

Relevance between "Psychology - Physiology - Pathology" Viewed from Integrative Medicine

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Abstract. Integrated Chinese and Western medicine is one of our original emerging medical disciplines. The basic research ideas and methods as well as the clinical treatment of ideas and patterns are not only different from the traditional Chinese medicine, but also different from the modern Western medicine. They are both learn from each other, complement each other in order to achieve mutual promotion of Chinese and Western medicine. The common development of the purpose, is China's original advantages of the new medicine. This thesis tries to explore the "psychological - physiological - pathology" correlation from traditional Chinese medicine and western medicine. The whole idea is from "the unity of form and spirit", which mainly comes from the importance of human mental activity and psychological state, psychological factors and social, natural environment and biological attributes, physiological and pathological changes of psychological activities. Finally, the conclusion to Ede Wen. Guterry that "constraints is the theory of learning," this thesis, could be said that it is necessary to put the so-called psychological activity on the physiological fact that the physiological and psychological things, subjective and the integration of things and objective things together. I believe that this is the most important scientific task. The body is a whole, the overall medical research using system integration, information transmission, self-regulation, functional testing and other methods, whole the analysis is together. It is believed that through this theoretical and practical research to improve "psychological - physiological - pathological" relevance to a new height.

Chinese medicine has a dual attribute of science and humanities. It not only treats human as a natural person, but also as a social figure. Furthermore, it also studies disease from life and social and social environment in the coordination of life, health and disease [1]. "Spirit of the unity of God," is its whole concept of life is one of the most important theoretical foundation of Chinese medicine psychology, thousands of years of mind-related ideas always run through the cause of Chinese medicine, pathogenesis, diagnosis, treatment, health and other aspects. And guide the clinical practice of Chinese medicine, showing that the content of Chinese medicine psychology has long been an indispensable part of traditional Chinese medicine. Especially in the medical model from a single biomedical model to the overall "space- time- social- psychological-biomedical model" of Chinese medicine [2]. This article is mainly from the traditional Chinese medicine and medicine to see "psychological - physiological - pathological" correlation, the initial understanding is as follows.

1. The Importance of Human Mental Activity and Mental State

People's mental activity and mental state are the important connotation of the god of the human body, and thus it also directly affects the physiological function of people, and thus affects the body's ups and downs. As the "Liu Zi new God," said: "God quiet and heart and heart and shape the whole; nerves are heart swing, heart swing is wounded." Excessive emotional activities and

negative psychological state, in a certain Of the conditions can cause a variety of disease changes, which become a causative factor, not only produce mental symptoms, but also a variety of physical discomforts. And a good attitude and positive spirit, adjustable and dirty blood, to promote the body of the gas sperm function, is conducive to health and disease prevention, the sick body also helps to treat and rehabilitation. It is precisely because of traditional Chinese medicine has a more profound understanding of the role of God on the shape of the reaction, so the clinical special attention to mental activity and mental state of the disease, would prevent and treat the important impact. This theory in the prevention of disease and clinical syndrome differentiation, have important guiding significance.

The human body is an organic unity of the whole, not only the body itself to maintain a close relationship between the various parts of the relationship between, and with the external environment (natural environment, social environment) also have close ties, and God in the adjustment of these relations are on An important leading role. If God is damaged, the regulation of dysfunction, the integrity of the body was destroyed, so the corresponding pathological changes and even death, so Zhang said: "no god can not live (" class by acupuncture class "). "

2. Psychological Factors and Society

2.1 Psychological Factors is the Local Factors of Local Performance: Each person in a different social environment, met the different scenarios change, will have a different impact on the human body to receive the information, the human body will make a different response to it. Resulting in a series of corresponding changes in psychological physiology, that is, psychological stress. Stress has positive and negative points. Psychology is the media that communicates the human body and society. The stimulation of the external environment, through the psychological changes of the body of a stress response, and then cause changes in physiological and material metabolism. Social factors are multifaceted: such as social status, economic status, interpersonal relationships, family structure and harmonious situation, directly affect the psychological state of mind, emotional changes, and then bow the physiological response, or less or pathology Variety. Therefore, psychological treatment should be the basic treatment of all diseases. As Hippocrates said: "to understand what kind of people get sick, than to understand what a person was important." China's famous Tang Dynasty Sun Simiao pointed out that "medical doctors, Chinese medicine practitioners, medical treatment." "The two masters have shown that the doctor is facing the" patient ", rather than" disease. " Because any disease is a systemic manifestation of certain incontinent tissues and organs. Therefore, through the "treatment of patients" to achieve the overall regulation of righting, local treatment Qu Xing.

