

Gedanken, Emotionen und Immunität: Gibt es eine Beziehung?

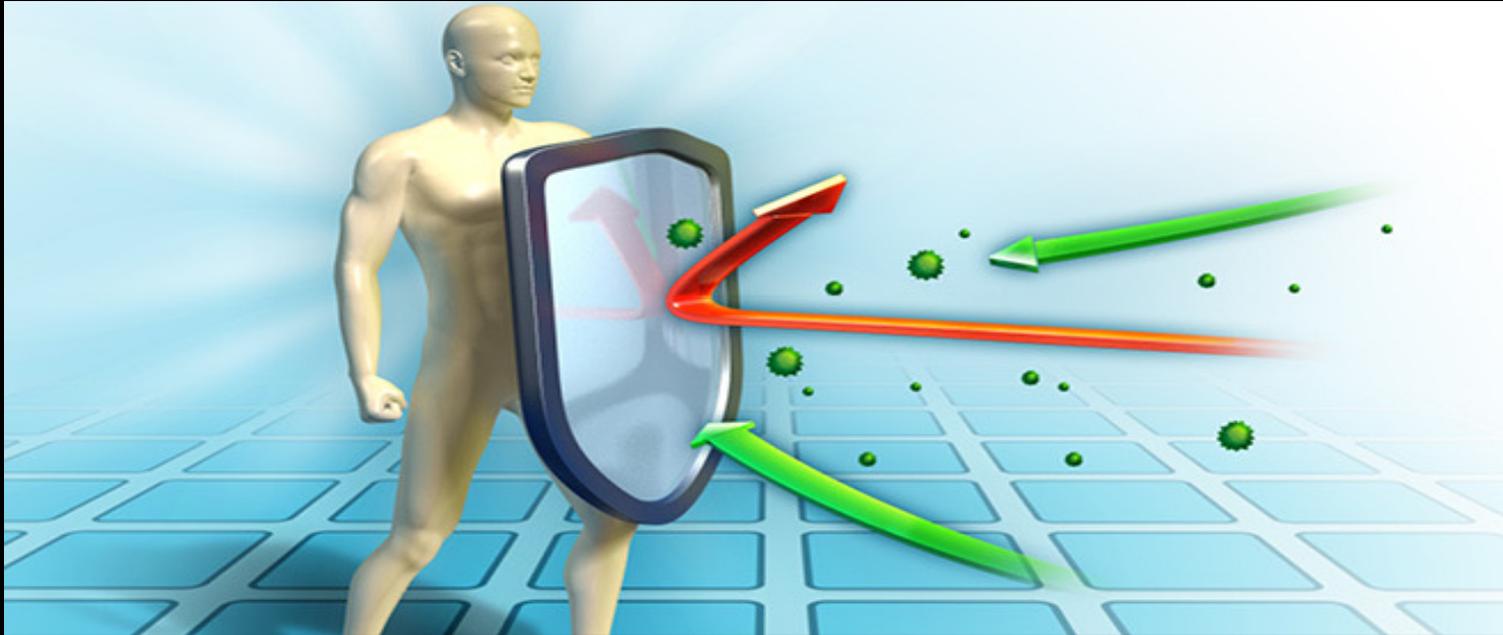


Wien, Oktober 2024

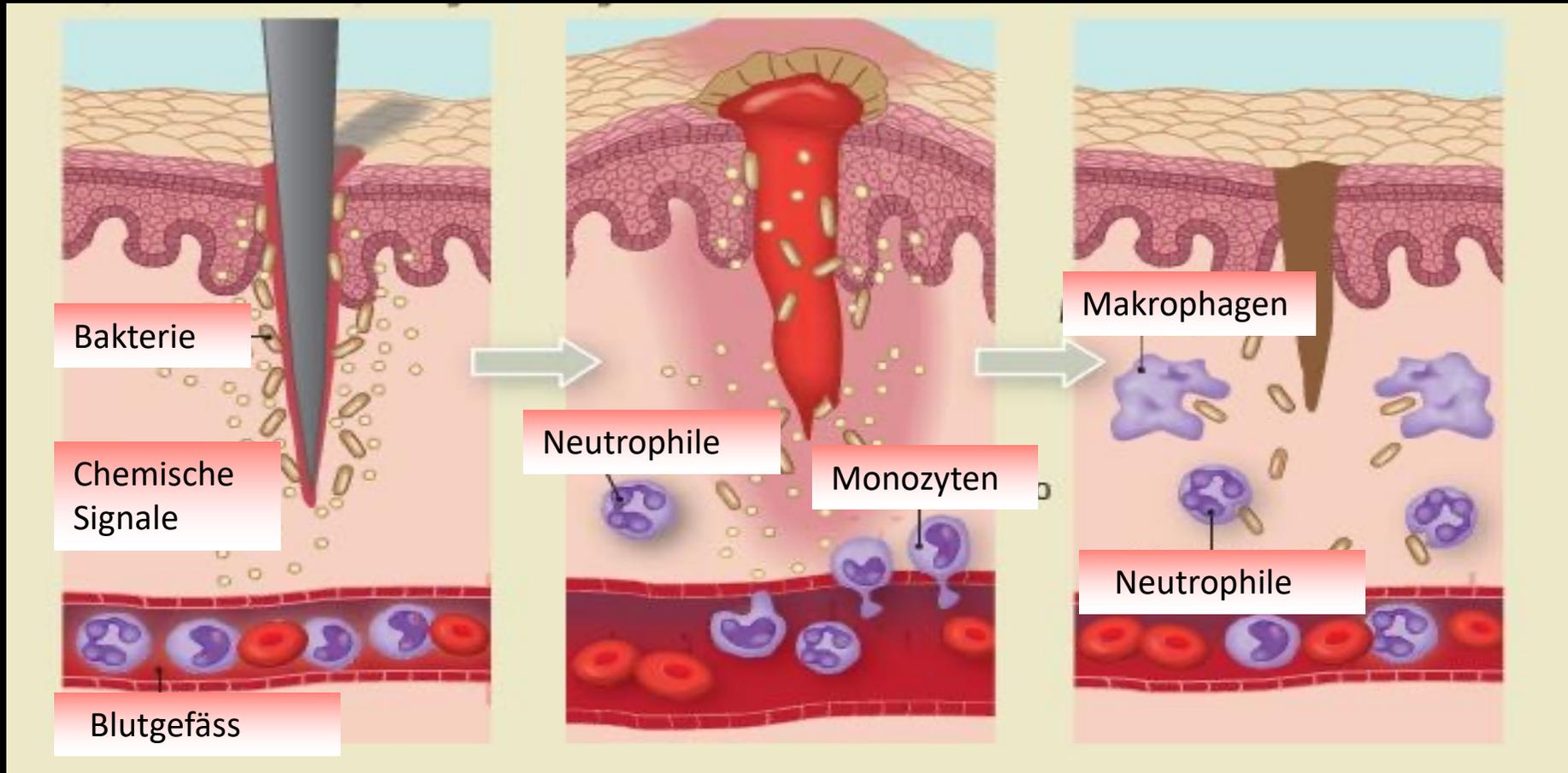
Vicente Pessoa

Medizinische-spiritistische Vereinigung
von Goiania

Welche sind die Funktionen des Immunsystems?









