

〈特別記念プログラムⅡ〉

(21世紀の化粧品Ⅱ—Quality of Life と化粧)

化粧の医療への貢献

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A Contribution of Cosmetic Treatment of Medical Service

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Abstract

In our experiments on animals evidence was found that citrus fragrance may have an antidepressant effect and a psychoneuroimmunological effect. Citrus fragrance was given to depressive patients and the results indicated that the doses of antidepressants necessary for the treatment of depression could be markedly reduced. The treatment with citrus fragrance normalized neuroendocrine hormone levels and immune function and rather more effective than antidepressants. Our clinical studies have also indicated that citrus fragrance can effectively prevent a relapse and recurrence of depression for more than 6 years and a mixed fragrance of rose, sandalwood, and so on is efficacious against insomnia. Based on these results, a contribution of cosmetic treatment to medical service is discussed as follows. Psychiatric patients make up depending on their psychic function. Depressive patients find it bothersome to do anything and they are restored to health to make up. Anxiety sometimes interferes with makeup. Schizophrenic patients often make up bizarrely. Next, some possibilities to apply makeup to patients is discussed. Taking a rest is a fundamental of treatments for depression and depressive patients should not be made making up. Makeup may be useful to anxious patients as behaviour therapy and to schizophrenic patients, who are remitted, as social skill training. Makeup is thought to be useful in the treatments for dementia and terminal patients, as other symposists present. From psychoneuroimmunological point of view, nurses' makeup may be important in giving patients confidence, love, devotion, sense of cleanliness, *etc.* It is expected that further studies will reveal a relationship between psychoneuroimmunological framework and skin and that cosmetic treatment will be recognized as a means of medical service.

Key words: cosmetic treatment, medical service, fragrance, psychiatry, psychoneuroimmunology.