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Chapter 1 : Aphrodisiacs Through History

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In many Mayan households, chocolate was enjoyed with every meal. Mayan chocolate was thick and frothy and often combined with chili peppers, honey or water. Cacao Beans as Currency The Aztecs took chocolate admiration to another level. They believed cacao was given to them by their gods. Like the Mayans, they enjoyed the caffeinated kick of hot or cold, spiced chocolate beverages in ornate containers, but they also used cacao beans as currency to buy food and other goods. In Aztec culture, cacao beans were considered more valuable than gold. Aztec chocolate was mostly an upper-class extravagance, although the lower classes enjoyed it occasionally at weddings or other celebrations. Perhaps the most notorious Aztec chocolate lover of all was the mighty Aztec ruler Montezuma II who supposedly drank gallons of chocolate each day for energy and as an aphrodisiac. One story says Christopher Columbus discovered cacao beans after intercepting a trade ship on a journey to America and brought the beans back to Spain with him in . After returning to Spain, cacao beans in tow, he supposedly kept his chocolate knowledge a well-guarded secret. A third story claims that friars who presented Guatemalan Mayans to Philip II of Spain in also brought cacao beans along as a gift. No matter how chocolate got to Spain, by the late s it was a much-loved indulgence by the Spanish court, and Spain began importing chocolate in . As other European countries such as Italy and France visited parts of Central America, they also learned about cacao and brought chocolate back to their perspective countries. Soon, chocolate mania spread throughout Europe. With the high demand for chocolate came chocolate plantations, which were worked by thousands of slaves. They made their own varieties of hot chocolate with cane sugar, cinnamon and other common spices and flavorings. Soon, fashionable chocolate houses for the wealthy cropped up throughout London, Amsterdam and other European cities. By , cocoa beans were a major American colony import and chocolate was enjoyed by people of all classes. During the Revolutionary War , chocolate was provided to the military as rations and sometimes given to soldiers as payment instead of money. Chocolate was also provided as rations to soldiers during World War II. Cacao Powder When chocolate first came on the scene in Europe, it was a luxury only the rich could enjoy. But in , Dutch chemist Coenraad Johannes van Houten discovered a way to treat cacao beans with alkaline salts to make a powdered chocolate that was easier to mix with water. The cocoa press separated cocoa butter from roasted cocoa beans to inexpensively and easily make cocoa powder, which was used to create a wide variety of delicious chocolate products. Both Dutch processing and the chocolate press helped make chocolate affordable for everyone. It also opened the door for chocolate to be mass-produced. Nestle Chocolate Bars For much of the 19th century, chocolate was enjoyed as a beverage; milk was often added instead of water. In , British chocolatier J. Fry and Sons created the first chocolate bar molded from a paste made of sugar, chocolate liquor and cocoa butter. Swiss chocolatier Daniel Peter is generally credited for adding dried milk powder to chocolate to create milk chocolate in . Chocolate had come a long way during the 19th century, but it was still hard and difficult to chew. In , another Swiss chocolatier, Rudolf Lindt, invented the conch machine which mixed and aerated chocolate giving it a smooth, melt-in-your-mouth consistency that blended well with other ingredients. By the late 19th century and early 20th century, family chocolate companies such as Cadbury, Mars, Nestle and Hershey were mass-producing a variety of chocolate confections to meet the growing demand for the sweet treat. Chocolate Today Most modern chocolate is highly-refined and mass-produced, although some chocolatiers still make their chocolate creations by hand and keep the ingredients as pure as possible. Chocolate is available to drink, but is more often enjoyed as an edible confection or in desserts and baked goods. Fair-Trade Chocolate Modern-day chocolate production comes at a cost. As many cocoa farmers struggle to make ends meet, some turn to low-wage or slave labor sometimes acquired by child trafficking to stay competitive. This has prompted grass roots efforts for large chocolate companies to reconsider how they

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get their cocoa supply.

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Chapter 2 : BBC - Science & Nature - Aphrodisiacs

This bar-code number lets you verify that you're getting exactly the right version or edition of a book. The digit and digit formats both work.

