

# The Lateralized Vestibular Stimulation: Effect on Mood, Cognition, and Autonomic States in Mental Disorders

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**Abstract:** The vestibular system in the inner ear senses the body's movements, which is essential for regulating reflex movements and body balance at the brain stem level. Still, it is also critical in regulating high brain functions, including mental states, motivation, mood, cognition, and reasoning. This article reviews the neuro-functional effects of lateralized vestibular stimulation in three main brain areas involved in mental disorders: the parieto-insular-vestibular cortex (PIVC), the hippocampus, and the hypothalamus. We discuss its implications for the performance of high-demanding works and possible therapeutic applications in psychiatric patients.

**Keywords:** Lateralization, Depression, Vestibular stimulation.

## INTRODUCTION

Mental illnesses show alterations in self-perception, cognitive dysfunctions, and a variety of bodily symptoms, such as sleep disturbances and symptoms of autonomic dysregulation. The insular cortex (PIVC), the hippocampus, and the hypothalamus are central to these functions. Although the mechanisms that regulate their activity are still uncertain, it is proposed that alterations in the normal lateralization of these neuronal centers could have a role in mental illnesses such as depression. In this regard, besides its importance in the body balance, the vestibular system has unique capacities to produce lateralized modulation of brain areas.

### Brain Lateralization and Mental States

The lateralization of brain functions has been primarily discussed, suggesting that the right or left hemisphere is linked with different moods and cognitive styles. For example, visual dichoptic tests show that both hemispheres constantly deal with each other for dominance, giving rise to perceptual ocular rivalry [1]. Various experiments demonstrate that normal rivalry can be shifted towards either the right or the left hemisphere after unilateral vestibular stimulation [2].

Although there is not enough evidence about the lateralization of mood functions [3], some reports demonstrate that unilateral vestibular stimulation can elicit visible mood changes, turning from mania to euthymia after a few minutes [4].

Sad mood, cognitive impairment, sleep disturbances, and endocrine and autonomic dysfunction characterize major depression. Despite functional studies have not been conclusive in describing abnormal brain asymmetries in depression, the auditive and vestibular systems (which have no clear symptomatic relation with depression) have shown abnormal lateralization. Specifically, Bruder has demonstrated lateralization in the auditive function using dichotic techniques [5, 6], and Soza Ried showed that vestibular functional studies are also abnormally lateralized in depression [7].

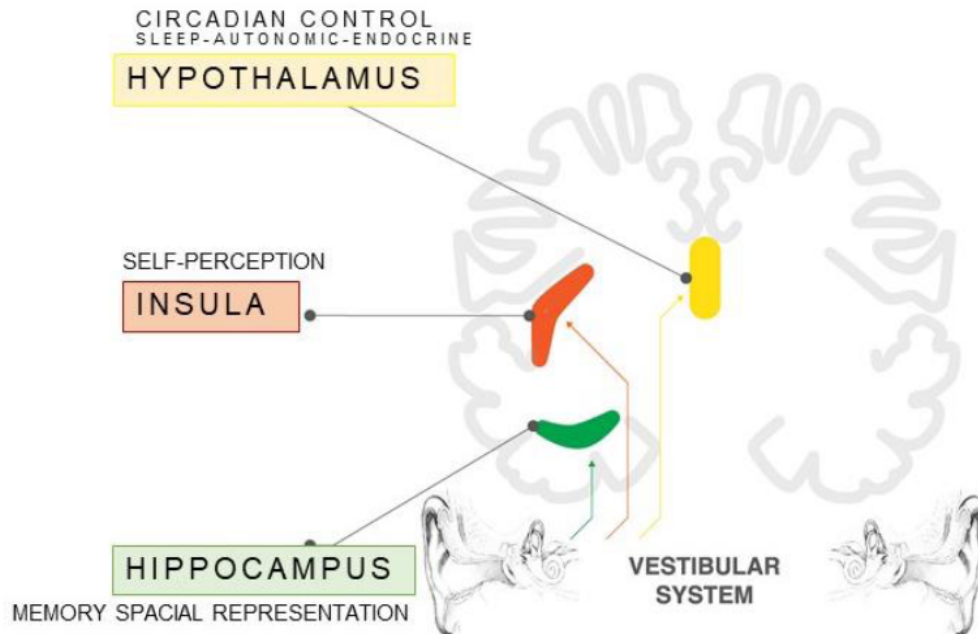
Cognitive lateralized abilities have also been studied after the application of vestibular stimulation, showing the improvement of right or left brain functions depending on which side the stimulation is applied.

