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Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Part I: Psychoneuroimmunology and Systems Biology Mechanisms -- From Psychoneuroimmunology to Personalized, Systems, and Dynamical Medicine -- Stress and Inflammation: Translational Implications in Mind-Body Medicine -- Biological Rhythms and The HPA Axis in Psychoneuroimmunology -- The Inflammatory Networks and Dynamical Patterns in Psychoneuroimmunology -- Part II: Psychoneuroimmunology, Diseases, and Mind-Body Medicine -- Sleep, Psychoneuroimmunology, and Mind-Body Medicine -- Psychoneuroimmunology of Depression -- Psychoneuroimmunology of Schizophrenia -- Obesity, Stress, Inflammation, and Psychoneuroimmunology -- Psychoneuroimmunology of Aging -- Psychoneuroimmunology of Cardiovascular Diseases -- Psychoneuroimmunology and Cancer -- Psychoneuroimmunology of Skin Diseases -- The Translation of Psychoneuroimmunology into Mind-Body Medicine.
Sommario/riassunto	This book provides a comprehensive overview of the cutting-edge discoveries and the systems approaches related to the multi-disciplinary field of psychoneuroimmunology (PNI), which may provide the scientific basis for mind-body relationships, and aid in the

development of personalized medicine. Specifically, the book focuses on the systems biology studies of complex mechanisms, such as stress and inflammation. There is strong evidence supporting the close relationship between stress, inflammation, and disorders including obesity, cardiovascular disease, diabetes, skin diseases, and sleep disorders. As inflammation is a critical connection among different diseases, further elucidating this connection may contribute to the findings of systemic therapeutic targets. Translational medicine is also addressed, by applying PNI approaches in clinical practice. A major challenge in current bioscience is the translation of basic scientific discoveries into better clinical outcomes. With the understanding of the translational implications of PNI, integrative interventions can be applied to modulate stress responses and to promote healthier behaviors. As an important feature of this book, a broad overview of the PNI-associated integrative interventions is provided. These interventions include nutritional supplements, meditation, and other mind-body strategies. From basic concepts to systems methodologies, from theoretical sources to clinical applications, Psychoneuroimmunology contributes to the understanding and development of PNI toward the establishment of personalized and mind-body medicine.
