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## Mongolian mind-body interactive psychotherapy – A Stress reduction method with potential health benefits in patients with brain tumors

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**Importance:** The Scientific Research Community recognizes self-healing as an important process for humans. However, it does not readily accept the idea that one's mind can promote healing. Mongolian Mind-Body Interactive Psychotherapy is a stress reduction method that can promote self-healing. This report presents two cases in which the subjects were treated with Mongolian mind-body interactive psychotherapy.

**Observations:** In the first case, the patient presented with central diabetes insipidus secondary to a pituitary microadenoma. In the second case, the patient presented with a severe headache related to a brain tumor. Both patient's symptoms diminished after undergoing Mongolian mind-body interactive psychotherapy.

**Conclusions:** The mechanism underlying the resolution of the brain tumors remain unknown. However, we believe stress reduction through Mongolian mind-body interactive psychotherapy played a significant role in symptom reduction and patient well-being. These two cases give us new insight in stress reduction and the promotion of health through the utilization of Mongolian mind-body interactive psychotherapy.

### Biography

Sarnai Arlud is a research assistant at Center of Mongolian psychosomatic medicine, Inner Mongolia International Mongolian Hospital. She has her passion in mind body interaction. She is working on evaluating Mongolian mind-body interactive psychotherapy in insomnia, psoriasis, and help group to assessing Mongolian mind-body interactive psychotherapy in esophagus cancer, gastric cancer, ulcerative colitis, hyperthyroidism, rheumatoid arthritis, fatty liver, depression, anxiety, hyperplasia of mammary glands, chronic fatigue syndrome and anti-aging. In addition to this, she is also working on understanding the molecular mechanism of Mongolian mind-body interactive psychotherapy in psoriasis. She has published her research work in 11 papers.

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