

Natureza do trabalho: Resumo

TÍTULO

THE PRACTICE OF YOGA IN NEUROIMMUNE BENEFIT

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RESUMO

Introduction: The practice of yoga is considered to play a protective role in several mental and physical disorders. This paper presents a critical review of the beneficial effects of yoga on the immune system, and on cytokines and neurotransmitters regulation. **Literature review:** Physical and mental stress stimulate the hypothalamus to secrete corticotropin releasing factor (CRF) which triggers pituitary ACTH release adrenal cortex cortisol release. Cortisol has an anti-inflammatory effect which relieves the tension. However, the constant stimulation on the release of this hormone prevents, in part, the chain of NF-kB translation - which controls a number of important body defenses besides being a necessary avenue for the expression of certain specific genes of B lymphocytes - with increased synthesis of proteins I-kB. Moreover, the presence of high levels of immunomodulators contributes to the increased risk for Diabetes Mellitus II, hypertension and cardiovascular diseases. It appears that the immune system is closely related to the mental state, with positive and negative reciprocal influences.

Conclusion: The practice of yoga produces a modulating effect on the secretion of adiponectin, cortisol and GABA, promoting well being and increased fitness. Yoga acts on the immune system positively, and can be considered complementary treatment.