

Stres, Anksiyete ve Depresyonda Nöroimmün Dengesizlik ve Yin-Yang Dinamikleri

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Özet

Psikonöroimmünoloji (PNI) ve sistem biyolojisi çalışmalarından gelen kanıtlar “tüm zihin-beden sistemini” anlamak için kavramsal bir “Yin-Yang dinamiğinin” varlığını desteklemektedir. Strese yanıt ağlarındaki Yin-Yang dinamik dengeleri, özellikle akıl sağlığı ve psikiyatrik rahatsızlıklar olmak üzere sağlık ve hastalıklarda kritik önem taşıyor olabilir. Özgül olarak nöroimmün dengesizliklerin, stres, anksiyete, depresyon ve sistemik yanğının önemli özelliği ve potansiyel biyobelirteçleri olduğu bulunmuştur. Sistem düzeyinde ele alırsak, psikososyal stres ve şişmanlık (özellikle sızdıran barsak) düzenleyici ve yanğı-yandaşı T hücreleri arasındaki dengesizlik sonucu görülüyor olabilir. Molekül ve hücre düzeylerine inildiğinde, sitokin ve redoks yolları, immün-kinürenin ağları, HPA eksenini ve hipotalamustaki kavşak plastisitesini de içeren çok sayıda ağda dengesizlikler bulunması depresyonda kilit faktördür. Nöroimmün dengesizliklerin saptanması ve Yin-Yang dinamik dengelerinin yeniden tesisi, depresyon ve şizofreni dahil psikiyatrik hastalıklar için dinamik sistem tıbbi geliştirilmesinde çok yüksek öncelik kazanmıştır.

Anahtar sözcükler Anksiyete, Depresyon, Dinamik, Yanğı, İmmün, Psikonöroimmünoloji, Şizofreni, Stres, Sistem Tıbbi, Yin-Yang

1 Giriş: Stres ve Anksiyetede Nöroimmün Dengesizlikler

Psikonöroimmünoloji (PNI) ve sistem biyolojisi çalışmalarından gelen kanıtlar “tüm zihin-beden sistemini) anlamada kavramsal “Yin-Yang dinamiği” çatısını desteklemektedir (bkz.Bölüm 1). Hipotalamo-hipofizo-adrenal (HPA) eksenindeki dinamik dengeler gibi çeşitli uzay-zaman skalalarındaki karmaşık ilişkiler psikofizyolojik uyum ve homeostaz için temel değer taşır [1–3]. Kişilik, duygusallık ve bilişteki bireysel varyasyonlar stres yanıtları, nöroimmün işlevler ve sistemik yanğı üzerine önemli etkiler icra edebilir [3].

Yin-Yang dinamiklerinin tümleştirici çatısı hastalık ve sağlığın karmaşık uyumcul sistemlerindeki dinamik denge, karşı çıkma, bağlantılı olma, karşılıklı bağımlı olma, birbirini tamamlama ve dönüştürücü faktörleri temsil için kullanılabilir (bkz.

lüm 1). Nöroimmün dengesizlik ve Yin-Yang dinamik dengesinin restorasyonunu tanımak için psikiyatrik hastalıklarda kullanılacak dinamik sistemlerin gelişmesine yüksek öncelik verilmesi gerekmektedir.

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