Lymphozyten

Dendritische Zelle

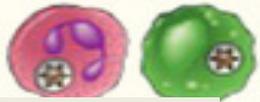
Mikroorganismus



angeborenes Immunsystem



Barriere Epithel



Phagozyten



Dendritische Zelle



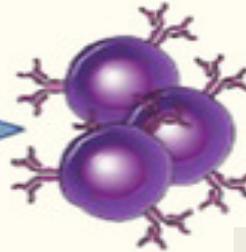
Ergänzung



NK-Zellen

adaptives Immunsystem

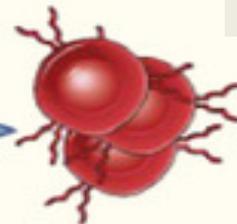
Lymphozyten B



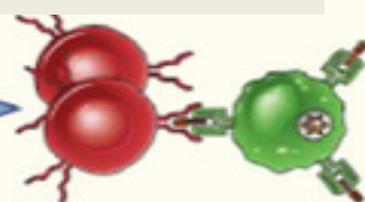
Antikörper

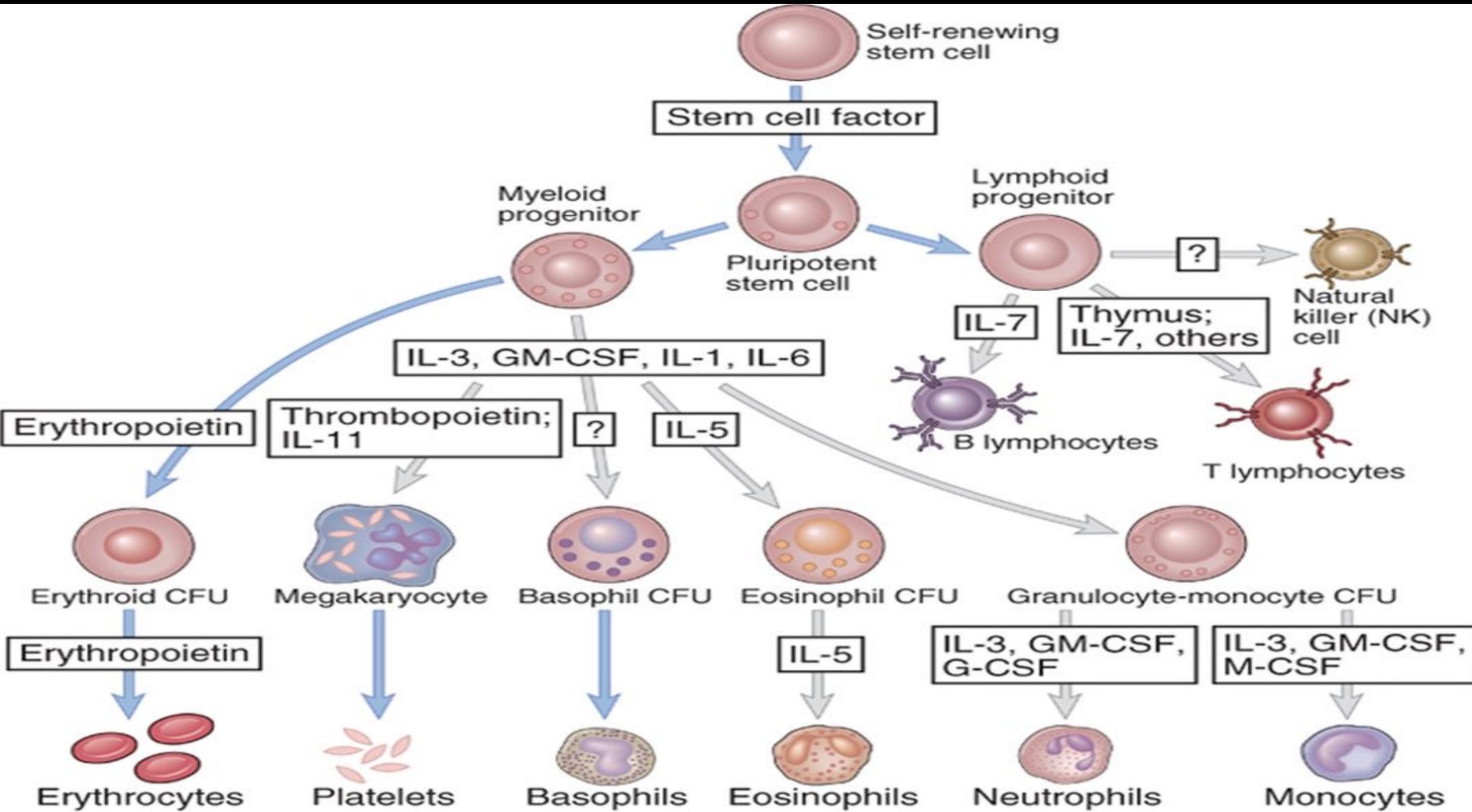


Lymphozyten T

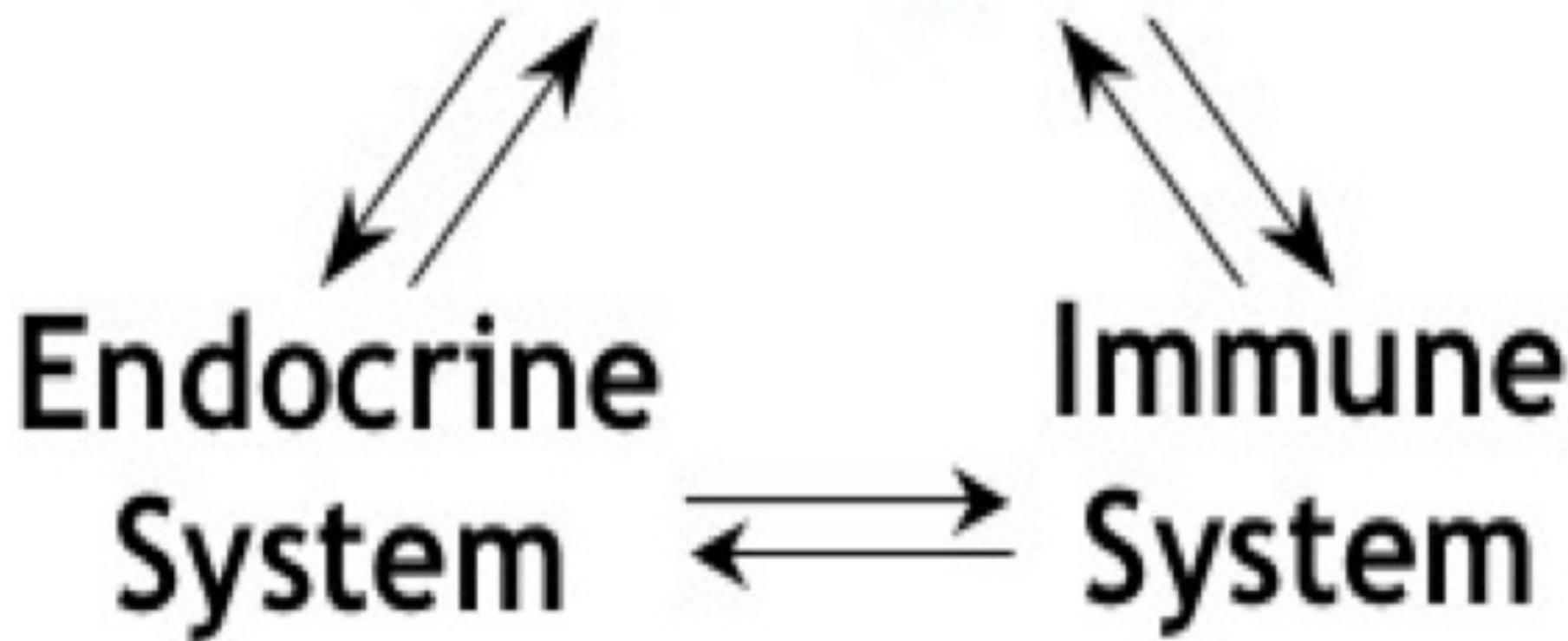


Effektorzellen T





Nervous System



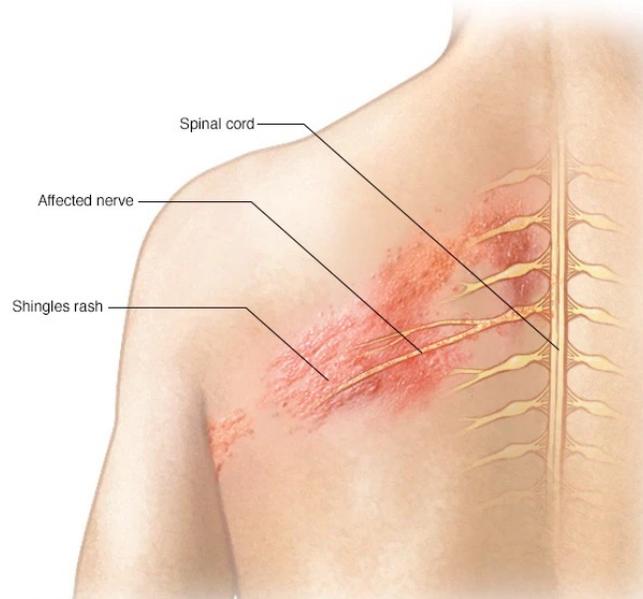
Nervensysteme