Here are three herbal solutions that you can try instead. Damiana Damiana comes from a bushy shrub with yellow aromatic flowers. The result is increased libido and ability to achieve orgasm. The wonder of damiana is that it offers other benefits as well, without the worrisome side effects typical of pharmaceuticals. Otherwise, you can brew yourself damiana leaf tea, use it in a tincture, or even enjoy damiana tequila. Maca Maca is a vegetable in the broccoli family typically grown in mountainous areas of Peru. The root of the plant has a long history of use for myriad health applications, including as a sexual enhancer. If you happen to have access to the plant, you can use it much as you would potatoes: Studies have shown that maca does indeed increase sexual desire in both men and women. Today, maca is still a staple in the Peruvian diet. Like damiana, maca also enhances overall well-being. An annual herb, both the seeds and the leaves are used in cooking, as well as in some medicines. Apparently, fenugreek also aids men in stimulating and maintaining erections. But fenugreek also works for women. The estrogenic properties also make it useful in reducing vaginal dryness and in controlling menopausal symptoms. The benefits of fenugreek extend far beyond its ability to stimulate desire. Studies show that fenugreek works as an appetite suppressant, and also, reduces mucus production, cholesterol, and inflammation. Even if you have utterly no interest in lighting your fire, the trio of damiana, fenugreek, and maca have much to offer. This drug also slows the progression of kidney disease in patients with diabetes. Uses, side effects, and risks. A Spoonful of Aphrodisiac.

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Chapter 3 : Aphrodisiacs | Open Library

Most writings on the subject are little more than unscientific compilations of traditional or folkloric material. Of the various foods to which aphrodisiac powers are traditionally attributed, fish, vegetables, and spices have been the most popular throughout history.

Throughout history people have been trying to solve the problem of not getting any or just not getting enough. The following are some of the all-natural historical cures for the sexy-time doldrums. Ambergris If I told you that one of the most prized and well-known aphrodisiacs in the world was a combination of squid beaks, fatty secretions and whale poo , you might tell me to go fornicate myself. Ambergris begins as a large, compacted mass of the indigestible parts of a squid and other gross stuff in the intestines of a sperm whale. No one knows for sure how it emerges from that dark, stinky interior, although the most obvious explanation, poop, is the most popular. Floating on the ocean until it washes up on shore, the best ambergris spends years oxidizing from a combination of salt, air and sun. Prized for its unique and boom-boom encouraging scent, ambergris is in high demand by perfume manufacturers and the amorous alike. As you can imagine, there is a thriving industry in ambergris hunting, and the competition can be fierce, as it was between these two collectors: Several years ago, Ross Sherman, a longtime ambergris collector in New Zealand, was hit by a car on Baylys Beach, driven by one of his main competitors, John James Vodanovich. Sherman fought back with a piece of PVC pipe and escaped with minor injuries. It is widely available at the perfume counter in your local department store in Chanel Number 5, Balmain, Givenchy Amarige and Gucci Guilty. First, it contains tryptophan , a precursor to serotonin, itself a neurotransmitter that regulates mood and sexual desire. Yet despite the presence of these three, scientists those buzz kills generally dismiss the claim that chocolate has any physiological effect on sexual arousal, ascribing any perceived enhancement to psychological factors. Despite this, many, particularly in somewhat recent history, have ascribed libido enhancing powers to chocolate. Ginseng From the Chinese meaning, literally, man plant root, ginseng has been used as an aphrodisiac since ancient times. Horns and Tusks Throughout history, a variety of phallic head protrusions, including unicorn and rhinoceros horns and narwhal tusks , have been touted as aphrodisiacs. Although no scientific findings support any claims of improved lovemaking, studies have revealed that the long-held belief that rhino horns can detect poisons is true. Apparently, the horn is made up almost entirely of keratin, a protein that chemically reacts with any strong alkaline, like a poison. Oysters Perhaps the most well known of the food aphrodisiacs, oysters have been taken to enhance sexual desire and performance since at least Roman times. There are many theories why oysters are said to increase libido, including that they resemble female genitalia. Somewhat more plausible is that oysters are high in zinc, a mineral essential to the production of certain sex hormones. However, only one aspect of oysters, and other bivalve mollusks, have been scientifically proven to increase sexual activity – their rich reserves of the rare amino acids , D-aspartic acid D-Asp and N-methyl-D-aspartate NMDA. In experiments, scientists demonstrated that injecting rats with D-Asp and NMDA triggered the production of progesterone and testosterone in females and males, respectively. This research, which is 15 years old, has never been verified and its initial results have been called into question. Nonetheless, like pine nuts and oysters, pumpkin seeds are packed with zinc , an element vital to the production of testosterone. For example, in Asia it is believed that eating tiger or deer penis will enhance sexual performance. And yet countless observations have confirmed that the active ingredient in Spanish Fly, cantharidin , is an effective way of increasing the size and duration of an erection. Despite its effectiveness, however, Spanish Fly is not a popular sex aide for one very good reason – it is a lethal poison , even in small amounts. Yohimbe Derived from the bark of an evergreen tree native to Gabon, Cameroon and the Democratic Republic of Congo, yohimbe has been traditionally used to cure everything from leprosy to erectile dysfunction. It is believed that its stimulant properties, including increasing the production of norepinephrine and adrenaline in the body, boost sexual performance. According to WebMD who seems to

