The aim of this article is to present the history and current focus of research of the multidisciplinary field of study called psychoneuroimmunology (PNI). Studies of the classical conditioning of the immune system were already conducted in the Soviet Union in the 1920s. It was not until the 1970s, however, that Robert Ader’s seminal work triggered the dynamic growth of the new discipline. Gradually there followed a series of experimental investigations providing evidence that there are interactions between the central nervous system, endocrine and immune systems. Today psychoneuroimmunology investigates the influence of psychological and social factors on the immune system and, consequently, on health and disease. Despite more than three decades of study, there are still many unanswered questions and psychoneuroimmunology must face another challenge – the clinical implementation of existing research findings.

REFERENCES