2.2 Social Factors on the Human Psychological Impact: With the rapid development of social economy, social competition is increasing, people's psychological pressure to increase the prevalence of depressive disorder increased year by year, has become increasingly serious public health problems. Depressive disorder to patients with great pain and psychological harm, seriously affecting the normal life of the disease, prevention and control of depression should be one of the key work of mental health. [3] Social factors and psychosomatic health Describe the sociological attributes of people. Social factors and human health and longevity relationship is very close. China's life expectancy is only 35 years old, after more than half a century, in the "2007 World Health Statistics Report", the Chinese life of men is 71 years old, 74 years for women, More than doubled before liberation. With the improvement of the material life of the people, the mental outlook has also undergone tremendous changes. Building a harmonious society is the basis of a happy life, and vice versa is the ideological basis for building a harmonious society. Good attitude and life goals are good for health. Because the psychological factors in the incidence of an important component.

3. The Natural Environment and Biological Properties

3.1 The Impact of the Natural Environment on the Human Body

A large number of literatures show that [4] summarizes and analyzes the relationship between natural geography and longevity and its mechanism of action in the natural geographical environment of centrally elderly areas. It is effective to improve the human health status, improve the function of the human body and to resist the disease and prevent the aging, so as to effectively prolong the life span of the human body, such as terrain, landform, climate, hydrology, soil and other natural geographical environment elements enhancement. Geographical conditions and the environment is an important factor affecting health [5] Some people study the natural environment of the plateau on the human health relationship [6], plateau moderate hypoxia on the human body is a stimulating effect on human health also has a beneficial effect. Plateau moderate hypoxia on early hypertension, coronary heart disease, bronchial asthma, aplastic anemia, diabetes and so have improved [7]. At the same time after the plateau thunderstorms, air anion content increased, can promote the body's metabolism, improve immune function, play a "longevity" role. The Qinghai-Tibet Plateau also has beautiful, pure natural scenery, sacred Buddhist culture, all this is beneficial to human health.

Such as: blood there is a "serum amine" to maintain the normal human emotions. When people are in frequent foggy areas or autumn and winter to accept less sunlight, the brain serum amine activity frequency is 1.5 times the normal season, serum amine consumption is too much and reduce the content of depression. There are about 50% of the risk of chronic pain and related diseases (such as irritable bowel syndrome and headache), and 50% are environmental [8]. Such as: blood there is a "serum amine" to maintain the normal human emotions. When people are in frequent foggy areas or autumn and winter to accept less sunlight, the brain serum amine activity frequency is 1.5 times the normal season, serum amine consumption is too much and reduce the content of depression. The above information shows that the natural environment is closely related to human health and mental health.

3.2 Geographical Environment and the Relationship Between Intelligence and Trace Elements

Iodine: The body can eat and absorb iodine through food, drinking water, etc. And because the natural soil containing less iodine, the growth of food in this soil and the presence of water in this soil iodine content is also very low, human survival in such an environment, a long time will suffer from iodine deficiency disease. Iodine is one of the essential trace elements in the body. Healthy adults have 15 to 20 mg of iodine, of which 70% to 80% exist in the thyroid [9], involved in the synthesis of thyroid hormones. Iodine is through the synthesis of thyroid hormone and play its physiological role, that is, through the role of heat production to maintain a certain metabolic rate of life activities; pituitary support; normal physical development and brain development [10-11]. At present, due to the geographical environment of water, soil, food iodine deficiency caused by local goiter is rare, but the situation of iodine deficiency still exists, especially pregnant women and women of childbearing age [12-14]. Iodine deficiency on the human brain damage occurs mainly in the brain development of the critical period, that is, fetal and early postnatal; the impact on the body's growth and development mainly in children, adolescents and pre-youth.

