for this reason produce better pleasant oils which have now no longer been altered through the impact of excessive heat, not like the steam distillation system [25]. Thus, the distinction among conventional distillation and supercritical extraction is that in preference to heated water or steam, CO_2 is used as a solvent within side the latter method [24]. The supercritical extraction system operates at temperatures among 95–100-degree Fahrenheit while steam distillation operates at temperatures among 142–212-degree Fahrenheit. In steam distillation, the molecular composition of every plant depends and the essential oil is changed due to the temperature change [23]. On the other hand, a CO_2 extract is closer in chemical composition to the authentic plant from which its miles derived, because it incorporates a much broader variety of the plant's elements [38]. CO_2 extracts are usually thicker than their essential oil in contrast to the aroma of the spice, herbal herb or plant than a distilled essential oil. CO_2 extracts had been stated to include greater plant ingredients than the quantity extracted from the same plant by the usage of steam distillation within side the latter method [13].

1) The CO_2 Extraction Process

Pressurized carbon dioxide will turn into liquid while closing in a gaseous state, because of this it's far now "supercritical." In this state, it's pumped right into a chamber full of plant matter [38]. Because of the liquid residences of the gas, the CO_2 features as a solvent at the natural plant matter, pulling the oils and distinctive substances which incorporate pigment and resin from the plant matter [39]. The essential oil content then dissolves into the liquid CO_2. The CO_2 is returned back to herbal strain and evaporates directly into its gaseous state, while what is left is the essential oil [13]. As CO_2 is colorless, odorless, and may be effortlessly and absolutely eliminated through freeing the strain within side the extraction chamber [10]. The process of CO_2 extraction is widely used and it is outlined in Figure 1.

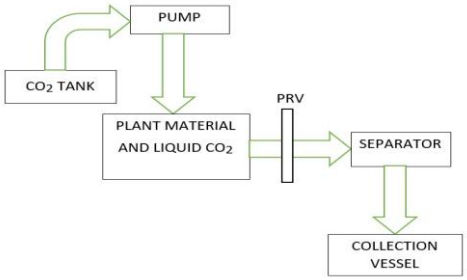

Fig. 1. CO_2 extraction process

B. Steam Distillation

Steam Distillation is the most famous technique used to extract and isolate essential oils from plants to be used in herbal products [37]. This occurs when the steam vaporizes the plant material`s volatile compounds, which subsequently undergo a condensation and collection procedure [24]. The procedure of Steam distillation is cost-effective and widely used; it is outlined in Figure 2.

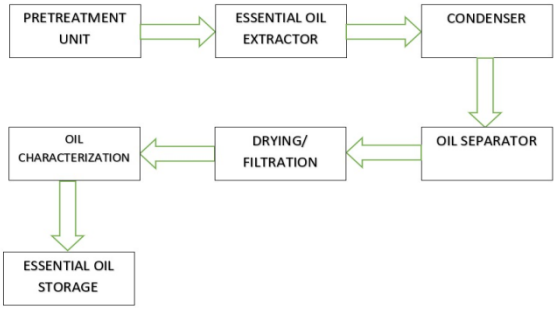

Fig. 2. Steam distillation process

1) The Steam Distillation Process

A big container known as a Still is used in steam distillation. This is generally made from stainless steel, containing the plant cloth that has steam introduced to it [28]. Through an inlet, steam is injected through the plant cloth containing the desired oils, freeing the plant`s aromatic molecules and turning them into vapor. The vaporized plant compounds are directed to the condensation flask or the condenser [30]. Here, separate pipes make it possible for water to exit and for cold water to enter the condenser. This makes the vapor cool and converts back into liquid form [37]. The aromatic liquid derivative drops from the condenser and collects internal in a receptacle underneath it, this is known as a separator. Because water and oil cannot mix, hence, the essential oil floats on top of the water [38]. Furthermore, some oil components are heavier than water, which includes clove essential oil, so they may be discovered at the bottom of the separator [39].

C. Solvent Extraction

This technique employs food grade solvents like hexane and ethanol to isolate vital oils from plant material. It is best for plant materials that yield low portions of vital oil, that are in massive component resinous, or that are sensitive aromatics now no longer capable of face up to the strain and distress of steam distillation [28]. This technique moreover produces a finer fragrance than any shape of distillation technique. Through this technique, the non-unstable plant material along with waxes and pigments, are also extracted and eliminated through exclusive processes [30]. Once the plant cloth has been handled with the solvent, it produces a waxy aromatic compound known as a "concrete." When this concrete substance is mixed with alcohol, the oil particles are released. The chemical materials are used within side the technique then stay within side the oil [24]. The method then stays within side the oil and the oil are applied in perfumes with the useful resource of the use of the perfume organization or for aromatherapy purposes. The method of Solvent extraction is outlined in Figure 3. It is a common extraction technique used in laboratories and industries [39].