This article provides an overview of the vestibular system's neuronal centers and of the main techniques of lateralized vestibular stimulation available. We show evidence of abnormal lateralization of that brain areas involved in mental disorders which also receive vestibular modulation: the insular cortex, the hippocampus, and the hypothalamus, highlighting the different neuronal effects depending on the side Figure 1.

### The Vestibular System

The vestibular system is a sensory system responsible for detecting motion, spatial orientation, and balance. Located in the inner ear, the semicircular canals, the utricle, and the saccule detect head movements and position relative to gravity. The semicircular canals are sensitive to rotational movements, while the utricle and saccule detect linear

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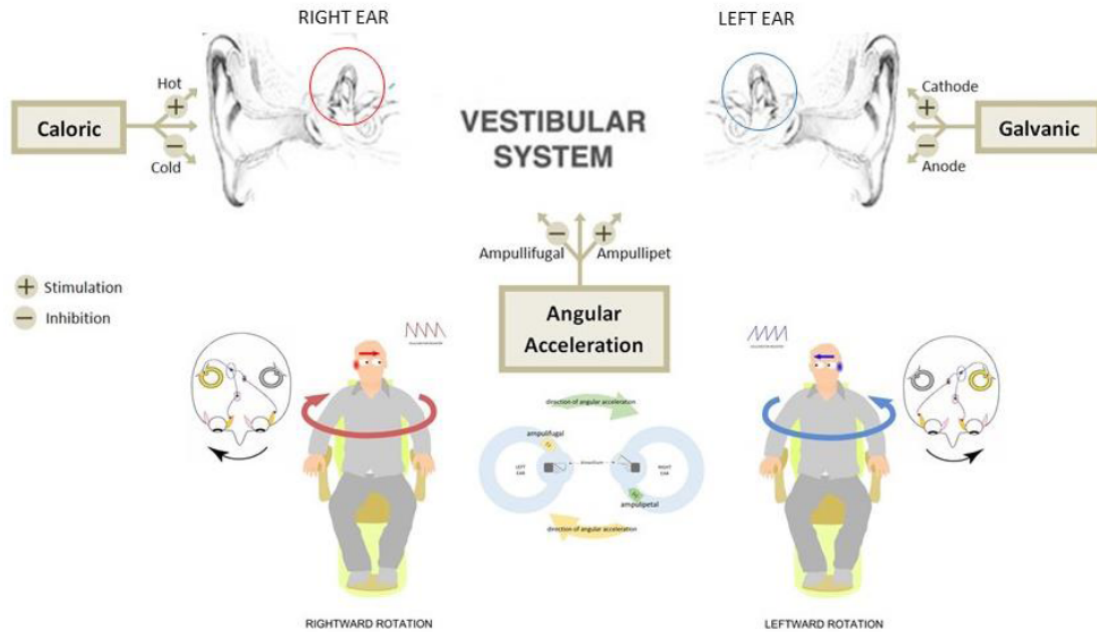
**Figure 1:** Brain areas/functions involved in mental disorders receive lateralized modulation from the vestibular system.

acceleration and gravitational forces. These structures send signals via the vestibular nerve to the brain, where the information is integrated with input from other sensory systems (e.g., visual and somatosensory systems) to help maintain equilibrium and coordinate eye and head movements. The primary functions of the vestibular system include stabilizing vision during head movements (via the vestibulo-ocular reflex), maintaining posture and balance, and contributing to the perception of body movement in space. It plays a crucial role in everyday activities such as walking, driving, or even standing still, as it helps the body adjust to changes in position and movement. Dysfunction of the vestibular system can lead to vertigo, dizziness, and balance disorders, highlighting its importance for normal motor and sensory functioning.

Ciliary cells in macular epitheliums of semicircular canals respond to angular acceleration of the head. Meanwhile, utricular and saccular ciliary macular cells are correspondingly sensitive to horizontal and vertical linear acceleration. For the physiological acquisition of movement and positional information, both sides, right and left vestibular receptors, must be equally sensitive. Vestibular nerves and nuclei also must be symmetrically functioning; otherwise, the unilateral diminution or enhancement of their function will give rise to vertigo and dizziness.

