Bölüm 4

Ekolojik Bağlam ve İnsanlarda Varyasyon: Biyolojik Antropoloji İlkelerinin Psikonöroimmünolojiye Uygulanması

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Özet

Özellikle yaşam süresi boyunca endokrin ve bağışıklık sistemlerinin işleyişine vee farklı ortamların bağlamına duyulan çağdaş antropolojik ilgi nedeniyle biyolojik antropoloji ve psikonöroimmünoloji (PNI) arasında önemli bir araştırma ilgisi örtüşmesi söz konusudur. Bu bölümde benim tartışacağım konu, non-WEIRD popülasyonlarda yönetilen araştırmaların ve bunların PNI'ya antropolojik evrimcil yaklaşımla uygulanmasının bağışıklık-endokrin-davranış bağlantılarını anlamamızı büyük ölçüde arttırdığıdır. Bu bölümde insan bağışıklık ve endokrin sistemlerindeki popülasyon-düzeyindeki varyasyon ve keza bu varyasyona genetik ve çevresel katkılar hakkında yapılmış çalışmalar incelenecektir. Sağlığın sonuçlarının ve stres yanıtlarının biçimlenmesine kültürün etkileri de ele alınacaktır. Son olarak, Bu bölümde laboratuar-tabanlı araştırma protokollerine alternatif olan ve alan araştırmalarına uygun düşen bazı invaziv olmayan örnekleme metodolojileri de tartışılacaktır. Değişken sosyal ve çevresel bağlamlarla karşılaşma sonucunda PNI'nin kapsamı, depresyon, duygu durum rahatsızlıkları, stres ve sağlık ve kendini iyi hissetmenin diğer yönlerini anlama ve tedavi etmeye olan güncel katkılarını daha büyük ölçüde genişletebilmektedir.

Anahtar sözcükler Psikonöroimmünoloji, Yaşam öyküsü kuramı, İnsanda biyolojik Varyasyon, Ekoimmünoloji, Hormonlar, Stres, Kültür, Yöntemler

1 Giriş

Son otuz yıldan daha uzun süredir psikonöroimmünoloji şemsiyesi altında çalışan araştırıcılar temel insan fizyolojisi ve psikolojisi hakkındaki bilgimize birçok temel katkıda bulunmuştur. Bu katkıların en önde geleni bağışıklık ve endokrin sistemlerinin düzenli olarak karşılıklı iletişim halinde olduklarının anlaşılması ve duygu durumun bağışıklık işlevi üzerine çift yönlü etkilerinin bulunduğunun keşfidir. Bu ilerlemeler bağışıklık ve stres hakkındaki düşüncelerimizi yeniden biçimlendirmiş ise de bu araştırmaların hemen tümünün daima Batı ülkelerinde ve Batılı katılımcılar kullanılarak yapıldığıdır. Kuşkusuz bu durum bir olanak konusudur ve yapılan bütün keşiflerin bu keşiflerin geniş bir koşul yelpazesi için genellenmesin-

körelmiştir [118]. Daha sonra, göçmen statüsü ve sanitasyona çok az erişme daha yüksek algılanan yaşam tarzı uyuşmazlığını önceden haber vermektedir [118]. Benzer şekilde, pazar ekonomisine geçiş yapmakta olan Sibirya'daki yerli Yakutlardan alınan bir örnekte Epstein-Barr virus antikorları pozitif olup buna yaşam tarzındaki uyuşmazlık belirteçleri eşlik etmektedir [119].

Sosyoekonomik statüye ek olarak bir diğer diğer etmen göçmenlerin sağlığını etkileyebilmektedir. Yukarda tartışıldığı gibi, artmış malnütrisyon bağışıklık işlevi üzerine güçlü etkiler yapabilmekte ve Batı ülkelerine göçün ardından beden bileşimindeki değişiklikler sanki değişen hormon profillerine katkıda bulunmaktadır [120].Göç eyleminin bizzat kendisi kuşkusuz çoğu kez ileri derecede stres yüklü olup uzun bir kültürlenme süreci de aynı şekilde stres yüklüdür. Örneğin Meksika-Amerikalı göçmen kadınlar Meksika ve Amerika kültür geleneklerinin birbiriyle yarışan taleplerinden bıkmış olup ilki kendisinden annelik isterken ikincisi hem anne hem işçi olarak çalışmasını istemektedir [121]. Bu kültürler arası çatışmanın yarattığı stres hem anne sağlığı ve yangıyı [122] hem de bebeğin doğum ağırlığını etkilemektedir [123].

Dünyanın her tarafında gerçekleşen derin sosyal ve çevresel değişikliklerin yarattığı "doğal deneyler" [124] insan sağlığı ve kendini sağlıklı hissetmesi arasında büyük çatışmalara neden olarak antropoloji ve psikonöroimmünoloji arasında bakir fırsatların yer aldığı bir bölgedir. Değişken sosyal ve çevresel bağlamla karşı karşıya kalan PNI, depresyon, duygu durum rahatsızlıkları, stres ve diğer sağlık alanlarının anlaşılması ve tedavisi ile yaptığı katkıları büyük ölçüde ileri götürebilecektir.

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