

Psychosomatic Evaluation by Previous Psychological and Novel Body Vibration Methods

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Abstract

Authors et al. have continued several research for primary care, anti-aging and psychosomatic medicine. In the congress of Japanese Society of Psychosomatic Medicine (JSPM) in October 2023, various topics of holistic medicine, Hinohara-ism, and the windows of the soul by Plato, Sylvia Ney, Ken Gire were presented. Furthermore, novel psychosomatic evaluation trial was introduced which can analyze the micro-movements in the head, face and eye. The mechanism contributes the analysis of the relationship between physical condition and mental attractiveness. Using this method with video data and computerized analysis, it may detect aggressiveness, stress, tension, suspicion, vitality, self-control of the subjects.

Keywords: Japanese society of psychosomatic medicine (JSPM); Hinohara-ism; Windows of the soul; Mental attractiveness; Micro-movements in the head

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Commentary

In recent years, there has been a need for medical care associated with full of humanity. Looking back at history, we can see a flow from Dr. Albert Schweitzer to Lord Osler and Dr. Shigeaki Hinohara [1]. This would be holistic medicine, indicating the concept that the mind and body are not separate, but one. In other words, when it comes to human life and illness, it is important to understand the unity of mind and body. About 70 years ago in Japan, Dr. Hinohara introduced and developed primary care medicine, nursing education, and psychosomatic medicine from the United States [2].

Dr. Hinohara established the introduction of psychosomatic medicine in Japan, and has enlightened the philosophy of Hinohara-ism [3]. Currently, Japanese Society of Psychosomatic Medicine (JSPM) and Japanese Society of Psychosomatic Internal Medicine (JSPIM) continue academic activities in this area. The differences between the two academic societies have not been known. However, it would be easier to understand, when it is translating into English. The former is the JSPM, and the latter means JSPM plus Internal Medicine.

Our daily lives have gradually become Westernized, and with the development of computers, we have entered the new era of ICT (information, communication, and technology). At the same time, psychosomatic medicine has become more important in developed countries and also developing countries around the world. The authors' group continues to conduct research in areas such as integrative medicine, primary care medicine, anti-aging,

and mind-body medicine. In October 2023, the annual congress of JSPM in Chugoku-Shikoku region was held in Tokushima. For the role of the authors, Bando served as the Director, and Uto served as the executive committee chair (Figure 1).



Figure 1: The Congress of psychosomatic medicine in October 2023 Bando served as Director, Uto as executive committee chair and Morizaki as lecturer and symposiast.

The theme was set as “Psychosomatic Medicine, Medical Care, Arts and Culture.” Bando presented music therapy, integrative medicine, and Hinohara-ism. Uto announced industry-academia collaboration activities on various functional materials, including local Awa indigo [4,5], and Morizaki showed developing research for psychological evaluation using facial video and analysis.

How long has the psychology exist and continued with our human lives? One idea would be about 2500 years from ancient Greek era. Plato (Greek: Πλάτων Plátōn; 427 – 347 BC) was one of the most famous philosopher born in Athens during the classical period. He was the student of Socrates and the teacher of Aristotle [6]. Lots of his impressive maxims have been known for years. The quote “The eyes which are the windows of the soul” would mean the fundamental relationship between our mind and body. Concerning this quote, some novelists have written books of this title “the Windows of the Soul.” Four writers will be introduced in the following.

1. Sylvia Ney published “Windows of the Soul” in 1995 [7](Figure 2a). She was an editor and writer, and also served as a

high school English teacher and an adjunct professor of Texas University. She published many articles of newspaper and magazine, photography, poetry and stories. Ney has served as a Board Member of the Texas Gulf Coast Writers and also Bayou Writers Group in Louisiana since 2012. She contributes encouraging other writers with adequate advices.

2. Martin Porter wrote down “Windows of the Soul: Physiognomy in European Culture 1470-1780” [8]. He summarized the history for medieval era.

3. Alex Torres has written “Windows of the Soul” from spiritual point of view [9]. The book has brought the reader a new definition for the spiritual aspect and offered the novel aspect of the Divinity.

4. Ken Gire has been the author of more than 70 books so far including “Windows of the Soul” [10] (Figure 2b). His two books were awarded a Gold Medallion. He has established the concept of Reflective Living. Its purpose would be the devotion to helping people learn how to slow down and live more reflective lives. By such daily life, they can feel life more significant, associated with other people and God.



Figure 2: The book of the title “Windows of the Soul”
a: the author is Sylvia Ney
b: the author is Ken Gire

From the micro-movements of human eye and face, head, our research examines the relationship between these minute data and psychological states. The method involves four steps in which video footage is analyzed using advanced technology.

1. Record vibration parameters of a person's head in a non-contact situation.
2. Brain waves and galvanic skin responses are also measured.
3. We use a huge amount of statistical data (big data) accumulated from comparative experiments with psychological tests.

4. Following the above process, the emotional status of the subject can be determined.

Part of this research was introduced at the Society of Psychosomatic Medicine in Oct 2023. In other words, by computer analysis of the vibrations of the eyes, face, and head, it is possible to score the subject's aggressiveness, stress, tension, suspicion, vitality, self-control, and so on [11] (Figure 3).



Figure 3: Psychosomatic evaluation method using analyzing the vibration of eye, face and head Permission by Tokushima Press (July 30, 2023).

Therefore, this research may contribute the evaluating attractiveness of a person and providing advice regarding further education, employment, and career.

In summary, we are involved in primary care medicine, anti-aging, and psychosomatic medicine so far with various research. We have been on research in order to examine the relationship between physical condition and mental attractiveness or charm. The research will be hopefully developed more with accumulated data on psychosomatic medicine, psychology, philosophy, clinical practice and other related areas.

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