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think my recent cough might be a sign of a rare and deadly form of cancer , the active ingredient in yohimbe, yohimbine oddly enough , increases blood flow to, and nerve impulses in, both male and female sexual organs; however, the National Center for Complementary and Alternative Medicine NCCAM cautions:

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Chapter 4 : Chemoreception - Aphrodisiac pheromones | www.nxgvision.com

Continued. Some aphrodisiacs came out of mythology. Aphrodite, the Greek goddess of love (from whose name, of course, "aphrodisiac" is derived) was supposed to have held sparrows sacred.

Fact checked by Jasmin Collier The quest for sexual satisfaction is as old as civilization itself. Can 21st-century medicine unravel the secret? Despite good-quality clinical studies, the holy grail of aphrodisiacs remains to be found. Do aphrodisiacs have a place in our sex lives? For many couples, a happy sex life is key for long-term happiness. But sexual dysfunction and loss of interest in sex are common issues, affecting sexual happiness and relationship satisfaction. In , a panel of experts reviewed scientific studies investigating sexual dysfunction in men and women. Writing in *The Journal of Sexual Medicine*, they conclude that "[In addition, there is a large proportion of women who experience multiple sexual dysfunctions. According to the Food and Drug Administration FDA , "[A]ny product that bears labeling claims that it will arouse or increase sexual desire, or that it will improve sexual performance, is an aphrodisiac drug product. Many of these are steeped in history and long-held cultural beliefs, but little scientific evidence actually exists to show that they have the desired effects. Some products, such as yohimbine – which is extracted from the bark of the West African Yohimbe tree – have been linked with severe health risks, such as heart attacks and seizures, according to the National Center for Complementary and Integrative Health. Luckily, we are slowly emerging from the dark ages of aphrodisiac research, with the number of good-quality studies – aiming to get to the bottom of which compounds are safe and how they work – steadily increasing. Ginkgo and ginseng In a review of the scientific evidence underpinning natural aphrodisiacs, Dr. Michael Krychman, from the Southern California Center for Sexual Health and Survivorship Medicine in Newport Beach, explain that "while the data are still limited, ginkgo, ginseng , maca, and Tribulus have promising data behind them. While one study showed an improvement in sexual function in both men and women, these findings were not supported in another study, according to Drs. Ginkgo is well-tolerated by most people, but it can cause risk of excessive bleeding, they caution. Several double-blind, placebo-controlled clinical studies support the notion that ginseng is effective for erectile dysfunction, and – to a lesser studied degree – can improve sexual arousal in menopausal women. As with ginkgo, there may be side effects, which include minor gastrointestinal symptoms. Those with hormone-sensitive cancers should avoid using ginseng. Maca and Tribulus terrestris According to Drs. West and Krychman, "Research in rodents has shown that maca [an Andean root vegetable] effectively enhanced libido and improved erectile function after supplementation. Tribulus terrestris, which is a plant traditionally used in Chinese and Ayurvedic medicine, contains a compound that is converted to dehydroepiandrosterone, a natural steroid hormone. Sexual satisfaction in the women taking Tribulus terrestris was improved in several studies – including a trial – while semen quality and erectile dysfunction in men also saw a boost. Talking to your healthcare provider, rather than taking matters into your own hands, could be a safer option altogether.

