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Тезис

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Терапевтические практики: психонейроиммунология

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Evaluation of therapeutic approaches: psychoneuroimmunology

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Психонейроиммунология - новая наука, возникшая за последнее десятилетие, - изучает влияние психологических факторов и функционального состояния мозга на иммунную систему. В работе рассматриваются факторы, изменяющие иммунный ответ организма и способствующие процессу реконвалесценции.

Psychoneuroimmunology is a relatively recent branch of science that studies the interaction between the psychological processes and the nervous and immune systems of the human body. The object of the study is an influence of mental state of a patient on diseases and healing.

Interest in the relation between psychiatric syndromes or symptoms and immune function has been a consistent theme since the beginning of modern medicine. The term *psychoneuroimmunology* (PNI) was introduced by Robert Ader, a researcher in the Department of Psychiatry at the University of Rochester Medical Center in New York. In the 1970s Ader and other researchers found out how experience such as stress and anxiety could affect human immune system.

The experiments were held on laboratory rats, which showed that environmental factors could impact the immune system. Therefore the field of PNI began to develop and a lot of studies explored various interactions between the immune system and other mental and physical processes.

It has been determined that such conditions as heart disease, osteoporosis and arthritis are related to stress and negative emotions. Fewer studies have been aimed at showing the benefits of happiness or positive emotions on health and favourable outcome of a disease.

The report contains the information concerning the placebo effect as a significant aspect of healing. The actual incidence of the placebo effect is difficult to measure, but it is believed that one-third of all patients will improve on a placebo.

More than a particular therapy, PNI is a field of research. PNI has explored the benefits of many nontraditional or holistic approaches to healing. These include psychotherapy and counseling for people with cancer and relaxation therapies to reduce stress. It is possible that PNI studies will lead to the discovery of new ways to enhance the immune system. On the basis of the findings the survey shows that PNI has proved the effect of the mind on disease and healing.

Key words

Psychoneuroimmunology (PNI), immune system, placebo