

General patho-physiology: stress, neural and other control, autonomous nervous system, hormonal control, system approach...

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<https://dec52.lf1.cuni.cz/~pmar/ftp/PPT-PATF/>

Seminar circa 50 slides,
Topic code SY



Stress



Stress

Stress, stress syndrome

= neurohumoral defense reaction

= universal response to different external or internal changes and stimuli – stressors

Definition:

The state of threatened homeostasis or disharmony that is counteracted by a complex of physiologic and behavioral responses that reestablish homeostasis

Stress

Stressor

= factor, any adverse change of outer or inner conditions

- physical
- chemical
- biological
- psychosocial

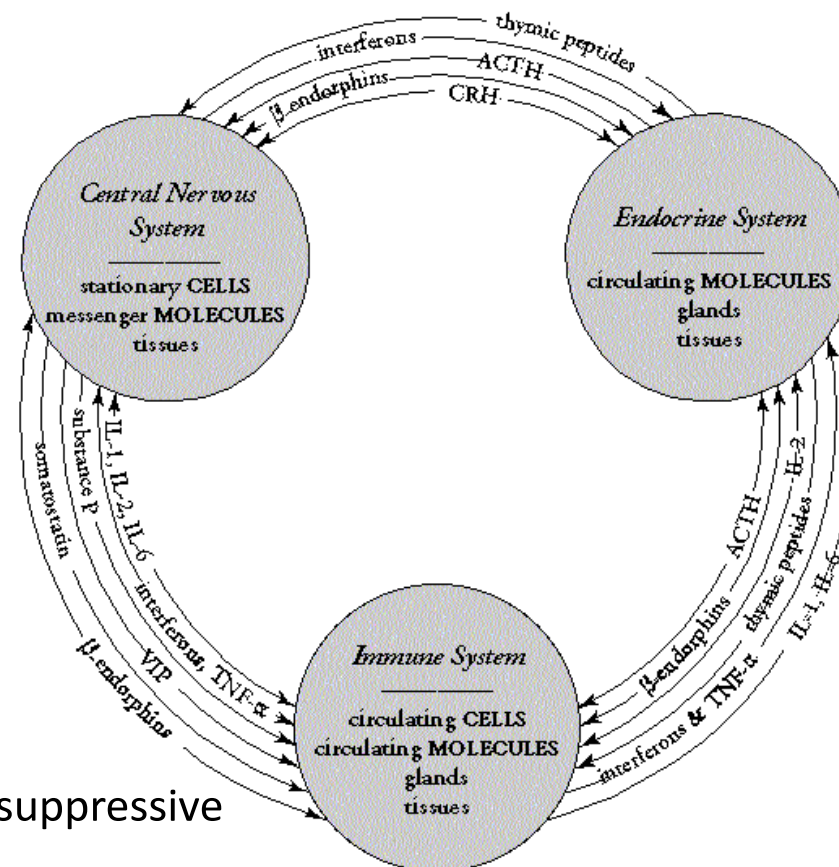
(trauma, surgery, infection, intoxication, pain, working overload,
intensive emotion ...)

Stress

“Common adaptive syndrome”

= Neurohumoral reaction, response to stressor
mechanisms of stress activation

Stress and Inflammation



Stress with cortisol acts against
immune reaction, it is immuno=suppressive

Stress and Inflammation

Stress reaction

- Generalized reaction
- Activation and coordination from CNS (hypothalamus)
- Universal (non-specific) character

Inflammation

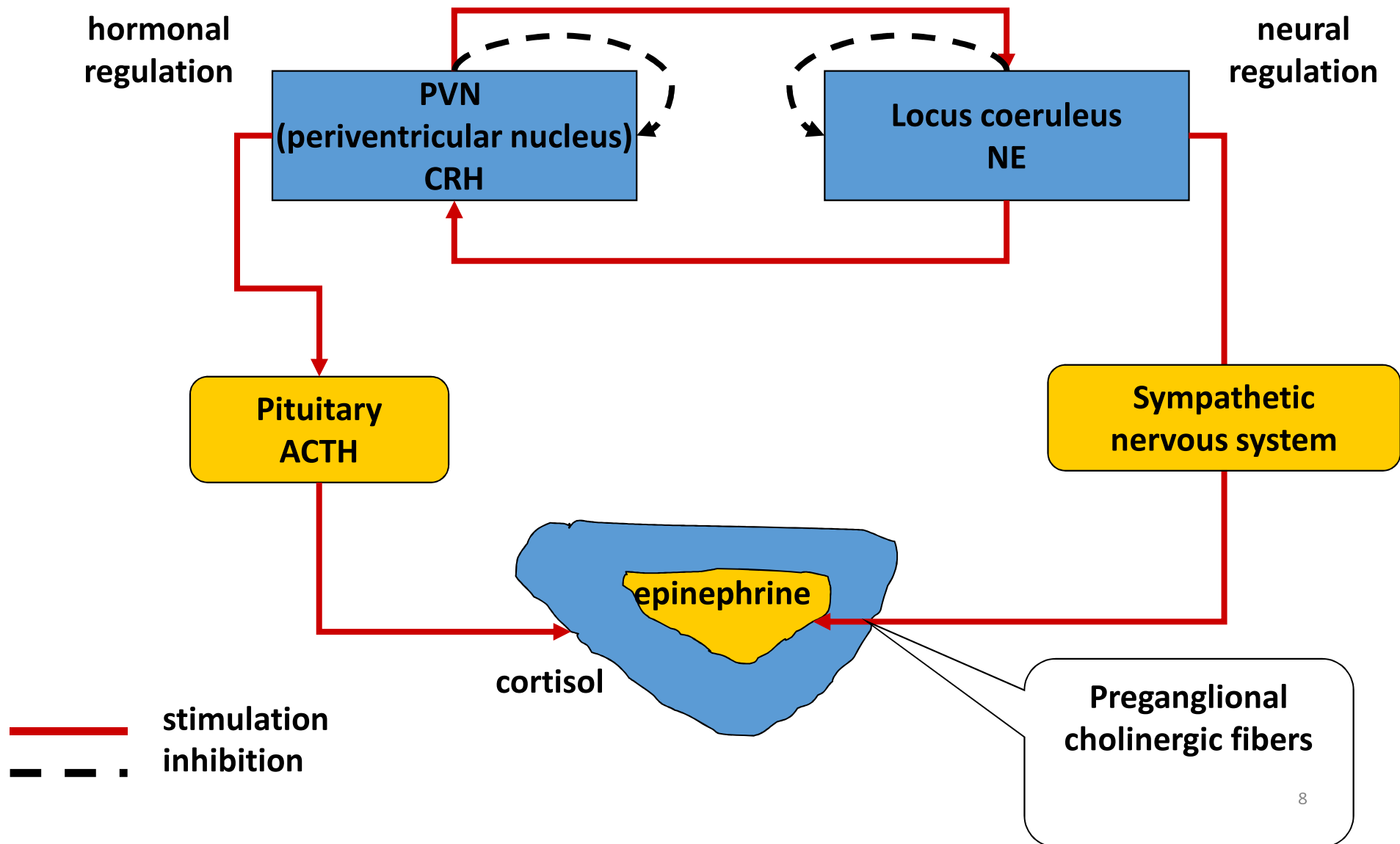
- Primarily local reaction (→ generalization)
- Reaction of vascularized tissues
- Specific response – targeting against initial stimulus

Stress reaction - phases

(Hans (Janos) Selye, 1907 - 1982)

Phase	Mediators	Dominant changes
Alarm	catecholamines gluco-corticoids (=gcc), growth hormone, melano-cortin (=gcc+acth)	CNS activation hypothalamus cardiovascular effects glycogenolysis proteocatabolism gluconeogenesis proteocatabolism anti-inflammat. effects ↓ Lymphocytes Na + water retention energetic depletion ↓Glc metabolic acidosis
Resistance	gcc	
Exhaustion	gcc	

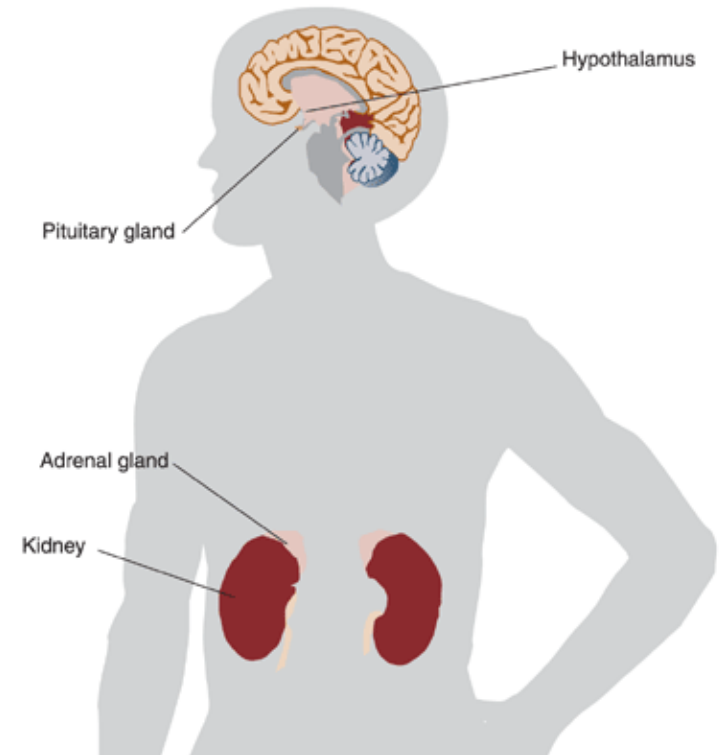
Stress axes



Stress system

Mechanisms of stress activation:

1. Activation of cerebral cortex
2. Activation of hypothalamus
3. Neuro-humoral response
(sympatho - adrenal axis, pituitary - adrenal axis)
4. Peripheral actions
(metabolic, cardiovascular, immune system...)



Hypothalamus

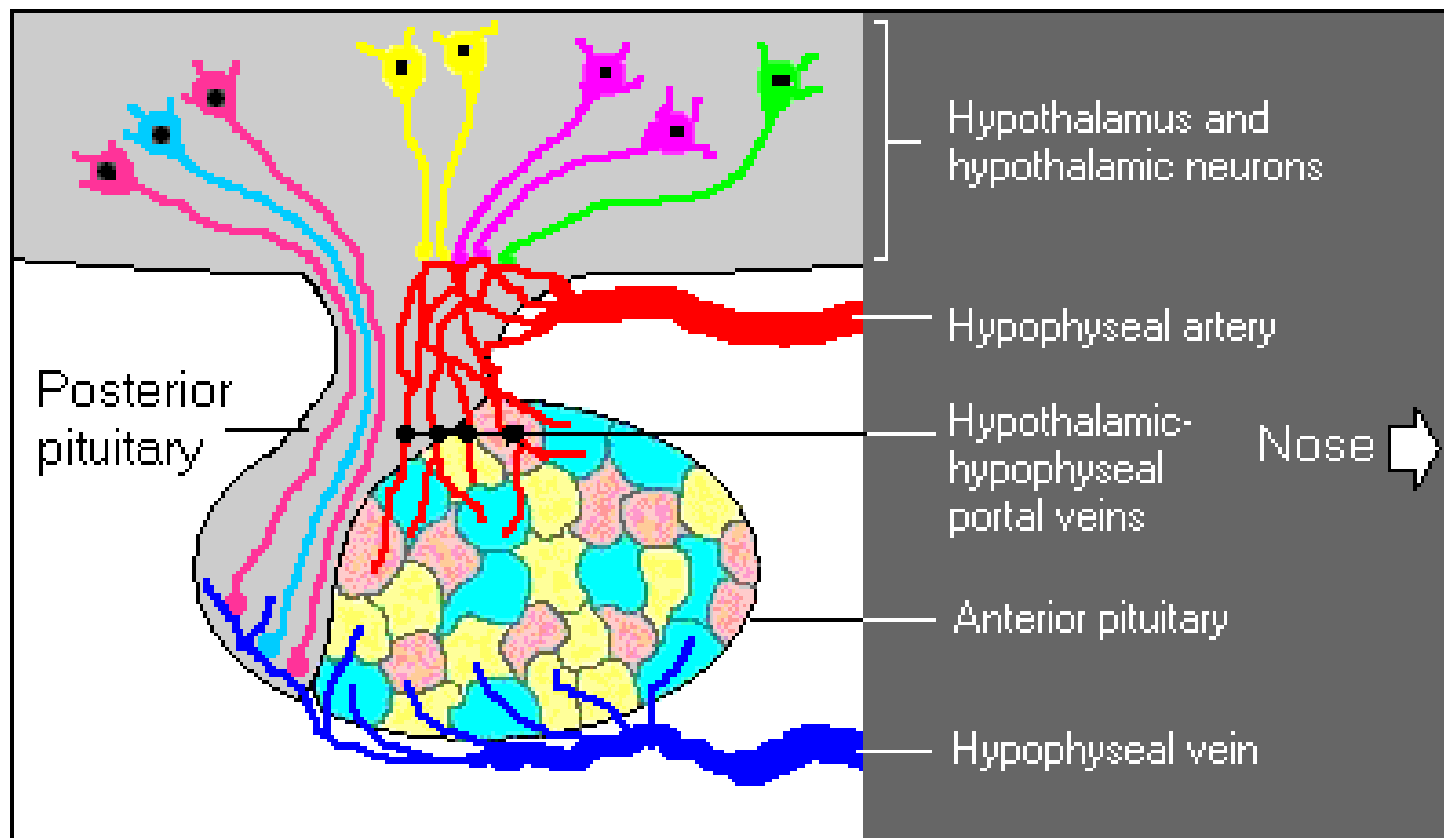
↑ epinephrine
↓ norepinephrine
(↑ ratio E / NE)



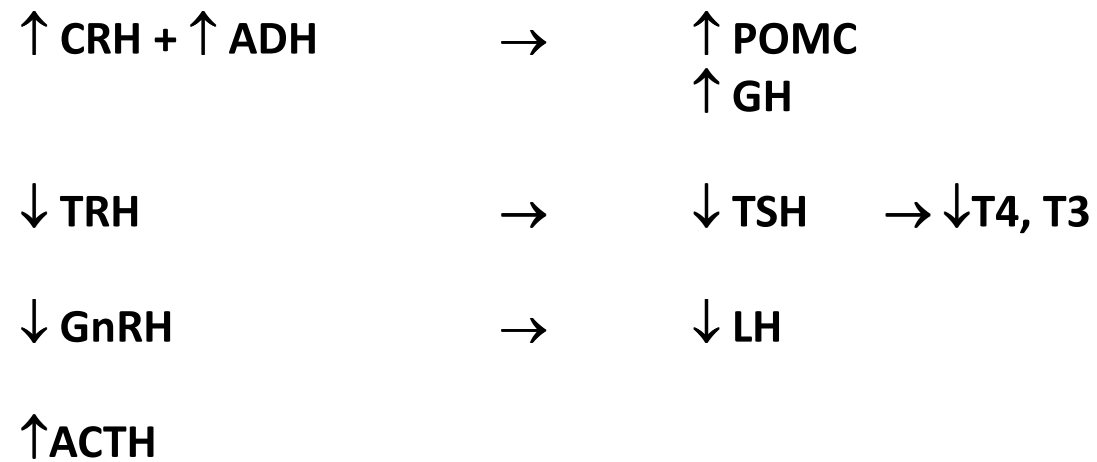
↑ CRH production in mediobasal centers
↑ ADH production in preoptical part of
hypothalamus
↓ inhibition of TRH release
activation of sympathetic - adrenal axis

Pituitary gland

Hypothalamo - hypophyseal axis



Pituitary gland



Pituitary - adrenal axis

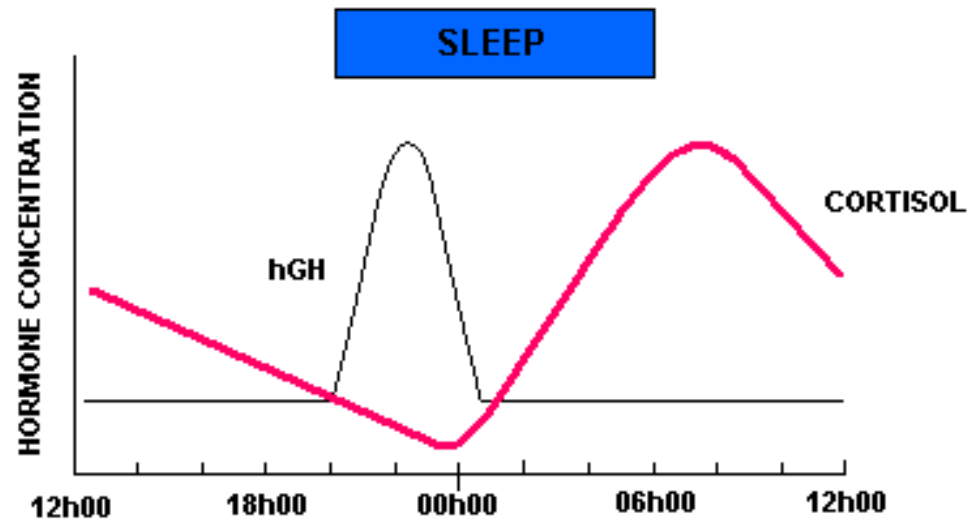
↑CRH → stimulator of POMC in adenohypophysis

