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Psychotherapy and modulation of the vagal system

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The vagal modulation has long been known as a complex variation of neurons and hormone levels that activate muscles and organs. This complex interactivity, able to activate a certain status of the whole organism, is defined as a continuous loop with a neuro-hormonal character that can be interrupted by an opposite neuronal activity and contrary to the one that triggered it. The root of these dynamics is therefore external to the vagal system and appears to be determined by environmental events in which realities such as psychotherapeutic pathways are intrinsically proponents of it. The heuristic hypothesis is that of linking the modulation of the vagal system, as a therapeutic tool designed to elevate its intrinsic reparatory capabilities and healing abilities, through integrating psychotherapeutic techniques. The psychotherapies are therefore no longer advanced as a general definition of purely consolatory support or symptomatic of a general pathological state but as a deterministic methodology, of defined protocols aimed at the resolution of physical and psychophysical nosographically pathological states framed.