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CHEMISTRY OF SMELLS. THE SOLID PERFUME

Each of us is capable to distinguish to four thousand various smells. They have the own character, identity, style, mood, taste. The theme of smells is relevant in our time. The role of smells is huge in our life. The person faces with them every day.

The subject of the research is nature of smells and their influence on a human body. The main idea is aromatherapy. The hypotheses are: essential oils beneficial influence in a human body, relieve a fatigue, increase performance.

The first application of essential oils refers to the ancient medical practice of humanity. The priests used aromatic oils in religious ceremonies, for embalming. About 3000 BC they began to realize that the essential oils useful in everyday life. Since that time, the priests began to play the role of healers: they prescribed and prepared magic medicine. After some time, together with cosmetics and incense essential oil has penetrated into all sector of society.

Essential oils are odorous substances which produced by plants. Plants, bushes, herbs are serve as a raw materials for receiving essential oils. Essential oils occur in many different parts of plants, e.g. roots, bark, heartwood, leaves, herb, seeds, flowers. Plants or its parts containing an essential oil and used for its extraction are called essential oil-bearing raw materials.

The composition of essential oil is complex. The number of different organic and inorganic materials included in the essential oils ranges from 100 to 500 or more! Now this oils are defined as the multicomponent organic compounds of terpenes, alcohols, aldehydes, ketones and other hydrocarbons produced by essential oil-bearing plants. The smell of plants is caused by volatile aromatic substances, which getting into a nose of the person will be recognized by express receptors. The brain is accumulates in one all signals going from different receptors and represents them on "court of our consciousness" in the form of single complicated feeling. So, for most of people the stimulating smells give the pleasant, bright, spicy, warm associations exciting nervous system. The calming olfactory associations cause the plants, which characterized by cool, fresh, weak, wet, gentle aroma. On the base of this knowledge I used essential oils to prepare solid perfume. Advantages of solid

perfume in their susceptibility to increase mood, to improve health, don't dry skin, don't contain deleterious and sude compounds, don't pour the contents. The basic component of the solid perfume is beeswax. Except wax solid perfume involve various natures' fates, thanks to which skin remain soft and silky. The solid perfume at the same time uses both a cream and perfume. So, the solid perfume is value invention in modern world, because it is beneficial influence on the human body and preate pleasant odor.

Using electroencephalograph (a device to monitor the brain activity), scientists determine what happens to the brain when a person breathes in a particular smell. At first, the impact of odors on the nervous system very individually. The inhalation of certain odors enhances beta-radiation of the brain, which is characteristic for the state of analytical activity. Secondly, odors stimulate alpha and the delta radiation, which characterizes condition of relaxation or creativity. Except reflex action aromatic substances have also associative effect. That is, causing a number of especially individual associations, often unconscious. Aromas can influence deeply on the mental processes and this property is tried to be used in a psychotherapy.

In the last decades of the twentieth century, scientists have conducted a series of researches on the base of the new biochemical, immunologic, neuroengineering and gene technologies directed on the studying of the role of psychoemotional stresses as the reasons of the majority of the somatic diseases. In result of these works it became clear, that emotions affected on the condition of a brain, causes change the functional activity of nervous system, the hormonal and immunologic status of an organism, thus, influencing a susceptibility of the person to a number of organic diseases. We cope with stresses more effectively, than better we mentally emotionally concentrated and balanced. It discovered, that anxious thoughts, excitement, even lack of self-respect is lead to the fact that the body's resistance of the person sharply decreases: human becomes vulnerable to infections and other negative influences that drain the life force of man.

The psychoaromatherapy is the most surprising area in this field of knowledge. The essential oils can provide invaluable assistance in the treatment and prevention of depression, sleep disturbances, stress symptoms and increased excitability of the nervous system. Possibilities of aromatherapy in this area is so wide, that you will find something useful for yourself: the elimination and prevention of individual diseases, the correction of the situation in the family, to achieve harmony in the marital relationship, the preservation of peace in the soul.

The term aromatherapy as we know it today was first coined in 1937 by the French chemist and perfumer Rene Maurice Gattefosse. He was not a believer of the natural health movement but was interested in the properties that essential oils exhibited. If you look aromatherapy reference, the first thing will be evident for every sensible person, that every medicine cures about 50 diseases of the different etiology. Scientists believed that aromatherapy is safe and overdose of essential oils is practically impossible. All essential oils possess bactericidal, antiseptic and anti-inflammatory effect. The essential oils positively influence on the nervous system, emotions and mental health, have the expressed cosmetic and dermatologic advantages, update the self-regulation mechanism in an organism. For example: rubbing Lavender oil on the feet may cause a calming effect on the body, rubbing 4 drops of Peppermint oil on chest and stomach may help to relieve travel sickness, rubbing two drops of Joy oil on areas of the body with poor circulation may improve blood flow. Especially used essential oils in medicine: for air freshening, inhalations, bathing, compresses, rinses, in the aromatic lamps.

Salutary effect of the pleasant smells on the human body is checked in the millennia. The range of application of essential oils in medicine and other areas of life is really limitless. So, any person cannot be healthy without plants. One of miracles of the nature storeroom is aromas. They not only do our life brighter, more interesting, richer, but also are capable to keep, restore and strengthen health.

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LAS RAZONES QUE NOS HACEN VIAJAR

Lo sabían Marco Polo, Thomas Cook y los jóvenes aristócratas ingleses del siglo XVI. También lo supieron Amelia Earhart, Isabelle Eberhardt, Mary Kingsley y Gertrude Bell. Viajar es mucho más que hacer turismo, es un ejercicio de aprendizaje constante que nos aleja de nuestra rutina, nos pone a prueba y permite conocernos mejor a nosotras mismas.

Cada vez somos más las personas que preferimos tener las experiencias por encima de las cosas materiales de manera que usamos nuestros ingresos principalmente para tener aventuras.

Viajar nos acerca a lo lejano, nos pone de protagonistas de una película que hemos imaginado muchas veces pero que nada es como en el