**↑ACTH → activation of adrenal cortex
(↑cortisol, ↑ aldost.)**

↓ role of negative feedback of corticoids

Pituitary - adrenal axis

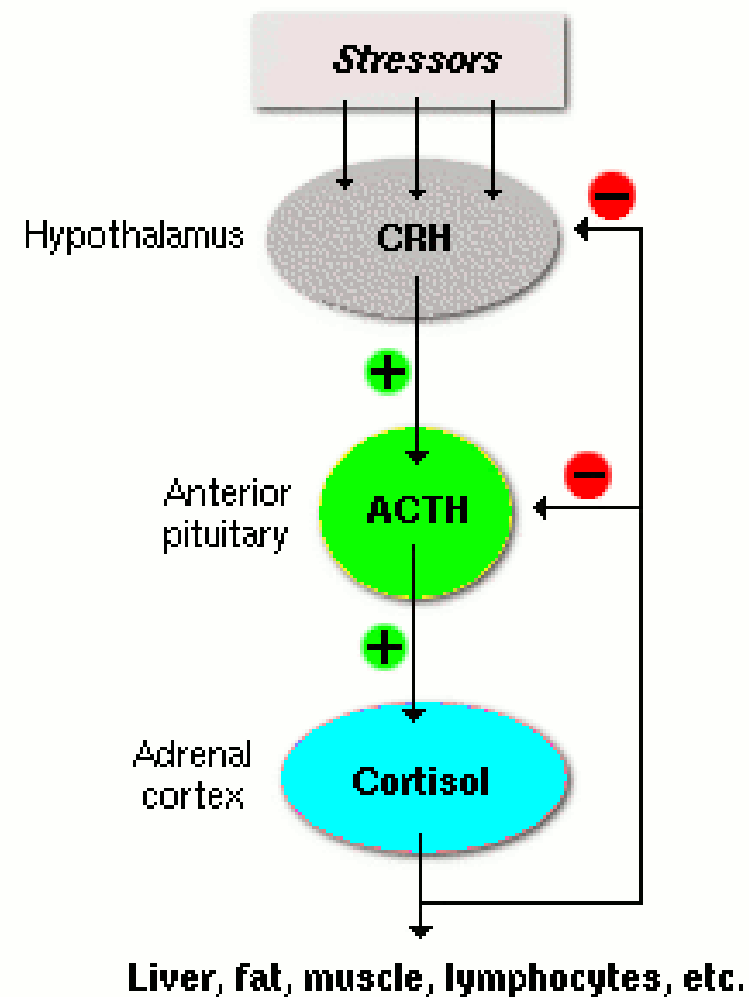
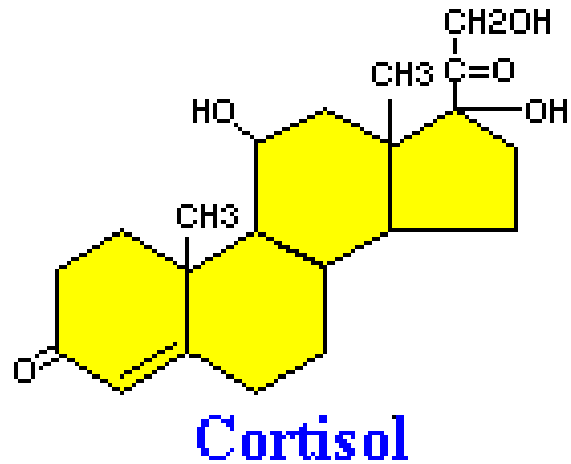
Secretion



- **Ultradian rhythm** (short periods, episodic, pulsatile)
- **Circadian rhythm** (24 h periods)
maximal secretion at 8-10 a.m.
minimal secretion at 11 p.m.

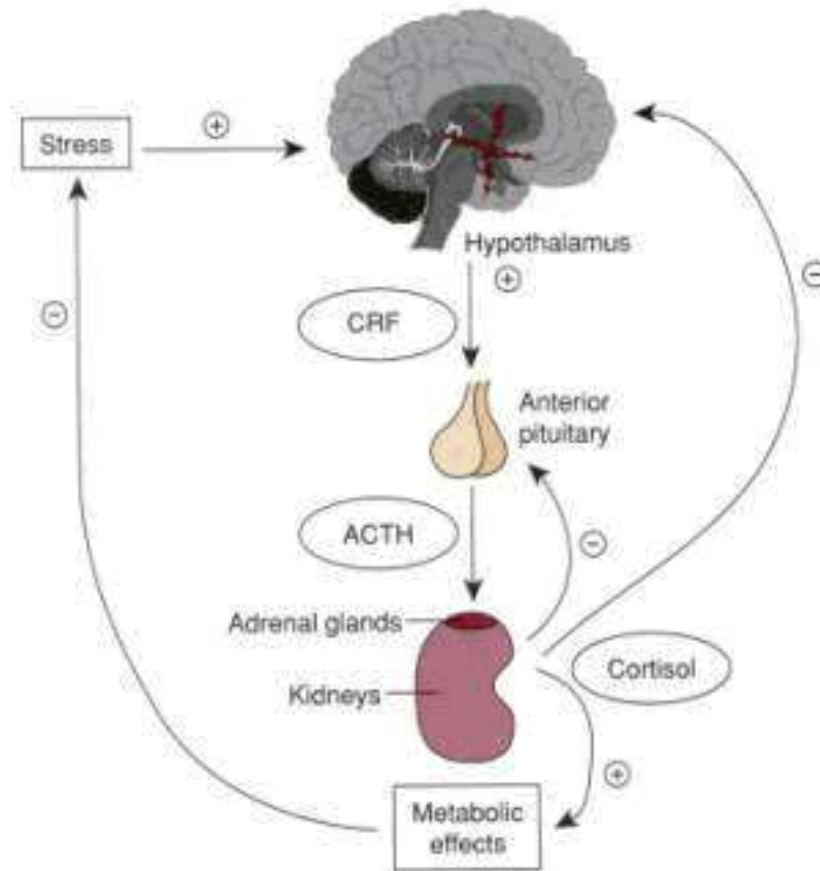


Pituitary - adrenal axis



Cortisol secretion control

Negative feedback regulation



General control concepts, control theory

In contrast to description of cellular and molecular response stands a systemic description of homeostasis and its disturbances as interplay of control (sub)systems.

Control system: Negative feed-back

y ...controlled variable, I/O

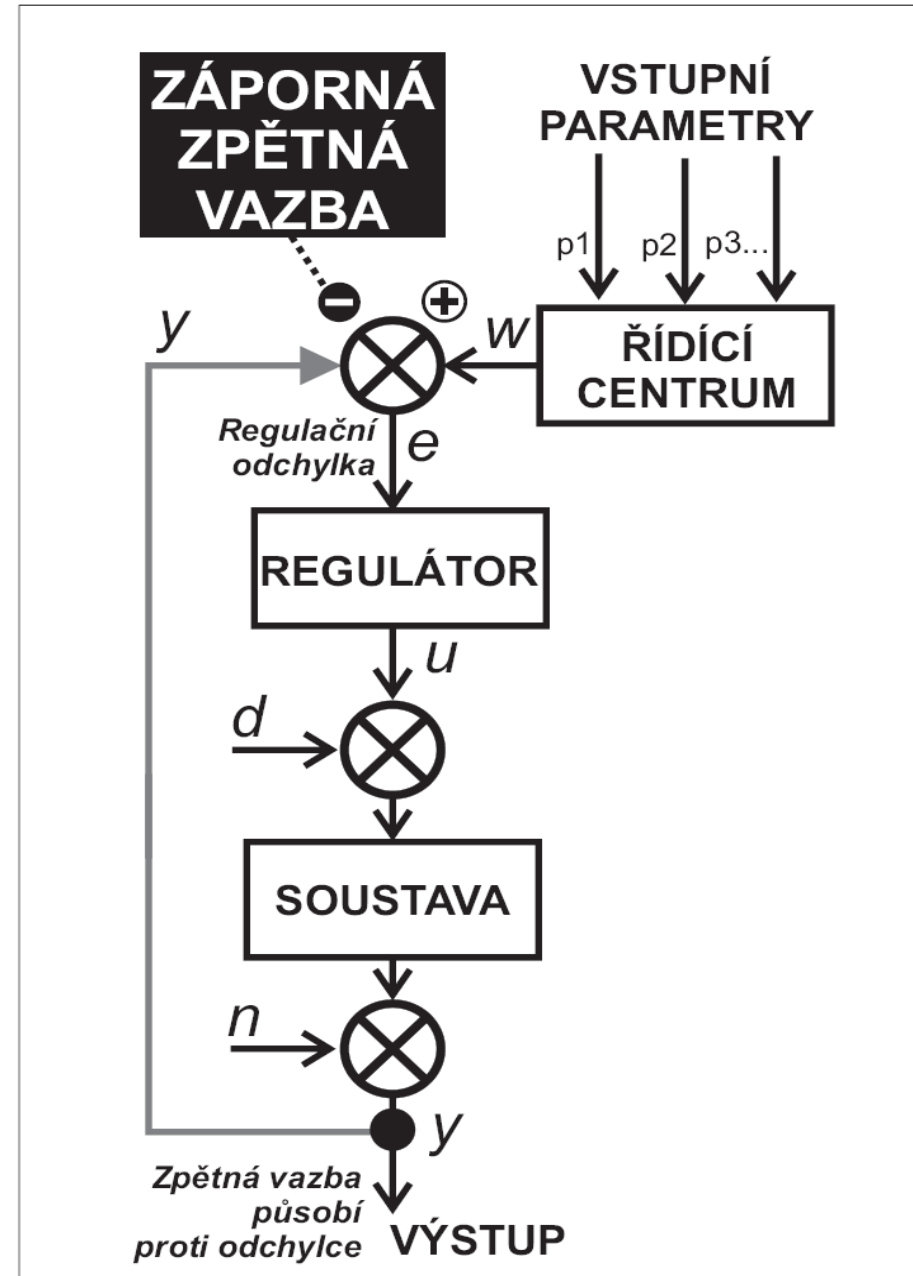
w ...pre-set value

e ...error signal

u ...actuating variable

d, n ...disturbance variables

In **negative** feed-back, error signal e used for control is obtained by **subtraction** of the controlled variable ($-y$) from the pre-set value ($+w$), $e = w - y$.



Control system: Positive feed-back

y ...controlled variable, i/o

w ...pre-set value

e ...error signal

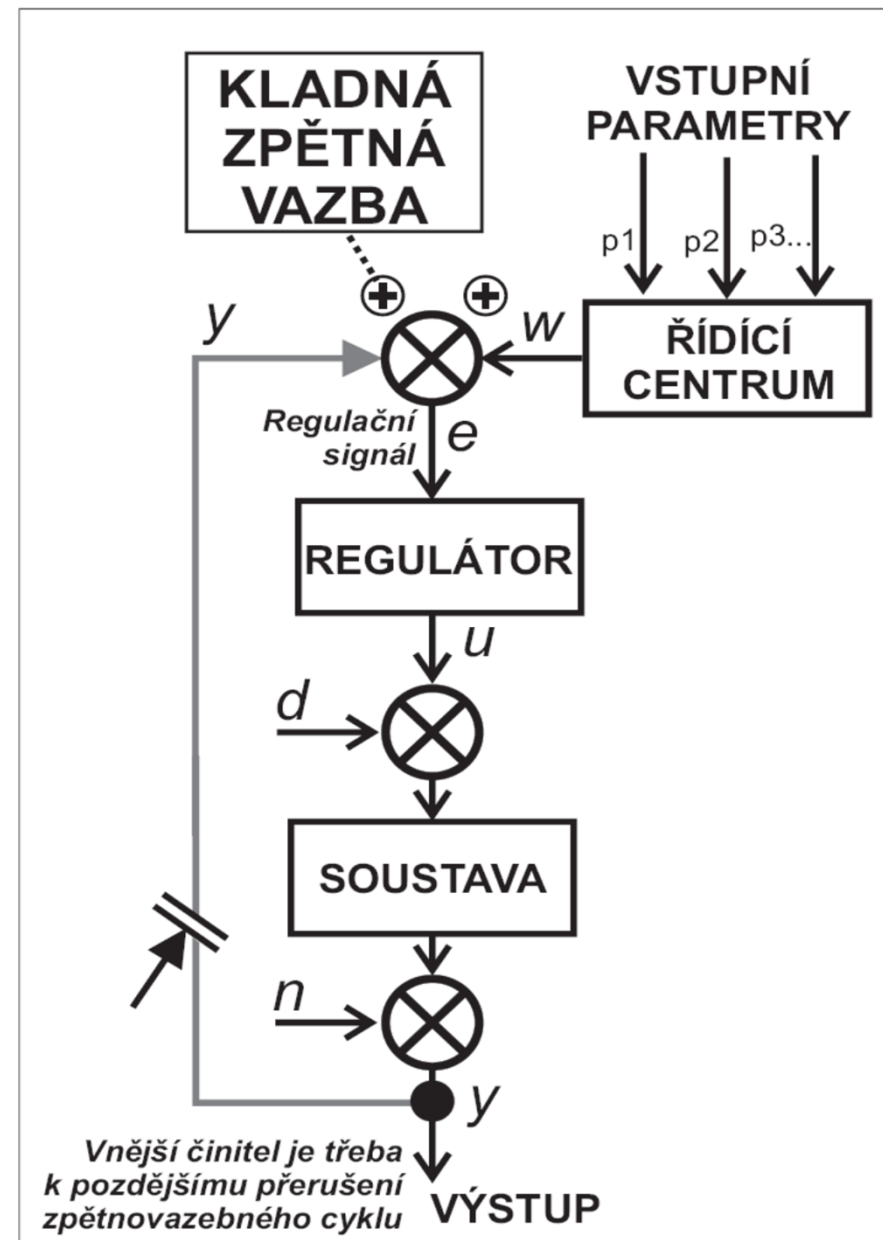
u ...actuating variable

d, n ...disturbance variables

In **positive** feed-back, error signal e used for control results from **addition** of the controlled variable ($+y$) to the pre-set value ($+w$),

$$e = w + y.$$

Outer factor is needed to disconnect feedback cycle at the point from output back



Examples – negative and positive feed-back

Negative feed-back – easy, almost everything is controlled this way:
blood pressure, temperature, glycemia, ...
in general – homeostasis...

positive feedback – fewer examples, more difficult:

1) in physiology/ patho-physiology:

Fever onset, ovulation, production of sex hormones in large,
„avalanche-like“ trigger reactions:

hemocoagulation, division of lymphocytes

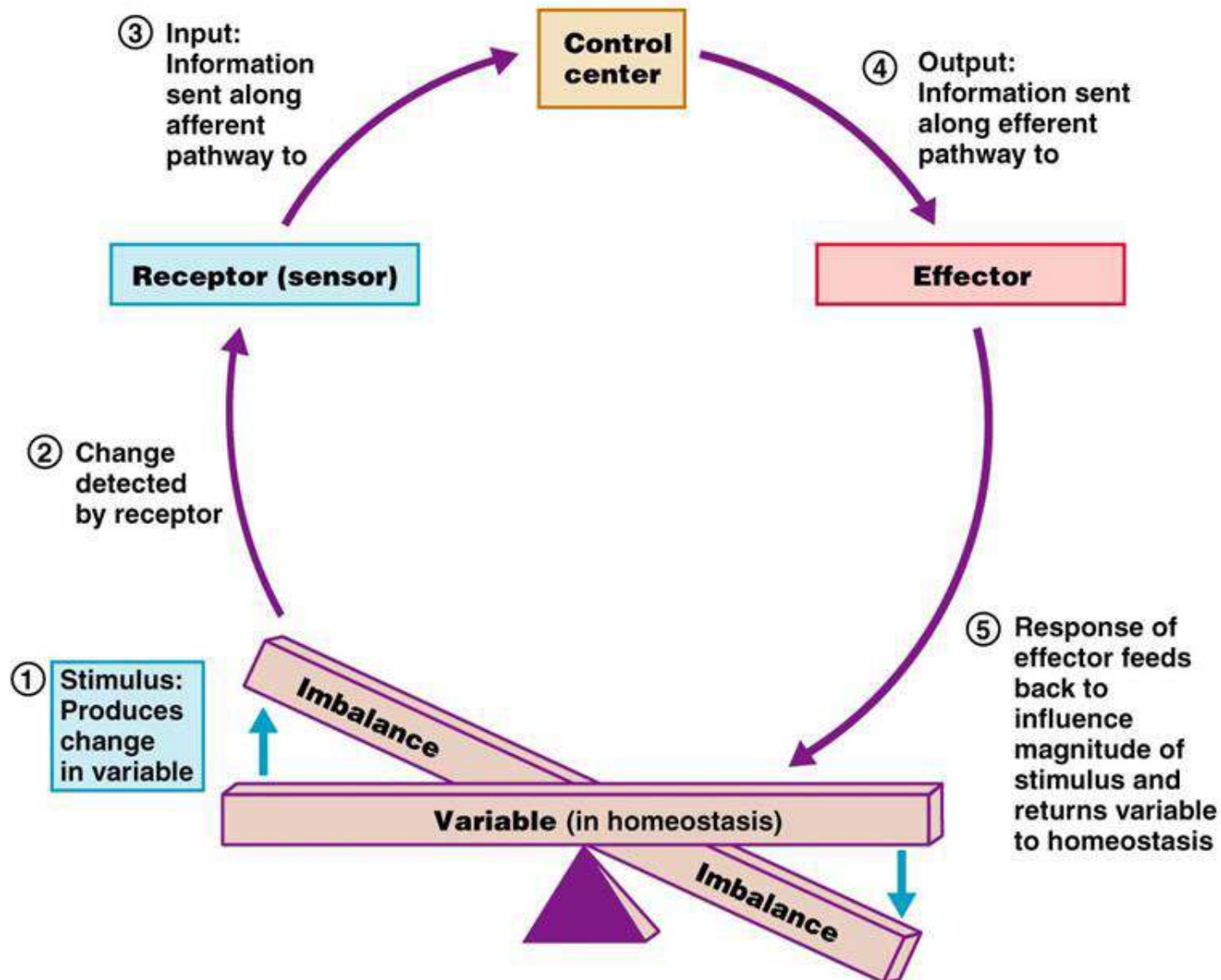
during the immune reaction (e.g the pneumonia crisis)

2) Pathology (pathologic values of variables, vicious circles, failures).

