

E. V. Vasilyeva, T. A. Shigina
Ivanovo State University, faculty of Biology and Chemistry.

Mankind lives in a world filled with various odors. We inhale them constantly, although most are not recognized. But the brain distinguishes them at a subconscious level.

The purpose of the work is to find out how odors affect the human body.

To achieve the goal in this work, the following tasks were solved:

1. Search for information about the sense of smell, smells and their effects on humans.
2. Analysis and systematization of the found information.
3. Presentation of the results of an educational research project.

Relevance:

The sense of smell in human life plays a very important role. It is expressed both in the protective function of the human body, and in its emotions, impressions. Sometimes a certain smell can bring benefits both to the body as a whole and to the psyche, raising vitality. Therefore, we consider the topic of our study relevant.

Sense of smell

If we consider all the human senses, we can conclude that the sense of smell is the fastest in terms of the speed of information transfer to the brain. This happens instantly, on a subconscious level. And if you measure the numerical value of the sensitivity of the nose, then you can get very large numbers. It is very important that almost all information about the smell goes exactly to the hypothalamus. Thus, when a person inhales a smell, a certain signal is sent to the brain, which then spreads throughout the body.

The relationship of aromas and moods

Each of us daily inhales many different smells. We single out favorite and unloved aromas for ourselves - some we want to enjoy constantly, while others try to exclude as much as possible from our everyday life.

Mandarin, rosemary, patchouli make us cheerful, cheerful, active and energetic. Lavender and jasmine give a feeling of lightness and euphoria, providing a calming effect on the nervous system. Ginger, bergamot, ylang-ylang make us sensitive and excitable, and incense and myrrh fill us with inner harmony and tranquility.

At the same time, there is of odors in nature that repel, cause negative associations and are even perceived by a person as a threat. Their effect on the mood and well-being of a person is absolutely opposite - they provoke a manifestation of depression, irritability, depression, a feeling of dissatisfaction.

Association of smells

English scientists conducted a study on the subject of human response to certain aromas. After conducting the tests, scientists came to the conclusion that for

any person, every smell causes certain associations, every smell in the world is associative. From we can conclude that every event that place in a person's life was accompanied by a certain aroma.

As a result, a certain event is remembered with a specific smell.

As a result, we can remember at any moment our whole life, any moment that once happened in your life, be it positive or negative. And often this happens at the most inopportune moments.

With competent aromatherapy, using certain aromas, you can help a person get rid of emotions that are very deeply hidden.

Women prefer sweeter, more spicy smells than men.

Also for the female group, floral smells are favorite, while for the male group they are woody.

The smell of the human body

Arguing on the topic of smells and aromas, one cannot but recall the smell of the human body. After all, every person is individual, which means that his smell is also unique. After all, the animals of their master are found by its unique smell.

Of course, the main smell of a person is sweat.

Human sweat and its smell are still poorly understood, but many scientists strive to study it. If you believe Agni Yoga, then the excretory system of a person has a direct connection with the aura of a person and his mental reactions.

It has already been proven that with certain emotional outbursts, a chemical reaction occurs in the human body, which can be felt in the form of a certain smell in sweat.

Vanilla: for a heart-to-heart talk

Vanilla oil is known as a strong aphrodisiac. The smell of vanilla arouses sexual desire - a fact confirmed by repeated scientific research. To raise the sexual spirit, it is enough to light the aroma lamp, dropping there a few drops of oil.

But love is not the only area where the use of vanilla oil has proved effective. Even in ancient times, doctors used it to treat mental disorders and nervous breakdowns. It is believed that vanilla aroma carries a sense of security and, acting on an unconscious level, relieves anxiety and fears. The smell of vanilla calms, tames anger, eliminates negative and negative emotions.

Lavender: Against Depression

Lavender is one of the most potent natural antidepressants. With the help of lavender aroma, they successfully fight stress and depressive states. The aroma of lavender calms the nervous system, helps to relax and restore internal strength and energy. Lavender oil improves concentration, relieves fatigue, anxiety, nervousness and insomnia.

Jasmine: for a romantic date

In India, where the history of the use of essential oils dates back many centuries, any woman knows that jasmine oil is used to harmonize sexual relations and even renew a dying passion. Therefore, do not forget to fumigate the room with the aroma of jasmine during a romantic dinner with your loved one.

In a room where it smells of jasmine, people quickly rise in mood, a state of euphoria

begins. At the same time, jasmine oil also has a calming effect.

Ylang-ylang: destroys fears

This smell relieves tension, insecurity and tightness. The fragrance helps to cope with anger, anxiety and anxiety, helps to neutralize the unpleasant consequences of fright and shock. In aromatherapy, ylang-ylang is considered one of the most effective remedies for nightly fears for children. It is a powerful antidepressant that promotes deep relaxation. And the scent of ylang-ylang is an excellent remedy for insomnia and obsessive thoughts.

Rose: increases efficiency

The aroma of roses increases efficiency, relieves fatigue, fights stress and stimulates the imagination. Essential oil from rose flowers acts invigorating and soothing at the same time - eliminates nervousness, but at the same time gives a huge boost of energy. Rose oil helps normalize biorhythms, helps to fall asleep in the evening, and wakes up in the morning without problems.

Orange: increases appetite

The smell of essential orange oil improves mood, relieves fatigue, relieves gloomy thoughts, anxieties and sleep disturbances, removes anxiety and nervousness, and alleviates depressive states. The aroma of orange has a tonic effect on the nervous system: it increases resistance to stress, as well as performance. Also, orange is used in aromatherapy to improve digestion and increase appetite.

Patchouli: stimulates creativity

The patchouli aroma calms, removes anxiety, fights against depressive states, clarifies consciousness, stimulates the imagination. The smell of patchouli perfectly affects creativity and imagination.

Eucalyptus: invigorates, fights drowsiness

The smell of eucalyptus helps to concentrate, gather thoughts, mobilize all the strength and attention. In aromatherapy is used to eliminate drowsiness and improve mental activity.

It is also good to burn eucalyptus oil in a stuffy room - then stuffiness is easier to tolerate. In addition, eucalyptus has disinfecting effects and kills bacteria; this is an excellent tool for improving the air if, for example, a patient is present in the room.

Air: helps to break bad habits

Peanut oil has a calming effect and also increases appetite. But the most pleasant property of this product is that it causes an aversion to smoking.

White musk: aphrodisiac

White musk is a natural pheromone, its aroma causes euphoria and an erotic reaction at the subconscious level. The smell of musk relaxes and tunes you to pleasure, relieves depression and stimulates the imagination.

The benefits of smell to humans

With proper aromatherapy, with the help of certain smells, you can get rid of deeply hidden negative emotions and get relief. Scientists have concluded that hormonal and neurological processes are interconnected with a sense of smell. That is, you can adjust the behavior, emotions, mood and performance of a person using certain odors. That is why we strive to surround ourselves with fragrance, and we try to remove everything that smells bad as soon as possible. Smell is one of the most powerful emotional triggers. The use of certain aromas allows you to achieve increased mental activity, relieve depression.

Conclusions:

1. The sense of smell is the fastest in the rate of information transfer to the brain.
2. Some aromas are perceived by mankind at the subconscious level, and they bring certain emotions and memories for a person.
3. People who are emotionally stable respond positively to most unfamiliar odors.
4. There are many odors that are perceived differently by humans.
5. The use of certain aromas allows you to achieve increased mental activity, relieve depression.