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Chapter 5 : Aphrodisiac - Wikipedia

The history of aphrodisiacs is just that, something that was inspired long ago in history and still reigns strong today. The intrigue and curiosity of aphrodisiacs keep the topic alive, and the history is rich, with a never-ending ability to attract newcomers.

Some of these concoctions are based on science, some are based on folklore, and some are just based on last-ditch efforts by really desperate guys. Here are 10 foods you never want to catch your parents eating together. Jolt Juleps via iStock Since ancient times, most great sex has taken place when both parties were awake. According to a study in the Archives of Internal Medicine, drinking coffee increased sexual activity in participating Michigan residents over the age of 60, strongly suggesting that caffeine promotes arousal. That, or the subjects confused the study with a casting call for another sequel to Cocoon. While caffeine has not yet been directly linked to an increased sex drive, the consensus in the medical community is that anything that gets the central nervous system pumping will have a general stimulating effect on the body. This explains why the ancient herb ginseng, which is said to increase energy and memory, is considered a strong aphrodisiac. It impacts the central nervous system, gonadic tissues and the endocrine system, thus enhancing arousal. Ginseng has long been respected in China for its systemic healing properties, including the ability to aid sexual function. For hundreds of years, African natives have dried yohimbe bark and made it into a tea, used both as a treatment for impotency and as a general aphrodisiac. Yohimbine works by blocking the blood vessel-constricting effects of adrenaline on the nerves. This promotes the flow of blood to the genitals, thereby assisting erections. It even has the same side effects, such as elevated heart rate, increased blood pressure and anxiety. In fact, while Viagra has become the recommended treatment for impotency, the use of yohimbine has also been approved by the FDA. Fortunately, the key component of yohimbe bark, yohimbine hydrochloride, is available by prescription in pill, capsule or liquid form. In other words, the concept is that we, like our amoeba ancestors, have a kind of subconscious desire to return to the primordial ooze to mate. But perhaps the more likely explanation is simply that, nutritionally, oysters are high in zinc content, which is essential to testosterone production—testosterone being a key component in both male and female arousal. Not that anyone needs a reason. The green part of it, that is. Actually, chocolate is one of the most powerful edible aphrodisiacs in the world—and has been for quite some time. According to ancient Aztec history, 12 cacao beans the beans used to make cocoa and chocolate could purchase the services of a prostitute, and Montezuma reportedly downed 50 cups of liquid cacao to rev up before conjugal visits to his vast harem. The scientific explanations for the arousing effects of chocolate are found in phenylethylamine PEA and anandamide AEA. PEA is the chemical that causes elevated heart rates, increased energy, euphoria and generally any symptom corresponding to feelings of being "in love. Poached Rhinoceros Horns via iStock In Eastern Asia, ground rhino horns have long been considered a widespread cure for many ailments, including erectile dysfunction. Humans love to attribute special powers to rare objects, and aphrodisiacs are no exception. But, unfortunately for the rhinos, their horns are becoming an increasingly rare commodity, making them seem all the more powerful. Naturally, the rhinos vigorously dispute this claim and are often seen campaigning for people to eat more white tiger penises, which are credited with similar erotic qualities and are equally rare. After surviving 50 million years, the rhinoceros is on the verge of extinction—a fact that can certainly be blamed in part on poachers seeking the high-value horns. But, as of yet, the only scientific reason to consume a rhino horn for any purpose, sexual or otherwise, is the nutritional benefit. Rhino horns are an excellent source of calcium, but, then again, so are Tums. While a daily supplement is not wildly exotic or erotic, think of the many African birds that will have nowhere to perch if the rhino is gone. Besides, sneaking endangered animal parts through customs is no way to live. Pig in a Blanket Sometimes, edible aphrodisiacs are never meant to be consumed, but rather smeared onto the body. In the ancient Arabian sex manual, The Perfumed Garden, rubbing the penis with various ointments is prescribed for "increasing the dimensions of

