

7.

Bölüm



ANESTEZİ VE HİPNOZ

Asiye DEMİREL¹
Şeyda Efsun ÖZGÜNAY²

HİPNOZUN TARİHÇESİ

Modern hipnoterapinin temellerini atan ve birçok ünlü isme ilham veren Dr. Franz Anton Mesmer 18. ve 19. Yüzyıl'da Batı'da hipnozu iyileşmeye yönelik kullanan ilk kişidir. Mesmer'in farkında olmadan kullandığı şey modern hipnoterapide beş duyumuzla algılayıp tepki verdiğimiz fikirler olarak tanımlanan telkin kavramıydı(1). Mesmer vücudumuzda manetik bir sıvı akışı olduğuna inanıp bu sıvının akışının kişiye iyileştirici etkisi olduğunu savunmuştur(2). *Eter henüz bir anestezi aracı olarak kullanılmaya başlanmadan önce (19.yy.sonları) Dr. James Esdaile Hindistan'da "Mesmerizm" adı altında insanlara telkin vererek ağrısız ve enfeksiyonsuz yüzlerce cerrahi operasyon yapmıştır(1).* Kloroform ve eterin 1848 yılında Hindistan'da tıbbı girişi ile Esdaile'in etkisini azalttı ama yine de hipnoz hem tek başına hem de eter ve kloroformla birlikte kullanılmaya devam etti. 1906'da Magaw, Mayo Klinik'te hipnoz ve anestezi kombinasyonu ile tamamlanan 14.000 ameliyat bildirmiştir(3). 1955 yılında İngiliz Tıp Birliği Cerrahi ve dış operasyonlarında anestezi ve analjezi oluşturmak için

¹ Uzm. Dr., SBÜ Bursa Yüksek İhtisas EAH, Anesteziyoloji ve Reanimasyon, dr.asiyedemirel@hotmail.com

² Doç. Dr., SBÜ Bursa Yüksek İhtisas EAH, Anesteziyoloji ve Reanimasyon, seyda-efsun@hotmail.com



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