Three semicircular canals containing endolymph register movements in three different orientations. Sensitive hair cells of the ampulla are stimulated with ampullipetal or inhibited by ampullifugal inclination of cilia. Physiological stimuli for the vestibular system are rotations in the correspondent three-dimensional orientation of the semicircular canal, although other artificial methods for stimulating the vestibular receptors have been developed; unilateral caloric stimulation of the ear that can induce stimulation of receptors with warm or inhibition with cold irrigation of the ear, also galvanic stimulation in which the cathode stimulates vestibular receptors and the anode inhibit them during the application of the electrodes to the vestibular nerve [8], (Figure 2).

The four vestibular nuclei at the brain stem, superior, medial, lateral, and inferior, receive sensorial information from semicircular canals, utricles, and saccules. Neural fibers from the cerebellar vermis also raise vestibular nuclei, giving them mainly inhibitory inputs. Efferents from vestibular nuclei reach contralateral vestibular nuclei through commissural fibers. Vestibule spinal neurons also influence alpha and gamma motoneurons' activity in the anterior horn of the spinal cord, enhancing antigravity muscular activity and neck muscle contraction.



**Figure 2:** Stimulatory/inhibitory effect of the right/left ear's vestibular system with different kinds of vestibular stimulation.

Taken together, the utricular, saccule, and semicircular canals give information about our actual position; the integration of that information, in addition to the cerebellar and raphe nuclei afferents, allows us to respond with adequate body and eye movements to stabilize our corporal position.

### Vestibular-Brain Ascending Neuronal Pathways

#### **The Modulatory Effect of the Vestibular System on Brain Activity**

Vestibular nuclei stimulation also induces widespread brain activation. The primary vestibular cortex, first described in macaca, corresponds in humans to the parieto insular vestibular cortex (PIVC), which is also responsible for the perception of dizziness. In addition, prefrontal, hypothalamic, thalamic, and hippocampal areas are also activated by head position changes sensed by the vestibular system [9]. In physiologic conditions, natural body movements stimulate the right or left vestibular system randomly, and usually, both brain hemispheres have an equal probability of being activated.

#### **Vestibular Modulation of the Parieto Insular Vestibular Cortex (PIVC): Effect on Self-Perception**

##### **Role of the PIVC**

The enlargement of the brain during the evolution process gave rise to various new, modern, and

complex functions, including the conscience. The development of the vestibular cortex in the parietal insular area, known as the parieto-insular vestibular cortex (PIVC), makes it possible to be aware of our body movements and plays an important role in interoceptive activity.

The insular cortex, located deep within the lateral sulcus of the brain, is a critical structure involved in a wide range of physiological, emotional, and cognitive functions and contributes to different aspects of sensory processing and integrative functions [10]. The parieto-insular vestibular cortex (PIVC) plays a crucial role in processing vestibular information, essential for balance, spatial orientation, and the perception of body movement in space [11]. Vestibular afferents, primarily relayed via the vestibular nuclei and thalamus, provide the PIVC with sensory input regarding head motion, gravitational forces, and spatial orientation, allowing it to integrate this information with other sensory modalities [12]. Also, Critchley *et al.* demonstrated a function of the insular cortex in decision-making [13, 14]. The insula receives afferent projections from sensory regions of the brainstem and thalamus, including somatosensory, gustatory, and viscerosensory pathways, which relay information about bodily sensations and visceral states [15]. Efferent projections from the insula target several regions, including the prefrontal cortex, amygdala, and anterior cingulate cortex, highlighting its role in

mediating emotional and autonomic responses to sensory input and influencing higher-order cognitive functions such as emotional awareness, empathy, and self-regulation [16, 17].

### ***Different Forms of Vestibular Stimulation can Induce Lateralized Activity at the Insular Cortex (PIVC)***

The neuronal pathways of the ascending connections from vestibular nuclei to parieto insular vestibular cortex (PIVC) still need to be better understood. Registers of individual neurons in the vestibular cortex in macaca show that PIVC is stimulated by the vestibular nuclei in the brain stem.