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members and making them splendid. An especially memorable recommended concoction for this instructs the man to catch a vulture by himself very important and mix the meat with honey and the juice of an amalaka an Asian gooseberry-like fruit. Apparently, rubbing your body with dead vulture paste has the ability to bewitch the opposite sex, "even if a bath is taken afterward. Fruits and vegetables are needed to ward off a host of ailments, and in times of myriad nutritional deficiencies, it stands to reason that vitamin-rich foods such as figs, grapes, avocados and carrots would be considered aphrodisiacs. Even today, these foods are seen as great sources of health and vitality. But of all the foods held in high esteem for sexual enhancement, asparagus reigns supreme its main side effect, strong-smelling urine, notwithstanding. In 19th-century France, it was customary for bridegrooms to down three courses of asparagus at their prenuptial dinners. Perhaps all this greenery led to evenings of fabulous lovemaking, or perhaps it only made the bride wonder if the serious odor emanating from the chamber pot was normal for her new husband. For centuries, people have turned to chili peppers to spice up their love lives. Think about what happens after you eat a big, mean chili pepper: Another theory as to why searingly hot chilis arouse has to do with the pain they inflict. Pain causes the body to release endorphins, which try to block the signal of physical distress to the nervous system. These are the same kind of endorphins that are released during exercise and after sex, creating that feeling that all is right with the world. So masochists take note: Licorice Beignets via iStock On a movie date, it turns out there is good reason to pay those exorbitant concession stand prices. For thousands of years, Eastern and Western cultures have turned to licorice when the libido is lacking. Licorice contains phytoestrogen sterols, which affect sex hormones estrogen and testosterone levels, although exactly how and to what degree has not yet been fully determined. Some believe that the strong smell of licorice may be a factor. And for men, the aromatic combination of black licorice combined with doughnuts increased penile blood flow by an amazing 32 percent. Doughnuts or not, Chinese, Egyptians and Hindus have all used licorice to increase sexual arousal and stamina. And in the traditions of pagan religions, crushed licorice root was used in love sachets and in spells to ensure fidelity. The Spanish fly is actually a green blister beetle found in southern parts of Europe. If the chemical is given to a woman, it will severely irritate the urinary tract, causing extreme burning and itching in the vaginal area. And while these symptoms may cause a woman to grab her crotch, this side effect is not to be confused with an invitation for intercourse. Today, Spanish fly is actually considered a poison, as an overload of cantharides can cause kidney malfunction, gastrointestinal hemorrhages or even death.

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Chapter 6 : love potions aphrodisiacs history aphrodite PEA | The Old Farmer's Almanac

Aphrodisiacs. Herbal aphrodisiacs (Box) have a long history of use both as sexual stimulants for pleasure's sake and for the treatment of sexual debility. Numerous herbs from many cultures are ascribed with the ability to improve sexual function. Few of these have significant research or clinical trials behind them.