Emotionale Verletzungen

Herpes-Zóster (Shingles)

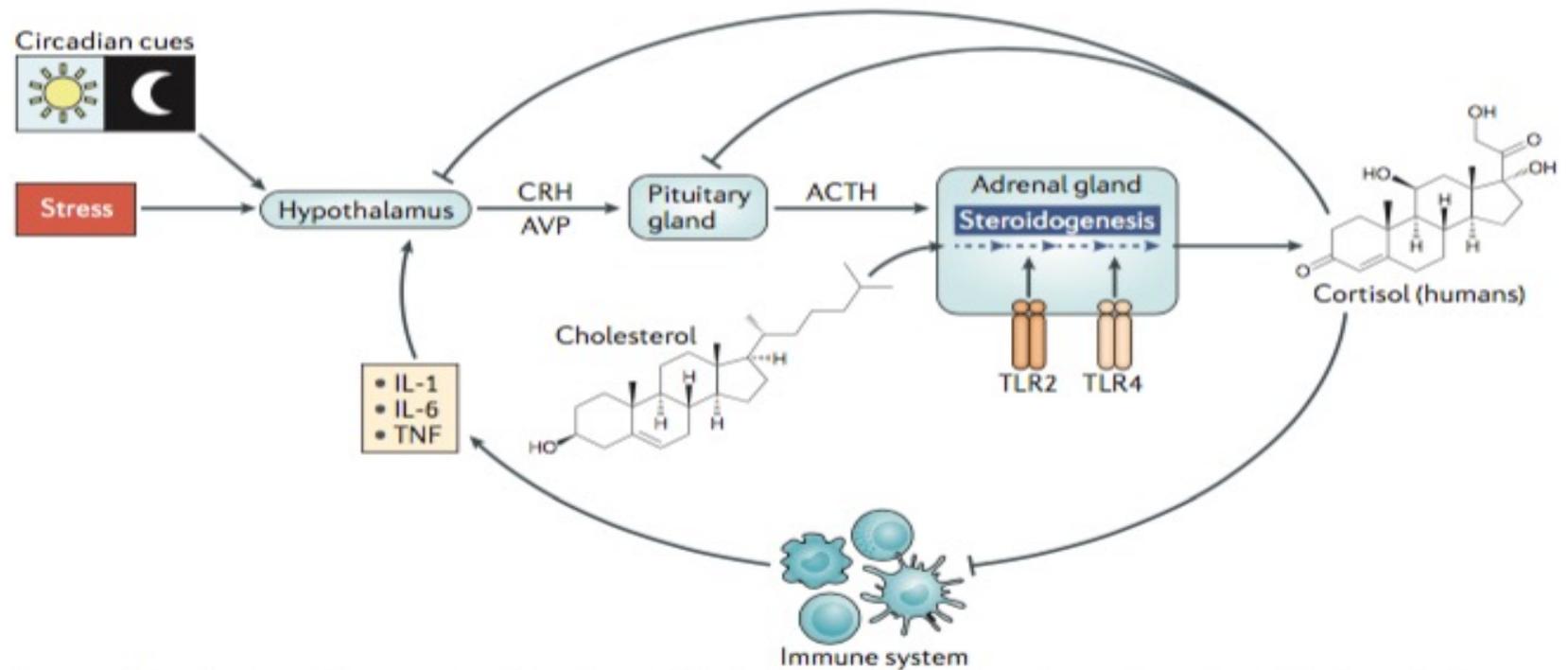


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Herpes-simplex



REVIEWS



- * Antigenpräsentation
- * Lymphozyten-Differenzierung

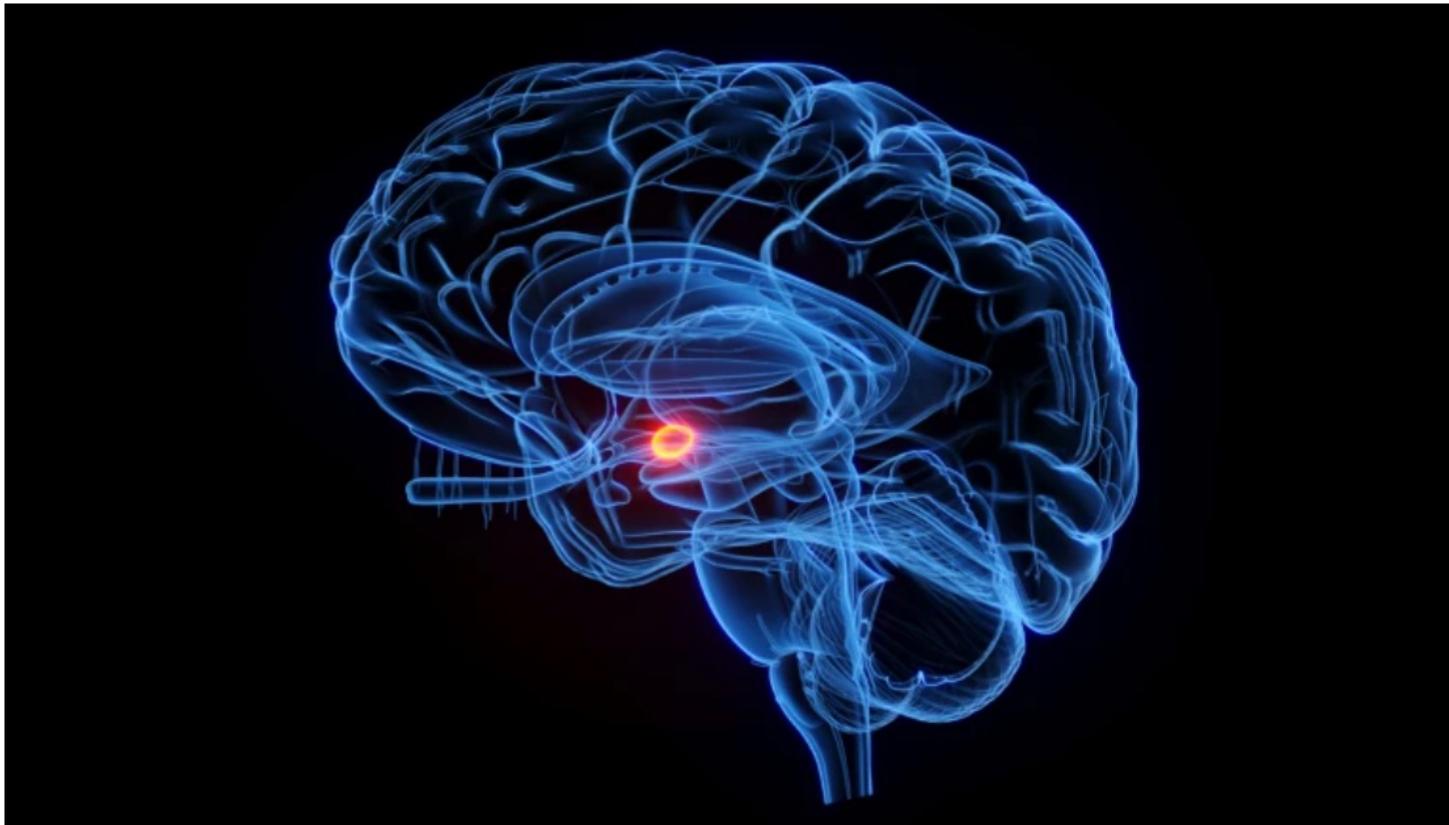
Immune regulation by glucocorticoids. Nature Reviews, vol 17, 2017e

NEWS | 08 August 2024

nature

How the stressed-out brain can weaken the immune system

Stress leads to disarray of the gut microbiome, which in turn causes inflammation and a drop in the body's ability to fend off infection.



