

# 日本芳香療法の研究と実践

渡邊 映理(Watanabe, Eri)

京都府立医科大学大学院医学研究科免疫学 助教

## 【要旨】

We have researched the effect of essential oils used in aromatherapy on mind and body by immunological or various psychophysiological approaches. In this presentation, I would like to introduce some of the research on aromatherapy we have been conducting.

For example, in a crossover study of 41 healthy adult women, they were exposed to vapor containing bergamot essential oil for 15 minutes and compared with control conditions. Under bergamot vapor, the level of cortisol secreted in association with psychological stress was lowered, the parameter of the parasympathetic nervous system became more dominant, and the negative emotional score and the fatigue score became lower.

We have also recommended clinical use of aromatherapy. In Japan, there are still few uses of aromatherapy at medical institutions, but we have proposed using aromatherapy mainly for elderly people in hospitals and geriatric facilities. Since aromatherapy has a moderate effect on various aspects of mind and body, it seems that it is suitable for relieving discomfort of the elderly who had various symptoms. In this lecture, we will also refer to how to use aromatherapy according to symptoms and recipes of essential oils.