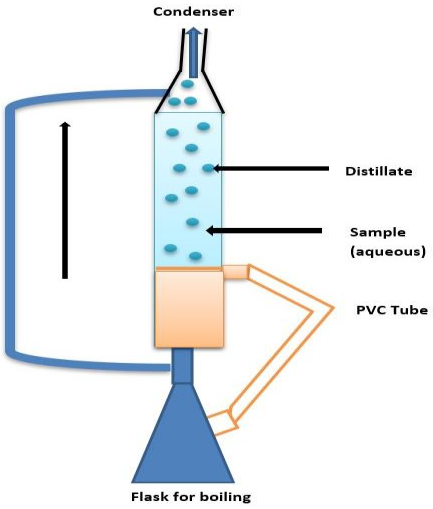

Fig. 3. Soxhlet extraction process

1) The Solvent Extraction Process

The aqueous solution of the given solute is taken in a retaining aside funnel. It is mixed with the desired natural solvent. The funnel is closed, and its contents are shaken vigorously [13]. It is then allowed to stay undisturbed for some times. Water and solvent will form separate layers, and the liquid solute can be transferred from the aqueous layer to the natural layer as it's a way more soluble in a natural organic solvent [24]. In the funnel, the solvent forms the upper layer even as the water forms the lower layer. The layers can be recovered by the means of commencing the prevent cock and gathering them in separate bakers. On evaporating the organic solvent, the solute can be recovered [28].

D. Hydro Distillation

Hydro distillation is the oldest and most effective oils extraction technique which was discovered by Avicenna and was developed foe extraction through the alembic. Rose became the primary plant extract used and purified with the aid of using this technique [27]. The procedure begins with immersing the plant substances immediately into water in the alembic (vessel), and entire mixture is boiled. The devices include a heating source, vessel (alembic), a condenser to transform vapor from vessel onto liquid, and a decanter to gather the condensate and to separate essential oils with water, as shown in Figure 4 [13].

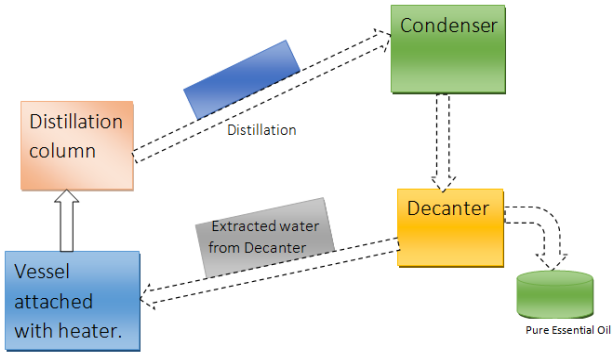

Fig. 4. Hydro distillation process

This extraction approach is taken into consideration as a completely unique technique to extract plant substances like timber or flower and is regularly used for extractions regarding hydrophobic natural plant material with an excessive boiling factor [37]. As the oils are surrounded with the aid of using water, this technique can extract essential oils at a certain temperature without being overheated. The main benefit of this extraction technique is its ability to isolate plant materials beneath 100°C [2]. Hydro distillation is any other traditional technique which makes use of water or steam for the extraction of bioactive compounds, primarily important oils. This technique is often performed through a setup recognized as the Clevenger equipment or simple steam distillation [1]. In the Clevenger equipment, the hydrated sample is heated to vaporize unstable constituents, while in the steam distillation method; steam is passed through a bed of the sample. In both methods, two layers are achieved and oil can be further separated through separating funnels [27]. From the economical factor, this technique does not require the use of organic solvents, making it a desirable option when extraction cost is of importance. Hydro distillation includes three main physicochemical processes: heat decomposition, hydro diffusion and hydrolysis [37].

1) The Hydro Distillation Process

Hydro distillation is used within side the manufacture and extraction of essential oil. This is the simplest and typically the most inexpensive method of distillation. Hydro distillation appears to work perfectly for powders and really hard substances like roots, wood, or nuts [1]. The essential benefits of this approach are that much less steam is used with shorter processing time and a better oil yield. In distillation, the material is heated either by putting it in water and then boiled or by-passing steam through it [28]. The heat and steam direct the cell structure of the material to burst and wreck down, as a

result releasing the important oils. The vital oil molecules and steam are carried alongside a pipe and channeled through a cooling tank, where they get back to the liquid state and are accumulated in a vat [37]. The rising liquid is a combination of oil and water, and considering the fact that essential oils aren't water soluble, they may be effortlessly separated from the water and siphoned off. Essential oils which can be lighter than water will float on the surface [27].

