

## 中華實驗動物學會學術研討會論文摘要格式

為求摘要書寫統一，本會學術研討會論文發表摘要格式規定如下：

1. 壁報論文或口頭論文之摘要內容寫法，按「背景、目的、結果、討論與結論」簡述之。摘要內容中英文書寫皆可，每篇摘要限定一頁，請用 A4 尺寸，限於 word 標準版面設定：上、下邊界 2.54 cm，左、右邊界 3.17 cm 範圍內。論文摘要之中英文打字請用標楷體與 Times New Roman 的 12 號字大小。
2. 先列出摘要題目，然後發表人姓名及服務單位。題目、姓名及單位以中英文並書，英文在前中文在後；中文可不另行，但需與英文間隔 4 個 space。
3. 摘要內容另行開始，首行縮排。國外合作非本國人之發表人姓名與單位不必翻成中文。發表人英文姓名請以全名表示，名字在前，姓氏在後，服務單位亦以簡寫或縮寫法書寫之，並只附當地地名；國外服務單位則需附國名。（請參考範例）
4. 參賽者英文名字之前請打星（\*）號；如發表人屬多單位，以 1，2，3 區別之，並於最後一名前加“and”。
5. 摘要請務必自行校稿，錯誤自行負責。
6. 發表形式意願請勾選擇一：口頭論文發表或壁報張貼；本會學術委員會保有建議及調整論文之發表形式與分類別。
7. 口頭、壁報論文摘要參考範例如下：

## OP-5

### Beneficial effects of aromatherapy on rats subjected to a short term moderate exercise

### 探討芳香療法對大鼠短期運動之相關影響

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Aromatherapy is a component of eastern medicine for centuries, with specific essential oils demonstrating improving psychological states. Many of the studies concerning aromatherapy have clinical benefit, but there is little research evidence available to support their efficacy. The aim of the study was to explore the effect of aromatherapy on energy metabolism of awaked rats during treadmill exercise. Sprague-Dawley rats (n=18) were randomly separated in to three groups: control, Peppermint and Xin-Yi groups. Tread mill was set at a speed of 15 m/min for 30 min. Blood samples were collected via an auto-sampler through the jugular vein with 15 min intervals. After 30 min exercise, 200µl of saline, peppermint and Xin-Yi essential oil were vaporized by a nebulizing diffuser into the treadmill device for 180 min during the recovery period. Glucose and lactate concentrations were determined in plasma samples. Glucose levels were immediately increased to 110-120% of basal level after exercise, and then slowly decreased to about basal levels during recovery period in all groups. Lactate levels were rapidly increased to 120-140% of basal level during exercise in all groups. After exercise, lactate levels were further increased to 180% of basal, and then maintained at a plateau in control group. However, the lactate levels were attenuated to 150% of basal level, within 60 min in the peppermint group. However, lactate levels significantly attenuated about 120% of basal after exercise, and returned to basal in the Xin-Yi group within 60 min. Peppermint and Xin-Yi attenuate the accumulation of blood lactate levels after exercise may provide evidence- based of aromatherapy beneficial effects on the recovery followed by exercise.

**Key Word:** Aromatherapy 、 essential oil 、 treadmill