



phytoncides-by-cruising-review

5/14/2024

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Cruising Review

Phytoncides health series by Cruising Review to enhance and protect health before, while, and after traveling.

Structured Data



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Explore the science-backed benefits of phytoncides, natural compounds produced by plants, and learn the best ways to absorb them for immune support, stress reduction, and improved well-being. Discover their use in teas and body lotions for a holistic health approach.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/topics/phytoncides-by-cruising-review.html>

Embracing Nature's Gift: The Healing Power of Phytoncides

In the quest for well-being, nature often holds the key to our health. Phytoncides, organic compounds produced by plants as a defense mechanism against harmful insects and disease, have been the subject of scientific interest for their remarkable health benefits to humans. These natural compounds, found in the essential oils of trees and plants, have the power to boost our immune system, reduce stress, and improve overall health. This article explores the benefits of phytoncides, how to incorporate them into our lives for optimal absorption, and their application in teas and body lotions.

Health Benefits of Phytoncides

- **Boosting the Immune System:** Research has shown that exposure to phytoncides increases the number and activity of natural killer (NK) cells, which play a crucial role in fighting off infections and attacking tumor growth.
- **Reducing Stress and Improving Sleep:** Inhalation of phytoncides has been linked to reduced stress hormones, such as cortisol, and improvements in sleep quality by promoting a relaxed state of mind.
- **Enhancing Mental Well-being:** Exposure to environments rich in phytoncides, like forests, has been associated with improved mood, reduced anxiety, and increased feelings of happiness and vitality.

Optimal Forms of Phytoncides for Absorption

Phytoncides are most beneficial when absorbed through inhalation or through the skin. Here are some effective ways to integrate phytoncides into your routine:

- **Forest Bathing (Shinrin-Yoku):** The practice of spending time in forested areas to breathe in the natural compounds released by trees. This is one of the most direct methods to absorb phytoncides and enjoy their health benefits.
- **Essential Oils:** Essential oils derived from trees such as pine, cedarwood, and eucalyptus are rich in phytoncides. Using a diffuser to release these oils into your environment can help you inhale these beneficial compounds.
- **Plant-Based Diets:** Consuming fruits and vegetables that contain phytoncides, such as garlic and onions, can also contribute to the intake of these compounds, albeit to a lesser extent than inhalation.

Phytoncides in Tea and Body Lotion

- **Tea:** While phytoncides are primarily absorbed through inhalation and topical application, certain herbal teas made from pine needles or other phytoncide-rich plants can provide a soothing way to enjoy the subtle benefits of these compounds.
- **Body Lotion:** Incorporating phytoncides into body lotions can harness their skin health benefits. These lotions can help in soothing the skin, reducing inflammation, and providing a mild antibacterial effect. The sensory experience of their natural fragrance also offers a calming effect, promoting mental well-being.

Conclusion

Phytoncides offer a fascinating example of how nature's complexities can contribute to human health. By embracing the natural world through practices like forest bathing, using essential oils, and applying phytoncide-infused products, we can tap into the healing power of plants. As we continue to uncover the benefits of these natural compounds, integrating them into our daily routines can lead to significant improvements in physical and mental health.

PHYTONCIDES

PHYTONCIDES : Phytoncides are antimicrobial allelochemic volatile organic compounds derived from plants. Going for a walk in a forest environment enhanced human natural killer (NK) cell activity, the number of NK cells, and intracellular anti-cancer proteins in lymphocytes, and that the increased NK activity lasted for more than 7 days after trips to forests both in males and females. The wonderful smell of a pine forest is from alpha pinene, a terpene (the aroma). It also helps with sleep. pinene, anti cancer, nk cells, natural killer cells, Forest bathing, Granulysin, Granzyme, NK activity, Perforin, Sleep, Gaba a a BZD receptor, Phytoncide, 3-carene, Sleep, GABAA BZD receptor, Phytoncide, natural killer cells, activating NK cells, forest trip, forest environment, urban environment, Phytoncide Antioxidant effect, Antimicrobial activity, anti cancer, phytoncides, Aromatherapy, essential oils, therapeutic uses, Cryptomeria japonica, Essential oil, Neuro pharmacological activities, Phytoncide, SPME, analysis, ASE, essential oil, extraction, fir, GC-FID MS, maritime pine, soxhlet, spruce, steam distillation, supercritical CO₂ (SC CO₂), terpene, terpenoid, turpentine, wood, hydrodynamic cavitation, extraction pine resin, pine needles, Abies alba Mill., antioxidant activity, coniferous trees, essential oils, flavonoids, food preservation, green extraction, hydrodynamic cavitation, nutraceuticals,