4. Application of Essential Oil in Food Industry

Food industries are going through a great challenge because of infection of food products with distinct microbes consisting of bacteria, fungi, viruses, parasites, etc. These microbes deteriorate food products by means of generating toxins during the pre- and postharvest processing [40]. Mycotoxins are one of the well-studied poisonous food contaminants of fungal origin, causing a severe health hazard to humans [4]. The application of synthetic chemicals as food preservatives poses a real scourge in the present scenario due to their bio-incompatibility, non-biodegradability, and environmental non-sustainability [33]. Therefore, plant-primarily based antimicrobials, which include vital oils, have gained cumulative interest as an alternative to artificial preservatives due to their ecofriendly nature and are usually identified as safe status [32]. The use of essential oils as antimicrobial additives in food, has been categorized as GRAS (Generally Recognized as Safe) by means of America Food and Drug Administration and are rich reassert of biologically active compounds, with seemed antimicrobial and antioxidant properties, which pulls interest as additives within side the food organization [6], [41]. However, their utility as a meal's additive is the current developing interest in view of their strong antimicrobial and antioxidant properties. The essential approach to ensure food safety is to lessen the initial microbiological load and/or to inhibit the growth of the remaining microorganisms during post-approach applications, like production storage, by the means of the usage of active packaging [5], [7]. Cinnamon essential oils were characterized due to the fact that the most relevant essential oils applied in every meal and beauty industries, and particularly as an antimicrobial agent due to its many applications: as a flavoring agent and as an aroma [6], [31]. Furthermore, garlic essential oil nanophytosomes as a natural meal's preservative, with its utility yogurt as food model, showed its potential as a possible natural food preservative by effectively displaying suitable physicochemical properties, particularly in acidic food products [8], [9]. Study has demonstrated that essential oils show off a strong antimicrobial interest in the direction of food borne pathogens, which can be exploited through the food organization to use it as a preservative or to comprise it within side the food packaging antimicrobial agent [10], [19]. Actively suitable for consumable coatings containing natural antioxidants should enhance meat product stability and therefore have potential use within side the food organization. In addition to antimicrobial activity, Essential Oil strongly inhibit sorts of meals-contaminating mycotoxins and their poor effect on meals dietary quality [11] -[12]. It has additionally been determined that Essential Oil appreciably decreased the biosynthesis of mycotoxin in stored meals commodities at decreased doses compared with fungal inhibition. This occurs because of the exertion of various pathways interacted through gene transcript to mitigate the mycotoxin infection [15], [42].

5. Health Benefits of Essential Oil

Essential oils are one of the most important natural products derived from plant life for their various biological properties and medicinal uses. Essential Oil had been applied in distinct aspects including in feed, meals, perfumery, cosmetics and beverages [42]-[43]. Several researchers have proven that utilizing essential oil in cooking supplies a pleasing flavor to food and are applied widely in processed meals. Recently, there has been great interest in the use of Essential Oil for their curative effects in aromatherapy [17], [44]. Plant Essential Oil had been in large part applied in pharmaceutical and different associated scientific makes use of as one of the maximum vital and powerful ingredients. Nowadays, use of alternative and complementary treatment options with mainstream medication has gained the momentum [21], [29]. Aromatherapy is one of the complementary treatment options which use essential oils as the major therapeutic agents to treat numerous diseases. Aromatherapy can be classified as Cosmetic aromatherapy, medical aromatherapy, olfactory aromatherapy and Psycho-aromatherapy [45]-[46]. Cosmetic aromatherapy uses vital essential oils for pores and skin, body, face and hair beauty products. These products are used for their numerous consequences as drying, cleansing, moisturizing and toning. A healthful pores and skin can be acquired through the use of essential oils in facial products [22], [46]. However, Medical aromatherapy makes use of essential oils to keep patients away from the impact of surgery, therefore the use of the scientific aromatherapy expertise of the effect of crucial oils on promoting and treating clinically diagnosed scientific illnesses [25], [39]. Although, Olfactory aromatherapy offers with inhalation of crucial oils has given rise to olfactory aromatherapy, wherein smooth inhalation has resulted in advanced emotional wellness, calmness, relaxation or rejuvenation of the human body [20], [36].The release of stress is welded with best scents which unencumbered scent memories. Essential oils are complemented to scientific treatment and might never be taken instead for it [26], [37]. Furthermore, Psycho-aromatherapy offers states of moods and emotions which can be acquired through those oils giving the pride of relaxation, invigoration or a pleasing memory. The inhalation of the oils in this treatment is directly infused within the room of a patient [39], [46].

