



Letter to the Editor

GOOD PRACTICE IN THE WORLD

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Dear Editor,

Pleasant scents create a good mood and are responsible for one's self-confidence. In recent years, aromatherapy has been widely used in practice (1-5), particularly in the fight against stress (6-9). The oils of some plants have proven to be good radio protectors.

The author of this letter had the opportunity to visit India. Many different types of aromas of different plants are produced and sold there. The author bought three boxes with aromas. The first box contained 7 packages, in Hindu:

Sravanam, Kirtanam, Smaranam, Archanam, Vandanam, Sakhyam, Nivedanam. The second one contained Ganga, Yamuna, Saraswati, Reva, Kaveri, Narmada. The third box contained Vaishak (**pic. 1**). **Sravanam: means to listen; Kirtanam: is a prayer in music; Smarnam: to remember God; Archanam: means to offer to God; Vandanam: means to Pray to God... and so on... Ganga, Yamuna, Saraswati etc. are names of rivers and Vaishak is day in the month of March.**



Picture 1. Some packages with different plants

The author believes that the idea of aromatherapy should be welcomed. In addition to benefitting human health, it can be a good business. Bulgaria also grows many flowers

with pleasant fragrance. For example, it produces large amounts of rose and lavender.

Key words: aromatherapy, radioprotection, essential oil

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