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Oxytocin and addiction treatment during tourism

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One of the effects of oxytocin is to create relaxation in animals. Furthermore, dance and music are two tools for relaxation. On the other hand, dance and music enhance the effects of oxytocin. Music can encourage social interactions and promote trust and cooperation in culturally (not genetically) compatible individuals, stimulating reward and motivation and enhancing learning and memory capacities. These effects of music on trust, empathy, reciprocal behaviors, group harmony, anxiety, and social decision-making resemble those of oxytocin. Psychological processes might induce the release of oxytocin, meaning that positive interactions, including friendly relationships, can promote health. The social interactions of daily life, along with a positive atmosphere, continuously activate the oxytocin system. Because both oxytocin and beta-endorphin are endogenous brain peptides, the data suggest that endogenous oxytocin might modulate the sensitivity of the CNS to repetitive or long term stimulation by opioids, hindering tolerance to endorphins. The brain opioid theory of social attachment has been proposed to explain the neural basis of social bonding. Brain endorphins are activated by a variety of social activities, including social touch, laughter, singing, dancing, and partying. Morphological evidence indicates the influence of oxytocin on the activity of the brain betaendorphin system in the hypothalamus . According to these pieces of evidence, endogenous oxytocin rises if individuals are involved in-group games and enter an empathetic and supportive environment. Oxytocin is released through a variety of nonharmful sensory stimuli, such as touch and heat. Nature reduces anxiety and stress, shortens the hospitalization period, lowers the heart rate, and augments guided focus. In addition to nonharmful sensory stimuli, oxytocin can also be released by the stimulation of other senses, such as the olfactory and visual, and by certain types of sounds and lights . Therefore, all the benefits of being in untouched and wonderful nature can be mediated by oxytocin. A combination of targeted non-drug group therapies throughout the day (such as Listen to music in groups, group dancing, group relaxation, group conversation sessions, watching clips that target individual emotions, and group massage) with oxytocin spray may be an effective way to treat all addictions. oxytocin appears to be able to stimulate the social reward axis . This ability of oxytocin, along with the participation in social activities and the use of recreational facilities and opportunities, will result in more potent and durable therapeutic effects.