The vagus nerve connects the brain region called the amygdala (red; artist's illustration) to nerves for the Brunner's glands in the gut. Credit: Sebastian Kaulitzki/Science Photo Library

- 80 trauernde Ehepaare oder Eltern x 80 nichttrauenden Personen.
- 2 Wochen (akut), und 6 Monaten (chronisch)
- Entzündungsfördernder und thrombotischer Zustand



Buuckley T, Morel-Kopp MC, Ward C, Bartrop R, McKinley S, Mihailidou AS, et al. Inflammatory and thrombotic changes in early bereavement: a prospective evaluation. Eur J Prevent Cardiol 2012;19:1145–52.

260 Verlust von nahen Verwandten gegenüber 269 ohne Verlust
vor 5 oder 63 Monate vorher

- 34 bis 84 Jahre

- IL-6 und sE-Selektin



Cohen M, Granger S, Fuller-Thomson E. The association between bereavement and biomarkers of inflammation. Behav Med 2013.



- **Absolute und prozentuale Zunahme der Lymphozyten CD4 Helpers und zytotoxische CD8**

- **Super-aktivierte zelluläre Immunität**

Bielas H, Jud A, Lips U, Reichenbach J, Landolt MA. Increased number of activated T cells in lymphocyte subsets of maltreated children: data from a pilot study. J Psychosom Res 2012;73:313–8



Available online at www.sciencedirect.com



Autoimmunity Reviews 5 (2006) 523–527

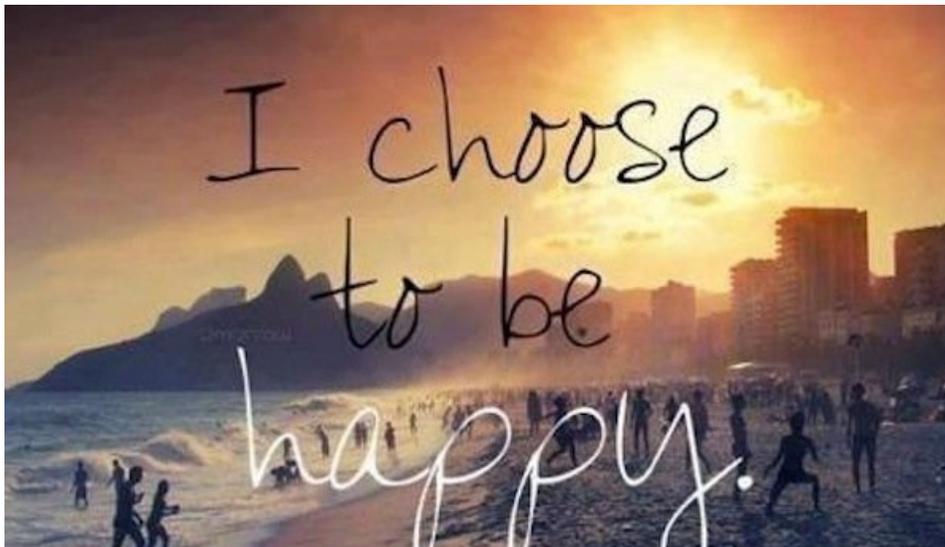


The immune system and happiness

Yoram Barak *

*Psychogeriatric Department, Abarbanel Mental Health Center, Bat-Yam and the Sackler School of Medicine,
Tel-Aviv University, 15 KKL Street, Bat-Yam, Israel*

Available online 21 March 2006



Take-home messages

- Happiness and other positive emotions have been studied in the psychological domain with little data as to its physiology and immune interaction.
- Emotions are intimately involved in the initiation or progression of cancer, HIV, cardiovascular disease, and autoimmune disorders.
- Existing data supports the hypothesis that individuals characterized by a more negative affective style poorly recruit their immune response and may be at risk for illness more so than those with a positive affective style.
- Eudaimonic well-being, addressing ideas of self-development, personal growth and purposeful engagement is associated with immune biomarkers reflecting a more stable system configuration.

Review

Therapeutic Benefits of Laughter in Mental Health: A Theoretical Review

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In modern society, fierce competition and socioeconomic interaction stress the quality of life, causing a negative influence on a person's mental health. Laughter is a positive sensation, and seems to be a useful and healthy way to overcome stress. Laughter therapy is a kind of cognitive-behavioral therapies that could make physical, psychological, and social relationships healthy, ultimately improving the quality of life. Laughter therapy, as a non-pharmacological, alternative treatment, has a positive effect on the mental health and the immune system. In addition, laughter therapy does not require specialized preparations, such as suitable facilities and equipment, and it is easily accessible and acceptable. For these reasons, the medical community has taken notice and attempted to include laughter therapy to more traditional therapies. Decreasing stress-making hormones found in the blood, laughter can mitigate the effects of stress. Laughter decreases serum levels of cortisol, epinephrine, growth hormone, and 3,4-dihydrophenylacetic acid (a major dopamine catabolite), indicating a reversal of the stress response. Depression is a disease, where neurotransmitters in the brain, such as norepinephrine, dopamine, and serotonin, are reduced, and there is something wrong in the mood control circuit of the brain. Laughter can alter dopamine and serotonin activity. Furthermore, endorphins secreted by laughter can help when people are uncomfortable or in a depressed mood. Laughter therapy is a noninvasive and non-pharmacological alternative treatment for stress and depression, representative cases that have a negative influence on mental health. In conclusion, laughter therapy is effective and scientifically supported as a single or adjuvant therapy.

