Mind Body Medicine

Chapter 5

Introduction

- More recently Western physicians have recognized that the body and mind are interrelated expressions of who and what we are
  - Discovery of neuropeptides
    - Chemical messengers released by cells that effect other cellular activity, especially immune function
    - Possible that we can strengthen or weaken our immune function by the way we feel or think
Introduction

- Psychoneuroimmunology (PNI)
  - study of the interaction between psychological processes and the nervous and immune systems of the human body
  - Must recognize how your thoughts, beliefs, feelings, and attitude affect your well-being
  - Excessive emotion and thoughts are shown to lead to addiction, asthma, back pain, cancer, CV disease, GI distress, and obesity
  - Refer to page 102 for additional info on PNI

Background

- The concept that the mind is important in the treatment of illness is integral to the healing approaches of traditional Chinese and Ayurvedic medicine.
  - Therapies used include herbs, massage, and yoga, dating back more than 2,000 years, some 5,000 years ago
- It was also noted by Hippocrates
  - Dating back to 400 B.C.
  - Recognized the moral and spiritual aspects of healing
Background

- Developments in the Western world by the 16th and 17th centuries led to a separation of human spiritual or emotional dimensions from the physical body.
- Fixing or curing an illness became a matter of science
  - Specialization on treating organ systems

Background

- Not all physicians went in this direction
  - Samuel Hahnemann (1755-1843)
    - Founder of homeopathy
    - Noted mental and emotional states when determining homeopathic remedies
  - James Braid (1795-1860)
    - Developed trance-inducing techniques (hypnosis)
    - Used to treat a variety of medical procedures most notably anesthesia during surgery
Background

- Not all physicians went in this direction
  - Edmund Jacobsen (1888-1983)
    - Conducted studies on muscle tension in relation to disease
    - Developed Progressive Relaxation techniques
    - Regardless of the disease, 80% of his patients improved using these techniques
  - Elmer and Alice Green
    - Developed a way to measure biofeedback while doing research on migraine sufferers
    - Published effects of Swami Rama during meditative states

Background

- Not all physicians went in this direction
  - Candace Pert (1946-present)
    - Discovered the existence of opiate receptors
    - Quantified that endorphin and other neuropeptides are found throughout the body
    - Emotions are directly tied to the action of these chemicals and receptors in the body
    - Help substantiate earlier discoveries of the min-body connection
  - Today, principles of mind-body medicine are incorporated in the programs of many major hospitals and universities
Background

- Not all physicians went in this direction
  - Walter Cannon (1920’s)
    - revealed the direct relationship between stress and neuroendocrine responses in animals
  - Hans Selye
    - defined the deleterious effects of stress and distress on health
  - Today, principles of mind-body medicine are incorporated in the programs of many major hospitals and universities