Building up of a new, pathologic equilibrium, example: adaptation to the
lower PO₂

failure of blood pressure control -> shock, hypo-perfusion, hypoxia...

Homeostasis, control circuit simplified



Adrenal glands

Glucocorticoids

- essential for an adequate course of stress reaction
- permissive effect on catecholamine action
- domination in 2nd phase of stress response (st. of resistance)

Effects:

- glycids ... gluconeogenesis
- proteins ... proteocatabolism (neg. N balance)
- lipids
- hematopoiesis (↑Neu, ↓Eos, ↓Ly, ↑Plt)
- anti-inflammatory effects ... cytokines, APP
- circulatory changes (↑BP, Na and water retention)

Adrenal glands

Glucocorticoids

Glucose

1. Gluconeogenesis stimulation in liver (6-10x)
2. Activity of enzymes for AA conversion to Glc
3. Mobilization of AA from tissues (x liver)
4. Elevation of hepatic glycogen
5. Decrease of Glc utilization in cells

Adrenal glands

Glucocorticoids

Proteins

1. Proteocatabolic effect in all tissues excepting liver
2. Low protein synthesis
3. Low AA transport into cells (muscles, lymphoid t.)
4. Proteoanabolic effect in liver (APP)

Adrenal glands

Glucocorticoids

Lipids

1. Mobilization of fatty acids from adipose t.
2. High oxidation of fatty acids (low utilization of Glc
- energy from fatty acids)

Adrenal glands

Glucocorticoids

Anti / inflammatory effects

1. The release of proteolytic enzymes, histamin, bradykinin
x cortisol - stabilisation lysosomal membrane
2. Vasodilation in inflammatory tissue
x cortisol - vasoconstrictory effect
3. High permeability
x cortisol - decreased capillary permeability
4. Leucocyte infiltration
x cortisol - inhibition of Leu migration
5. Cortisol - immunosuppressive effect (decrease of T Ly)
6. APP synthesis

Sympathetic - adrenal axis

Hypothalamus



- Medulla oblongata
- Medulla spinalis
- Adrenal medulla + sympathetic ganglia

Metabolic and cardiovascular responses

Adrenal medulla

Catecholamine synthesis

Norepinephrine 20% 1.2 - 3.4 nmol/l

5-6 x elevation ... biological effects

Epinephrine 80% 0.1 - 0.8 nmol/l

2 x elevation ... biological effects

Adrenal medulla

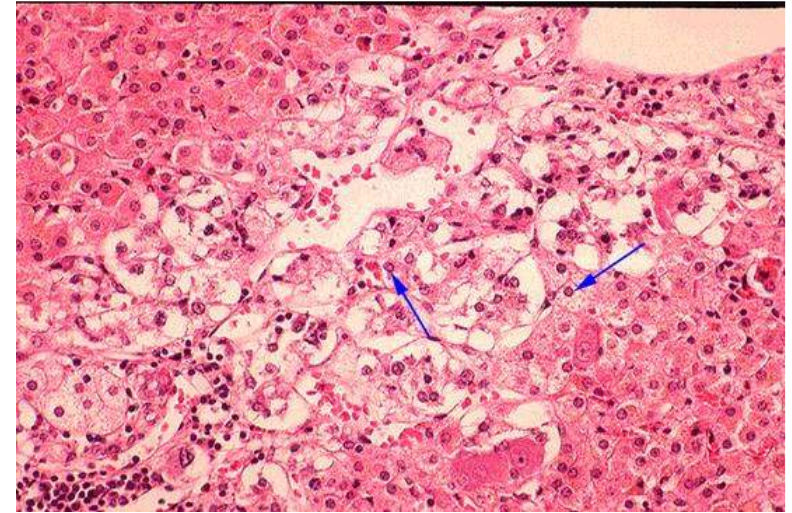
Catecholamines (adrenomedullary system)

- rapid activation (sec...min.), rapid degradation
- crucial in an initial (alarm) phase of stress response

Effects

- cardiovascular (chrono, ino, bathmo, dromo-tropic) $\uparrow$ CO, $\uparrow$ BP
- metabolic ... hepatic glycogenolysis
 - $\uparrow$ intestinal resorption of glc.
 - $\downarrow$ insulin production
 - lipolysis, $\uparrow$ FFA

Adrenal medulla



Chromaffine cells = pheochromocytes
Axons of preganglionic sympathetic nerves

Catecholamines:

- **Norepinephrine ... adrenal medulla + CNS + PNS**
- **Epinephrine ... adrenal medulla**
- **Dopamine ... precursor of NE, adrenal medulla + noradrenergic neurons**

Receptors:

α ... vasoconstriction, sweating, GIT

β ... vasodilatation, GIT, catabolism, bronchodilation

Psycho - social stress

= Emotional activation of stress response

The role of paleocortical region (limbic cortex, neocortical region)

Activating (stressogenic) pathway

nc. amygdalae → mediobasal hypothalamus

Inhibiting (anti-stressogenic) pathway

fornix, gyrus hippocampi → corpora mamillaria of posterior hypothalamus

... protracted activation of sympathoadrenal + adrenocortical axis without psychological benefit

... risk factor of psycho-somatic disorders

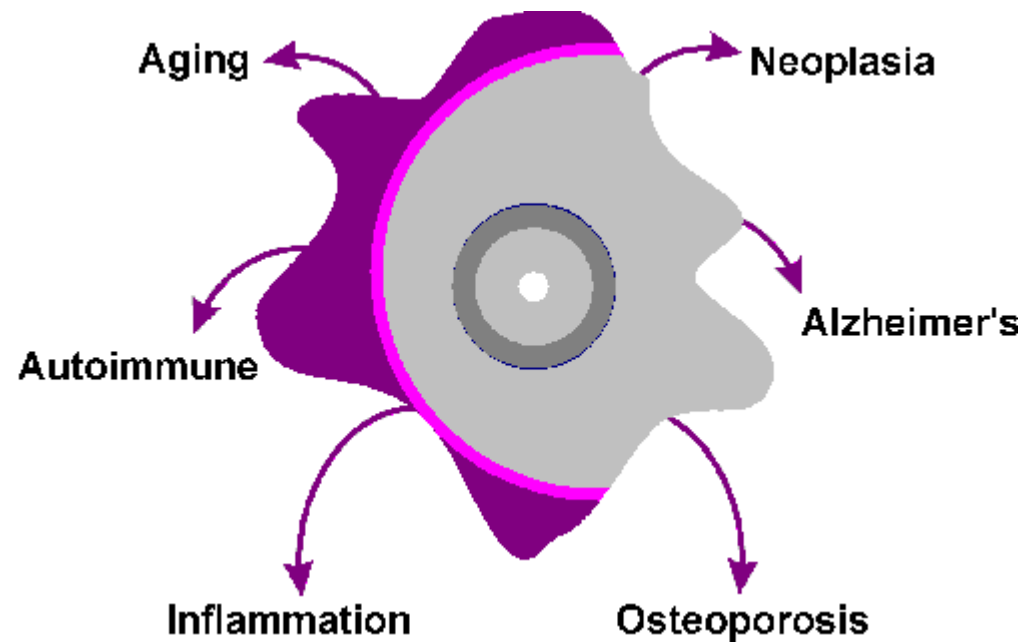
Stress and somatic disorders

Alterations of the ability to respond to stressors, as for example inadequate, excessive and/ or prolonged reactions, may lead to disease.

Moreover, excessive and/ or chronically imposed stressors may have adverse impact on a variety of physiologic functions, such as growth, reproduction, metabolism and the immunity, as well as on development and behavior.

Prenatal life, infancy, childhood and adolescence are critical periods characterized by increased vulnerability to stressors.

Stress and somatic disorders



Stress and somatic disorders

Atherosclerosis

Hemoconcentration

Heart ischemic dis.

Myocardial infarction

Stroke

**Metabolic (Reaven) syndrome (insulinoreistance,
hyperinsulinaemia, hypertension, hyperlipidaemia,
hyperurikaemia...)**

↑ sensitivity to infection

Malignancies ?

Gastric ulcer (Cushing syndrome ulcer)

Graves-Basedow disease

Psoriasis

... Psychosomatic medicine

Autonomous nervous system

This is a major control system. Often, in pathological physiology studies of nervous system it is forgotten. Because of: central nervous system, humoral control (hormones), immune system, etc.

Neurotransmitter examples

Autonomic/ Vegetative nervous system

- **sympathetic** and **parasympathetic**,
- receptors (**alpha- and beta- adrenergic**, **nicotinic and muscarinic cholinergic**)
- mediators (adrenaline, noradrenaline (norepinephrine), acetylcholine)
- mediator synthesis (= biogenic amines)
- cleavage (choline-esterase, mono-amino-oxidase, and re-uptake)
- anatomic connections (segmental, versus head a torso, pre- and post- ganglionic fibers), urination, defecation, erection, ejaculation, eye focusing = accommodation, pupil sphincter = adaptation,
- balancing sympathetic and parasympathetic effects

Plants and mushrooms with effect on the cholinergic synapse

nicotinic and muscarinic cholinergic receptors

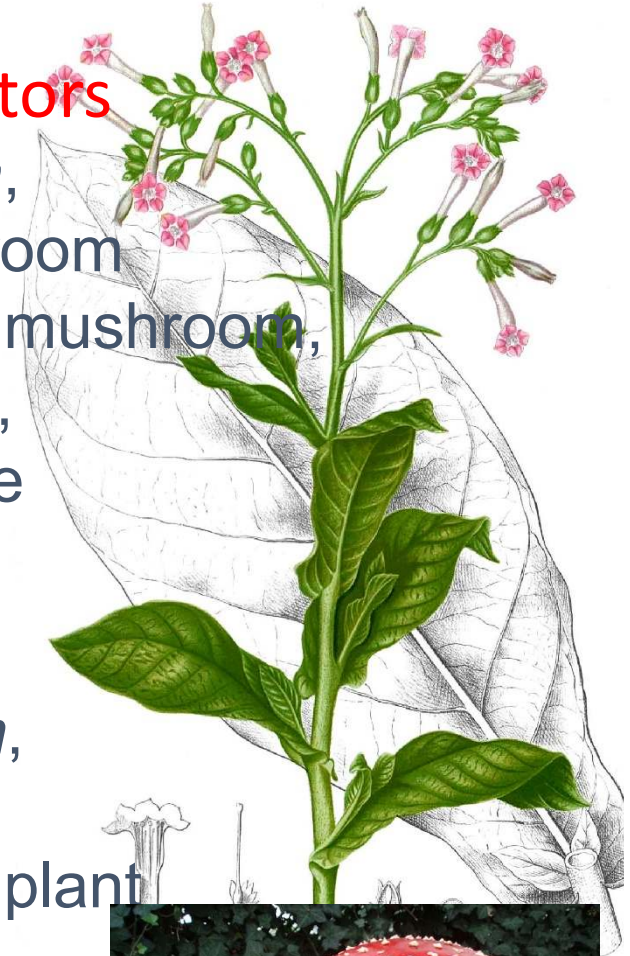


Clitocybe dealbata,
or sweating mushroom

Deadly poisonous mushroom,
poison: muscarine,
antidotum: atropine

Clitocybe odora,
Edible mushroom

Nicotiana tabacum,
Tobacco plant,
Deadly poisonous plant



Amanita muscaria,
or fly agaric

Mildly poisonous
mushroom, poison:
muscimol



Neural pathways/ neural control

CZ

Hledání účelnosti ve fyziologických reakcích. (Imunosupresivní léčba některých nemocí občas ukazuje, že patogenetický proces vůbec neprobíhá účelně.)

Nervový signál přenáší jen reprezentaci veličiny s kladným znaménkem, proto se často vyskytuje dualita současného řízení excitačními a inhibičními neurony

V případě vegetativního NS je to také dualita **sympatiku** a **parasympatiku**

Thermoregulation:

kožní vasokonstrikce/ vasodilatace
potní žlázy - sympatikus
výjimka v inervaci: cholinergní

Baroreflex:

vybalancování

účinků sympatiku a parasympatiku

Zvýšení a snížení krevního tlaku:

(-press.=> +symp.-parasymp.

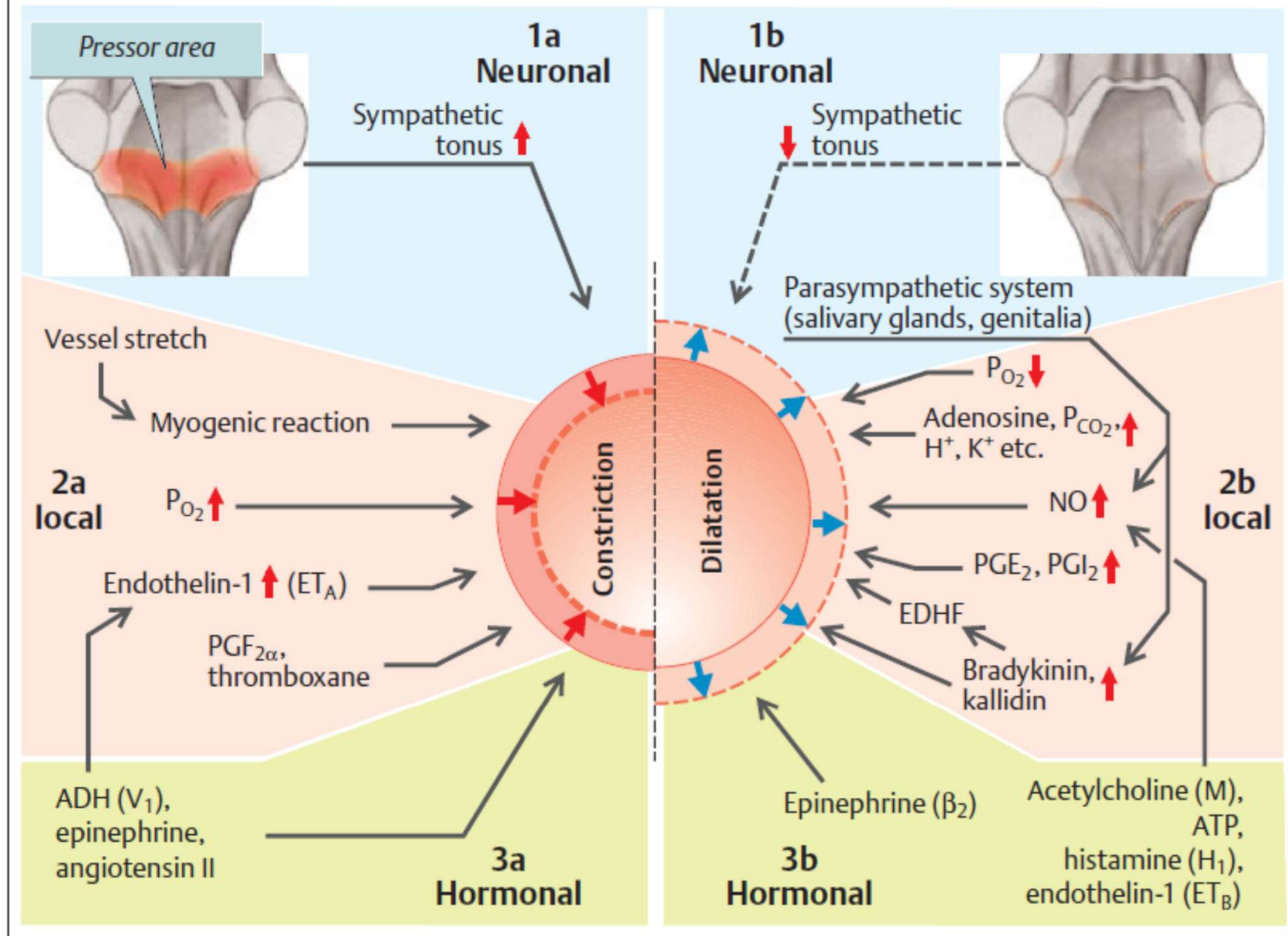
mimo jiné např.: orthostatický reflex)

(+press.=> -symp.+parasymp.)

