

# Resistant Mechanisms of *Tagetes Erecta* Extract

Decheng Cai\*

Inventor of *Tagetes erecta* Extract for Anti-Aseptic Inflammation, China

\*Corresponding author: Decheng Cai, Inventor of *Tagetes erecta* Extract for Anti-Aseptic Inflammation, China

## ARTICLE INFO

Received: 📅 March 18, 2026

Published: 📅 May 07, 2026

Citation: Decheng Cai. Resistant Mechanisms of *Tagetes Erecta* Extract. Biomed J Sci & Tech Res 65(4)-2026. BJSTR. MS.ID.010212.

## ABSTRACT

In clinical practice, many patients with non-communicable major diseases (e.g., cancer, chronic inflammation) often present a “sudden physical and mental collapse after medical check-up” phenomenon: individuals with normal sleep, personality, work and life status suffer instantaneous mental breakdown upon detection of suspected severe diseases via physical examination, followed by severe depression, anxiety and somatic symptoms in a short period, leading to rapid disease deterioration. This phenomenon profoundly reveals the close correlation between psychological emotion and physical health, i.e., psychology determines physiology. This paper aims to explore how psychological stress (depression, fear) destroys the body’s immune system and aggravates somatic lesions by inducing aseptic inflammation of cranial nerves. Based on this, the core diagnosis and treatment principle of “treating the spirit and depression first before curing physical diseases” is proposed, advocating the reshaping of immune homeostasis by relieving ideological burden, relaxing body and mind, and eliminating stress. Meanwhile, it demonstrates that *Tagetes erecta* extract, as a core material support for anti-aseptic inflammation and antidepressant effects, plays a key role in the bidirectional regulation of “psychology-physiology”, intending to provide a novel theoretical basis and practical approach for the comprehensive prevention and treatment of major diseases.

**Keywords:** Treating Mental State first for Disease Cure; Depression; Psychological Stress; Aseptic Inflammation; Immune Homeostasis; *Tagetes erecta* Extract

## Introduction

With the transformation of medical model to the bio-psycho-social medical model, the role of psychological factors in the occurrence and development of diseases has attracted increasing attention. However, the traditional thinking of “valuing physical conditions while neglecting emotional states” still prevails in clinical diagnosis and health management. The ubiquitous phenomenon of “inevitable depression after diagnosis of severe diseases” has become a critical public health issue: a person with normal physical and mental functions falls into extreme fear and despair merely upon receiving signals of major diseases such as suspected cancer, with a rapid collapse of physical and mental status and progressive exacerbation of organic diseases. This indicates that the human nervous system is extremely vulnerable, and psychological stress and negative emotions are not independent mental activities, but physical forces directly acting on the body. Therefore, blocking the transformation of psychological stress into somatic pathological injury is the primary step in disease prevention and treatment. Starting from the dialectical relationship between psychology and physiology, this paper analyzes the inflammation-inducing mechanism of depression and discusses the core value of *Tagetes erecta* extract as a material support.

## Core Mechanisms: Psychology Determines Physiology, and Depression Aggravates Refractory Organic Diseases

### Neural Vulnerability Behind the “Sudden Collapse After Medical Check-Up

The human neural regulation system serves as a key hub connecting the mind and body. Under normal conditions, stable sleep rhythm, healthy personality traits and good social adaptability indicate that the nervous system is in a relatively homeostatic state. Nevertheless, this homeostasis is disrupted instantaneously when suspected major diseases such as cancer are detected in physical examination. Such “mental breakdown” is not a simple psychological emotional fluctuation, but a neuroendocrine disorder triggered by acute psychological stress. The sympathetic nerve of the body is extremely excited, the hypothalamic-pituitary-adrenal (HPA) axis is over-activated, and a large amount of cortisol and stress hormones are released, which directly inhibit immune function and provide a hotbed for the rapid progression of pathogens and latent lesions in the body.

## Depression: An “Accelerator” of Somatic Diseases and a Driver of Aseptic Inflammation

Depression has long been regarded as a “consequence” of somatic diseases, but in fact, it is more a “cause”. When patients fall into deep depression and are immersed in extreme fear every day, suffering from physical and mental exhaustion, substantial pathological changes occur in their internal environment — aseptic inflammation of cranial nerves. According to the theory of “inflammation induced by stagnant qi and fire”, excessive emotional stimulation (fear, depression) leads to disorder of qi movement and endogenous stagnant fire; the fire evil attacks the heart and brain, inducing aseptic inflammation of the central nervous system. This inflammation not only impairs cognition and emotional regulation, but also systematically attacks the body’s immune defense, resulting in a sharp decline in immunity. In the vicious cycle of “physical and mental exhaustion and extreme stress”, organic diseases will inevitably deteriorate. Fear and inflammation act together to accelerate organ failure and disease progression, confirming the objective law that “psychology directly determines physiology”.

