

2. Bölüm



HİPNOZ VE GENETİK

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Hipnoz, belirli koşullarda insanları iyileştirmeye yardımcı olabilecek fizyolojik bir süreçtir. Son bilimsel araştırmalar artık hipnozun nasıl çalıştığını ve kimler için tedavi stratejisinin bir parçası olup olmayabileceğini araştırmakta ve bunun için genetik araştırmalara, nörohumoral cevaplara ve ileri radyolojik görüntülemelere başvurmaktadır.

DNA, nesilden nesile aktardığımız değişmez genetik kodumuzu içerir. Bu değişmez DNA'dan vücudumuz RNA şeklinde bir kopya çıkarır ve RNA molekülü, sistemimizde belirli bir rolü yerine getiren özel proteinler olan hormonları, nörotransmitterleri ve çok özel bilgileri içeren proteinleri üretir. Fenotipimizi belirleyen genotipimiz hastalık ve tedaviye yanıtlarımızdaki bireysel değişkenliğin temel nedenidir. 2007 yılından bu yana yapılan genetik çalışmalarda, psikiyatrik bozukluklar için çok sayıda kanıtlanmış ve tekrarlanabilir bilgilere ulaşılmıştır. Bu ilerlemeler çoğunlukla genom çapı ilişkisi ve yapısal varyasyon çalışmaları yoluyla olmuştur. Hipnoz olma yatkınlığı da bu bireysel genetik farklılıktan kaynaklanmakta, baskın gen alelleri ile kontrol edilmektedir.

Yapılan klinik ve deneysel çalışmalarda genetik yapının bilinmesinin hipnozla tedaviye katkı sağlayacağı bilgisinin yanında hipnozla gen ifade-

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