Different inputs can activate the vestibular nuclei: the vestibular stimuli (physiologic or non-physiologic stimulation) and visual stimuli, like optokinetics.

Studies in humans demonstrate that *galvanic* vestibular stimulation activates the parieto insular cortex bilaterally [18]. Meanwhile, Dietrich *et al.* [19, 20] described that stimulation of the right vestibular nuclei (through caloric stimulation with warm water in the right ear) activates the right PIVC in right-handed people. Also, Marcelli *et al.* [21] showed contralateral activation of PIVC after cold water stimulation (inhibitory effect). The ipsilateral activation with warm or inhibition with cold water, respectively, was proved by Naito *et al.* [22] using warm water in the right ear or cold in the left, eliciting activation of the right insula, right parietal inferior lobe and right temporal inferior gyrus in PET study in humans.

Optokinetic horizontal stimuli produce a coherent activation of the right and left vestibular nuclei and PIVC [23]. According to this, most of the studies in humans show bilateral activation of brain structures in rightward or leftward optokinetic nystagmus [24-28] and just one [29] demonstrate ipsilateral (to the visual stimuli direction) brain activation. A recent article [30] demonstrates bilateral activation of cortical areas related to visual motion processing and bilateral deactivation of PIVC in fMRI in humans. The PIVC is also directly stimulated by visual stimuli coming from superior colliculus.

### ***Different Effects on Self-Perception after Right and Left Insular Activation***

The effects of unilateral PIVC activation are complex, and a variety of different sensations have been reported in humans. Direct current application on the right PIVC in a tinnitus patient produced an out-of-

body experience [31]. Le Chapelain *et al.* [32] described the apparition of phantom limbs after cold irrigation of the left ear (which inhibits left PIVC activity). MRI abnormalities in the right temporoparietal junction in people with schizophrenia with space hallucinations [33] also illuminate the role of the PIVC in self-perception.

Craig AD [34] suggested that the right anterior insula seems to provide the basis for the subjective image of the material self as a feeling (sentient) entity, that is, emotional awareness, and Lopez *et al.* [35] discuss the importance of the vestibular cortex on embodiment and self-consciousness.

### ***The Insular Cortex in Mental Disorders***

Functional asymmetry of the insula has been consistently observed in mental disorders and patients with depression, with growing evidence suggesting that this brain region plays a pivotal role in the pathophysiology of the disorder. Several neuroimaging studies have reported altered activity in the left and right insular cortices in depressed individuals, which is associated with deficits in emotional processing, self-awareness, and regulation [36, 37]. For example, in schizophrenia, there is often a relative hypoactivity of the left insula linked to deficits in self-monitoring and emotional regulation [38].

Similarly, in anxiety disorders, asymmetries in insular activity may reflect heightened sensitivity to emotional stimuli and altered interoceptive awareness [39]. Major depressive disorder also has demonstrated an imbalance between the two insular cortices [40]. Furthermore, research using functional magnetic resonance imaging (fMRI) and positron emission tomography (PET) has shown that these asymmetries are not only linked to mood symptoms but may also serve as potential biomarkers for treatment response and illness severity [41].

*In conclusion*, the PIVC plays an essential role in interoception and subjective perception and can be modulated by ipsilateral vestibular activity. The lateralized activation of the PIVC produces altered mental states, like depression and other mental health disorders.

### ***Vestibulo-Hippocampal Modulation: Effect on Cognition, Memory, and Spatial Abilities***

#### ***The Role of the Hippocampus***

Despite the ancient evolutionary origin of the hippocampus, its role in mental function has been

widely described. Closely related to learning and memorizing environmental cues such as odor or internal chemical signals of the blood, the hippocampal areas also seem important for regulating hormonal secretion, especially cortisol. The development of explicit or declarative memory functions appeared later, probably as a predictive evolution process of the primitive intero and exteroceptive memory activity [42]. The hippocampus is also essential for spatial memory, where vestibular afferents coming from vestibular nuclei modulate the hippocampal activity, giving important cues for constructing memories and allowing the creation of conceptual maps of outer space. Dr Milner made one of the first descriptions of that in a patient, who has difficulties in returning home after a hippocampal lesion. In sum, the hippocampal formation registers the internal and the external environmental conditions and memorizes the hormonal and autonomic answers to maintain homeostasis.