Bring fact-checked results to the top of your browser search. Aphrodisiac pheromones The males of some insects produce aphrodisiac pheromones that induce females to mate once the two sexes have come together. One of the most remarkable and fully understood examples of this concerns monarch butterflies although not the well-known North American monarch. Males of these insects seek out plants containing a particular type of alkaloid known as a pyrrolizidine, which is highly toxic to mammals. The insect licks the plant with its tongue and accumulates small quantities of the alkaloid. Concealed on either side of its abdomen are structures called hair pencils that contain the alkaloids and that are formed from modified scales basically similar to those that cover the wings and other parts of the body, although different in form. The pencils, when everted out of the abdomen, separate to form elegant brushlike structures, somewhat resembling feather dusters. Eversion only occurs in the presence of the female, but before doing this the male thrusts the pencils not yet expanded into glandular pockets on the hind wings. The contents of the pockets effect a slight chemical modification of the alkaloid to produce the pheromone. Some of the scales break into minute fragments impregnated with the pheromone, and these fragments are dusted onto the female antennae as the male hovers over the female during courtship. Males and females have different chemical profiles that allow a male to distinguish unmated from mated females. Females of the vinegar fly , *Drosophila*, lose their attractiveness after mating by secreting wax with a different chemical profile. Mammals Pheromones are also of great importance in reproduction among mammals, acting both as releasers, thereby influencing behaviour, and as primers, thereby altering the physiology of other members of the same and the opposite sex. Among rats and mice, and probably many other species, odours from the urine have a major role. Mammalian urine contains many different volatile compounds. For example, over 60 volatile compounds have been identified in the urine of the house mouse and the white-tailed deer. It is probable that mixtures of these compounds are important in individual recognition, but specific compounds may also be important. Territorial behaviour Territorial behaviour occurs in many animals and is especially widespread in mammals. Both visual and chemical signals may be used to advertise the territory to other animals. Antelope have a variety of exocrine glands, the secretions of which may be used in communication. However, the preorbital glands, located on the side of the face with an opening just in front of the eyes, are the best known in relation to territorial behaviour. In species such as the South African bontebok , the preorbital glands are larger in males than in females. The secretions of these glands are extremely complex, containing over 40 compounds, and are deposited on grass culms stems or twigs at territory borders by pressing the head down onto the culm so that it enters the opening of a pore, alternating between left and right glands. Bontebok appear to transfer the secretion to their horns and forehead by waving the head from side to side across the stalk bearing the secretion. For scents to be effective as territorial markers, individuals must be able to distinguish their own scent from the scents of other species and from the scents of individuals of the same species. The scents must persist for some time and must also change with time, enabling a recipient to judge whether a scent derives from a recent intruder or a past intruder. The complexity of the secretions probably contributes both to individual variation and to changes with time. It is likely that volatile components are lost more rapidly than nonvolatile components, causing the quantitative composition of the scent to change in a predictable way. In addition to scent marking from the preorbital glands, many antelope mark territorial boundaries with fecal middens. These serve both as visual markers and as substrates for glandular secretions. Animals often urinate at the same time that they defecate. In addition, territorial male bontebok paw dung patches, possibly adding the secretion of the pedal glands to the dung. Similar to the preorbital gland secretions, the pedal gland secretions are very complex, and bontebok

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contain over 80 compounds of different classes. Territorial males habitually defecate at the same sites, and they do so frequently. Male oribi may defecate up to eight times in an hour, presumably to maintain the odour quality of the middens. Carnivores also mark their territories by scent. Civets, found in Africa, southern Europe, and Asia, secrete material from anal glands. The major ingredient, called civet, or civetone, is an unusual compound, with 17 carbon atoms that form a ring. Musk deer produce a similar compound with 15 carbon atoms in a ring, and both compounds were widely used in perfumery until similar synthetic compounds were produced. Little is known about the perception of chemical marker compounds, although the vomeronasal organ Jacobson organ is suspected to play an important role. As with sex-attractant pheromones, marking pheromones can provide cues that animals use to locate prey or hosts. For example, the klipspringer, a South African antelope, is the host for a bloodsucking tick called *Ixodes matopi*. The antelope marks its territory with secretion from its preorbital gland, and adult ticks aggregate on these marks, presumably using odour to find them. This behaviour increases their chances of finding the appropriate host. Individual recognition Among social animals it is very common for individuals to be able to recognize each other, and chemoreception plays an important role in this behaviour. Social insects, such as termites, bees, wasps, and ants, are able to distinguish between nest mates and individuals from other colonies. Social wasps make their nests of paper, which is produced by chewing wood. Some of the wax rubs off the bodies of the workers and onto the nest. The composition of this wax plays a key role in enabling workers to distinguish members of their own colony from intruders. Other insects called inquilines, which habitually live with ants, depend on acquiring the wax characteristics of the ant colony in order to avoid being attacked by the ants. In mammals, individual recognition is often achieved via the odour of urine. Urine and other body odours are partly controlled by genes in the major histocompatibility complex MHC, which also governs certain immune responses. Mice have about 50 linked genetic variations polymorphisms in this complex. Some of the proteins produced by these genes occur in the urine and contribute to the chemical signature of each individual. However, because the proteins are not volatile, they cannot contribute directly to the odour, and their precise role is not understood. In rats, bacteria from the gut play a key role in the development of odour specificity. This does not appear to be the case in mice. Rats, mice, and humans prefer the odours of individuals with a histocompatibility complex different from their own; thus, mating tends to occur between individuals with different MHCs. In order to detect different MHCs, an individual must be aware that a potential partner has a distinct smell. In mice the odour of the family in which they are reared becomes imprinted early in development. Imprinting is the process by which young animals develop a lasting association with a particular feature in the environment. If a pup is reared by a foster mother with her own pups, the pup imprints onto the odour of the foster family. This family odour is the odour against which the pup will compare the odour of a potential mate, once the pup is mature. This means that the pup does not make the comparison with its own genetically determined odour. Homing Many animals have specific places, such as nests or dens or, on a larger scale, geographical locations, to which they return periodically, often to breed. This homing behaviour may involve vision or an electromagnetic sense. However, in some animals olfaction plays a significant role, often in conjunction with one of the other senses. These instances depend on a learned knowledge and memory of environmental odours, although, despite multiple studies, in no case has the nature of the odour been well characterized. Animals known to use odour in homing include fishes, reptiles, amphibians, and birds. Salmon breed in fresh water, usually in the upper reaches of streams or in lakes. They remain in fresh water, generally for a year or more, varying to some extent with the species, and then they migrate to the sea. They remain in the sea to feed, often for two or three years, before returning to fresh water to breed. The most extraordinary aspect of this migration is that the vast majority—more than 90 percent—of fish return to the streams in which they passed their early development. This is important because, over many generations, the fish become adapted to the particular characteristics of their home stream, increasing the probability that the young will survive. Today, because of a number of environmental factors, such as dams and overfishing, the number of fish returning to their home streams is decreasing. As a result, once the fish has returned to its home

