



# **Pain Management**

*“the case for a cognitive shift”*

**A Multidisciplinary Conference on the  
Management of Acute and Chronic Pain**

**CONFERENCE BOOK  
November 1st and 2nd 2002**

**Education Centre, Adelaide and Meath Hospital  
inc. The National Children's Hospital, Dublin 24, Ireland**

**website [www.ifti.ie/painconf](http://www.ifti.ie/painconf)**

## **DR. NIKOLAOS G. KOSTOPOULOS, Holistic Medicine (Greece)**

Dr. Nikolaos G. Kostopoulos qualified in Athens Medical University, Greece. He worked in the Renal unit of the Naval Hospital in Athens, Greece, in the intensive Care unit of the Hospital of Chest Diseases in Athens, Greece, and in the Respiratory unit of the Manchester Royal Infirmary in England.

He studied Homeopathy in Greece and in England.

He practiced in private practice in England, in the last ten years, combining Ayurveda and modern medicine. Vaidya Asvin Barot guided him in Ayurveda.

Since 1999 he is running the Holistic Health Centre in Athens, Greece. He is doing research in psychosomatic disease and stress management through Ayurveda under the guidance of Vaidya Asvin Barot.

He has participated in international conferences in India and in Japan giving talks about Ayurveda and stress management.

### **A HOLISTIC APPROACH TO STRESS**

Stress and stress related disorders present a challenge to any physician in the world. This is because stress breaks down an intricate communication network between the nervous, endocrine and immune systems causing a malfunction on many levels in the human being.

75 to 90% of all physician office visits are for stress-related ailments and complaints, and stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Recent evidence indicates that glucocorticoids and catecholamines, the end products of the stress system, and histamine, a product of activated mast cells, might selectively suppress cellular immunity and favour humoral immune responses.

In this way stress may influence the onset or the course of infectious, autoimmune, inflammatory, allergic and neoplastic diseases.

Because of the seriousness of the physical or mental diseases that are linked with stress, it would be very important to prevent it rather than simply observe the whole chain reaction until a disease gets manifested.

Medications for stress usually have a lot of side effects that leave the physician and the patient in an uneasy state.

There is a need for a more holistic approach to health and I will present the model of traditional Indian medicine or Ayurveda as such.

This presentation will try to link the Ayurvedic and the modern approach to stress, creating links and correlations between terms that look superficially far apart but in a closer look they are much closer than that.