## Therapeutic Principles: Treat Depression First for Disease Cure, Dual Support from Mental State to Substance

### Reconstruction of Diagnosis and Treatment Logic: Anti-Depression Prior to Anti-Disease

Based on the above mechanisms, the traditional idea of “only treating organic diseases” has fundamental defects. If the patient’s ideology is not liberated and the huge inner pressure is not eliminated, fighting lesions only by physical means is tantamount to “stirring the boiling water to stop it from boiling”. Treatment must follow the logic of “treating the spirit first before curing diseases” [1]. Ideological relief: Through cognitive intervention, help patients get rid of extreme fear of death and build confidence in overcoming diseases [2] Physical and mental relaxation: Guide the relaxation of body and mind, block the continuous release of stress hormones, and restore the balance of autonomic nerves [3]. Immunity enhancement: Eliminate the inhibition of psychological stress on the immune system and lay a foundation for body repair. Only when the ideology is liberated, body and mind are relaxed, and stress is eliminated can the immune barrier be reconstructed and the treatment of organic diseases take effect.

### Material Support: Anti-Inflammatory Agents as the Physical Basis of Mental State

“Mental state” cannot rely solely on self-regulation of emotions; it must be supported by material power. In the interaction between psychology and physiology, anti-inflammatory and anti-stress effects at the physical level are the underlying guarantees for maintaining psychological homeostasis. When patients are in a state of high depres-

sive stress, the level of aseptic inflammation in the body surges. At this time, simple psychological counseling is difficult to rapidly block the damage of inflammation to nerves and immunity. Substances with clear pharmacological effects must be used to combat such physical lesions caused by deteriorated mental state. Therefore, it is crucial to construct a dual-track defense system of “psychological defense + physical defense”.

## Key Intervention: *Tagetes erecta* Extract-The Guardian of the Bridge Between Psychology and Physiology

### Dual Roles of *Tagetes erecta* Extract: An “Essential” Product for Anti-Disease and Anti-Depression

Based on the above logic, *Tagetes erecta* extract should be an essential product in medical practice. Its core value lies in acting as a “guardian of anti-inflammatory drugs”, connecting psychological regulation and physical repair [1]. Anti-aseptic inflammation: *Tagetes erecta* extract exerts a potent broad-spectrum anti-inflammatory effect, which can directly inhibit aseptic inflammation of cranial nerves and systemic tissues, eliminate pathological products caused by “stagnant qi and fire”, and protect nerve cells and the immune system [2] Antidepressant and sedative effects: By clearing neural inflammation, improving the brain microenvironment and restoring neurotransmitter balance, it effectively alleviates depression, anxiety, insomnia and other symptoms, achieving “simultaneous regulation of body and mind”.

### Basic Premise of Anti-Disease: Anti-Depression as the Core of Physical Support

In disease treatment, anti-depression is the basic premise of anti-disease. This does not deny the importance of organic lesions, but emphasizes that anti-depression intervention at the psychological level must be prioritized throughout the entire course of disease. Through its unique mechanism of “clearing fire - anti-inflammation - sedation”, *Tagetes erecta* extract is not only an adjuvant means for treating organic diseases, but also a key force for maintaining patients’ quality of life and blocking disease deterioration. It provides necessary material support for patients to receive treatment with a good mental state, truly realizing the clinical vision that “a good mental state cures half of the disease” [4].

## Conclusion

“Treating mental state first for disease cure” is not only a slogan of humanistic care, but a scientific diagnosis and treatment principle based on modern medical mechanisms. Depressive collapse in the face of major diseases is essentially aseptic inflammation of cranial nerves and immune collapse induced by psychological stress, a direct manifestation that psychology determines physiology. Therefore, depression must be treated first before curing physical diseases. While attaching importance to the treatment of organic diseases, anti-de-

pression, stress elimination and immunity enhancement must be put in the first place. As a highly effective substance for anti-aseptic inflammation and anti-depression, *Tagetes erecta* extract should be a core component of the anti-disease system. It builds a bridge between psychology and physiology, providing solid theoretical and practical support for achieving simultaneous treatment of body and mind and improving the cure rate.

ISSN: 2574-1241

DOI: 10.26717/BJSTR.2026.65.010212

Decheng Cai. Biomed J Sci & Tech Res



This work is licensed under Creative Commons Attribution 4.0 License

Submission Link: <https://biomedres.us/submit-manuscript.php>

## References

1. Ma X (2020) Psychoneuroimmunology [M]. Beijing: People's Medical Publishing House, (In Chinese).
2. Cai DC. Pathogenesis of depression and aseptic inflammation and intervention effect of *Tagetes erecta* extract [J]. Chinese Journal of Health Management.
3. Liu C (2023) Research progress in stress-related disorders and neuroinflammation [J] Chinese Journal of Nervous and Mental Diseases 49(5).
4. Castro Martínez G, et al. (2023) Effects of Marigold (*Tagetes erecta*) Extract on Neuroinflammation [J] Pharmaceuticals.



### Assets of Publishing with us

- Global archiving of articles
- Immediate, unrestricted online access
- Rigorous Peer Review Process
- Authors Retain Copyrights
- Unique DOI for all articles

<https://biomedres.us/>