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stream after a period of two to three years at sea, it relies on olfaction to find its original spawning site. Sockeye salmon also use magnetic fields to find their home streams. However, once the fish has entered its own stream system, olfaction is involved in finding the original spawning sites. During early development, the chemical characteristics of the home stream become imprinted on the young salmon. The chemicals arise from the substrate and vegetation of the stream and from the immediate environment—factors that give every stream a specific chemical signature. In addition, chemicals produced by other salmon may contribute to the chemical signature of a stream, since chemical production is known to vary between salmon populations. Research has shown that Coho salmon can become imprinted to specific chemicals. However, in the case of salmon, changes in the sensitivity of the olfactory receptors are important, but the increase in sensitivity to the environment-specific odour does not occur until the salmon is ready to return to its home waters, two or more years after imprinting occurred. Two hormones regulate these processes. The level of this hormone in the blood depends partly on the age of the fish and partly on environmental conditions. As a result, the timing of imprinting may vary from place to place. However, the increase in sensitivity of these cells does not occur until the salmon makes its return journey. The increased sensitivity results, at least partly, from an increase in the activity of the second-messenger system involved in the transduction of a specific chemical signal into an electrical signal. Changes may also occur in the type or number of receptor proteins involved in detection of the chemicals, but this is not known with certainty. It is probable that homing by sea turtles is dependent on imprinting of some chemical characteristics of the natal beach in the hatchling stages. Homing pigeons use olfaction as part of their navigation system, apparently depending on trace amounts of gases. However, if they have previous experience of an area, they appear able to navigate using visual and geomagnetic signals alone. It is likely that other migrant birds also use their memories of odours in navigation.

Chapter 7 : Maine Lobster: America's Aphrodisiac

Among the most intriguing aspects of ancient love was the desire to control desire—in both directions of the dial—enlisting various alleged aphrodisiacs and anti-aphrodisiacs: When it came to intimacy readiness, Greek and Roman lovers were perennially inventive.

Chapter 8 : Aphrodisiac | sexual stimulant | www.nxgvision.com

Throughout history people have been trying to solve the problem of not getting any or just not getting enough. The following are some of the all-natural historical cures for the sexy-time doldrums. If I told you that one of the most prized and well-known aphrodisiacs in the world was a combination.

Chapter 9 : The Sweet History of Chocolate - HISTORY

The aphrodisiac we consumed may or may not have anything to do with it. Are we already halfway there simply by thinking it's going to work? The answer, according to most sources, is yes.