6. Pharmacological Actions of Essential Oils

For centuries, Plant Essential Oil have been used for curing many diseases such as melaleuca oil which is considered an effective factor for speeding up the healing process of wounds [47]. And, Lavender oil which commonly heals burns, wounds, cuts and sunburns by improving the formation of scar tissues. Moreover, Tea tree oil has been shown to be effective in vitro on several strains of methicillin resistant S. aureus (MRSA)

isolated from wounds [48]. The Essential Oil extracted from frankincense and geranium can be used as antiseptic agents by burning them. They can even be applied internally to guard the injuries from developing infections [49]. In the current review, some revealing examples of plant Essential Oil and their constituents that have been used effectively as antitumor agents have been discussed. Additionally, the Essential Oil extracted from frankincense and geranium can be used as antiseptic agents by burning them [29]. They can even be applied internally to protect the injury from the outbreak of infection. The current review also discusses some insightful examples of plant essential oils and their ingredients that are effectively used as curing agents [50]. Furthermore, Antitumor agents are reported in terms of possible mechanisms and thus multiple pathways including cell cycle arrest, apoptosis, DNA repair regulation and anti-proliferative activity by increasing reactive oxygen and nitrogen levels (ROS / RNS) in cancer cells [42].

Moreover, Essential Oils have shown Antibacterial, Antifungal, Antidandruff and Antioxidant properties which are involved in the pharmacological effects of essential oils. Antibacterial includes many important oils which have been screened for antibacterial interest in opposition to Gram-positive and Gram-negative microorganism alongside antifungal residences [1]. These essential oils are nicely studied for their antibacterial characteristics and have proven very promising outcomes on salmonella, staphylococci and different oral pathogens [3]. Moreover, Anti-dandruff is a parallel-organization study, it become discovered that shampoos which include 5 percentage tea tree oil have been powerful and nicely tolerated with the aid of using sufferers having slight to slight dandruff and as a minimum 41% development become discovered [28]. Furthermore, Anti-oxidant deals with the important oil from seeds of Nigella sativa L., which is a robust antioxidant in vitro, with powerful hydroxyl radical scavenging interest [40]. Kanuka Manuka (Leptospermum scoparium), (Kunzea ecocides) and Leptospermum petersonii own top antibacterial interest and antioxidant residences. The important oil from the M. armillaris has marked antioxidant potential, it alters the parameters of superoxide dismutase, improves nutrition E and nutrition C concentrations [33]. However, Antifungal actions include Melaleuca alternifolia (tea tree) oil examined wonderful for its all ingredients for in vitro antifungal interest besides beta-myrcene [32]. It has maximum additives of tea tree oil and had extensive variety of fungicidal potential, especially in opposition to dermatophytes and filamentous fungi. In one of the reports, the germinated Aspergillus Niger conidia become greater at risk of non-germinated one [6]. The essential or volatile oils are extracted from the flowers, barks, stem, leaves, roots, fruits and other parts of the plant by various methods [7]. It came into existence after the scientists deciphered the antiseptic and skin permeability properties of essential oils. Inhalation, local application and baths are the main methods utilized in aromatherapy that utilize these oils to penetrate the human skin surface with marked aura [8].

7. Conclusion

As illustrated this review paper sheds light on the extraction of essential oil from seasonal fruits using several techniques such as solvent extraction, co_2 extraction, and steam distillation where each one of them some merits and demerits for the application have in different plant material. Essential oils are a unique blend of many volatile aromatic compounds produced by certain plant species. These find the essential applications in providing the physiological and psychological benefits, which are largely due to its chemical composition. The elementary composition of the plant based essential oil is terpenes and phenylpropanoids, whereas there are other specific Odour and flavour imparting components also present. Furthermore, there is a detailed account on the chemistry as well as its application in leading industries such as food industry, pharmaceutical industry, etc. Such promising benefits of essential oils are due to the antioxidant and antimicrobial properties of the components present into the essential oils. Discovery of new technology and exploitation of new sources of extraction of essential oils and techniques for the process optimization are required to achieve the desired results.

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