The above studies show that iodine deficiency in different areas of the environment can cause mental retardation, but too high will have an impact on the human body, indicating that the living environment and genes, species evolution, first affected by the environment, "natural selection" important factor.

4. Psychological Activities of the Physiological and Pathological Changes

Psychological stress theory to neuroendocrine immune regulation network as the core in the body at various levels and levels of the formation of two-way regulatory pathway, at the overall level

constitute the neuroendocrine immune regulation network. And traditional Chinese medicine in the five gas changes is the basis of the seven emotions coincide.

4.1 "Psychological - Physiological - Pathology" Interlinked One: Psychological factors like people's gas field, although invisible, but the impact of the power and the external performance of people can not be ignored, your ideas, beliefs, environment, friends, breathing, food, desire, rest and sleep Will affect. A person who express a good mood, then the performance of good temperament, the appearance of the spirit, morality, accomplishment, this is a good mood, on the contrary if a person outside the spirit of the performance of malaise, love will have a psychological barrier, Emergency changes can not be adjusted in time, there will be pathological manifestations. In other words, physiological changes in normal, mental activity is also normal, physiological dysfunction, psychological phenomenon is abnormal. Psychological activity depends on physical activity, physiological changes can be reflected through psychological changes, through the psychological state can diagnose human disease. [15] studies have shown that lead to neurosis, mania, depression and other neurological and psychiatric disorders, may be due to the body's neuroendocrine system function of excessive strengthening caused by homeostasis imbalance, such as pain, chronic pain is a Including multi-dimensional experience of sensory, emotional and cognitive. Is a complex psychological physiological response, but also the organization, organ damage pathological symptoms; it is a physiological response, a subjective symptoms; also an emotional state, a sense of the body. Chronic pain as a symptom of depression can be mediated by psychophysiological mechanisms. Neurobiology model suggests that depression can directly affect the sensory transmission of pain by increasing the somatic foci that can activate the facilitated pain neurons, and the negative perception of pain, such as catastrophe, mediates the effects of depression on cognition and emotion. Psychological stress of the inner conflict, tension, somatization, terror, paranoia and other negative emotions can induce increased chronic pain [16].

4.2 Chinese Medicine Five Organs and Emotional Relations "Five dirty emotions" is the understanding of Chinese medicine psychology on the emotional process. The emotional process is caused by the objective reality, through the attitude of the experience of the objective reality and the relationship between human needs, including emotions and emotions. Emotional and emotional performance is varied, traditional Chinese medicine psychology will be collectively referred to as "seven emotions", "five", referred to as "sentiment". "Five internal organs of the theory" from "Su asked. Tianyuan Ji big theory": people have five internal organs of the five gas, to students hi anxious fear [17]. "The" five internal organs and "linked, which is Chinese medicine The theory of the system alone, such as: kidney Tibetan Chi, frightened under the gas, fear of kidney injury, so that the body is chaotic, there is depression or even incontinence. Spleen in the mind for thinking, long thinking spleen, spleen transport dysfunction , The emergence of loss of appetite, dirty abdominal fullness, etc. The lungs are sad, sad lungs, chest Yang sluggish, breathing shortness of breath, deep breathing in order to maintain normal ventilation. Heart in the hi hi, hi sad, "hi is slow" , Laughing more than, and even laughing, sudden heart disease, etc. The liver in the anger for the anger, anger liver, there rage, so that the liver upside down or Yu Yan lead to qi .In short, the Chinese intelligence and five internal organs linked, Under the guidance of the way of thinking in the way of thinking, put forward the theory, worthy of further study, is expected to develop modern psychology [18].

5. Conclusion

Ede's Guterry's article, "The Theory of Restriction is Learning Theory," says that it can be said that the so-called mental activity is placed on physiological facts, that is, physical and psychological things, subjective things and Objective integration and unity; I believe that this is the most important scientific task [19]. The body is a whole, the overall medical research using the system integration, information transmission, self-regulation, functional testing and other methods, the analysis and integration [20]. It is believed that through this theory and practice study, the "psychological - physiological - pathological" relevance to a new height.

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