

Gli Effetti sulla Salute dimostrati dalla Ricerca in Medicina Forestale

I ricercatori giapponesi sono stati i primi a studiare, in modo approfondito e scientifico, i benefici dell'Immersione nella Foresta, tanto da dare un nome in lingua giapponese a questa esperienza: Shinrin-yoku, espressione che può essere tradotta proprio come "Bagno nella Foresta".

Molte ricerche, iniziate in Giappone e poi proseguite in Europa e negli USA, hanno dimostrato il potenziale terapeutico della Medicina Forestale e dello Shinrin-yoku, che si manifesta su tutte le persone, senza effetti collaterali. Il merito di molti dei benefici della Immersione nella Foresta, sono da attribuire ai "Fitoncidi", ai "Terpeni", ai "Sesquileni"... essenze aromatiche diffusibili prodotte dalle Resine del Legno degli Alberi, oltre che dai Fiori, dai Frutti, dalle Radici, dalle Foglie... Queste sostanze, prodotte e rilasciate nell'aria dagli Alberi e dalle Piante per la propria protezione, sono in grado di portare incredibile beneficio anche agli Esseri Umani e a tutto il Regno Animale!

Le "Immersioni nel Verde", nella Natura, tra Alberi, Prati, Cespugli, Fiori... sono in grado di potenziare le difese immunitarie, migliorare l'umore, rafforzare il Sistema Cardio-Vascolare regolarizzando la Pressione e il Battito Cardiaco, abbassare il colesterolo e anche il cortisolo, aumentare la capacità di produrre e utilizzare l'energia biologica e, pertanto, aiutano a sentirsi meglio.

La Medicina Forestale ha dimostrato:

1. Aumento (stabile e sostenuto nel tempo) del 50% del numero delle Cellule NK (Natural Killer), specifici Linfociti presenti nel Sistema Immunitario umano e animale, strategicamente deputate al riconoscimento e alla eliminazione delle Cellule Tumoriali e Infette da Virus.
2. Aumento delle risposte biologiche difensive nei confronti di Tumori e Infezioni, grazie all'aumento di Proteine in grado di attivare il Sistema Immunitario, come la Granulisina ed i Granzimi A/B, che resta stabile fino ad oltre una settimana.
3. Aumento dell'efficienza nella preparazione scolastica di un gruppo di Studenti Universitari, in base agli effetti del "panorama" su cui si affacciavano le finestre della loro residenza universitaria. Aumento delle capacità attentive e di concentrazione, rendimenti accademici migliori, un minor numero di malattie e mal di testa, nonché una minore percezione di stress, rispetto ad altri Studenti che avevano panorami urbani costituiti solo da edifici.
4. Diminuzione della percezione dello stress sul posto di lavoro misurato tra gli Impiegati che potevano osservare Alberi e Fiori dalla finestra della loro postazione. Aumento delle soddisfazioni delle proprie mansioni, rispetto ai colleghi che svolgevano le stesse attività ma che dalle finestre vedevano solo ambienti urbanizzati ed edifici in cemento.
5. Riduzione del numero di malattie o episodi di mal di testa e dei tempi di recupero misurato tra gli Impiegati che potevano osservare Alberi e Fiori dalla finestra della loro postazione o nel loro stesso ambiente di lavoro.
6. Riduzione dell'impatto negativo sull'umore e sul comportamento causato dal lavoro stressante, con riduzione significativa della percentuale degli impiegati presi dal desiderio di abbandonare o cambiare lavoro, mediante la semplice visione frequente di Piante e Fiori, nell'ambiente professionale.

Le ricerche hanno dimostrato, in maniera statisticamente rilevante (dato il grande numero di soggetti esaminati in condizioni diverse) che i sottogruppi che avevano frequentato gli Ambienti Forestali, rispetto a quelli che invece erano rimasti negli Ambienti Urbani, presentavano:

1. una riduzione della concentrazione di Cortisolo salivare,
2. una riduzione della pressione sanguigna,
3. una riduzione media della frequenza dei battiti cardiaci
4. un aumento dell'attività del Sistema Nervoso Parasimpatico
5. una corrispettiva riduzione dell'attività del Sistema Nervoso Simpatico
6. una riduzione di Adrenalina e Noradrenalina circolante
7. facilitazione della risposta adattativa allo stress
8. aumento delle capacità di attivare difese immunitarie

La Medicina Forestale ha inoltre dimostrato, in un contesto Ospedaliero post-chirurgico:

1. degenza postoperatoria più breve,
2. meno segnalazioni da parte degli infermieri (per lamentele, dolori, richieste di calmanti e medicine extra...)
3. richiesta di analgesici meno forti

La Medicina Forestale ha inoltre dimostrato, in un contesto sanitario che riguardava pazienti con diagnosi di Diabete Non Insulino-Dipendente:

1. riduzione della glicemia media da 179 a 108
2. riduzione dell'Hbg (Emoglobina Glicosilata) da 6,9% a 6,5%
3. aumento duraturo del livello di Adiponectina Sierica (un ormone che ha effetti preventivi sull'Obesità, sul Diabete di tipo II, sulle Malattie Cardiovascolari e sulla Sindrome Metabolica).

La Medicina Forestale ha inoltre dimostrato, in un contesto di Ecopsicologia:

1. riduzione significativa dei punteggi ottenuti nei test di Ansia, Depressione, Rabbia, Fatica e Confusione
2. aumento significativo dei punteggi relativi alla percezione di Forza e Vigore

C'è davvero bisogno, oggi, nella nostra Società attuale, di Medicina Forestale!

Revisione della letteratura in Medicina Forestale (4.apr.2019)

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A simple practice called forest bathing could help nurture your health and fend off sickness.

Tree-time therapy.

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