

# REVIEW OF PLANTS AND DIRECTIONS OF THEIR INFLUENCE ON THE HUMAN PSYCHO-EMOTIONAL CONDITION

Shpychak A. O.

Scientific supervisor: associate professor Rudenko V. P.

National University of Pharmacy, Kharkiv, Ukraine

Shpichakalina@gmail.com

**Introduction.** All living organisms interact with each other. Plants, which surround us, have a great impact on our physical and psycho-emotional condition.

**Aim.** To search plants, which most effectively influence on the human psycho-emotional condition.

**Materials and methods.** A review of the scientific literature, using the descriptive, searching and logical methods.

**Results and discussion.** The influence of plants on human psycho-emotional condition may be determined by the aesthetic enjoyment, which we get from their appearance. The scientists have proved their ability to emit the energy in different ultraviolet spectrum ranges. For example, green colour has soothing and tonic effect at the same time, promote the improvement of working capacity

The indoor plants do not only decorate the room, but also create a favorable energy, improve memory, help to deal with stress. Flowers of the *Violaceae* family could prevent the occurrence of nervous breakdowns, *Begoniaceae* could help to reduce the aggression and prevent conflict situations. The representatives of the *Dracaena* genus could prevent the development of the depression.

It is also possible to influence by a odour of plants, because some neurological processes connect with the sense of smell. These plants have well-developed external secretion structures - glands, which produce essential oils and balms into the environment. Inhaling the smell of essential oils of *Mentha piperita*, *Rosmarinum officinalis*, *Eucalyptus globulus*, *Artemisia balchanorum*, *Salvia officinalis* stimulates the cerebration, improves memory. Essential oils of *Citrus limon*, *Pterocarpus santalinus*, *Lavandula angustifolia* are used to control the stress.

Some plants, which have a sedative effect on the central nervous system, are widely used in medicine and pharmacy. They are able to normalize sleeping, reduce stress, fear and anxiety. Sedative drugs of plant origin are considered to be the most suitable and optimal because of their good tolerance and absence of side effects and addiction. For example, there are drugs of *Valeriana officinalis*, *Leonurus quinquelobatus*, *Adonis vernalis*, *Crataegus sanguinea*, *Papaver somniferum*.

**Conclusions.** Consequently, plants influence on the human psycho-emotional condition in three directions together: by their appearance, smell and special medicinal properties as the sedative drugs.