

〈教育セミナー〉

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新たな健康戦略としての「機能性香料」の提案
—ヒトフェロモン等価物の応用—

篠原一之*, 樽見航

**Proposal of “Functional Perfume” as New Health Strategy:
Application of Human Pheromone Equivalent**

Kazuyuki SHINOHARA*, Wataru TARUMI

Abstract

Menopausal women show some physical and mental problems. It is known that the disorder is caused by the rapid decrease of estrogen and testosterone. Hormone replacement therapy has been used to treat menopausal symptoms, but side effects have also been reported. Therefore, there is a need for alternative medicine with few side effects that replace hormone replacement therapy. Based on our research, pheromones increase endogenous hormone secretion in humans. In this paper, we outline not only the method of searching for pheromone equivalents among aroma components derived from plants, but also the possibility that these pheromone equivalents will be alternative medicine for menopausal disorders. In addition, we outline the concept of functional aroma we have proposed recently.

Key words: menopause, pheromone, woman, hormone, olfaction.