Keywords: pinene, anti cancer, nk cells, natural killer cells, Forest bathing, Granulysin, Granzyme, NK activity, Perforin, Sleep, Gaba a a BZD receptor, Phytoncide, 3-carene, Sleep, GABAA BZD receptor, Phytoncide, natural killer cells, activating NK cells, forest trip, forest environment, urban environment, Phytoncide Antioxidant effect, Antimicrobial activity, anti cancer, phytoncides, Aromatherapy, essential oils, therapeutic uses, Cryptomeria japonica, Essential oil, Neuro pharmacological activities, Phytoncide, SPME, analysis, ASE, essential oil, extraction, fir, GC-FID MS, maritime pine, soxhlet, spruce, steam distillation, supercritical CO₂ (SC CO₂), terpene, terpenoid, turpentine, wood, hydrodynamic cavitation, extraction pine resin, pine needles, Abies alba Mill., antioxidant activity, coniferous trees, essential oils, flavonoids, food preservation, green extraction, hydrodynamic cavitation, nutraceuticals,

Summary of Abstracts: **a-Pinene Enhances the Anticancer Activity of Natural Killer Cells via ERK AKT Pathway** [a-pinene activates NK cells and increases NK cell cytotoxicity, suggesting it is a potential compound for cancer immunotherapy.] Natural killer (NK) cells are lymphocytes that can directly destroy cancer cells. When NK cells are activated, CD56 and CD107a markers are able to recognize cancer cells and release perforin and granzyme B proteins that induce apoptosis in the targeted cells. In this study, we focused on the role of phytoncides in activating NK cells and promoting anticancer effects. Our findings demonstrate that a-pinene activates NK cells and increases NK cell cytotoxicity, suggesting it is a potential compound for cancer immunotherapy.

Forest Volatile Organic Compounds and Their Effects on Human Health: A State-of-the-Art Review Inhaling forest VOCs like limonene and pinene can result in useful antioxidant and anti-inflammatory effects on the airways, and the pharmacological activity of some terpenes absorbed through inhalation may be also beneficial to promote brain functions by decreasing mental fatigue, inducing relaxation, and improving cognitive performance and mood. The tree composition can markedly influence the concentration of specific VOCs in the forest air, which also exhibits cyclic diurnal variations. Moreover, beneficial psychological and physiological effects of visiting a forest cannot be solely attributed to VOC inhalation but are due to a global and integrated stimulation of the five senses, induced by all specific characteristics of the natural environment, with the visual component probably playing a fundamental role in the overall effect. Globally, these findings can have useful implications for individual wellbeing, public health, and landscape design.

Effects of a Forest Walk on Urinary Dityrosine and Hexanoyl-Lysine in Young People: A Pilot Study [Forest walks are better than urban walks.] The purpose of the current study aimed at examining whether there is any difference in urinary levels of oxidatively modified proteins or lipids dityrosine (DT) and hexanoyllysine (HEL), respectively, after a forest or urban walk. We found a decreased tendency in urinary DT and HEL ($p < 0.05$) in most participants after the forest walks, but not after the urban walks. We further found the total levels of air phytoncides in the forest field were 1.50 times higher compared with those in the urban field. This study suggests the possibility that regular immersion in a forest environment might contribute toward weakening of the oxidative modifications of proteins or lipids in the body.

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