SIXTY YEARS OF EMPIRICAL STUDY ON DREAMS
Sleep, Reflexes and Dreams - A Play of Central Autonomic Nervous System to keep us alive

During deep sleep all skeletal muscles are relaxed, the whole body including some parts of the brain like auditory, cough, speech centres become passive to external stimuli, but the effects of Central Autonomic Nervous System (CAN) is not affected. Decreased brain activity, including Reticular Activating System (RAS), bradycardia, decreased blood flow to the brain, increased air-way resistance, decreased body temperature, shivering, sexual arousal, the body temperature reduced by 1.5 °C. The skeletal muscles become atonic or temporarily paralyzed. Perhaps, CAN plays a crucial role during sleep and dream to keep us alive. These activities are mostly due to the activation of Para Sympathetic Nervous System (PSN), which might induce hypodipsia in the Autonomic Nervous System (ANS), which in turn induces reflexes. In general all PSN and SNS mutually oppose each other's activities except in salivary glands where they are complimentary to each other. At this stage classical DREAMS occur. Bed-wetting is a common feature in a few young children, is a reflex phenomenon induced due to the distention of the urinary bladder, which is innervated by the autonomic nerves. Bed-wetting is followed by a DREAM. Likewise distention of uterus during pregnancy and labour, ischemia of peripheral blood vessels; nasal stuffiness, deep cut or an injury, high temperature, deep breaths and some pharmacological and nonpharmacological agents induce DREAMS. Exaggerated response to external stimuli is observed in some DREAMS. Spiritual exaltation is a type of DREAM, which can be experienced by very few persons, who practice yoga regularly.

The REM originates from three cranial nerves. REM is due to the pain exerted from the trauma induced at peripheral sites in sleep. REM and dreams occur at different planes; the REM occurring at a lower plane and dreams occurring at a higher plane. REM is not relevant either in sleep or in dreams.

Occurrence of most dreams is dependent on the posture in which an individual sleeps. In these postures, if the blood flow is compromised to certain sites, dreams occur. Distention of some organs like urinary bladder or fully blanched mammary glands during the final stages of pregnancy or lactation or there is induction of trauma induce dreams.

The site at which dreams occur could be the same at which psychosomatics act and there could be mediation of 5HT2A receptors.

Prof. Dr. M. C. Prabhakara.
Rashtriya Ayurvedic Vidyalaya, Kolkata University, West Bengal, India. Link: https://www.gcgotes.com/ft/ndw3/5-lalbatoss/03/1864b142.html

HERBS THAT CAN HELP FIGHT CANCER

1. 
ASTRAGALUS (Huang Qi): A Chinese herb, an immune system booster, known to stimulate body's natural production of interferon. It also helps the body in identifying rogue cells. Work with the body in both cancer and AIDS cases have been encouraging. The MD Anderson Cancer Centre in Texas conducted research showing that taking Astragalus when having Radiotherapy doubled survival times.

2. 
BETEL NUTS FAMILY (e.g. Pilocarpia pentaphyllum): Slow active purgative. Research has shown these herbs to have a strong action against cancer and they have been used with many cancers, especially ovarian cancer. In Cancer Watch March 2015, the herb was shown in research to outperform brain cancer drug, Temozolomide.

3. 
BLOODROOT (Sanguinaria canadensis): Research shows consistent anti-neoplastic activity. It has been shown to be effective against cancer tumours, and can shrink them: It is one of the herbs in an anti-cancer posset called Black Salve and has proven useful with sarcomas.

4. 
BRUTE'S BROOM (Rhus verniciflua): The active ingredients of this herb have been found to be the ruscogenins which have tumour-shrinking and anti-inflammatory ability. Thus its use in the treatment of breast cancer.

5. 
CAT'S CLAW (Uraria ursina): An adaptogenic and powerful immuno-stimulant, it enhances the white blood cell composition (phagocytes). It is an excellent companion to astragalus, curcumin and echinacea. Research indicates it can reduce tumour size particularly with skin cancers, and it also helps reduce the side effects of chemo and radiotherapy.


MEDICAL CAMP ORGANIZED BY NIRMALA COLLEGE OF PHARMACY IN ASSOCIATION WITH GOVERNMENT HOSPITAL, MANGALAGIRI

Research and Review Articles Published By Faculty of Nirmala College of Pharmacy In Last 3 Months


5. Molecular Docking based screening of novel designed molecules series of compounds for their anti-cancer activity targeting BRCA1 kinase domain, DMAP Ras, RPI-2, ARA, RAHMAN, S. BHAL, Bioinformatics 11(7), 322.


7. In vitro Antioxidant and Antimicrobial Activity of Plant Extracts of Ficus carica Osoro Chira, A Elavarasan, S Balasubramani, M Radhakrishnan, S RAHMAN.
