

STRESS

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Abstract. *A critical approach of stress was done based on literature emphasizing on the main aspects of interest. The stress has been appeared with life being a living attribute. Without stress neither the life nor the evolution would exist. This is the stress, good or worse, always present and necessary.*

Key words: stress, stressor, adaptation, emergency

1. Introduction

The expression *stress* appeared together with the introduction in human medicine of biochemical profile. This happened once with the passage from clinician physicians (that often used classical semiological methods to establish diagnosis) to doctors that use numerous preclinical investigations (offered by modern techniques). Nonspecific reactions of every living individual determine researchers to recompose and study the organism in its complexity. There are studies that are interested of the complex relations and interrelations that make the organism to be a perfect cybernetic system.

2. Materials and Methods

The paper is based on the literature in the field and approached in a critical manner various aspects regarding stress along the time. Analysis, synthesis, comparison were the main methods used in order to set up this paper.

3. Results and Discussions

In 1911, Cannon and De La Paz noticed the increase of adrenalin in the blood of a cat frightened by dog. These changes allow some physiological adjustments as a sudden reaction to the specific danger, such as to run or fight. The authors named this physiological stage *emergency reaction*. In 1935, Cannon highlights the existence of some limits regarding the compensation possibilities (in intensity and time) of the body to critical stress [after 1].

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