

お知らせ

この度、第 95 回日本薬理学会年会（2022 年 3 月 7 日(月) - 3 月 9 日(水) ,
福岡国際会議場・福岡サンパレス)

(<https://pharmacology.main.jp/jps95/program/>) におきまして「日本
生理学会・日本解剖学会との共催シンポジウム」(アロマセラピーの基礎と
臨床 -最新の進歩-) が開催され、本学会の工藤千秋理事長と竹ノ谷文子
理事がシンポジストとして発表を行いました。

* ご興味のある方は下記の抄録をご覧ください。

3-S29-1 Joint Symposium

Clinical application of aromatherapy ~ Treatments with aroma oil for dementia in the age of polypharmacy ~

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Alzheimer's disease is the most common age-related neurodegenerative disease. The current treatment objectives for dementia are mainly to suppress the progression of dementia and to treat BPSD such as hallucinations symptomatically. Clinicians aim to reduce the dose as much as possible because drug therapy always has problems of limited effects and side effects, and also problems of polypharmacy.

On the other hand, spatial memory and ability of discriminating smells are correlated, and the sense of smell is important for establishing spatial memory. Smell promotes appetite and improves memory and learning through ghrelin. This may be one of the rationale for the effectiveness of aromatherapy for dementia. Nose is not only the start point of smell sensation, but also a transporting route to the brain. There are several aroma oils that are said to be good for dementia. Thus, the sense of smell and nose using aroma oil will become more important in the future as a route for early diagnosis of dementia and development of the preventive and therapeutic measure.

Aromatherapy using essential oils is one of the complementary therapies that fills the gap between such drug treatments in the treatment of dementia.

In this symposium, I would review essential oils that are used complementarily for the treatment of dementia and consider their purpose and usage.

3-S29-2 Joint Symposium

Physiological effects of essential oil exposure on animals and humans ~ Towards a novel exercise therapy combined with aromatherapy and exercise ~

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Until now, aromatherapy using essential oils with many physiological and pharmacological effects has been introduced in various medical fields and developed as medical aromatherapy because of its action to ameliorate mental and physical disorders. In the meantime, in recent years, there have been many reports on the effects of aromatherapy of essential oils on mental and physical fatigue recovery, performance improvement, and appetite control. Against this background, "sports aromatherapy" using the scent of essential oils as well as sports massage using essential oils has attracted attention in the field of exercise. However, the current state of sports aromatherapy has rarely been reported physiologically and pharmacologically, such as medical aromatherapy, and there are many unclear points about its effects. To date, we have made evidence for developing sports aromatherapy in animals and humans. In this symposium, we present our experimental data on the functional and morphological analysis of the regulation of feeding in the aromatherapy of essential oils by animal experiments and the effect of restoring fatigue during exercise by scent exposure in humans.