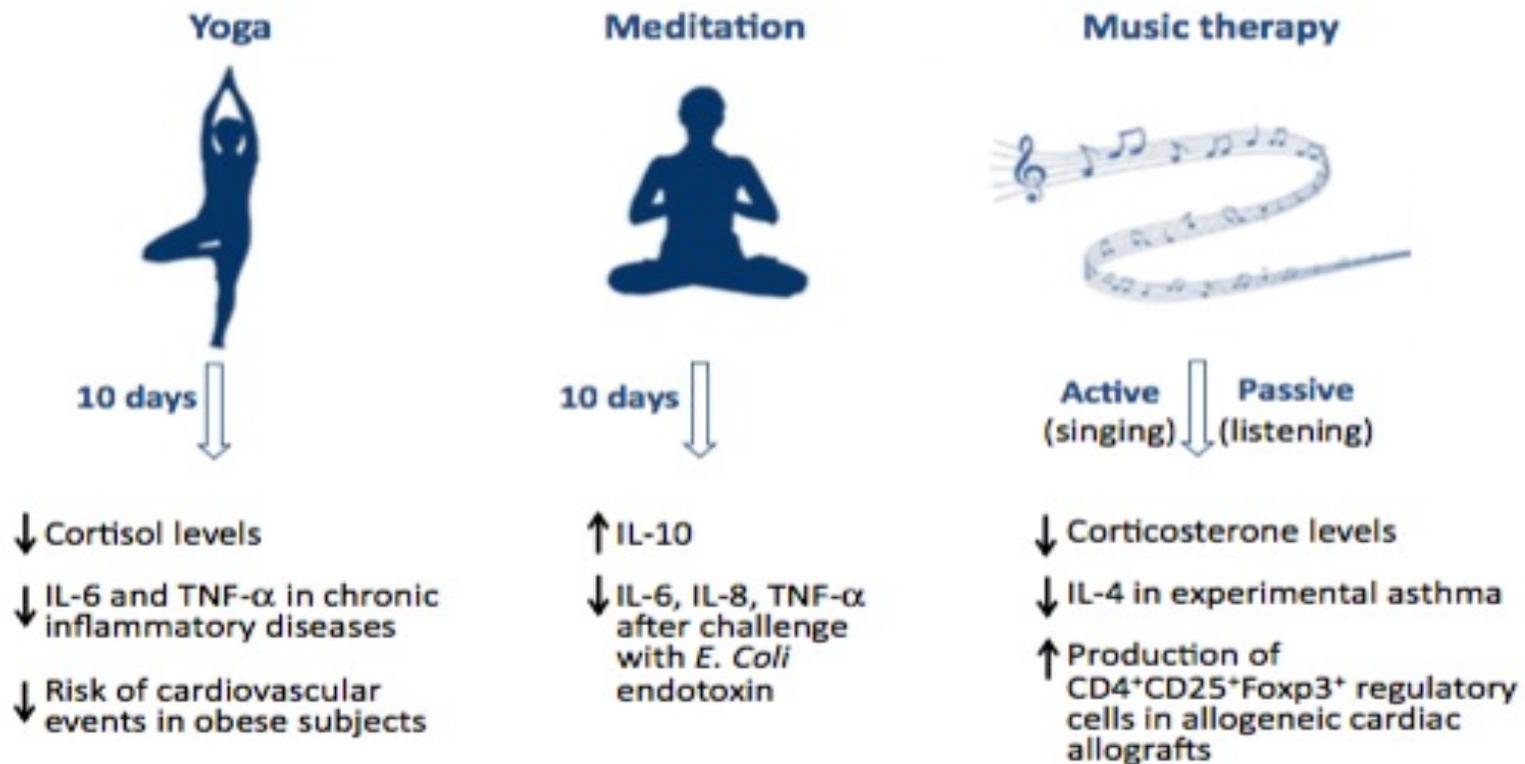
Keywords: alternative treatment; depression; laughter; mental health; stress

Tohoku J. Exp. Med., 2016 July, 239 (3), 243-249. © 2016 Tohoku University Medical Press

Table 2. Physiological and psychological effects of laughter.

Physiological outcomes	Psychological outcomes
<ul style="list-style-type: none"> Exercises and relaxes muscles Improves respiration Stimulates circulation Decreases stress hormones Increases the immune system's defenses Elevates pain threshold and tolerance Enhances mental functioning 	<ul style="list-style-type: none"> Reduces stress, anxiety, and tension, and counteracts symptoms of depression Elevates mood, self-esteem, hope, energy, and vigor Enhances memory and creative thinking Improves interpersonal interaction Increases friendliness and helpfulness Promotes psychological well-being Improves quality of life and patient care Intensifies mirth and is contagious

One non-medical method of stress reduction is laughing and being in pleasant environments. Laughter is a positive sensation, and seems to be a useful and healthy way to overcome stress. Decreasing stress-making hormones found in the blood, laughter can mitigate the effects of stress (Farifteh et al. 2014). A popular theory for understanding laughter includes its evolution as a relief of nervous energy, potentially making it an ideal antidote for stressful situations. This is supported by the empiric observation that laughter decreases serum levels of cortisol, epinephrine, growth hormone, and 3,4-dihydrophenylacetic acid (a major dopamine catabolite), indicating a reversal of the stress response (Berk et al. 1989a). In a previous study, 33 subjects viewed a humorous video and, subsequently, stress level and immune function (natural killer cell activity) were recorded. As a result, stress level decreased and immune function increased in the experimental group compared with the control group (Bennett et al. 2003).



Relaxation Response

Smile! It is in your blood. Biochemical Pharmacology 91 (2014) 287–292

Mozart, Music and Medicine

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Magdalena Kostkiewics^c

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One of the early indications of the relationship between the immune system and music has been found in a single trial experiment by Bittman et al. [54], who provided evidence that group drumming increased NK cell activity, lymphokine-activated killer cell activity and the dehydroepiandrosterone-to-cortisol ratio in normal subjects. Likewise, Koyama et al. [55] found that recreational music making modulates immunological responses in adults demarcated at the age of 65 years. Significant increases in the number of lymphocytes, T cells, CD4+ T cells and memory T cells as well as in the production of IFN- γ and IL-6 were observed. Contrary to what is expected with stress, increases in Th1 cytokine IFN- γ and unchanged Th2 cytokine IL-4 and IL-10 levels were noted. Similar results were obtained by Wachi et al. [56], who



Sir William Osler (1849-1919)

Osler W. **Der Glaube, der heilt.**

Br Med J 1910;1(2581):1470-2.



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THE FAITH THAT HEALS.
BY
WILLIAM OSLER, M.D. F.R.S.,
REGIUS PROFESSOR OF MEDICINE, OXFORD UNIVERSITY.

Nothing in life is more wonderful than faith—the one great moving force which we can neither weigh in the balance nor test in the crucible. Intangible as the ether, ineluctable as gravitation, the radium of the moral and mental spheres, mysterious, undefinable, known only by its effects, faith pours out an unending stream of energy while abating not jot nor tittle of its potency. Well indeed did St. Paul break out into the well-known glorious panegyric, but even this scarcely does justice to the Hertha of the psychical world, distributing force as from a great storage battery, without money and without price to the children of men.

Three of its relations concern us here. The most active manifestations are in the countless affiliations which man in his evolution has worked out with the unseen, with the invisible powers, whether of light or of darkness, to which from time immemorial he has erected altars and shrines. To each one of the religions, past or present, faith has been the Jacob's ladder. Creeds pass; an inexhaustible supply of faith remains, with which man proceeds to rebuild temples, churches, chapels, and shrines. As Swinburne says in that wonderful poem, *The Altar of Righteousness*:

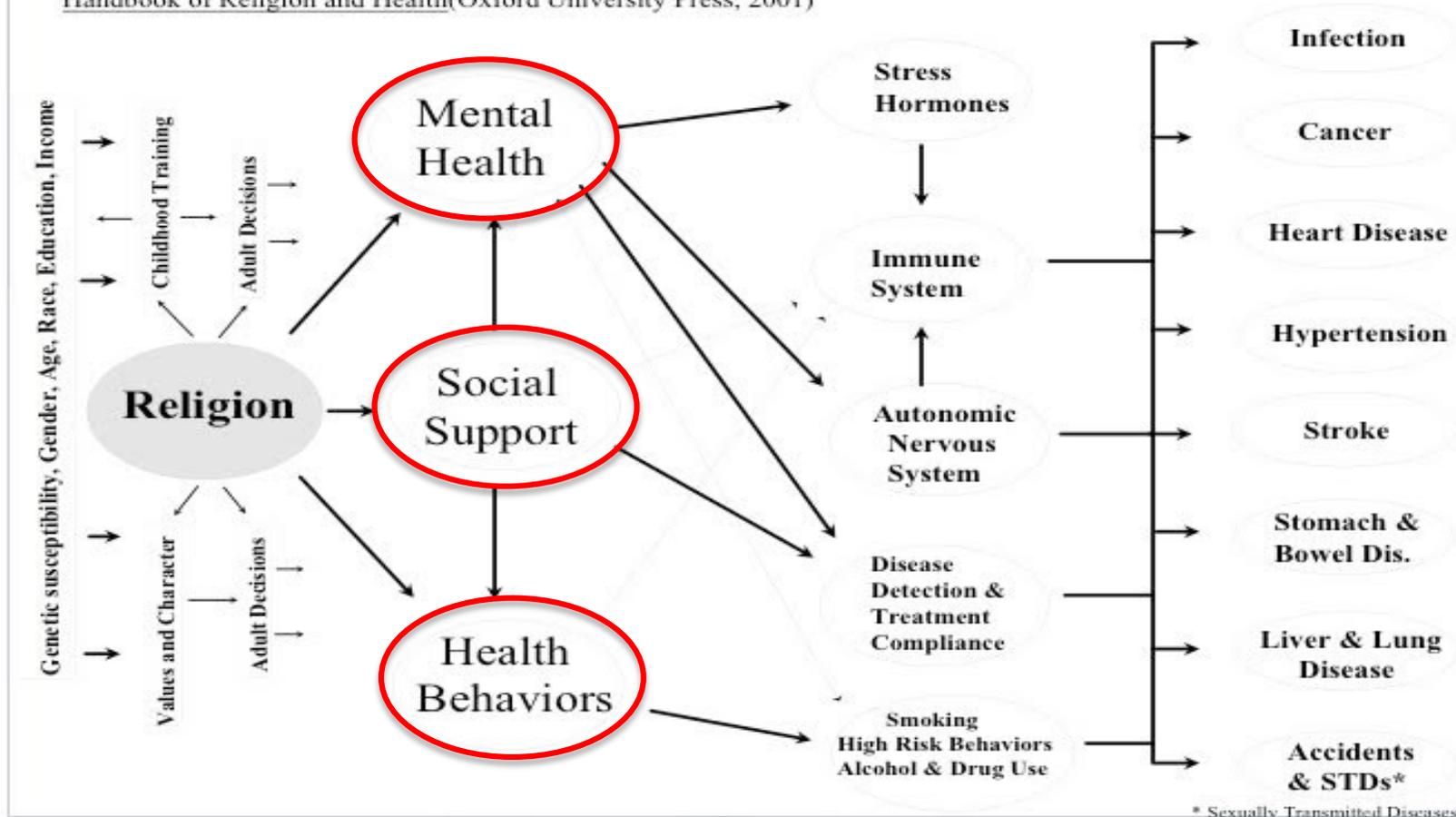
God by God flits past in thunder, till his glories turn to shades:
God to God bears wondering witness how his gospel flames and fades.
More was each of these, while yet they were, than man their servant seemed:
Dead are all of these, and man survives who made them while he dreamed.

And all this has been done by faith, and faith alone. Christendom lives on it, and countless thousands are happy in the possession of that most touching of all confessions, "Lord! I believe; help Thou my unbelief." But, with its Greek infection, the Western mind is a poor transmitter of faith, the apotheosis of which must be sought in the religions of the East. The Nemesis of faith is that neither in its intensity nor in its effects does man find any warrant of the worthiness of the object on which it is lavished—the followers of Joe Smith, the Mormon, are as earnest and believing as are those of Confucius!

and

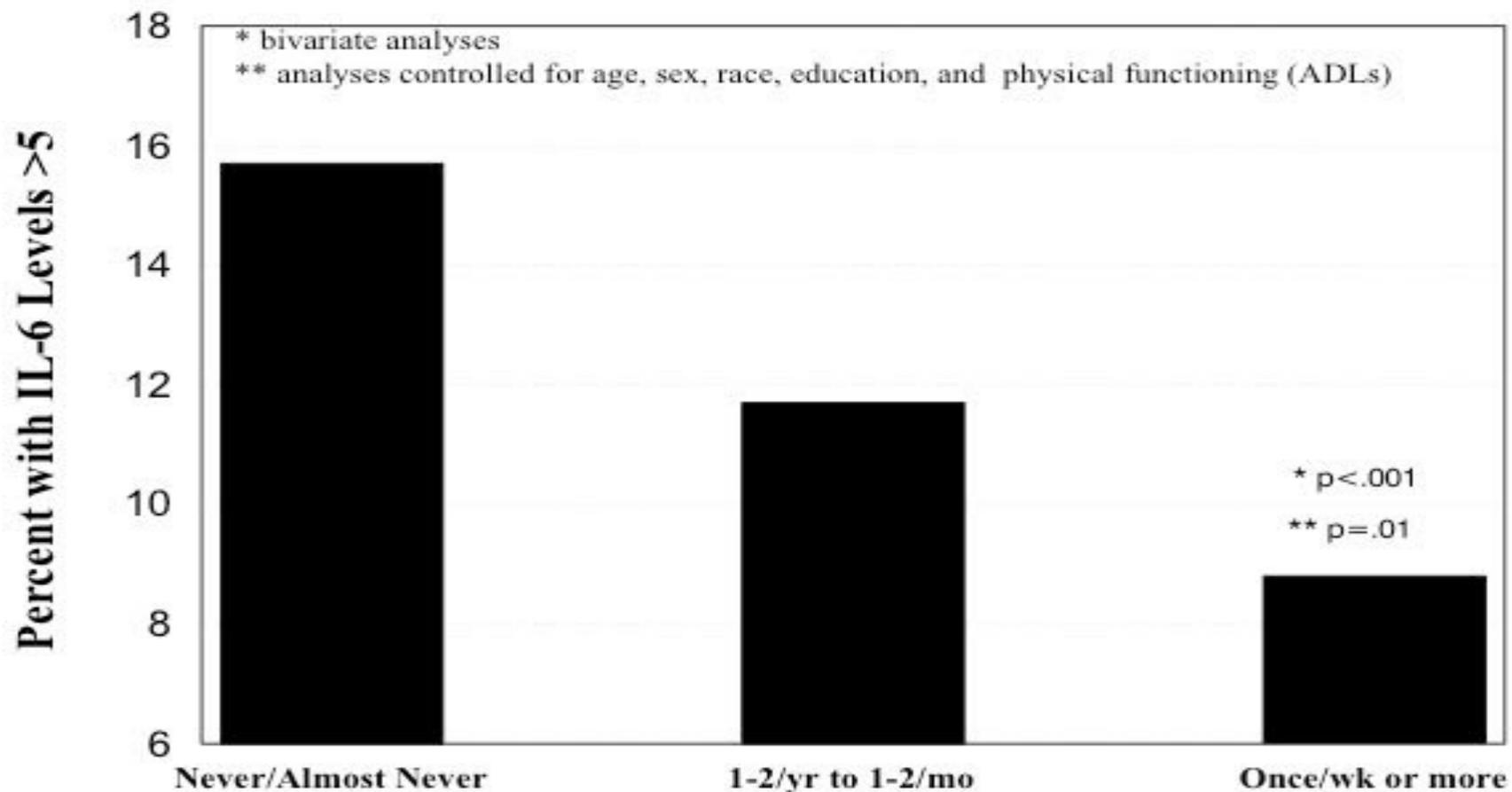
Model of Religion's Effects on Health

Handbook of Religion and Health(Oxford University Press, 2001)



Serum IL-6 and Attendance at Religious Services

(1675 persons age 65 or over living in North Carolina, USA)



Frequency of Attendance at Religious Services

Citation: International Journal of Psychiatry in Medicine 1997; 27:233-250

Risk and protective factors for meningococcal disease in adolescents: matched cohort study

Joanna Tully, Russell M Viner, Pietro G Coen, James M Stuart, Maria Zambon, Catherine Peckham, Clare Booth, Nigel Klein, Ed Kaczmarski, Robert Booy

