

The Importance of the Effect of Aroma or Smell in Human Health

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Aroma or smell comes from molecules which are small in size and have a high vapour pressure hence can be detected by our olfactory sense. Smell molecules can be pleasant or foul smelling and while we enjoy the pleasant smell molecules found in the food sources we eat, the scents of flowers and plants we are exposed to in nature or through the use of aromatherapy and the fragrances and cosmetics we buy and use on a daily basis, we resent foul smell of garbage and putrefied substances which can affect our brain in negative ways with reports of foul smell causing forgetfulness and memory impairment. However, in our recent study, the effect of smell has been investigated showing eye-catching functional and structural changes at the molecular level. The preliminary research carried out so far has emphasized the need for research on the importance of the effect of smell on protein molecules involved in health and disease and opened a new research area to be explored and investigated further.

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