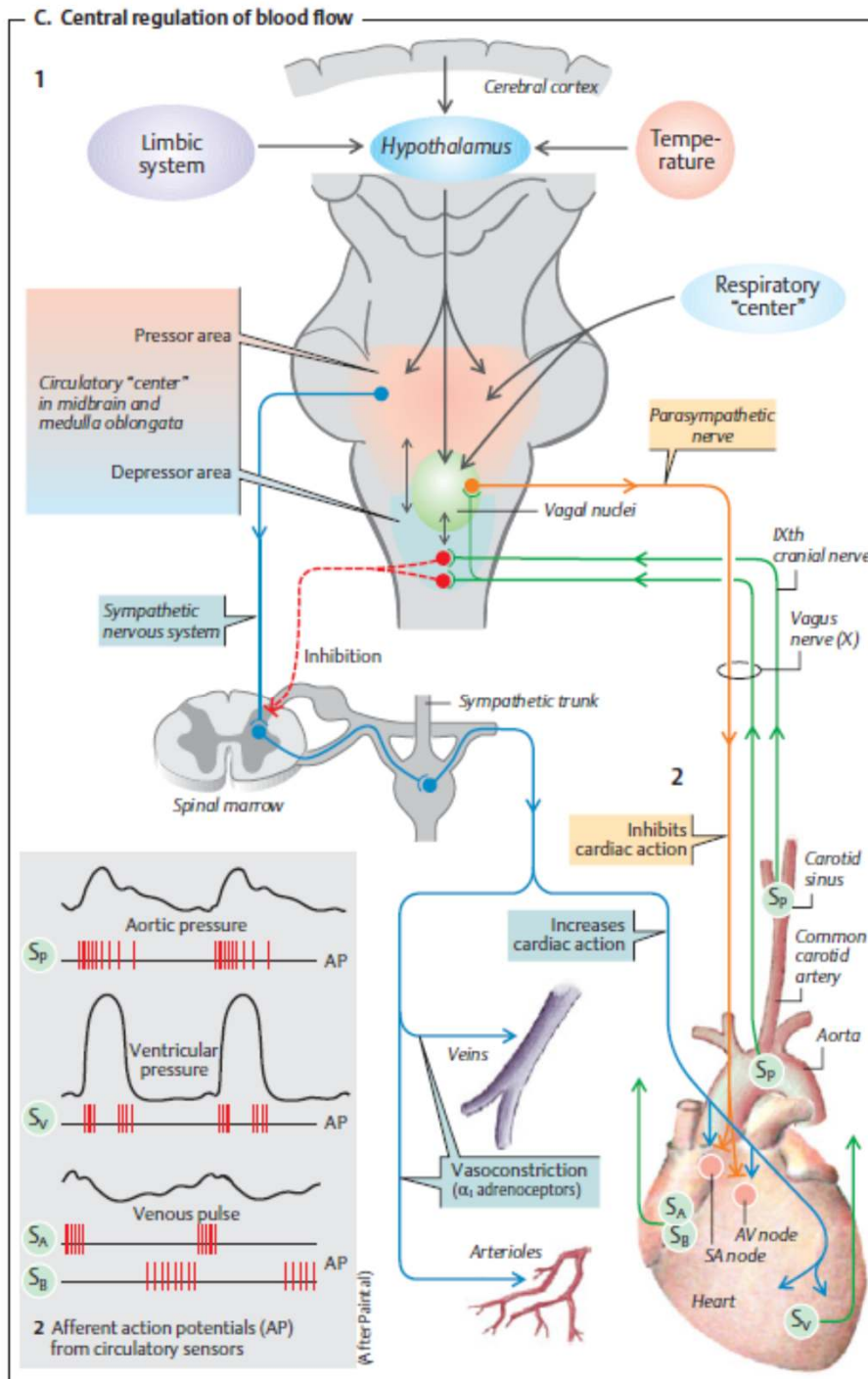
Circulation and vaso-motor control

Failure of circulatory control
is manifested as shock
(defined as) such a drop of the systemic
blood pressure, which cannot sustain
oxygenation reserve in functioning of organs
with vital importance
(heart, brain, respiratory muscles)

B. Vasoconstriction and vasodilatation



Baroreflex



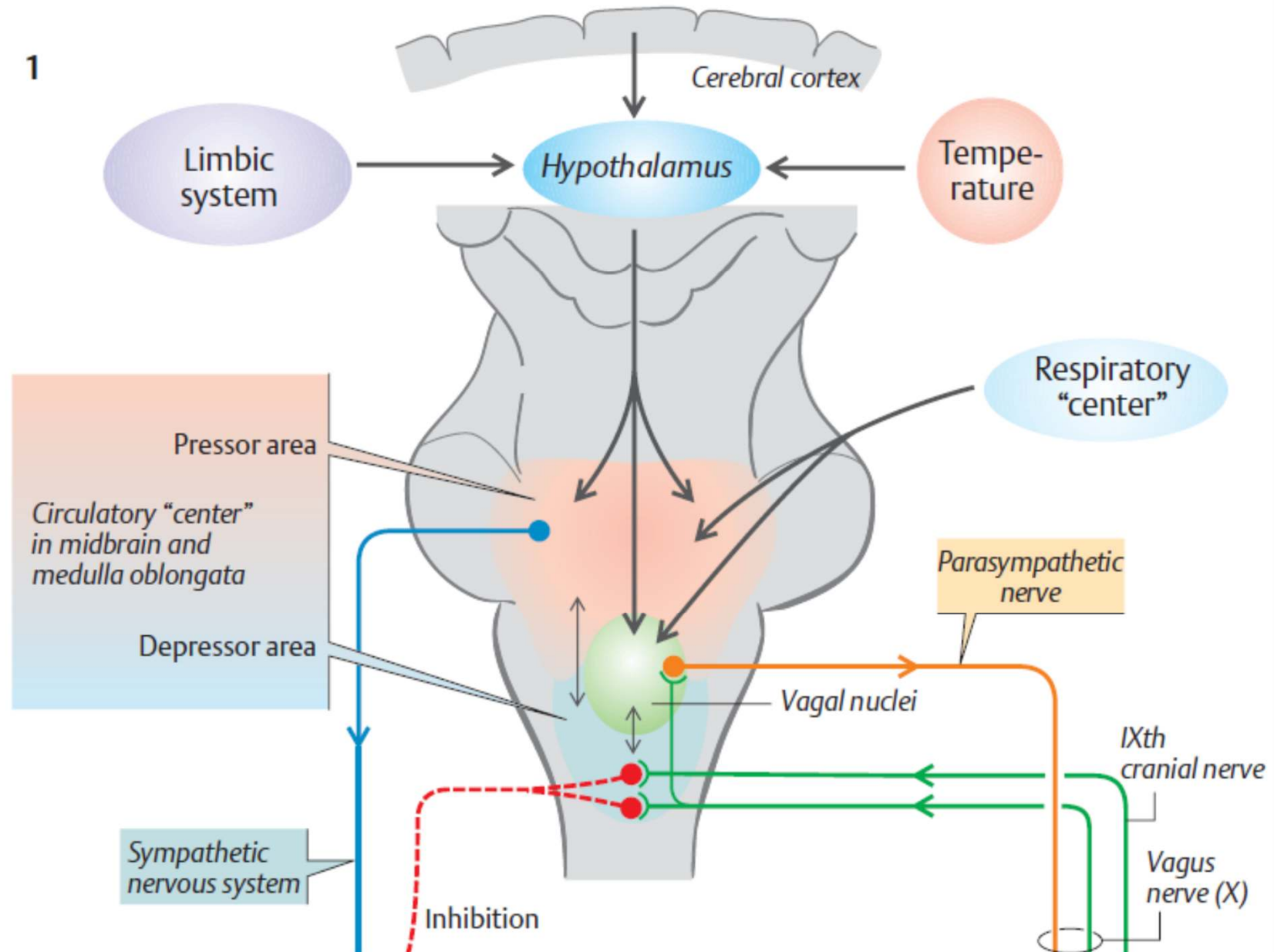
CZ

Baroreflex:
vybalancování
účinků sympatiku a parasympatiku
Zvýšení a snížení krevního tlaku:
(-press.=> +symp.-parasymp.
mimo jiné: orthostatický reflex)
(+press.=> -symp.+parasymp.)

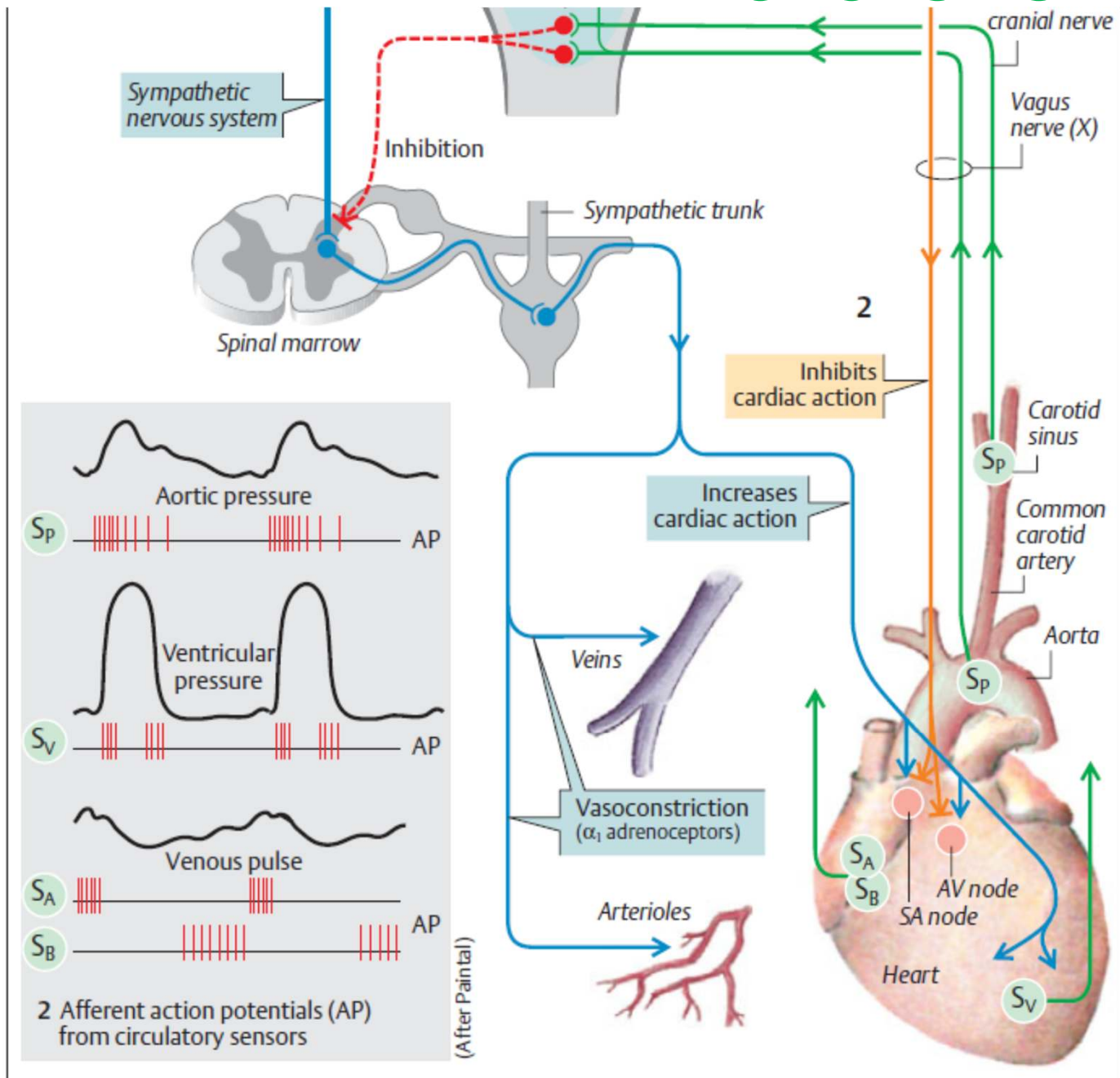
Baroreflex

C. Central regulation of blood flow

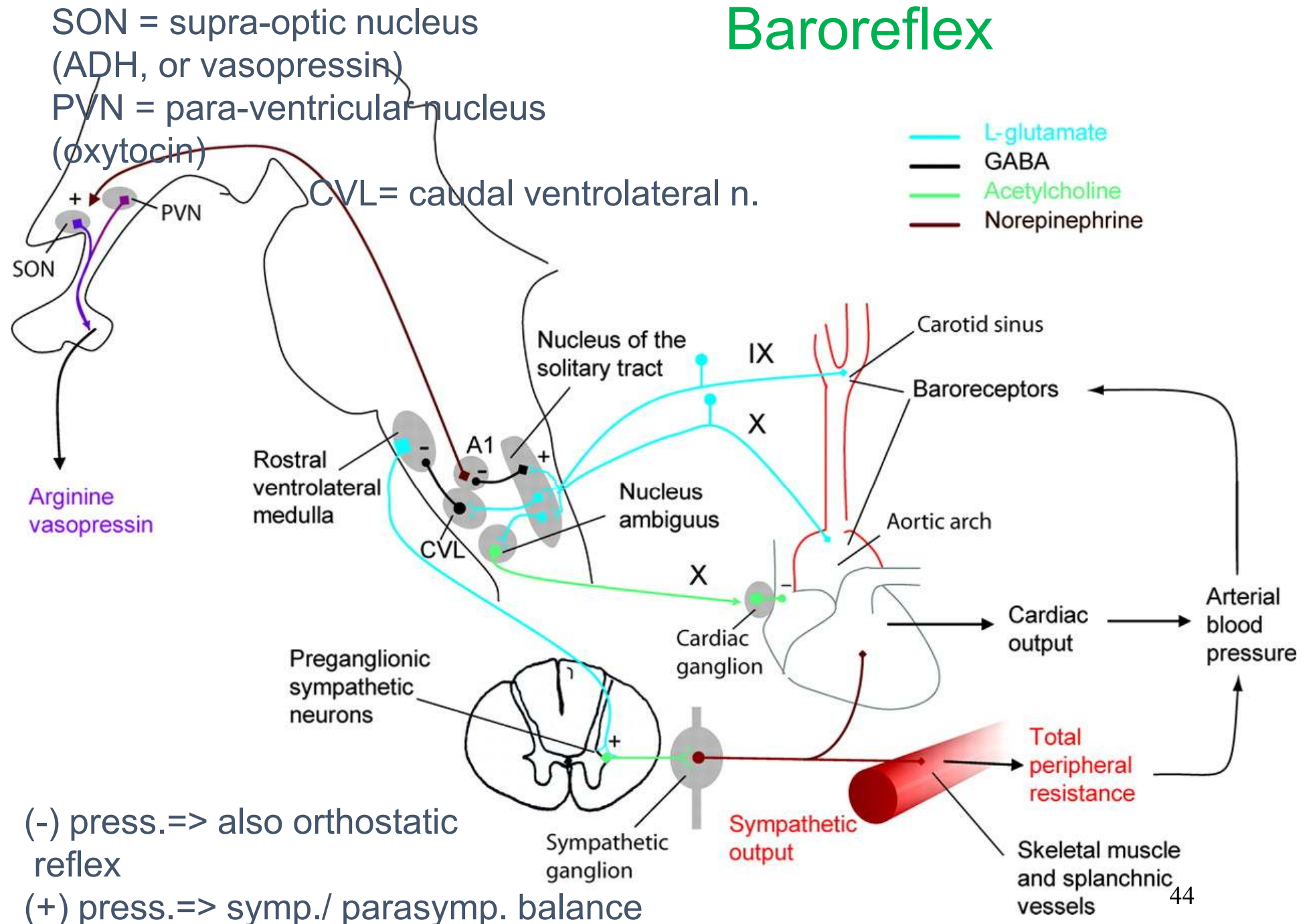
1



Baroreflex



Baroreflex



Autonomous nervous system,

And its polarity, (or duality):

Parasympathetic versus **sympathetic**.

