

## **A Theoretical Approach to the Overall Control of the Nervous System in Human Beings**

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**Abstract:** The First Law of the Overall Control of the Nervous System in Human Beings (The Law of Health and Disease): The shape and arrangement of our cerebral cortex controls our physiology as well as psychology. The Second Law of the Overall Control of the Nervous System in Human Beings (The Brain Functions Controlled Law): Postures as a habit can control the shape and arrangement of our cerebral cortex, which would in turn control our physiology and our psychology. The Third Law of the Overall Control of the Nervous System in Human Beings (The Hormonal Secretions Controlled Law): Whenever there is a change in the shape and arrangement of our cerebral cortex, there will be a change in the quantity of different major and orphan hormones, especially to those hormones which have direct or indirect relationship with the pituitary gland and the hypothalamus. [Life Science Journal. 2006;3(1):23-28] (ISSN: 1097-8135).

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### **(A) Introduction**

The term "Nervous disorder" implies that someone is suffering from psychiatric sickness, which results in both physiological and psychological changes. In other words, all these physiological and psychological changes are originated in part or in whole from the change in the shape and arrangement of one's cerebral cortex and its associated organs. This has an enormous implication to health and disease. Three laws are proposed by the author to portray how we can control the shape and arrangement of our cerebral cortex and its associated organs. Law 1 states that the shape and arrangement of our cerebral cortex and its associated organs control our physiology as well as our psychology. Law 2 states that postures as a habit can maintain or change the shape and arrangement of our cerebral cortex and its associated organs. Law 3 states that whenever there is a change in the shape and arrangement of our cerebral cortex and its associated organs, there is always a change in the quantity of different major and organ hormones secreted. These three laws are proposed by the author to be the Laws of the Overall Control of the Nervous System in Human Beings. Below are the theoretical frameworks of these three laws.

### **(B) The First Law of the Overall Control of the**

**Nervous System in Human Beings (Law of Health and Disease): The shape and arrangement of our cerebral cortex and its associated organs control our physiology as well as our psychology.**

Below are some of the facts, which support the first law:

Systematic changes (asymmetrical in nature) in hemispheric organization are associated with pathological disturbances of mood (Flor-Henry, 1983). Deglin and Nikolaenko (1975) found that at the end of laterised induced seizure, sensori-motor cortical functions are transiently depressed. Laterization to the dominant hemisphere was produced profound intellectual retardation while laterization to non-dominant hemisphere lead to distinct intensification of emotional manifestations. Golden et al (1980) found that CT scan showed that the density of left hemisphere was greater than that of the right for a number of chronic schizophrenics. Sowell et al (2000) found brain abnormalities in MRI in mapping of the cerebral cortex and its associated organs). Niemann et al(2000) demonstrated that a smaller left hippocampus and left temporal horn in schizophrenic patients. Gur et al(2000) found ventricular enlargement in schizophrenics. Crespo-Facorro et al (2000) showed there were regional frontal abnormalities in schizophrenia patients. Flashman et al(2000) found there was a smaller brain size associated with schizophrenics. Garver DL, Nair TR, Christensen JD, Holcomb JA, and Kingsbury, SJ (2000) demonstrated that there was instability in brain and ventricle for psychotic patients. Hirayasu et al(2000) conducted a study on the hippocampal and superior temporal gyrus volume on schizophrenics and found they are different from normal subjects. Sanfilipo M, Lafargue T, Rusinek H, Arena L, Loneragan C, Lautin A, Lautin A, and Feiner D et al(2000) found there were volumetric differences in the measurement of the frontal and temporal lobe regions in schizophrenics. Downhill et al(2000) showed that there were difference in the shape and size of the corpus callosum in schizophrenics. These are some of the findings on the relationship between the shape and arrangement of the cerebral cortex and its associated organs, and schizophrenics. Findings on the relationship between the shape and arrangement of patients with anxiety, mania, sexual disorder, and other psychopathology are many. In fact, Sowell et al(2000) did a literature review on the abnormalities in shape and arrangement of the cerebral cortex and its associated organs as demonstrated by magnetic resonance images.

All these demonstrate that the cause of physio-

logical and psychological disorders is rooted in the change in shape and arrangement of the cerebral cortex and its associated organs. Therefore, if we can control the shape and arrangement of different parts of the cerebral cortex and its associated organs, we can control our physiology as well as our psychology.

**(C) The Second Law of the Overall Control of the Nervous System Human Beings (The Brain Functions Controlled Law): Postures as a habit, through tension and relaxation of our voluntary muscles, can maintain or change the shape and arrangement of our cerebral cortex, which would mean postures as a habit, can control our physiology as well as our psychology (Our voluntary muscular system controls the shape and arrangement of our cerebral cortex).**

Below are some of the facts, which support the second law:

(1) Theories on therapeutic exercise contain much information on the relationship between exercise and therapy on certain diseases. As a result, exercise prescription is possible (Oshida, 2000; Kimura, 2000; Sunami, 2000; van der Velde, 2000; Phillips, 2000; van Tulder, 2000). During the process of exercise therapy, certain muscles are relaxed or at tension repeatedly. Therapy is possible because the voluntary muscular system controls the shape and arrangement of the cerebral cortex and hence can control the functions of the nervous system.

