

The 163rd IDEC Asia Seminar

第163回 IDEC アジアセミナー

Title: The Biological Clock: It's Role in Health, Diseases,
and the Global Environment

「生体時計 -健康, 病気から地球環境まで-

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All living things have inside them clock mechanisms that have evolved to synchronize them with rhythms in the environment, in particular with the daily and annual cycles. In mammals (and humans) there is a brain center which we call the "master clock". However every cell and organ also has its own clock and in order for the animal to function properly each of these many clocks must work together. The master clock in the brain directs the clocks in the rest of the body like the conductor of an orchestra. Jet lag or shift work disrupts this organization and if repeated can have serious health consequences.

The organism itself must be properly synchronized with the environment and rapid changes in the environment, such as global warming, can disrupt those relationships and lead to reduced biodiversity and agricultural problems.

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