Fight and/ or flight versus relaxation/ regeneration

Sometimes more than 2 alternatives: vasomotor control can be:

1 alpha and 2 beta adrenergic and 3 cholinergic

Cholinoceptors

Nicotinic receptors:

- All postganglionic, autonomic ganglia cells and dendrites
- Adrenal medulla

Muscarinic receptors:

- All target organs innervated by postganglionic parasympathetic nerve fibers (and sweat glands innervated by sympathetic fibers)

Adrenoceptors:

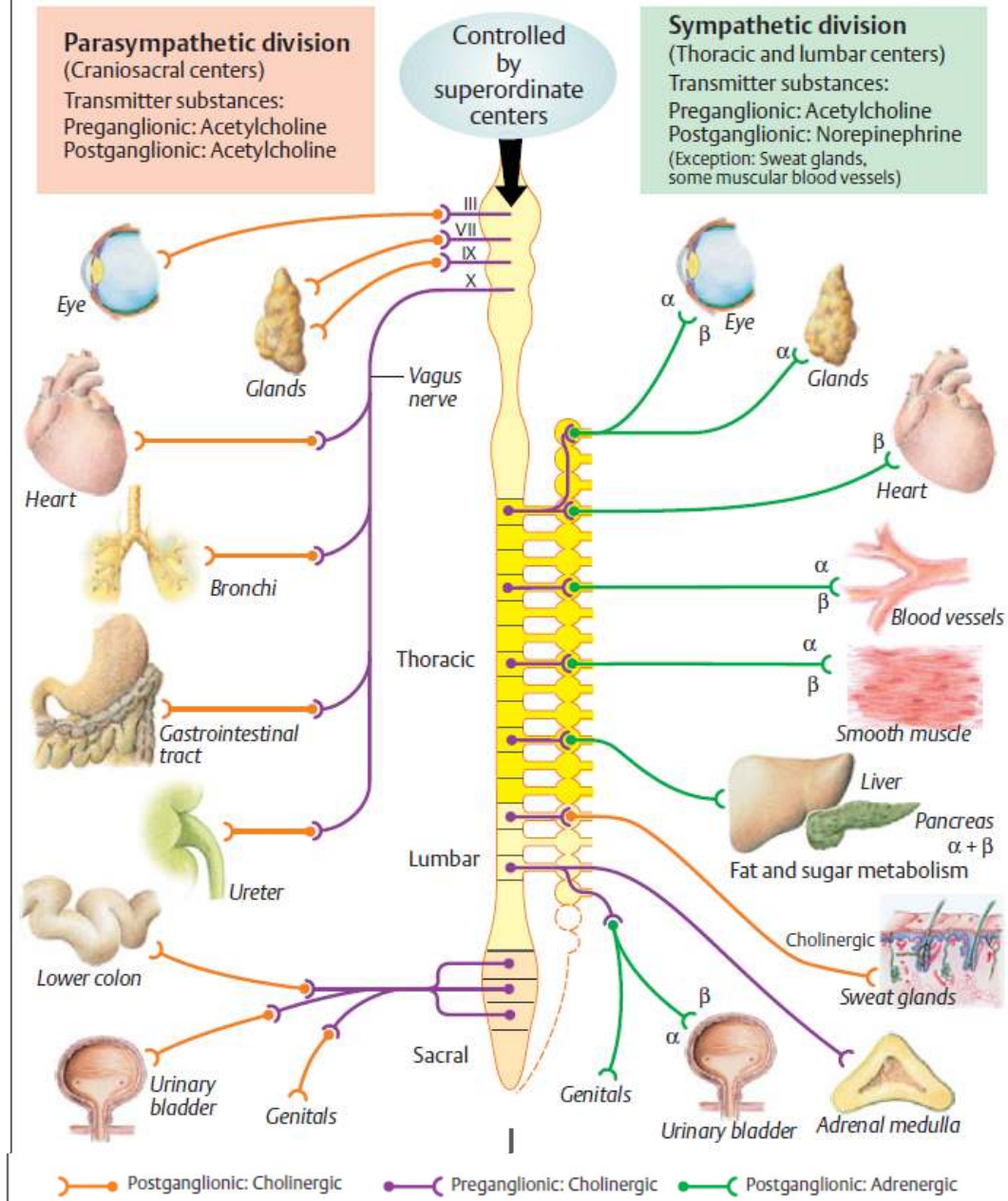
α Usually excitatory (except in GI tract, where they are indirect relaxants)

β Usually inhibitory (except in heart, where they are excitatory)

β_1 mainly in heart

β_2 in bronchi, urinary bladder, uterus, gastrointestinal tract, etc.

A. Schematic view of autonomic nervous system (ANS)

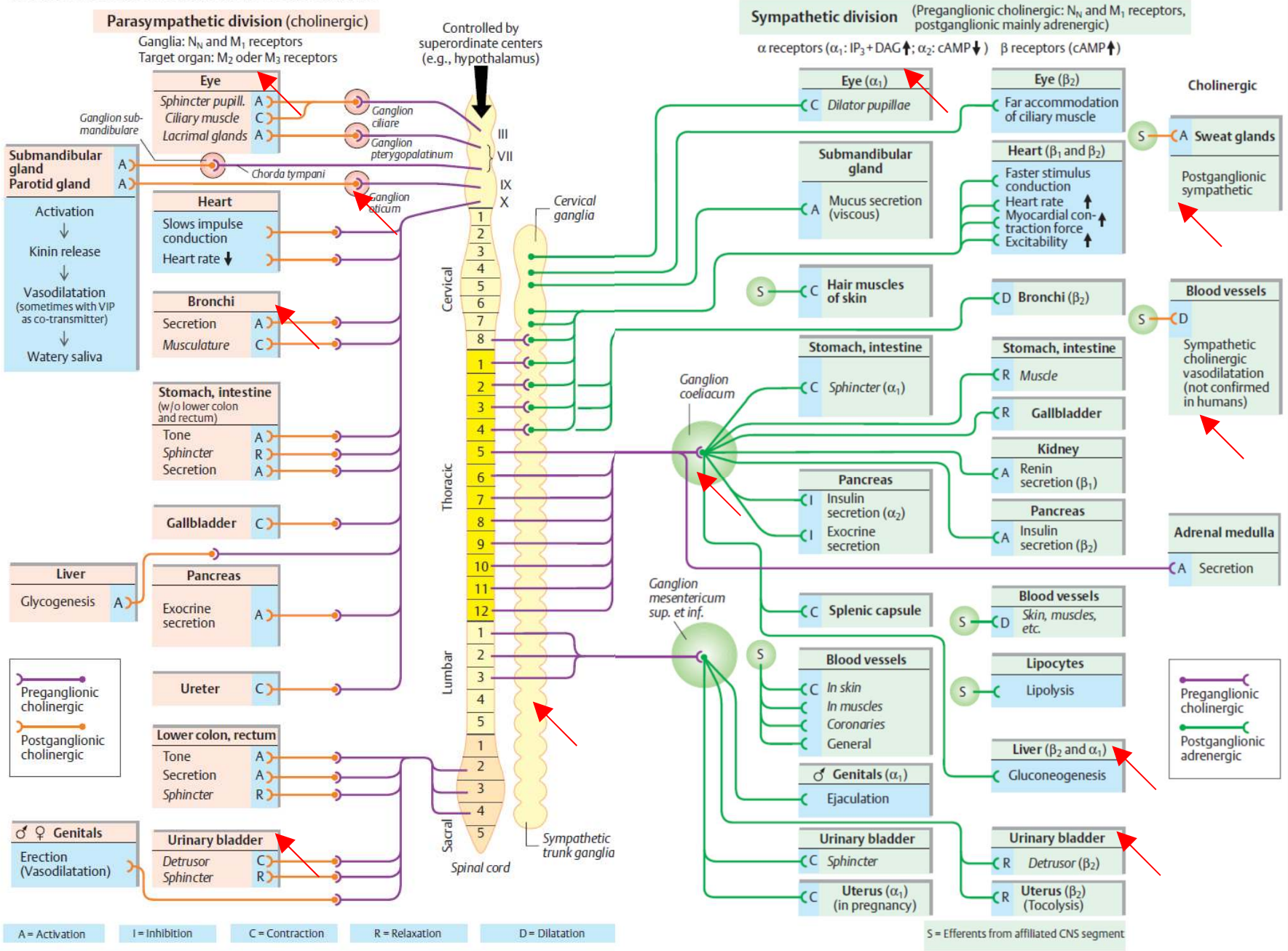


CZ

Oko a vegetativní systém

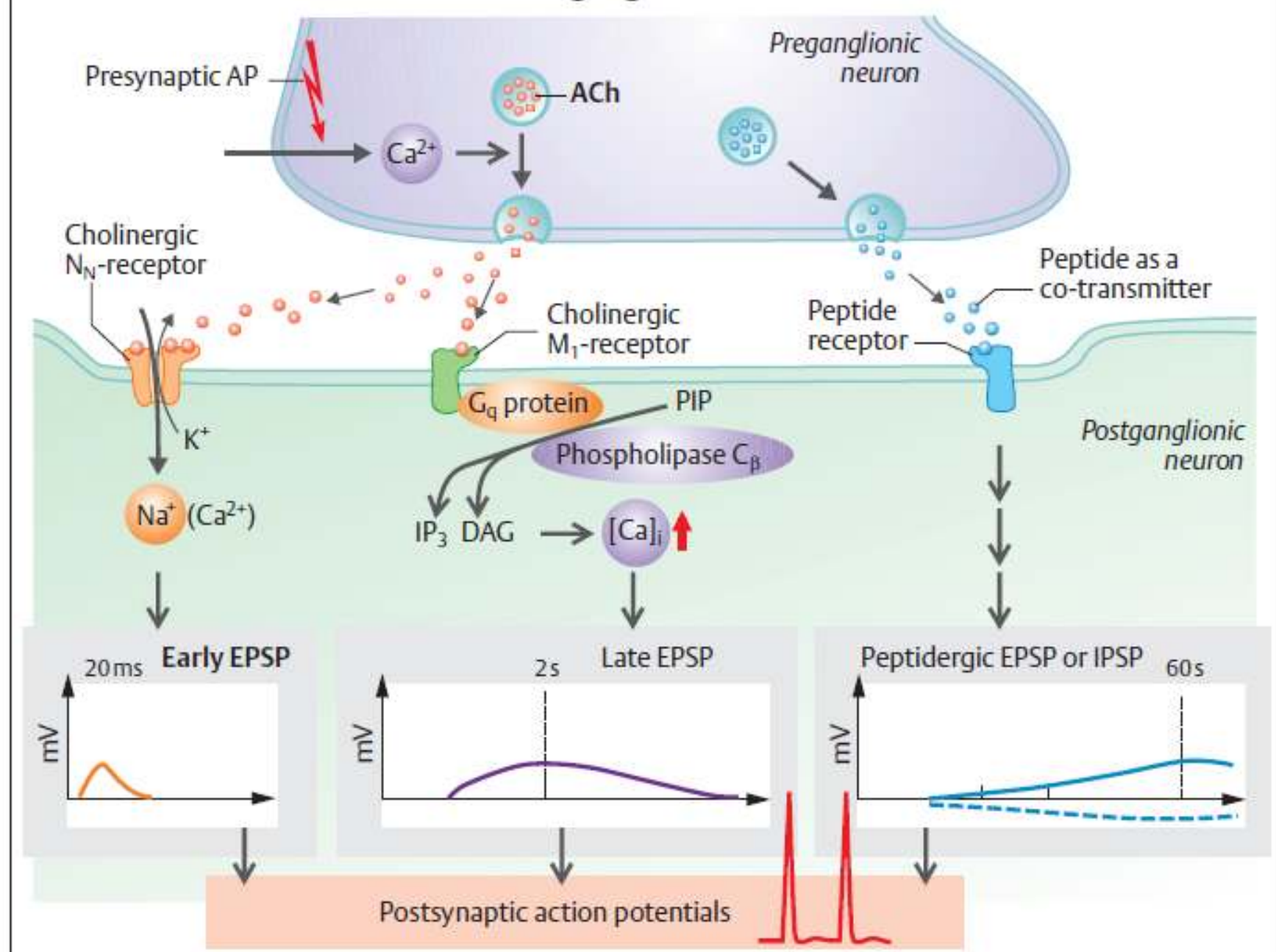
uvnitř jsou jen hladké svaly,
mióza – paras., cholinergní,
mydriáza – symp., alfa1 adren;
akomodace, m. ciliaris,
do dálky – symp. beta2,
na blízko – paras.;
slzné žlázy - paras.;

