

**Sanjoy Mukerji**

Kandivali Medical Association, India

Biography

Sanjoy Mukerji is a Gold Medalist plus National and International Award-Winning Psychologist in Mumbai. He has done his Post Graduate Diploma in Psychological Counselling from the Institute for Behavioral and Management Sciences, India. Moreover, he has completed his Degree of Doctorate in Philosophy (Alternative Medicines) from the Indian Board of Alternative Medicines, established under the World Health Organization (WHO). In the field of alternative medicines, he has researched and specialized in mind-body medicine. In his around 20 years of experience and practice, he has been instrumental in healing and helping thousands of people across the World through his counselling, therapy, talks, lectures, seminars, workshops, articles and books; and has received fantastic feedback, praises and blessings from them. He has been interviewed on various TV channels, and covered by almost all major newspapers and magazines.

help@drsanjay.com**MIND-BODY MEDICINE**

Mind-body medicine explores the interconnection between the mind and body, under the premise that the mind affects "bodily functions and symptoms." As per the University of Maryland Medical Center, mind-body medicine uses the power of thoughts and emotions to influence physical health. As Hippocrates once wrote, "The natural healing force within each one of us is the greatest force in getting well." This is mind-body medicine in a nutshell. The term "psychosomatic disease/disorder/illness" is mainly used to mean "a physical disease that is caused, or made worse, by mental factors." The term is also used when mental factors cause physical symptoms but where there is no physical disease. For example, chest pain may be caused by stress and no physical disease can be found. Some physical diseases are prone to be made worse by mental factors such as stress and anxiety. At any given time, a person's mental state can affect the degree of severity of a physical disease. Physical symptoms that are caused by mental factors are also called somatization or somatoform disorders. These symptoms are due to increased activity of nervous impulses sent from the brain to various parts of the body. There is a deep connection between the mind (beliefs, thoughts and emotions) and the different parts of the body and physical problems. A number of factors may play a role in psychosomatic disorders, such as personality traits; genetic or environmental family influences; biological factors; learned behavior and more. When one is not at ease, that means there is some kind of dis-ease; and disease can be reversed (completely or to a great extent) by simply reversing or changing mental/thought patterns, and at times by adding some physical exercises and changing some food habits. According to Dr. J. A. Winter, M.D., the psychosomatic illness is one of function, rather than of structure, although structural changes may occur later. It is based on some past experience, usually painful. This illness seems to arise from problem situations and from words (reflection of thoughts), rather than from actual injuries, or infection.