

A research on physiological effects of odorants in cosmetics on human autonomic nervous system

Fusao Kawai

Department of Physiology, School of Medicine, Fujita Health University

In the present experiment, effects of smelling cineole, an odorant, on the human autonomic nervous system were investigated by using a physiological engineering method such as the power spectrum analysis of human heart rate variability (HRV). When subjects smelled cineole, subject's heart rate subsequently decreased, and slightly tended to be larger than the heart rate of the control condition. However, this difference was not statistically significant. In addition, the smell of cineole changed neither the sympathetic nerve index nor the parasympathetic nerve index clearly. Therefore, those results may suggest that only smelling cineole does not markedly affect human autonomic nerve system.