(2) Yoga exercise is a well-established discipline, which has a very long history. Practitioners of the Yoga exercise can maintain both their mind and body healthy, through certain postures as a habit. For many people with physiological or psychological defects, Yoga exercise provides a means of therapy (Kamei, 2000; Tooley, 2000; Bera, 1998; Raghuraj, 1998; Murugesan, 2000; Ramaratam, 2000; Hudson, 1998; Farrell, 1999; Gotter, 1999; Singh, 1999). This is possible because Yoga exercise can change the shape and arrangement of one's cerebral cortex and hence can change one's physiology and psychology, which can be used as a means of therapy.

(3) Dunkell's Theory (1977) on sleep postures as a habit has portrayed that there is a closed relationship between sleep postures and personality. This is only possible if a particular type of sleep posture will lead to a particular kind of shape and arrangement of one's cerebral cortex.

It is recorded in ancient Chinese sex books that different postures as a habit in the process of sexual

intercourse provide means of therapy to certain diseases. People who practice such postures can become healthier (Wilson, 1989; Stanway, 1988).

(4) It is known that the body language, the postures of sitting and walking, reflects our psychology and physiology (Pell, 1989; Leiber, 1992; Kurz, 1981; Russell, 1979; Babic, 1978; Bijeljic-Babic, 1978; Lundgren, 1994). It is also known that improper postures will result in chronic disease, for example, low back pain (Hartvigsen, 2002; Clark, 1996; Kauppila, 1996; Chilvers, 1996). The above phenomena can be explained by saying that our postures are controlled by the shape and arrangement of our cerebral cortex and the voluntary muscular system controls the shape and arrangement of our cerebral cortex.

(5) Alexander technique also provides means of therapy to certain diseases by having certain postures as a habit. This involves particular types of posture, which is only possible if the voluntary muscles control the shape and arrangement of the cerebral cortex and hence can change the physiology and psychology of the practitioner (Gelb, 1981; Huxley, 1940; Huxley, 1986; Jeffers, 1988; Barlow, 1984; Maisel, 1974; Lewis, 1986; Alexander, 1932; and Hayne, 1987).

**(D) The Third Law of the Overall Control of the Nervous System in Human Beings (The Hormonal Secretions Controlled Law): Whenever there is a change in posture as a habit, which involves voluntary muscles, there is always associated with a change in the quantity of endocrine secretions, especially to those hormones which have direct or indirect relationship with the pituitary gland and the hypothalamus.**

Below are some of the facts:

Postures as a habit during different physical activities and rest can alter the quantity of hormonal secretions (Brooke-Wavell, 2001; McMahon, 1985; Moreau, 2001; Wheeler, 1984; Heitkamp, 1996; Bunt, 1986; Cumming, 1986; Mathur, 1986; Ronkainen, 1986; Houmard, 1990; Mathur, 1986), to quote a few.

#### **(E) Discussion**

(1) How our physiology and psychology are controlled?

CT and MRI scan films show that many serious psychiatric sicknesses show peculiar patterns of shape and arrangement with the cerebral cortex and its associated organs. These indicate that the shape

and arrangement of our cerebral cortex and its associated organs are relevant to our physiology as well as psychology. In fact, numerous diseases, which etiologies are unknown at present, for example, all types of hormonal diseases, such as diabetes mellitus, thyrotoxicosis, various kinds of cancer, and many other benign and malign diseases are originated from having problems with the shape and arrangement of our cerebral cortex and its associated organs. The mechanism in controlling one's disease and well-being is that when the geometric shape of some convolutions in the cerebral cortex change, there are always a change in the degree of one's physiological and psychological variables. By this mechanism, physiological and psychological variables can shift from one extreme to another. This explains how homeostasis can be disturbed and maintained, i. e. depending on the shape and arrangement of one's cerebral cortex and its associated organs. The First Law of the Overall Control of the Nervous System in Human Beings explains the causes of numerous diseases which have no answers at the moment, such as various kinds of cancer, various kinds of heart diseases, schizophrenia and other psychiatric sicknesses, which the diseases causes are unknown. All human physiology and psychology are controlled by the shape and arrangement of their cerebral cortex and its associated organs.

(2) How to control the shape and arrangement of our cerebral cortex, so as to control our physiology as well as our psychology?