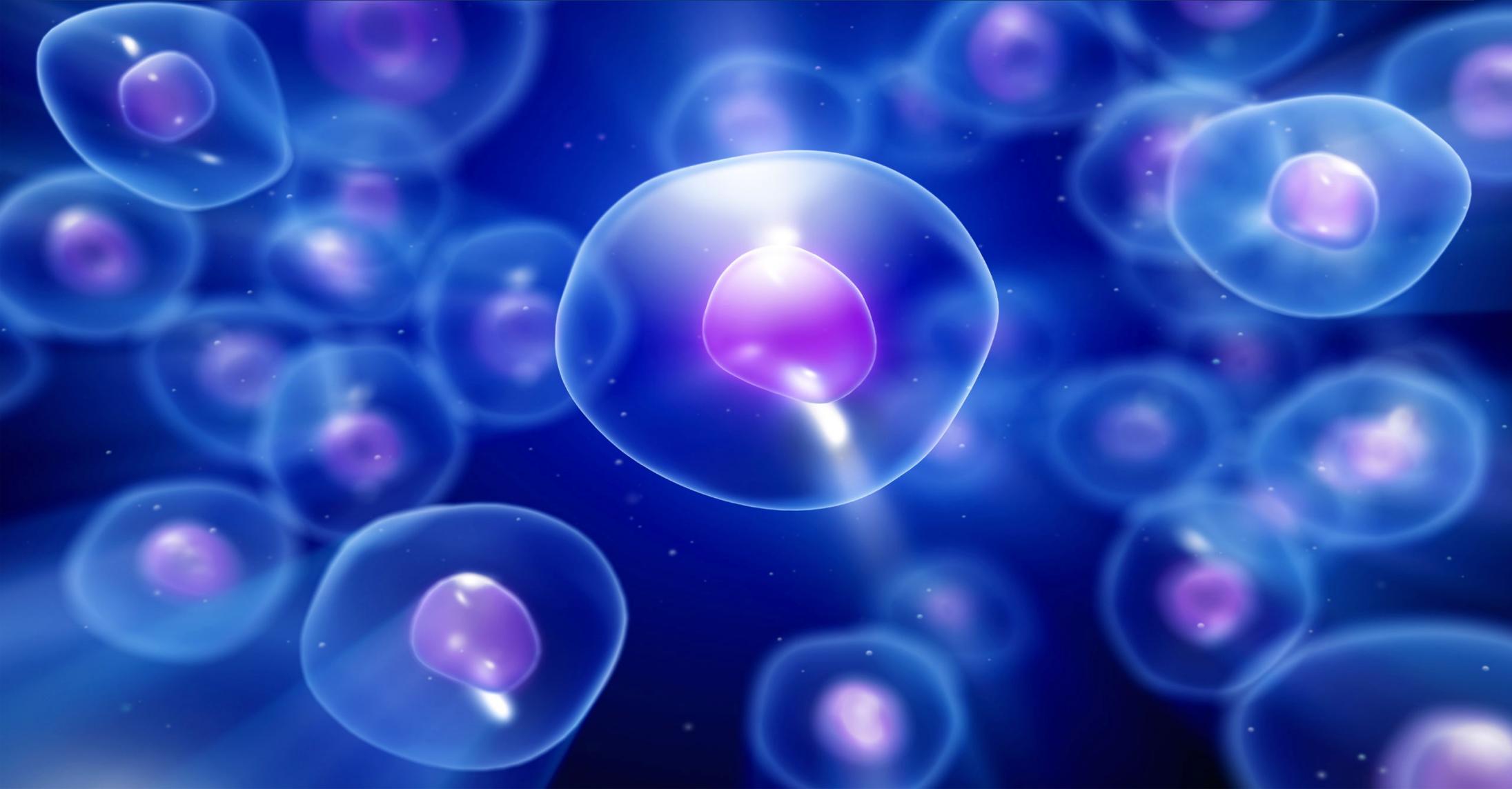
Table 4 Multivariate analysis of risk factors for meningococcal disease

Exposures	Matched odds ratio (95% CI)		P value
Vaccinated against serogroup C meningococci	0.12	(0.04 to 0.37)	<0.001
Multiple intimate kissing contacts*	3.7	(1.7 to 8.1)	0.001
Attended one or more religious ceremonies*	0.10	(0.02 to 0.58)	0.01
Preceding illness*	2.9	(1.4 to 5.9)	0.003
Born at less than 37 completed weeks of pregnancy	3.7	(1.0 to 13.5)	0.05
Occupational status (odds ratio relative to being employed)			
University student	3.4	(1.2 to 10.0)	0.03
School student	3.3	(0.8 to 13.4)	0.1

Odds ratio adjusted for all other factors shown and controlled for parental car or home ownership and meningococcal disease season. Data for all variables available in 130 pairs. Excluding the gestation variable did not confound odds ratio estimates and model then included 136 pairs.

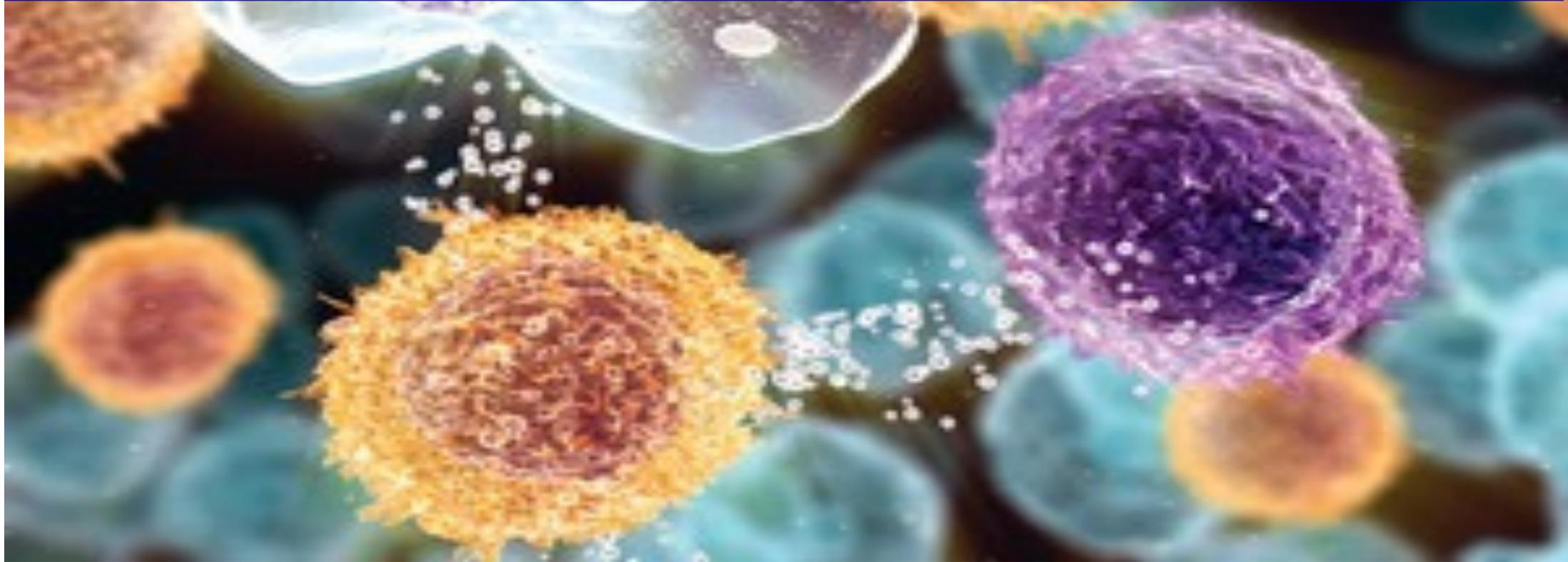
*In the fortnight period before illness (cases) or interview (controls).

