

KISS AND HEALTH

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Actuality. There is no person in our society who has never made a kiss in his life. Kiss plays a great role in our life. For their purpose, kisses have a different orientation. A kiss can be parental, friendly, related, but a special role play kisses of lovers. The kisses of lovers affect our health.

Purpose. To study the properties of the kiss: both positive and negative.

Methods. Methods of the experimental-theoretical level: experiment, analysis, induction, deduction, as well as observation and generalization.

Results. There are many versions about the origin of the kiss. One of them connects the emergence of a kiss with people who lived in the Stone Age. The neighbor's skin was a source of salt appears when sweating. People kissed when they needed salt. Another absolutely unromantic version of the emergence of such a romantic gesture is the following: each person needs sebum, a moisturizer that is secreted, including lips. To satisfy their need people kiss each other. As a result, it turns out that the kiss didn't appear at all as a means to be closer to a loved one, but only for the sake of ordinary human needs. Anthropologists believe that kissing people can be compared to sniffing of dogs. Kissing someone you get information about this person. It was believed that with the breath, a person can open his soul and heart. The kiss was considered as a symbolic wedding and the unity of souls. Previously, the kiss was a sign of trust. By letting another person come to him so close, people showed that they are not afraid of him, that they trust him completely.

Some researchers consider the kiss to be congenital. For example, Sigmund Freud was convinced that the kiss is the instinct of man, the thrust of a newborn to the mother's breast. In 1960 the British zoologist and ethnologist Desmond Morris suggested that kiss arose from the habit of female primates to chew food for babies, and then to put it in the mouth, having compressed the tube of the lips. Over time mother kisses evolved into romantic kisses. Kisses are correlated with a person's health. During "prolonged" kisses, the person's pulse speeds up to 110 beats per minute. It leads to better circulation, pumping an extra liter of blood. Lungs begin to work in a strengthened mode: 60 breaths per minute instead of the usual 20. Such "ventilation" is the best prevention of pulmonary diseases. Holding the breath at a kiss can have a very beneficial effect on the body, like the breathing techniques of yogis. During a kiss the formation of saliva is stimulated which

perfectly protects teeth from caries due to the content of calcium and phosphorus in it. In addition those who often kiss are less prone to periodontal disease. The best treatment for gum disease is their massage. A passionate kiss causes tension of more than 30 facial muscles. The skin is smoothed, becomes more elastic and is better supplied with blood. The analgesic effect of the kiss is connected to the hormone endorphin. More passionate kiss produces more endorphin. For one kiss the body produces a soothing dose of hormones, which exceeds the minimum dose of morphine. When kissing there is an adrenaline rush that provides us with joyful activity and “attacks” the stress hormone cortisol. And only three kisses per day provide an extremely romantic and peaceful mood for a whole day. Approximately 80% of bacteria that are contained in saliva are absolutely the same for all people, but about 20% are very individual. When they are in the mouth of another person, they give the immune system an impulse for the process of antibody formation. In medical practice this process is called cross immunotherapy.

Express analysis for genetic compatibility. And it is not an exaggeration! While you are kissing, the brain instantly conducts a chemical analysis of saliva and decides your genetic compatibility. So don't be too long with the first kiss. It is better to understand immediately whether you match one another. In general, the kiss causes a significant increase in the pulse (up to 110-120 beats per minute for men and up to 180 for women). It leads to an improvement in blood circulation, pumping an additional liter of blood. The cells thus receive additional oxygen, and the vital tone increases. During the kiss the process of separating some extremely harmful chemical compounds slows down, which has a very positive effect on the whole body work. Who often kisses is less suffer from diseases of the blood, stomach and gall bladder. With the help of a long kiss, you can get rid of hiccups. Holding the breath at a kiss can have a very beneficial effect on the body, like the breathing techniques of yogis.

However, one shouldn't forget that kisses are also carriers of many infections: colds – ARVI, tonsillitis, acute respiratory infections, influenza and herpes, stomatitis, gastrointestinal diseases, tuberculosis, viral infections, such as hepatitis C, HIV.

Conclusions. Now there are a lot of studies that negatively relate to kisses as harm to health. Anyway kisses have more healing properties than side effects.