

Autogenic Training and Physical Illness

The Central Nervous System - Standard exercise 6 - My Forehead is Cool

The Central nervous System is made up of the Brain, Spinal Cord and the Peripheral Nerves. Brain cells are Neurones which communicate via Synapses and Neurotransmitters; communication of impulses arising in the brain travel along nerves to activate and control organs and muscles.

Nervous tissue is the most delicate tissue in the body is easily damaged by pressure, O₂ lack and metabolic abnormalities. Cerebro-spinal fluid (CSF) circulates round the brain and spinal cord.

Peripheral nerves have a fatty myelin sheath which ensures the integrity of transmission of impulses along their length.

Conditions of the Central nervous System

Headache

- Migraine
- Tension headache
- Cervical spine dysfunction
- Intracranial lesion
- Post head injury

Headache may be the primary reason for doing AT or part of the symptom complex.

Standard exercise 6 helpful

Cerebro-Vascular Accident (CVA) Transient ischaemic Attack (TIA)

CVA is caused by haemorrhage or infarct (blood clot).

- Micro-aneurisms or bleeds
- Scar tissue, epileptic focus
- Paralytic haemorrhage

AT can be very important for rehabilitation.

Multiple Sclerosis (MS)

Loss of the myelin sheath leading to failure of transmission of impulses along the nerves.

Voluntary and involuntary nerves can be affected leading to: motor, sensory and special sense deficit

- Bladder control affected
- Optic neuritis
- Muscle tone increased
- Loss of function
- Parasthesiae; abnormal sensations, need to distinguish from training symptoms.

AT can give welcome prophylactic rest periods; intentional offloading exercises address grief, anger and fear.

Epilepsy

Abnormal unpredictable discharges of brain activity

- Idiopathic
- Grand mal, Petit mal, Focal epilepsy, Temporal lobe epilepsy
- Post CVA
- Post encephalitis

Problems associated with Epilepsy:

- Long term medication, side effects
- Social and school restrictions
- Loss of opportunities at work
- Unable to drive
- Unpredictability of attacks.

AT can help concentration, sociability and confidence, and reduce anxiety.

Encephalitis

- Infection of the brain

Meningitis

- Infection of the meninges

Parkinson's Syndrome

A condition due to lack of neuro-transmitter Dopamine. It usually occurs in later life but may be the result of head injury or encephalitis.

- Increased muscle tone
- Tremor
- Paucity of movements as in walking and writing
- Treated with Dopamine supplements.

AT can reduce muscle tone and help fatigue and give hope

Conditions of abnormal muscular tension: Tics, Stammering, Torticollis, Writer's cramp

AT can relieve tension and accompanying anxieties; personal formulae are effective.