

Psychological Intervention can Enhance the Immunity of Individuals

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Editorial

It's always nice to become a part of such an academic activity which stands out as glory to wisdom. It gives me immense pleasure to associate with Journal of Medical Microbiology and Immunology Research which works in the noble direction of mankind. Health being the indispensable and most crucial on the earth today has attracted concern of brains at large. It is said that "where there is a problem there is a way", problem demands solution and even solution demands more of accuracy. Researchers these days are more concerned with finding ways to a given problem. But when it comes to the issues where we or our locality is involved, it even becomes more imperative. Psychological Researchers are those intellectual pools who strive for creation of healthy mankind for mother earth. The scope of Psychology is not only limited to well-being but also covers productive well-being concept of Individual. Productivity of any organization is the direct effect of mental wellbeing of a person concern.

As of now the burden of chronic disease is increasing worldwide. According to recent report of World Health Organization (WHO) 79% of the total deaths occurring worldwide within developing nations is due to chronic disease. A low resistible immune system is the sole cause of all those syndromes. Stressful life, anxiety, depression etc. are the foremost cause of deteriorating immune system in an Individual.

The health of a person depends on the cognitive and affective domain of the individual. Many studies revealed that psychological interventions play a significantly positive role for enhancing the CD4 count (Immunity) level of persons those who leaving with chronic illness like Cancer and AIDS. The duty and role of psychologist and researchers is to find out key reasons for such happenings. Increase in immune system of an individual avoids stressful life condition, thereby enhancing productive life. Hence to avoid chronic disease it is very crucial for young researchers to inculcate the positive form of attitude and behavior through the means of proper counseling and psychological intervention to strengthen the overall immune system of a patient concern. Only then the happiness of life can be linked to quality of thoughts.

We have entered into such a fast life that we have no or very little time for health. And in fact this is the whole and sole cause of all the sorrow. We cannot extend the life span of an ill person, but we can definitely contribute to the quality aspect of the same. As once said by Mother Teresa "We cannot add days to the remaining life of a patient" but "We can always add life to the remaining days of the same".

This journal has made an initial attempt to bring together world of knowledge in the field of health to a common platform, so that each individual of society can harness the beneficial aspect of it. With all clear thoughts I wish all the very best to all the stakeholders of the journals and hope it can boost the means for which it is established.