### **Vestibular System and Hippocampal Function in Animals**

Evidence shows that the vestibular system modulates the hippocampal areas and requires vestibular input for acquiring memories [43], as well as vestibular indemnity for normal hippocampal activity [44]. In this regard, Zheng reported a diminution of hippocampal nitric oxide synthase (NOS) and less hippocampal volumes after bilateral vestibular lesions and mainly ipsilateral diminution of nitric oxide (NO) in the dentate gyrus of the hippocampus after unilateral ablation of the vestibular peripheral system in rats [45]. Impairment of the spatial memory during vestibular activity inhibition [46] and the finding of interrupted theta rhythm in hippocampal areas in rats while spatial tasks performing [47] also reinforce the influence of vestibular activity in hippocampal functioning. In addition, bilateral vestibular lesioned rats cannot recover the spatial ability, contrary to unilateral vestibular damage that recovers the capacity at five months [48]. In this context, Kim *et al.* [49] demonstrated that unilateral vestibular lesions in rats induce ipsilateral diminution of cFOS expression in the hippocampus and dentate areas. Smith [50] suggested that the thalamus transmits vestibular information to the hippocampus via the parietal cortex. However, he proposes that more direct pathways are likely possible. Liu *et al.* [51, 52] showed ipsilateral diminished hippocampal NO and NMDA receptor changes after vestibular lesions in rats.

In summary, animal studies demonstrate the vestibular system's modulation of hippocampal activity

and evidence of ipsilateral neuronal pathways between the vestibular and the hippocampus.

### **Vestibular Modulation of Hippocampal Function in Humans**

Human studies show similar findings. fMRI [53] and PET studies [54] demonstrated hippocampal activation during vestibular stimulation in healthy subjects. As was first demonstrated in rats, bilateral vestibular lesions evidenced bilateral atrophy of the hippocampus and impaired spatial memory [55]. Also, vestibular lesioned patients show spatial memory failure [56] and impaired navigation skills in chronic vestibular hypofunction without vertigo [57].

Although patients with right vestibular failure exhibit spatial and navigation impairments, no such impairments are observed in patients with left vestibular lesions [58]. In this regard, developing specific lateralized brain functions in humans is an important matter of attention, showing right side preponderance at list in spatial abilities. Shipman *et al.* [59] demonstrated right hippocampal activation during spatial tasks using fMRI in humans, and Weniger *et al.* [60] showed that right posterior parahippocampal gyrus lesioned patients failed in virtual maze acquisition.

In conclusion, normal vestibular activity is essential for allowing the physiologic function of the hippocampus. The right side of the hippocampus has been proven to have a primordial role in spatial and cognitive abilities. Finally, vestibular hippocampal modulation is mainly ipsilateral, which makes it possible to hypothesize that in cognitively impaired patients, the stimulation of right-side vestibular nuclei would enhance these functions.

### **Abnormal Hippocampal Asymmetry in Depression?**

There is some evidence of diminution of the hippocampal volume in depression patients [61]. Even though the difference between the right and left hippocampus is still controversial, some studies have shown a diminution of the right side's volume [62]. Cognitive tests regarding spatial abilities and short memory tasks also show diminished hippocampal function in depression [63].

In sum, hippocampal brain areas are involved in memory and spatial functions. The right hippocampus is predominant for memory and spatial abilities. There are lateralized dysfunction of the hippocampus in mental disorders like depression. The vestibular

system affects the hippocampus mainly through ipsilateral pathways.

### **Vestibular-Hypothalamic Modulation**

#### ***Effect on Circadian Rhythms, and Visceral-Metabolic Regulation***

Hypothalamic centers control visceral and metabolic functions of the body, including autonomic and endocrine activity, thermoregulation, satiety and hunger, sleep, and weak states. All of those functions are highly rhythmic and synchronized in healthy subjects. The Suprachiasmatic Nuclei (SCN), also in the hypothalamus, seem to play a protagonist role in synchronizing that activity.