A. Functions of the autonomic nervous system (ANS)



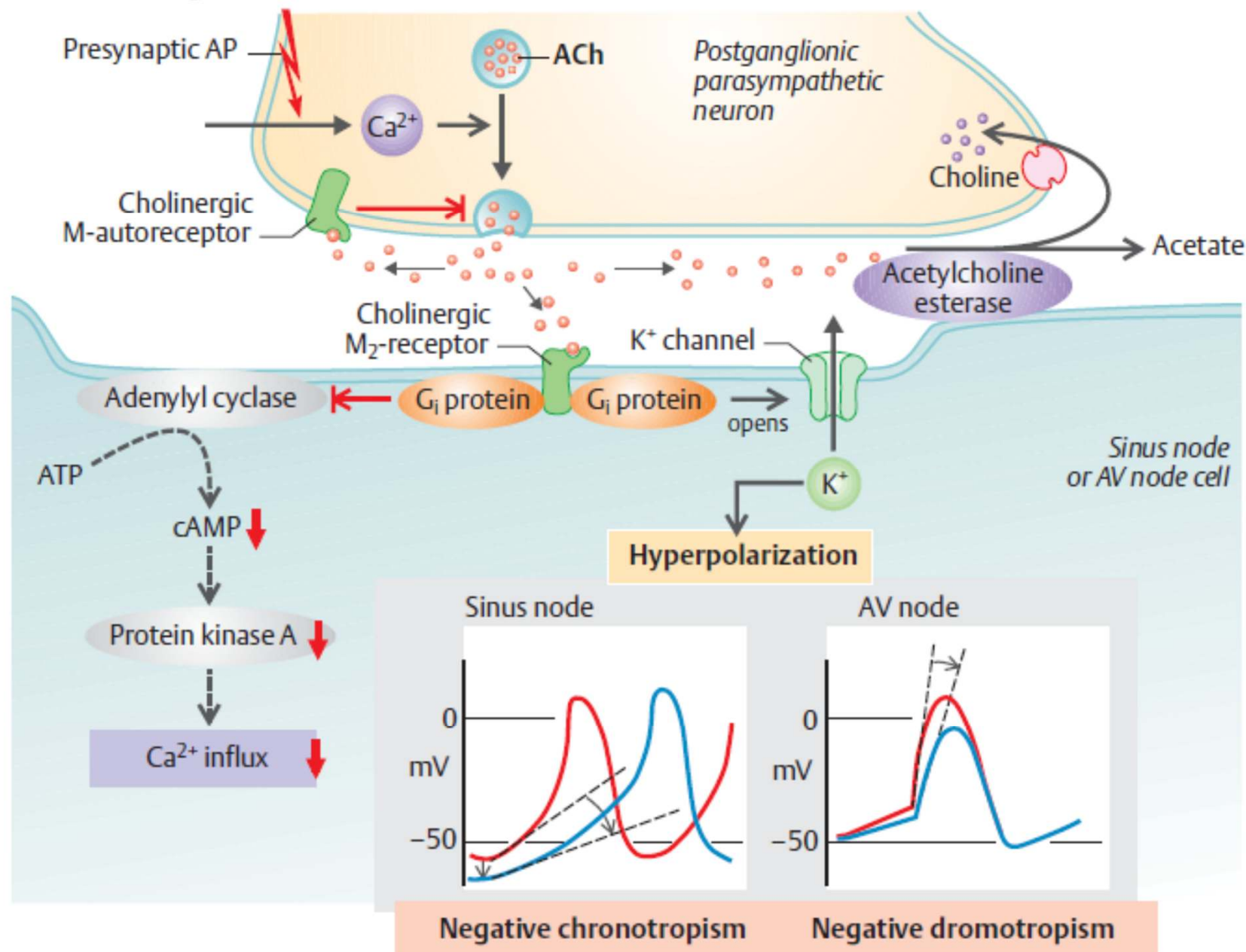
Cholinergic receptors

A. Neurotransmission in autonomic ganglia

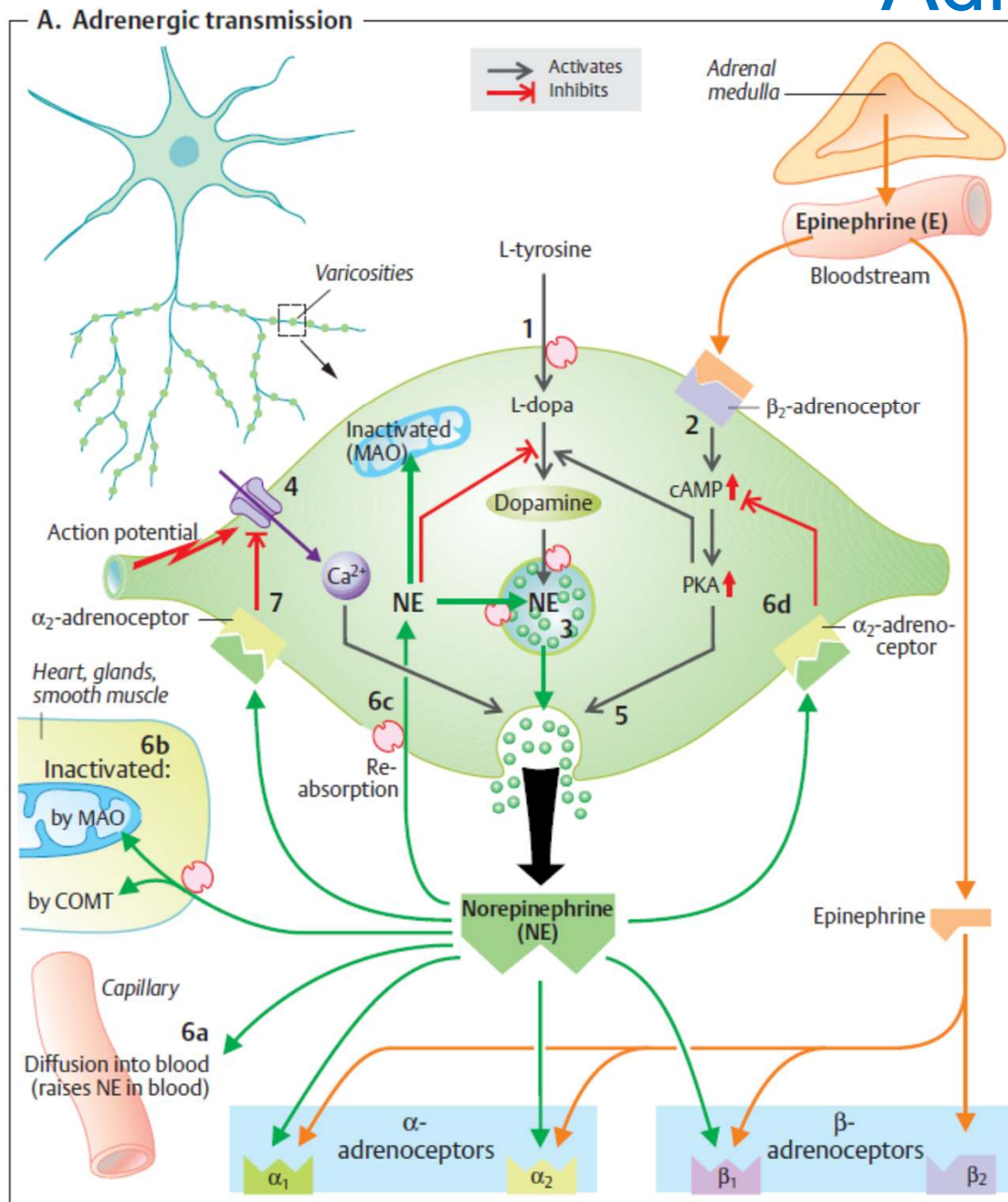


Cholinergic receptors

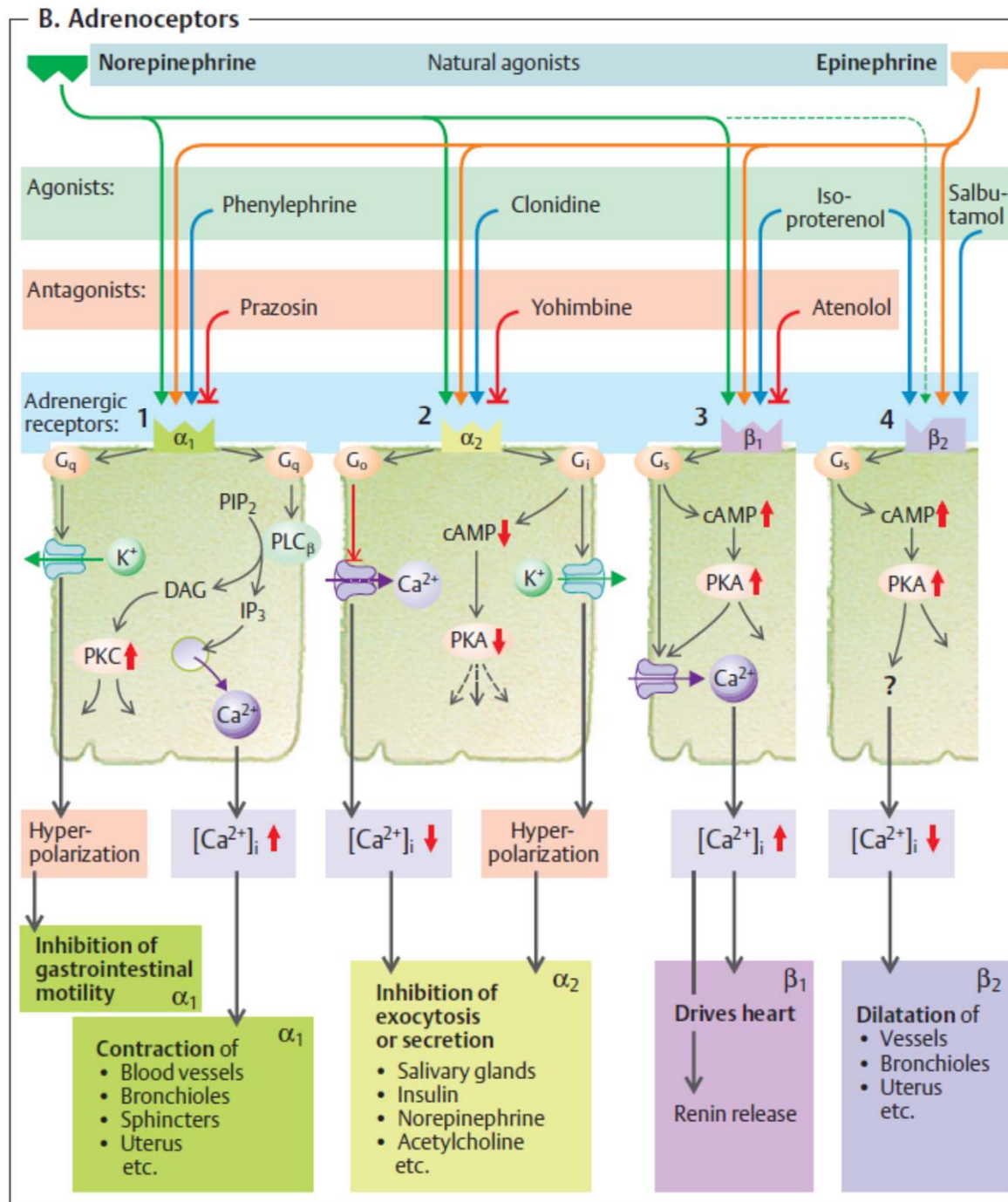
B. Cholinergic transmission in the heart



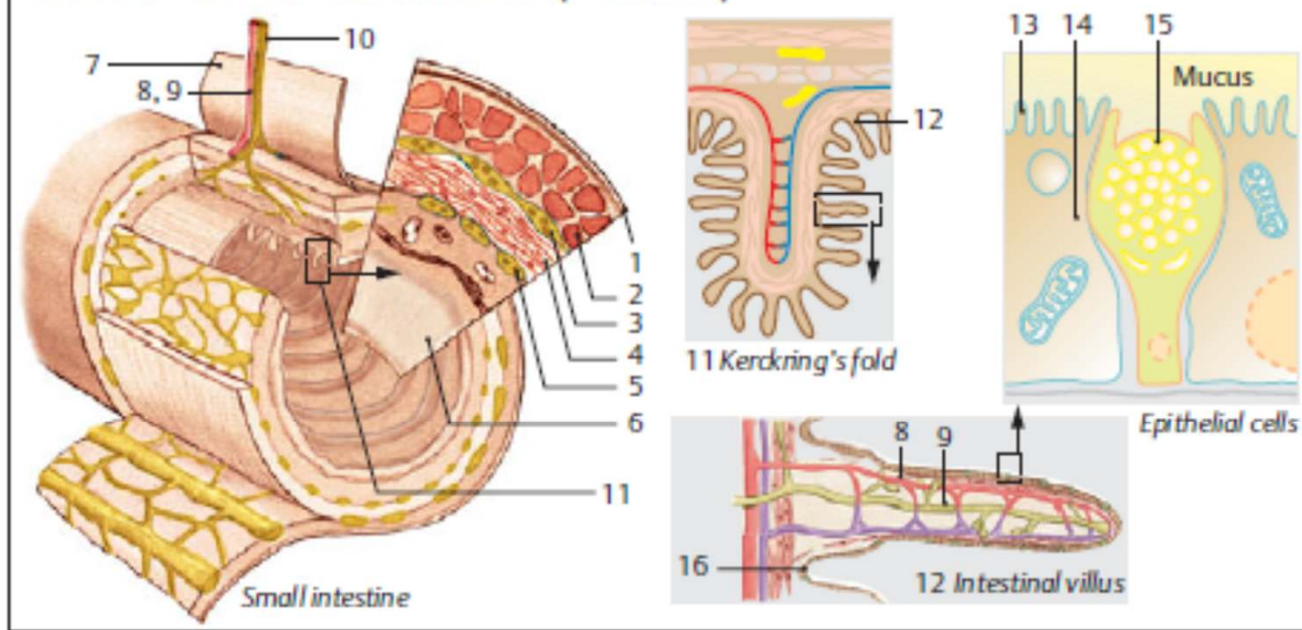
Adrenergic receptors



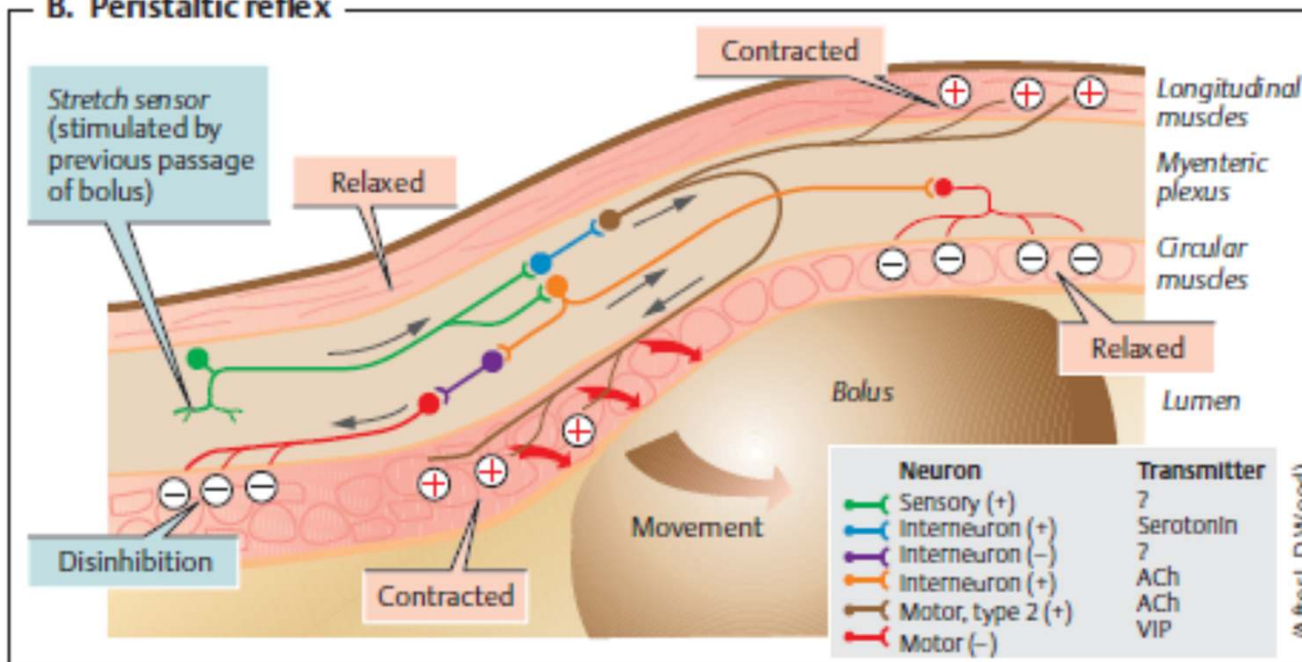
Adrenergic receptors



A. Structure of the small intestine (schematic)



B. Peristaltic reflex



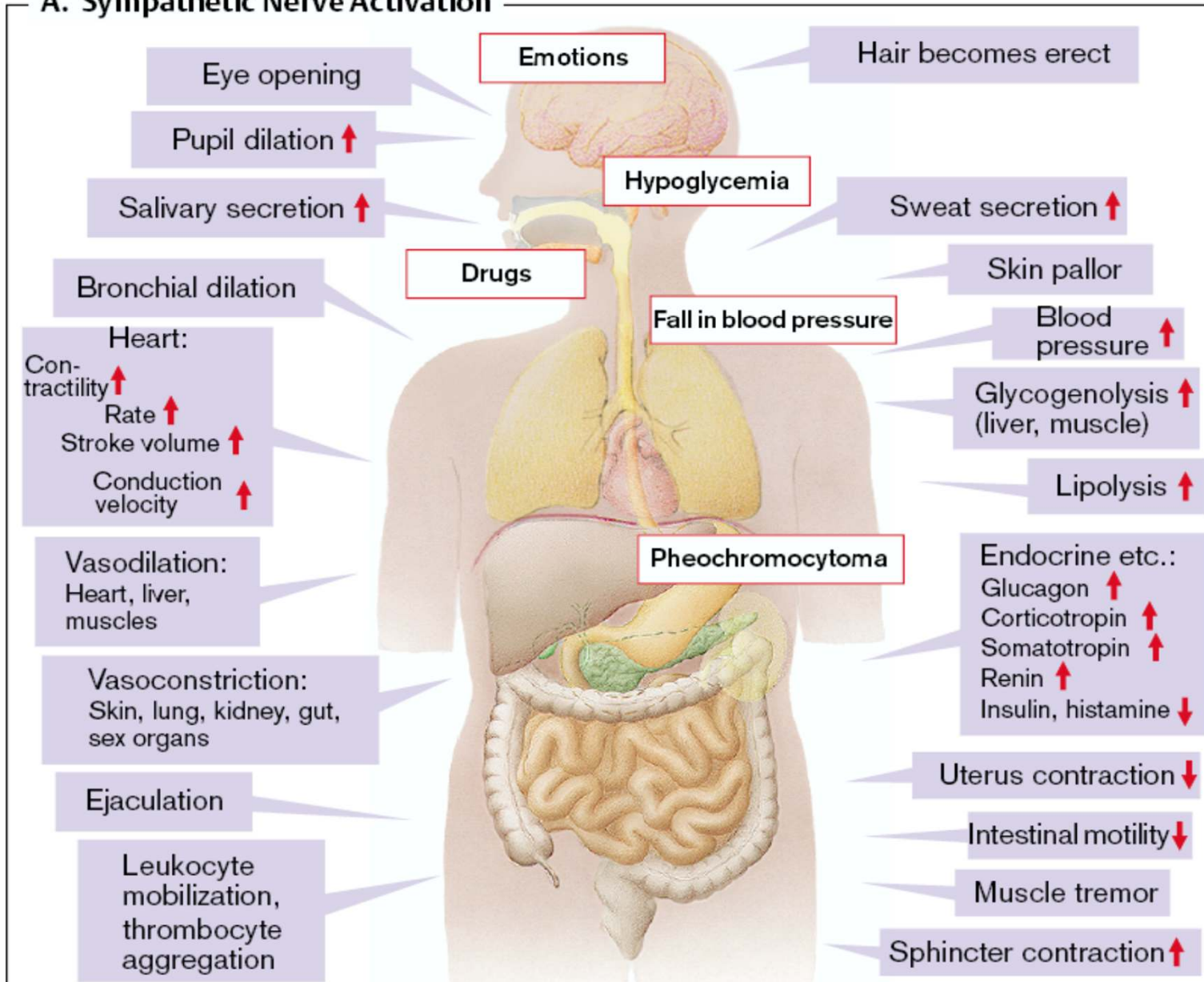
Další N.S.:
Enterický
nervový
systém,
myenterický a
submukósní
plexus,
atd, atd

CZ

Je modulován hormony
i vegetativním NS, ale
peristaltika může
probíhat i nezávisle na
obou vlivech. Po
laparotomii,
či jiném inzultu nastává
většinou přechodná
paralýza, potom se opět
restartuje.

