

〈原 著〉

ストレスに対する香りの効果 — 指尖容積脈波を用いた評価法の検討 —

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Effects of Fragrance on Stress

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Abstract

The effects of peppermint oil and jasmin absolute on noise stress were studied using plethysmogram (PTG) in human subjects. The wave height of PTG decreased in a short time (25 sec) load with noise compared with that without noise.

However, the decrease was significantly suppressed by exposure to peppermint oil and jasmin absolute. Peppermint oil and jasmin absolute thus appear to reduce noise stress. It is suggested that the present method is useful for assessing the effects of fragrance on stress.

Key Words

1. fragrance
2. noise
3. stress
4. plethysmogram
5. human