If the author's first postulate is right, how to control the shape and arrangement of the human cerebral cortex will come next so as to solve physiological and psychological problems. If we can control the shape and arrangement of our cerebral cortex and its associated organs, we can control most aspects of our physiology and psychology. Law 2 of the overall control of the nervous system in human beings portrays how our physiology and psychology can be controlled. In fact, the shape and arrangement of our cerebral cortex and its associated organs are controlled by our voluntary muscular system, i. e. by having postures as a habit. In fact, our ancestors have developed many methods to control the shape and arrangement of our cerebral cortex, though they did not know why they work and could not explain them on scientific grounds, such as postures as a habit in exercise, sleep, sexual intercourse, sitting, walking, or any kind of sports or device which voluntary muscular movements or postures as a habit are involved. In fact, all known cases of malign and benign diseases that can be cured without having any known medical treatment

must have some changes in the shape and arrangement of his or her cerebral cortex and its associated organs to make him or her healthy again by chance or by accident. These cases are not miracles. In addition, by analyzing one's different postures it is possible to know his/her physiology or psychology, which is useful in diagnosis or prognosis of certain physical and mental diseases. Furthermore, it is possible to tell one's physiology and psychology at different times by analyzing his/her handwriting at different stages of his/her life. The author also found that musculature on our face, the shape of the eye brows and the lines on our hands change as a result of changing in habits of certain postures in different times of our life which reflect a change in our psychology and physiology.

There are many ways to prove that our voluntary muscular system controls functions of the brain. One of the immediate consequence is that decussation of nerve fibers in the brain stem can be interpreted. It usually needs a signal from the cerebral cortex to execute a voluntary movement. It is also known that the left-brain controls the right side of the muscular system, and *vice versa*. In fact, when a signal is executed from the left-brain for a voluntary movement on the right side, the muscles on the right side will exert a signal to the right brain so as to set a balance on the left side of the muscular system. The reverse is also true, which is essential in maintaining homeostasis. This can be easily proved in a laboratory where facilities for measurement of electrical activities are available.

It is recorded clinically that many diseases, including the communicable diseases, tuberculosis, and the non-communicable diseases, various kinds of cancer, can be cured without the intake of medicine or having other known medical treatments. Scientists should not believe in miracles. The mechanism on these is simple, as there must be some changes on the shape and arrangement of the patients' cerebral cortex for them to get recovered. In fact, numerous malignant and benign diseases are given arisen because there were changes in the shape and arrangement of the cerebral cortex. It is also under the same mechanism which people with malignant and benign diseases can be cured without having medical treatments.

Laws of the overall control of the nervous system explain the etiology of many non-communicable diseases and some communicable diseases. They explain how many psychiatric sicknesses are given rise, including epilepsy, schizophrenia, affective disorder, hysteria, obsessional states, and finally sexual disorder. They explain how we can get

cured in many sicknesses without the intake of medicine and receiving any known medical treatment. They also explain how physiological brain-washing is possible. By the application of these hypotheses mental giants such as Einstein and other great thinkers can be produced in a sleep laboratory. Dunkell (1977) found that people with different sleep postures have different personality. But how about if we ask people to change their sleeping positions as a habit? Shall we expect a change in his/her personality as well? I believe and support the statement that there will be a change in personality from the first type to the second type. If not, all information from Dunkell's book will be invalid. Therefore, sleep postures as a habit can portray one's tendency for different diseases. Buddha did sleep in some particular position as a habit, and he was also famous for his ability to control his physiology and psychology. I believe that Buddha was the first person, who knew some of the ways to control human physiology and psychology, by sleeping or sitting in some particular positions. My Laws can link up the gap between oriental and western medicine. I believe that Buddhism is a treasure source of information on how to control human physiology and psychology through different postures.

Therefore, if we can control the shape and arrangement of one's cerebral cortex, we can control his or her sicknesses. Unfortunately, no controlled experiment on this has been done and the author thinks a study on the relationship between shape and arrangement of the cerebral cortex and its associated organs, and psychopathological variables is necessary.

In the coming few decades, scientists can devise means to alter or change patient's shape and arrangement of their cerebral cortex and its associated organs by means of electrical methods, such as the Electro-convulsive Therapy, Yoga exercise, breathing exercise, chemical convulsants, or any voluntary movement which muscles are involved, so as to cure diseases. This is very important in the treatment of all kinds of sickness symptoms, no matter physical or psychological, mild or serious.

(3) Effects on change in the shape and arrangement of our cerebral cortex on the quantity of hormonal secretions.

When there are changes in postures as habit, such as having a particular kind of sports, exercise, there are always changes in quantity of different hormonal secretions, as demonstrated by Law 3 of the overall control of the nervous system in human beings. One of the very factors how Yoga exercise is effective in controlling our physiology as well as

our psychology is that Yoga exercise has profound influence on the quantity of different hormonal secretions. The shape of our skull is another factor, which can determine our physiology and psychology, as the shape and arrangement of our cerebral cortex always depends on the shape of our skull. As far as to healing diseases are concerned, we certainly can control our postures as a habit to deal with the benign and malignant diseases.

#### (F) Inter-relationship between the three laws

The shape and arrangement of our cerebral cortex control our physiology and psychology (Law 1) and the shape and arrangement of our cerebral cortex in turn is controlled by our postures as a habit (Law 2). Postures as a habit controls our physiology and psychology, this is possible because the shape and arrangement of our cerebral cortex controls the secretions, in terms of quantity, of different major and organ hormones (Law 3).

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