Autonomous nervous system disorders

A. Sympathetic Nervous Activation



Influenced by various drugs

B. Loss of Parasympathetic Stimulation

Anticholinergic drugs

Pupil dilation

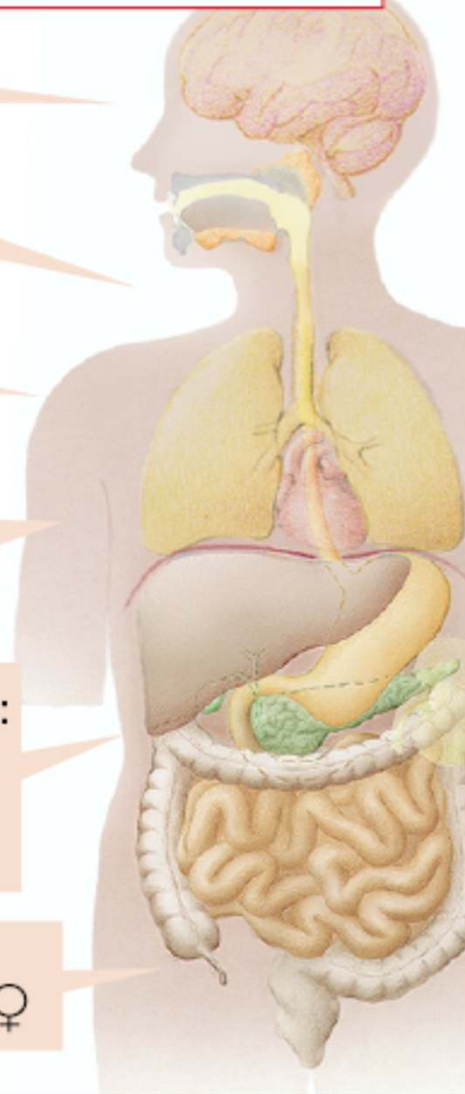
Inhibition
of sweating

Tachycardia

Decreased motility:
Bronchi,
gut, bladder
(but not sphincters)

Decreased secretion:
Tears, saliva,
bronchi,
gastrointestinal

No erection ♂
No vasocongestion ♀



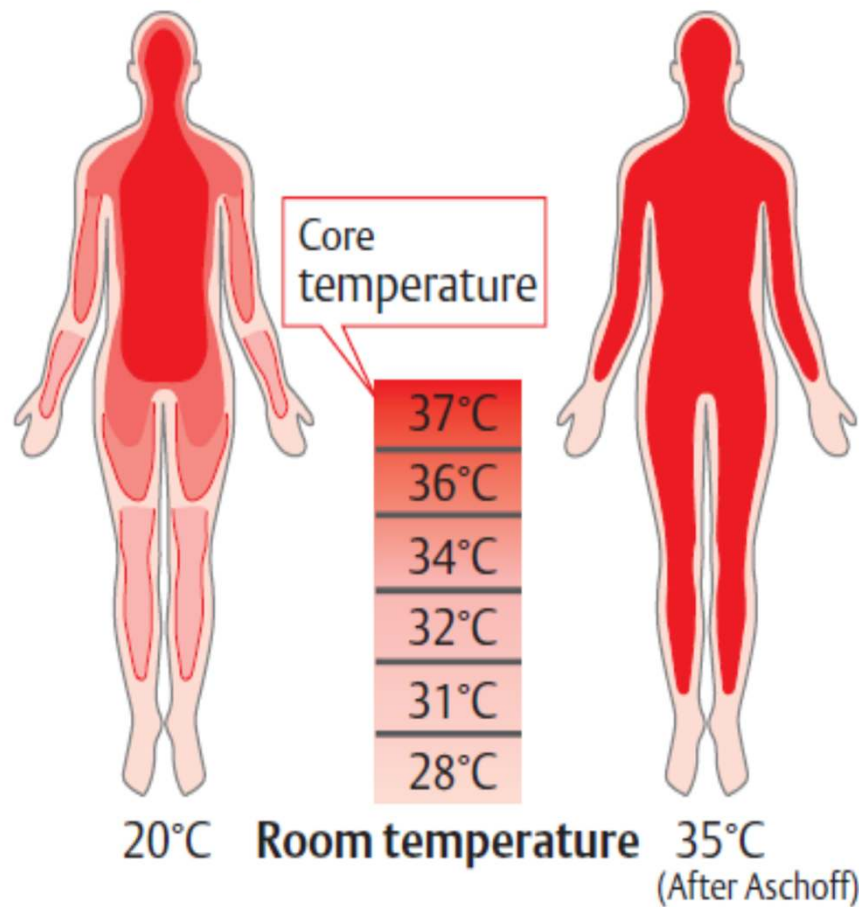
Influenced
by various
drugs

Temperature control, fever, hypothermia

- homeostasis
- processes to save heat
- processes to eliminate heat

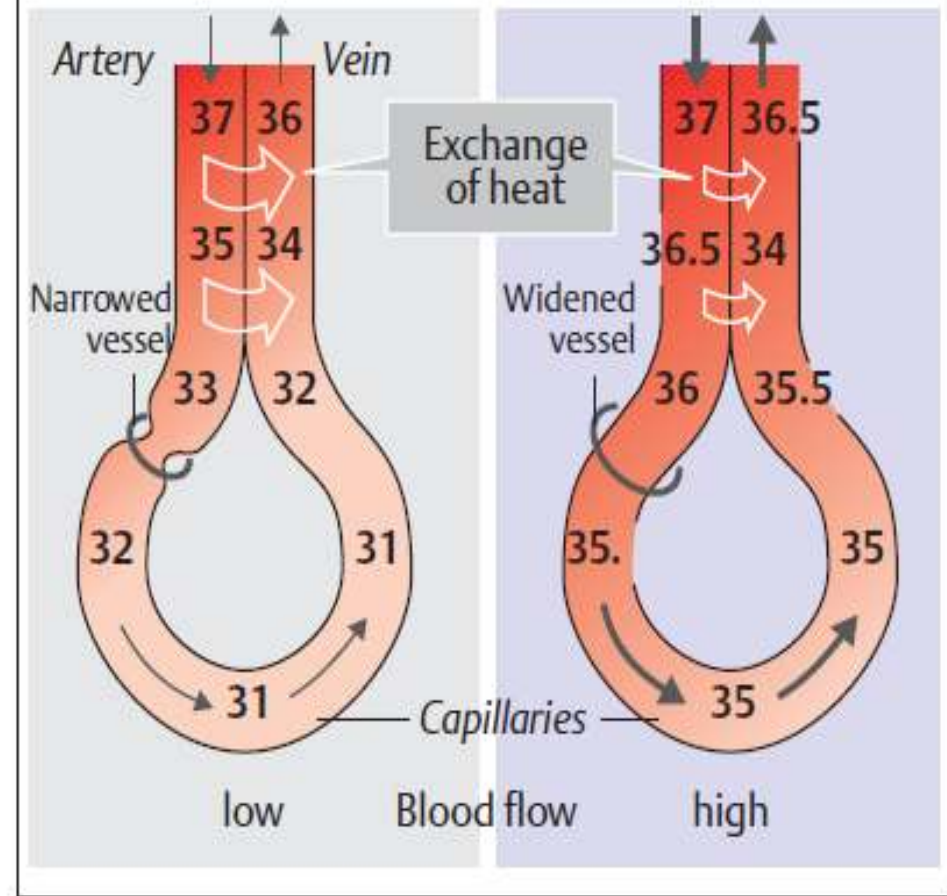
1 radiation, 2 conduction, 3 convection, 4 evaporation

A. Temperature zones of the body



core and shell

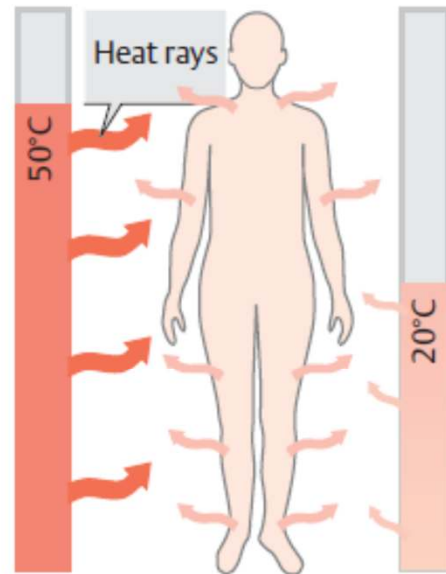
B. Arteriovenous exchange of heat



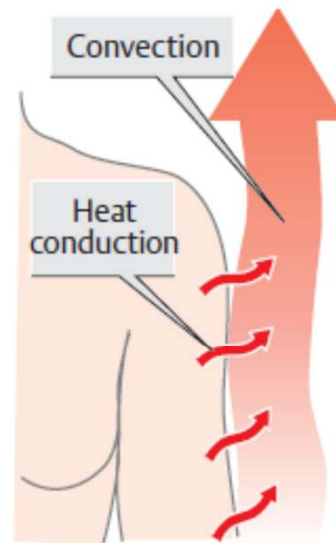
countercurrent
system

B. Mechanisms of heat loss

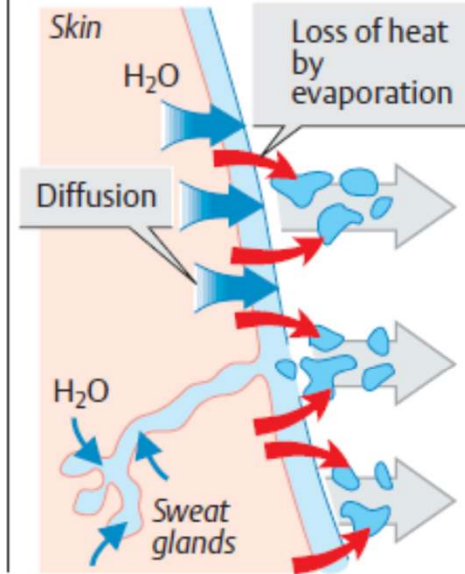
1 Radiation



2 Conduction and convection



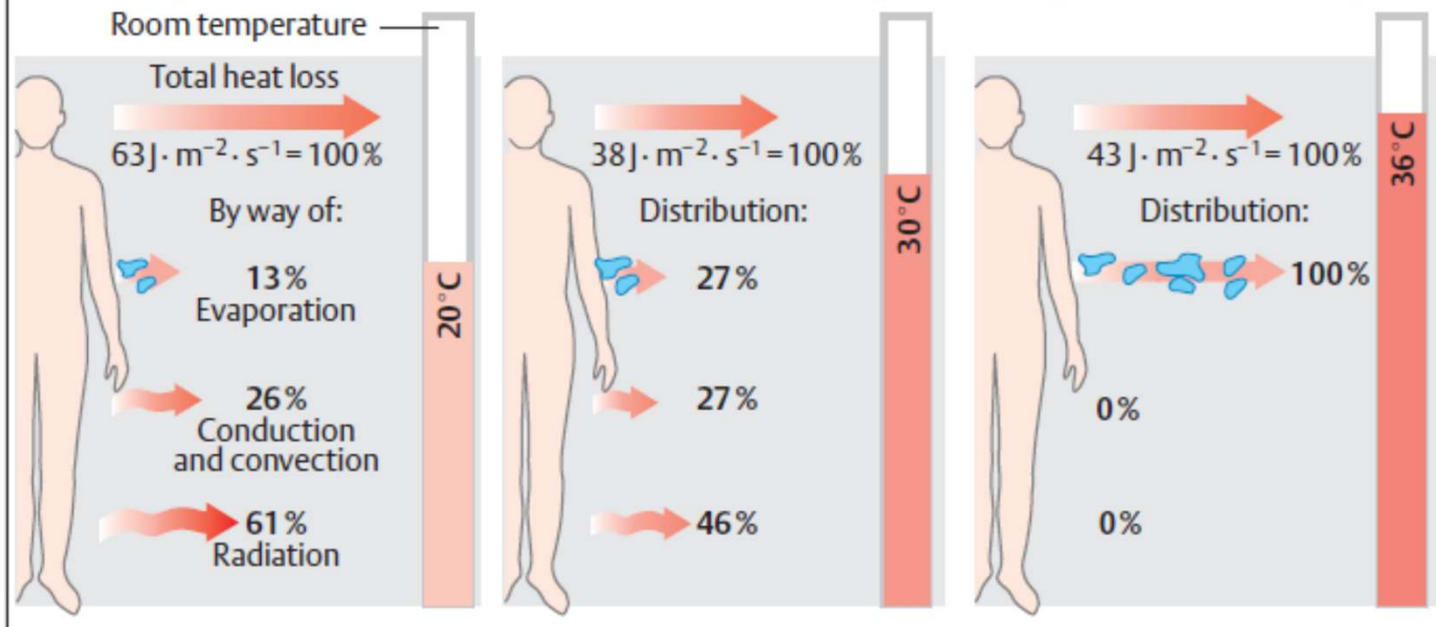
3 Evaporation



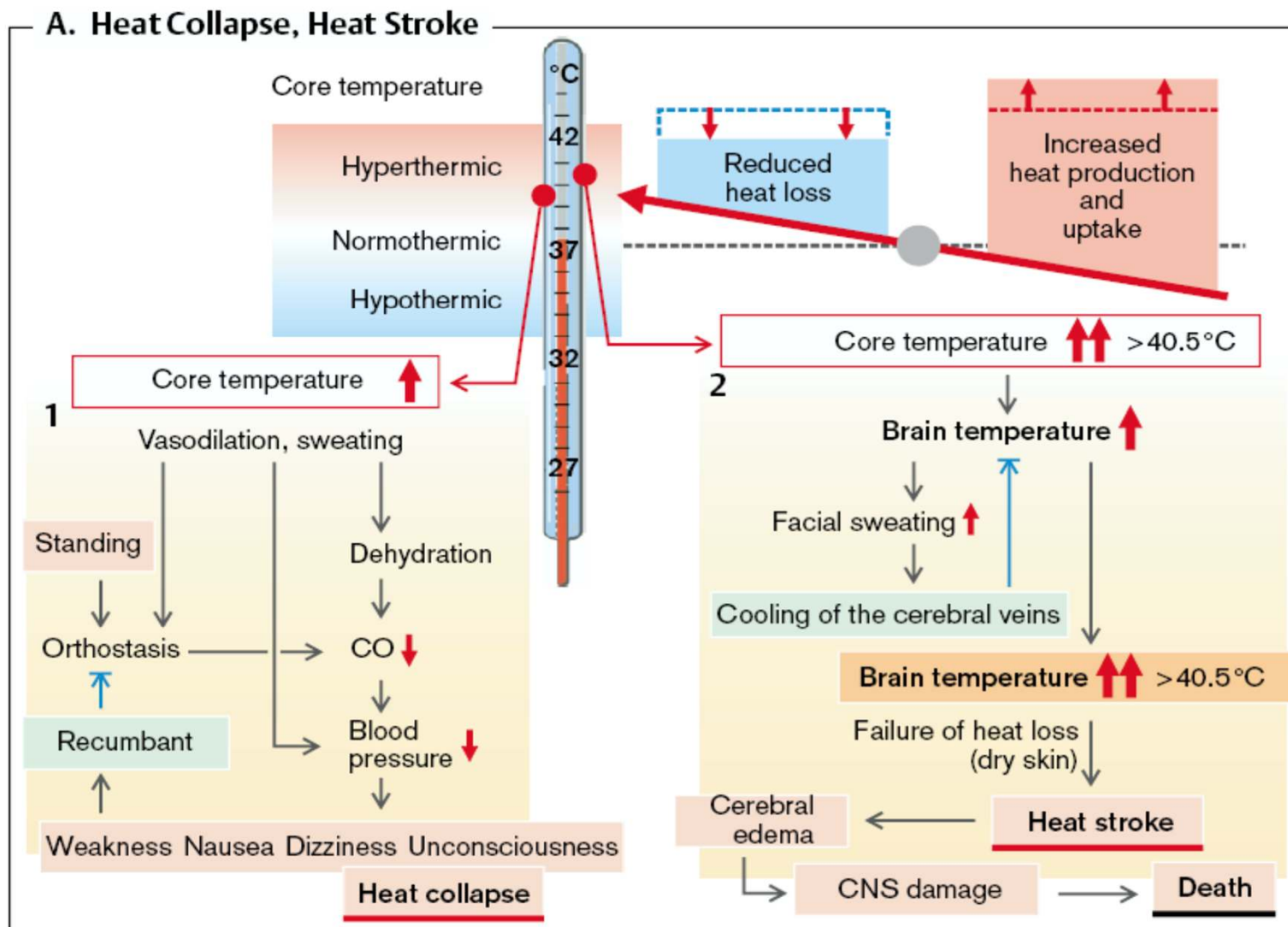
Heat transfer:

- 1 (radiation)
- 2 (conduction)
- 3 (convection)
- 4 (evaporation)

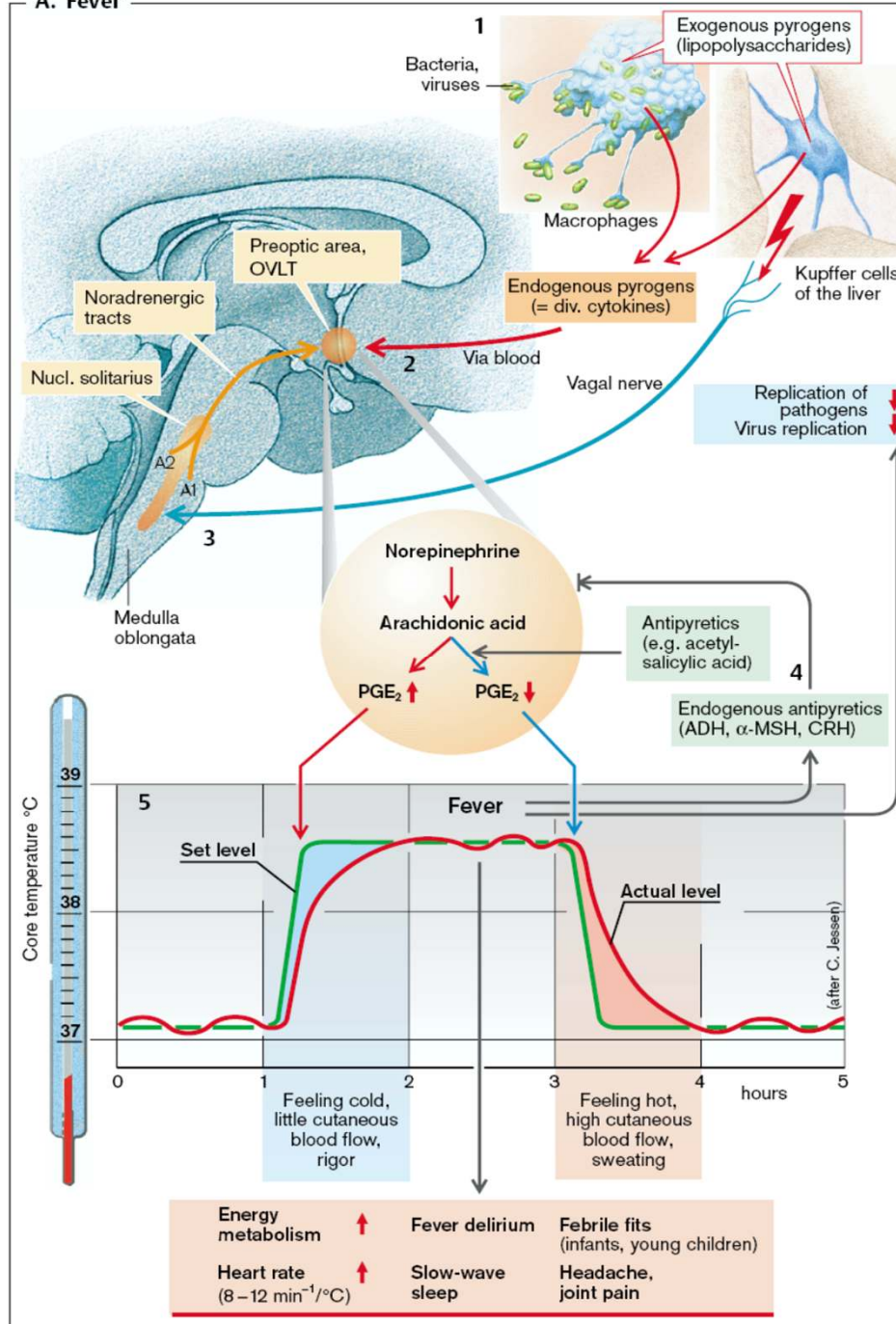
C. Heat production at different environmental temperatures (unclothed, at rest)



Přehřátí, úpal/ úžeh...