Winzige Tiere, die sich als domestiziert erweisen
(André Luiz, Evolution in zwei Welten, Kapitel V)



“...die Zellen, wenn sie an die organische Umgebung angepasst sind, zeigen das natürliche Verhalten des Arbeiters, der unter den Befehlen der Intelligenz zum Dienst aufgeboten wird und unter dem geistigen Einfluss, der ihren Zusammenhalt aufrechterhält, miteinander kommuniziert...”

(André Luiz, Evolution in zwei Welten, Kapitel V)



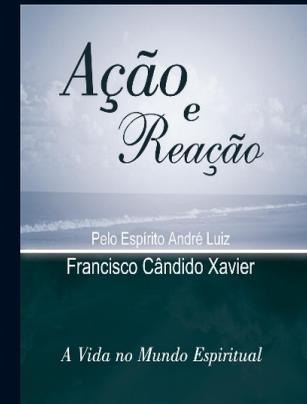


Das **Denken** ist die Kraft, die, richtig ausgerichtet, im Sinne der Gewährleistung des Niveaus der zellulären Einheiten im physiologischen Bereich, **ihre Wanderung erleichtert oder ihre Mobilität für bestimmte Erhaltungs- oder Verteidigungseffekte beschleunigt**, sei es bei der Improvisation **von kämpferischen und immunologischen** Elementen oder bei der Wiederlegung pathogener Prozesse durch die Intervention des tiefen Bewusstseins.

Wenn es möglich ist, den menschlichen Geist zu bestimmten Zwecken zu hypnotisieren, dann ist es noch einfacher, **korpuskuläre Gebilde zu bestimmten Zwecken** bei der Anpassung von Zellen zu magnetisieren.

(Mechanismen der Medialität, Kap. XXII)

GEBIETE, DIE DEN AUSBRUCH BESTIMMTER KRANKHEITEN BEGÜNSTIGEN, WAS IST DAS?

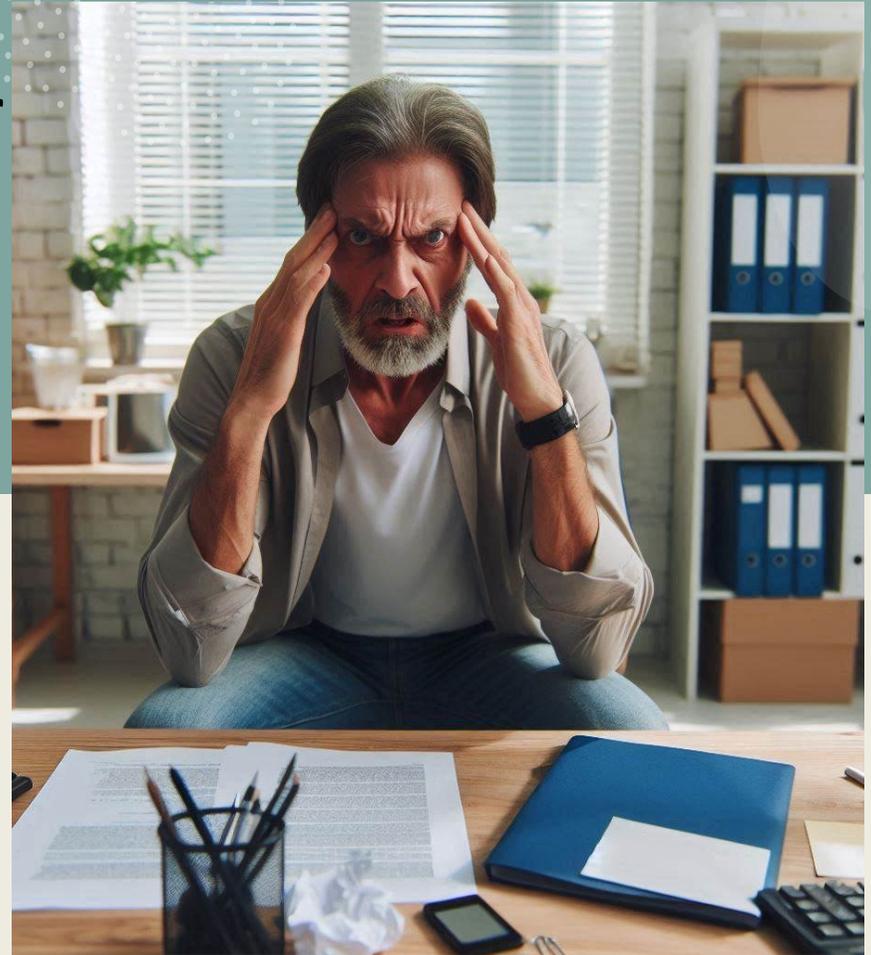


-die Seele taucht im physischen Apparat wieder auf und trägt ihre eigenen Fehler^{fb} mit sich, die sich im fleischlichen Gewand widerspiegeln, wie günstige Zonen für den Ausbruch bestimmter Krankheiten, die ein günstiges Feld für die Entwicklung zahlloser Viren, Bazillen und Bakterien bieten, die in der Lage sind, sie zu den schwersten Leiden zu führen, je nach den Schulden, die sie gemacht hat“...

(André Luiz, Aktion und Reaktion, Kapitel 19)

Gedanken und Leben – Emmanuel/Chico Xavier Kap. 15 - Gesundheit

Wut und Verzweiflung, Grausamkeit und Maßlosigkeit schaffen im organischen Kosmos krankhafte Zonen besonderer Art , die den Zellen eine Dystonie aufzwingen , die fast alle Abwehrkräfte außer Kraft setzt und einen fruchtbaren Nährboden für pathogene Mikroben in den Organen eröffnet , die sich am wenigsten wehren können.



Gedanken und Leben – Emmanuel/Chico Xavier Kap. 14 – Der Körper

Die einfache und unermüdliche Praxis des Guten kann den Lauf des Schicksals ändern, da klares und richtiges Denken mit aufbauendem Handeln sowohl in die zellulären Funktionen als auch in die menschlichen Ereignisse eingreift und durch unsere verbesserte und edlere Haltung Hilfe, Licht und Unterstützung zu unseren Gunsten anzieht, gemäß dem Gesetz der Hilfe.



DER KRANKE UND DIE HEILUNG



- "... aber es trägt auch die Fähigkeit in sich, in seinem eigenen organischen Kosmos alle Arten von Antikörpern zu schaffen, die es gegen die Forderungen des Fleisches immunisieren, Fähigkeiten, die es durch das Gebet, durch Verbesserungsmethoden, die ihm liegen, durch geistigen Widerstand oder durch den Dienst am Nächsten, mit dem es wertvolle Ressourcen zu seinen Gunsten anzieht, beträchtlich erweitern kann. Wir dürfen nicht vergessen, dass das Gute das wahre Gegenmittel zum Bösen ist."

(André Luiz, Aktion und Reaktion, Kapitel 19)

“„Die Unterstützung für die anderen schafft Unterstützung für uns selbst, weshalb die Prinzipien Jesu, die Tierhaftigkeit und Stolz, Eitelkeit und Gier, Grausamkeit und Geiz von uns zu verbannen und uns zu Einfachheit und Demut, grenzenloser Brüderlichkeit und bedingungsloser Vergebung ermahnen, wenn sie befolgt werden, **eine perfekte Immunologie in unserem inneren Leben, die die Kraft des Geistes zur Selbstverteidigung gegen alle zerstörerischen und erniedrigenden Elemente**, die uns umgeben, **stärkt** und uns die für die Entwicklung zu Gott unerlässlichen Möglichkeiten aufzeigt.“

André Luiz, Evolution in zwei Welten, Kapitel 20, Teil 2

Gedanken, Emotionen und Immunität: Gibt es eine Beziehung?





VIELEN DANK!