SL9

Medical Aromatherapy

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Aromatherapy is a complementary and alternative medicine for purpose of prevention and treatment of diseases and clinical symptoms, using essential oils.

Aromatherapy is very useful in the treatment of various gynecological diseases. The essential oils used in aromatherapy show sex hormone–like actions. Therefore, the usage of essential oils possessing sex hormone–like activity, such as clary sage, aniseed, sage and fennel, can treat gynecological diseases due to unbalance of sex hormone. Clary sage contains linalyl acetate, linalool, and sclareol as sex hormone–like constituents. Trans-anethole included in aniseed (Pimpinella anisum) and fennel shows a strong estrogen–like activity and lactogenic activity. Alpha-thujone and beta-thujone included in sage show progesterone–like activity.

The usage of these essential oils can reduce symptoms due to psychosomatic diseases in women, partly due to dysmenorrhoea and menopausal symptoms.

In the present lecture, we show the result of the studies on anxiolytic effect of aromatherapy massage in healthy persons, patients with mild depression and breast cancer patients.

SL10

Femininity and Spirituality

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Gender–Specific Medicine has begun to be discussed. Considering the functional and structural differences between men and women, it is only natural that there should be some differences between them regarding their respective diseases and methods of medical treatment. Here, we will try to elucidate the significance of the sexual distinction and the spiritual dimension. Half of human beings are female, but it is hard to say what femininity is. In this respect, some observation of how vital energy works in the natural world offers a key to an understanding of the differences between the two. Vital energy works in the bipolar division and flows from plus to minus. By analogy with these facts, they invest certain socio-cultural characteristics to the sexual distinction. It is the spiritual dimension, however, that is revealed beyond the sexual distinction. Therefore, a human being might be depicted as a cross by using a schema with ‘masculinity–femininity’ as the horizontal axis and ‘paternity–maternity’ as the vertical (spiritual) one. We will ponder the issues mentioned above by taking up the following two cases: the Hopi myth and ritual for the birth of mankind, and the inner transfiguration of Eileen Caddy, one of co–founders of the Findhorn Community.