A. Fever



Fever, temperature control

homo-io-termic organisms

Fever

Old defence reaction, well conserved in evolution

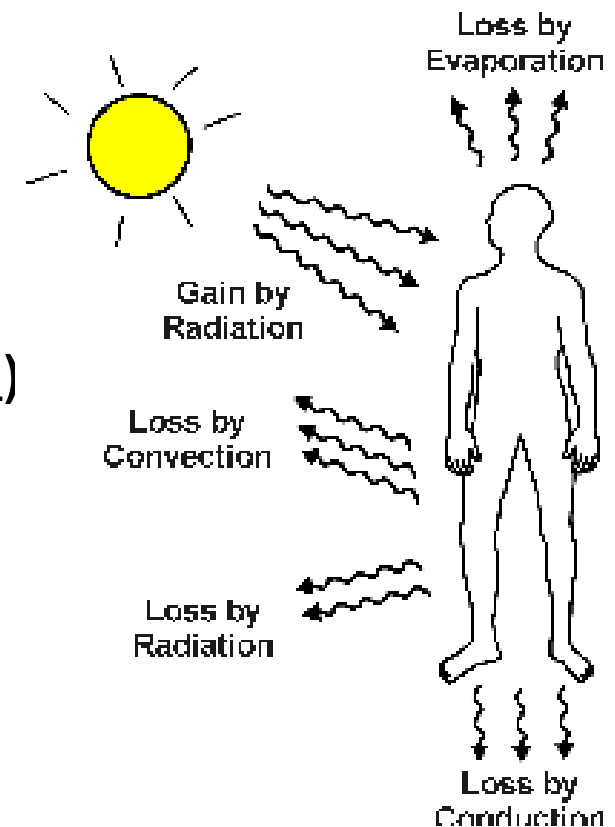
Correlation with better prognosis and duration of acute infection

Defense reaction → adverse environment for microbes, for their metabolism and proliferation.

Fever

Regulation of temperature

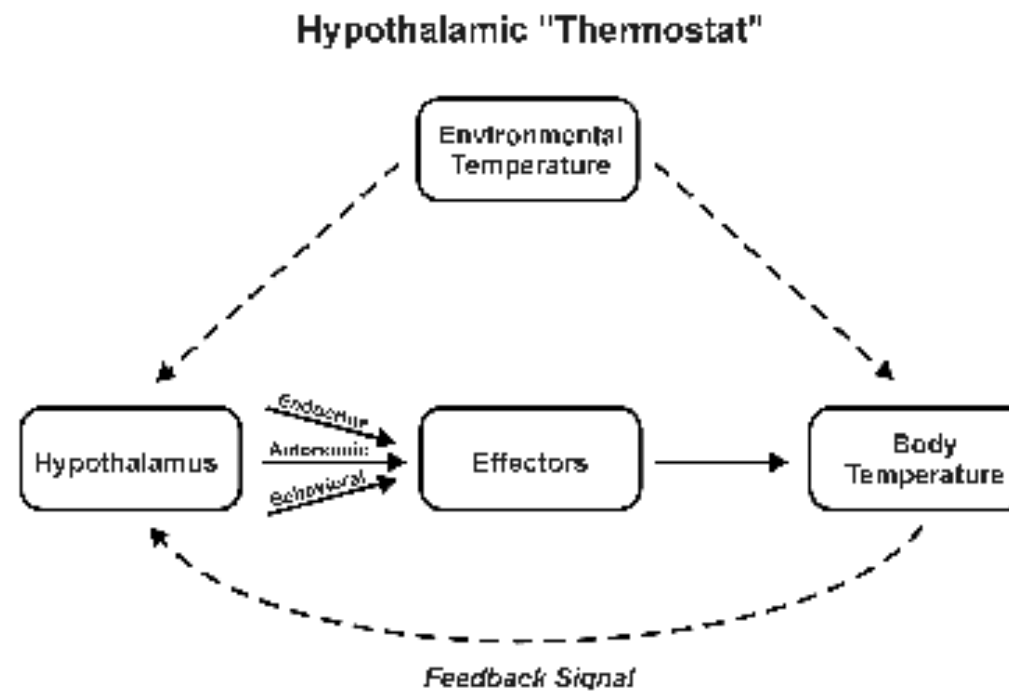
heat production
(intensity of metabolism – catecholamines, $T_{3,4}$)
x
heat output



Fever

Hypothalamic thermoregulatory center

- „thermostat“



Fever

TNF, IL-1, IL-6 + microbial toxins + PG



stimulation / reset of hypothalamic center

- **direct effect of mediators in hypothalamus**
- **indirect / afferent stimulation via n. vagus from periphery to hypothalamus**



- **peripheral vasoconstriction (cold skin, hypoperfusion)**
- **heat production (thermogenesis)**



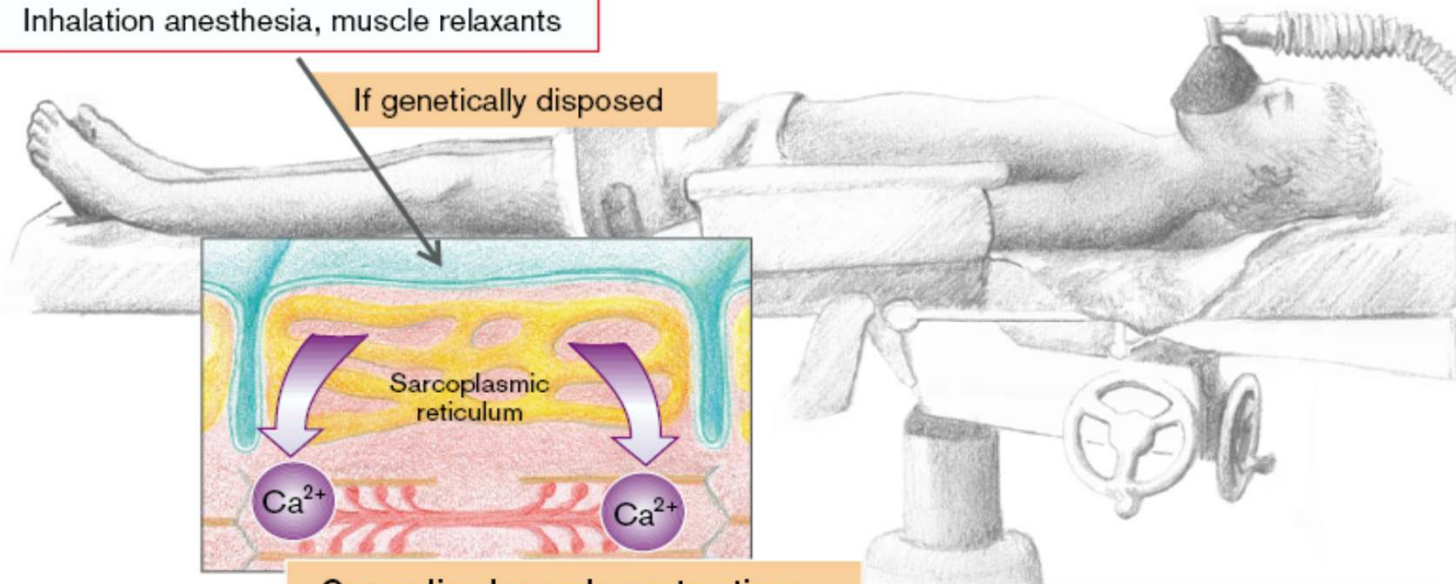
Restoration of initial status

- **vasodilatation**
- **perspiration**

B. Malignant Hyperthermia

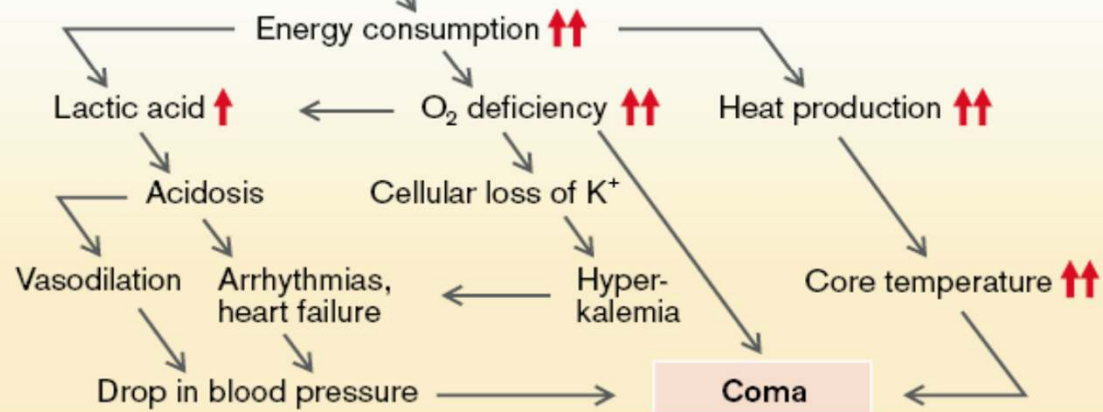
Inhalation anesthesia, muscle relaxants

If genetically disposed



Generalized muscle contractions

Dantrolene



A. Hypothermia

Hypothermia



Predisposition:

Infant, young child
 Helpless, unable to appreciate danger, large surface to mass ratio, low heat production at rest, thin subcutaneous tissue

In the elderly
 Disorientation, narrow range of thermal regulation

Not possible/insufficient:

Cold water
 (accident at sea, falling through ice), snow avalanche, fall into glacier crevasse, mountain accident

Sleeping rough, malnutrition

Shock, loss of consciousness, effect of alcohol or drugs, barbiturates (attempted suicide)

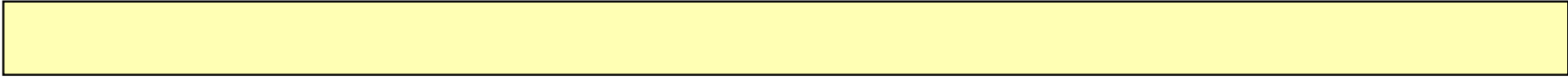
Psychiatric illness, hypothyroidism, Parkinson's disease

Accidental hypothermia					
Stage	Symptoms	Metabolism	Level of consciousness	Cardiovascular system, respiration	Rewarming
I Agitation	Cold tremors, pain (distal parts of limbs)	Metabolism ↑↑	Wide awake and agitated	Tachycardia, peripheral vasoconstriction	Warm room, blankets
		Hyperglycemia O ₂ consumption ↑	↓ Confused	Blood pressure ↑	
II Exhaustion	Muscle rigidity Pupillary reflex still active	Hypoglycemia	Hallucinations, somnolent	Bradycardia Depressed breathing	Electric blanket, warm infusion, hemodialysis
		Metabolism ↓	↓ Unconscious	Arrhythmias	
III Paralysis	Wide, light insensitive pupils	Metabolism ↓↓	Coma	Ventricular fibrillation Asystole Apnea	Extracorporeal circulation





Inflammation



Inflammation

= The complex system of defense reactions of vascularized tissues against pathogenic stimulus (insult) of different character

The aim of inflammation is:

- **elimination of a cause,**
- **removal of an irreversibly damaged tissue,**
- **consecutive tissue regeneration or reparation, restoration of impaired both metabolism and function of organs, the return to dynamic balance status**

Including other defense actions: coagulation, regeneration, vs. (connective) tissue reparation, wound healing, neuro-humoral responses

Acid base balance

Fyziologické regulace se uplatňují u patologických stavů, hranice mezi fyziologickým a patologickým je neostrá

CZ

- Patologické procesy a mechanismy se podílejí v patogenezi více onemocnění
- Fyziologické mechanismy zúčastňující se tzv. patogeneze: obranné a adaptivní mechanismy, zánět, horečka, hyper-termie, hypo-termie, šok, stres, edém, poruchy regulačních mechanismů (!, co to je?...), poruchy metabolismu, poškození genetické informace, atd.

Další témata obecné patofyziologie:

CZ

- aktivní transport, klidový (Nernstův) potenciál na membráně, akční potenciál, **membránové jevy** obecně
- nutrice
- růst a vývoj
- stres a jeho mechanismy

Acute phase proteins

Stimulatory effects of proinflamm. cytokines + corticoids (+ insulin) on hepatic proteosynthesis

An increase of expression of a group of important defense proteins + concurrent depression of both structural and transport protein synthesis

Acute phase proteins = plasma proteins formed in liver; its synthesis is regulated both by proinflamm. cytokines and corticoids

Due to dynamics of changes:

- **positive APP** (elevation of synthesis)
- **negative APP** (depression of synthesis).

Acute phase proteins

Importance

1. **mediators and modulators** of inflamm. response - members of cytokine cascade (CRP, ...)
2. **inhibitors of leukocyte proteases** – limitation of a range of proteolytic tissue destruction (α_1 -antitrypsin, α_2 -macroglobulin)
3. **scavengers** – binding of both circulating or tissue fragments of damaged cells, hemoglobin fragments (haptoglobin, hemopexin) or free oxygen radicals (ceruloplasmin)
4. some **coagulation factors** (e.g. fibrinogen)
5. **reparatory proteins** – a stimulation of connective tissue proliferation (α_1 -acid glycoprotein) and angiogenesis (ceruloplasmin)
6. **transport proteins** - (x Cpl); a moiety of other transport proteins (albumin, transferrin) represent negative APP ... their plasma concentration decline during inflammation.

Disturbances of the growth

- genetic factors

action of the endocrine system

function of the CNS

nutrition

- genotype determines scheme of the growth, development, habit, prenatal period (development of CNS and endocrine glands)

outstanding influence of thyroid hormones, GH, insulin

T3, T4 - necessary for release of GH, for development of teeth germs, development of habit, ossification of the cartilages

- growth after birth continues two steps of accelerated growth:

till 3rd month

puberty control and stop by influence of the sex hormones

Insufficient growth 1

- influence of heredity

chondrodystrophy – disturbance of growth of long bones, skull base, vertebrae,

low production of the GH, thyroid hormones etc.

disturbance of the hypothalamus –

disturbed production GnRHs Fröhlich's syndrome,
pubertas praecox

- neural influence, hypothalamic region

Fröhlich's syndrome

pubertas praecox

diabetes insipidus

disturbed control of body temperature

Insufficient growth 2

- influence of the endocrine system

acquired diseases are manifested at hypophysis disturbance before puberty:

separate low production of GH

low production of further hormones

(e.g. hypothyroidism, insufficiency of the adrenal cortex, gonads etc)

- influence of the nutrition

lack of full-value proteins retarded growth, decreased synthesis of proteohormones

Excessive growth

- influence of heredity

primordial gigantism

- endocrine system

a) insufficient production of sex hormones

primary hypogonadism (late closing of growth cartilages)

b) overproduction of the GH

before closing – gigantism

after acromegaly

Causes of the ageing

- **influence of heredity**
- **defective protein synthesis** – accumulation of the defects, accumulation of the mutations
- **mutations in the immune system** – lasting accumulation of the mutations of immune-competent cells (lymphocytes, macrophages) higher frequency of the autoimmune disturbances in old age
role of the cytokines in development of diseases – IL-1, IL-6, TNF, EGF, IGF-1, fFGF, PDGF
decreased amount of heat-shock proteins (HSPs prevent protein from aggregation, from increase of the Ca^{2+} in ICF; they lower the amount of the free radicals, prevent from DNA breaks and accelerate DNA repair
- **pre-programmed life-span in cell populations** – interference by:
 - a) accumulation of free radicals
 - b) accumulation of the substances in ECF (Ca, lipofuscin, cholesterol)
 - c) cross-linkage of the macromolecules in ICS including DNA, RNA

Hypothermia in surgery

decline of *core* temperature lowering of metabolism and oxygen uptake in tissues

controlled hypothermia is used prevalently in cardiosurgery and neurosurgery

programmed cooling of blood in extracorporeal circulation

temperatures 32°C - 27°C are commonly used

in long-term surgery – body temperature can be lowered less than 25°C

after surgery – programmed relatively rapid blood rewarming

Bazální metabolismus

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Bazální metabolismus = klidový metabolický obrat
hrubý odhad: asi 100 kJ na 1 kg za 1 den

- Mechanická energie: činnost srdce, plic, střevní peristaltika,...
- Transportní a osmotická práce: udržení rovnováhy na membránách
- Chemická energie: biosyntézy
- Tepelná energie: udržení tělesné teploty

The END

Thanks for your attention

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