#### ***Vestibular System and Hypothalamic Activity***

The influence of the vestibular system on hypothalamic activity hasn't been sufficiently studied in humans, but experimental animal models have demonstrated that there are modulatory nervous pathways from the vestibular nuclei to the hypothalamus. Experiments using hamsters show that vestibular activity can regulate eating behavior, sleep-wake cycles, and rhythms of hormonal secretion. The information about the quantity and kind of body movements probably modulates the metabolic cell function and the visceral autonomic activity in order to achieve the best performance according to the corporal physic activity. The accuracy of the autonomic response during rapid changes of position and body acceleration, sensed by the vestibular system, allows for maintaining homeostatic conditions, especially in blood irrigation.

The influence of the vestibular activity over the Suprachiasmatic Nucleus, which governs circadian functions, has been studied in hamsters by Fuller [64, 65], demonstrating that the vestibular system can modify the circadian rhythms [66]. The main neural pathways coming from the vestibular system to the hypothalamus are serotonergic fibers coming from the Raphe Nuclei [67].

#### ***Hypothalamic Disorders in Mental Illness***

Despite mental, cognitive, and mood disabilities are characteristic of psychiatric diseases, different kinds of autonomic and metabolic disorders depending on hypothalamic function deal with a significant amount of the invalidating symptoms of mental disorders. The prevalence of sympathetic activity in depression has been demonstrated by many authors [68-74];

meanwhile, other researchers have not [75]. Bär *et al.* [76] suggest that the reported findings are secondary to the use of antidepressants. Recently, Koschke *et al.* [77] showed exacerbation of sympathetic symptoms with serotonin-selective reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors in depressive patients. Coen *et al.* [78] and Quick *et al.* [79] published an enhancement of gastric motility (sympathetic response) in depression patients that is exacerbated with the use of antidepressants.

Lateralized brain activity has been linked to sympathetic or parasympathetic activity. In this regard, right PIVC lesions induce significantly more cardiac arrhythmic complications than left ones [80]. Also, Sukuki *et al.* [81] showed increased sympathetic activity in the right insula in humans during painful stimuli. Critchley *et al.* [82] demonstrated proarrhythmic changes and simultaneous right hypothalamic activation in human stress conditions. Complementing the last, an exciting study in fibromyalgia patients showed abnormal asymmetries of autonomic activity regarding diminished sympathetic activity at the right side of the body, evidenced by reduced skin conductance and temperature in the dominant side [83].

Animal studies also demonstrate, different lateralization; a study assessed by Min *et al.* [84] shows cardiac dysfunction proportional to elevated levels of noradrenalin in the heart after left, but not in right insular lesioned rats. Meanwhile, Xavier *et al.* [85] demonstrate midbrain lateralized control of autonomic activity, with an increased activity of right hypothalamic areas during sympathetic responses in rats. In addition Sullivan and Gratton [86] demonstrate the role of right prefrontal structures in enhancing the sympathetic response.

In summary, hypothalamic brain areas control sleep-wake cycles, autonomic and viscerometabolic activity. There is evidence of lateralized regulation of autonomic activity in humans and of abnormal lateralization in mental disorders. There is evidence of vestibule hypothalamic regulation in experimental animals. No studies have been conducted on the neural pathways between the vestibular system and the hypothalamus in humans.

### **DISCUSSION**

The vestibular system, a key player in corporal balance, also holds significant sway in regulating



mental states, including mood, attention, cognition, and visceral functions. This article delves into the evidence surrounding abnormal functional asymmetries in mental disorders and the impact of lateralized vestibular stimulation on three pivotal cerebral centers: the parieto-insular cortex (PIVC), the hippocampus, and the hypothalamus. Lateralized modulatory stimulation could potentially restore healthy mental states. The aim of this article is to unravel the limited and often confusing evidence available about the brain asymmetries involved in mental disorders and to outline the vestibular pathways that influence and regulate those centers. We detail the effect of various modalities of vestibular stimuli, such as caloric, galvanic, rotatory, and optokinetic, on brain activity, and propose their potential use in restoring normal brain lateralization. The selection of the appropriate technique and stimulation side is crucial to successfully achieve our therapeutic target. In conclusion, vestibular stimulation could potentially treat mental disorders by reinstating the functional symmetry of the brain.

This article offers a unique perspective on mental disorder physiopathology, honing in on the functional asymmetries of three neuronal centers that are crucial in mental disorders and are intricately linked to the vestibular system.

## CONFLICTS OF INTEREST

I declare no conflict of interest.

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