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## Understanding the concept of psychoneuroimmunology (PNI) in Ayurveda

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Psychoneuroimmunology can be defined as the study of interactions between behavior, neural and endocrine function, and immune processes. On going research suggests that the mind and body share bidirectional influences, and the science of Psychoneuroendocrinology (psychoneuroimmunology and neuroendocrinology) identifies specific mechanisms by which these mind-body changes are mediated. The mind and body communicate bi-directionally continuously through chemical messengers. Positive and negative affective states probably create different neuroimmune responses in the body and thus influence health and recovery from illness. Two competing responses, the stress response and the relaxation response, counterbalance each other on an ongoing basis. Ayurveda, the ancient system of medicine is one of the most time tested medical system existing till date. Ayurveda defines Ayu (life) as the combined state of Sharira (body), Indriya (senses), Sattva (mind) and Atma (Soul). According to Ayurveda, health is not merely freedom from disease. It is essential that body, mind and soul are in an excellent state so that the individual can perform his functions and fulfill his role in life. Charaka's concept of Adhyatma Dravya Guna Samgraha very well explains the new evolving branch in the west – the mind body medicine. The thoughts and feelings can affect our health. Ayurveda credits this concept years back which has been explained in Adhyatma Dravya Guna Samgraha. Atma, Mind which constitutes the emotions, thoughts, feeling along with intellect and its dimensions can be a cause for happiness, health, sorrow and disease depending on the indulgence and feedback it is given. This work intend to throw light on the concept of Psychoneuroimmunology in Ayurveda.

### Biography

Aparna k (BAMS,MD,PhD) is dedicated to spreading the ancient wisdom of Ayurveda in its true essence and authenticity. She was presented Jivaka award for her outstanding academic performance during her studies. Her post-graduation research thesis on rejuvenation therapies was selected as the best thesis in her college. Her PhD on role of yogic practices and Ayurveda medicines on generalized anxiety disorders was deeply applauded. Dr. Aparna has presented papers in numerous national and international seminars and published research papers. Her main field of interest is mind body medicine.

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