

STRESS AND IMMUNITY

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INTRODUCTION:

The existence of a close relationship between the brain and the immune system has been demonstrated based on the results of several studies. Specific autonomic, neuroendocrine and neuropeptides mediators form the biological basis of this interrelationship, as has been demonstrated. The aim of this study is to review and systematize the current scientific knowledge related to the integration of these two systems, and its clinical correlation.

MATERIAL AND METHODS:

Review of the literature that addresses the theme

RESULTS:

Studies in humans have shown that stress and low immunity have a close connection. Works continuously prove this relationship.

DISCUSSION and CONCLUSION:

Recently, the view that the interaction between the brain and the immune system is bidirectional has been preferred to that in which the direction of communication is exclusively from the brain to the immune system.