

# Do Pigs Value Katastematic Pleasure? ( Summer 2022 K / K Discussion)

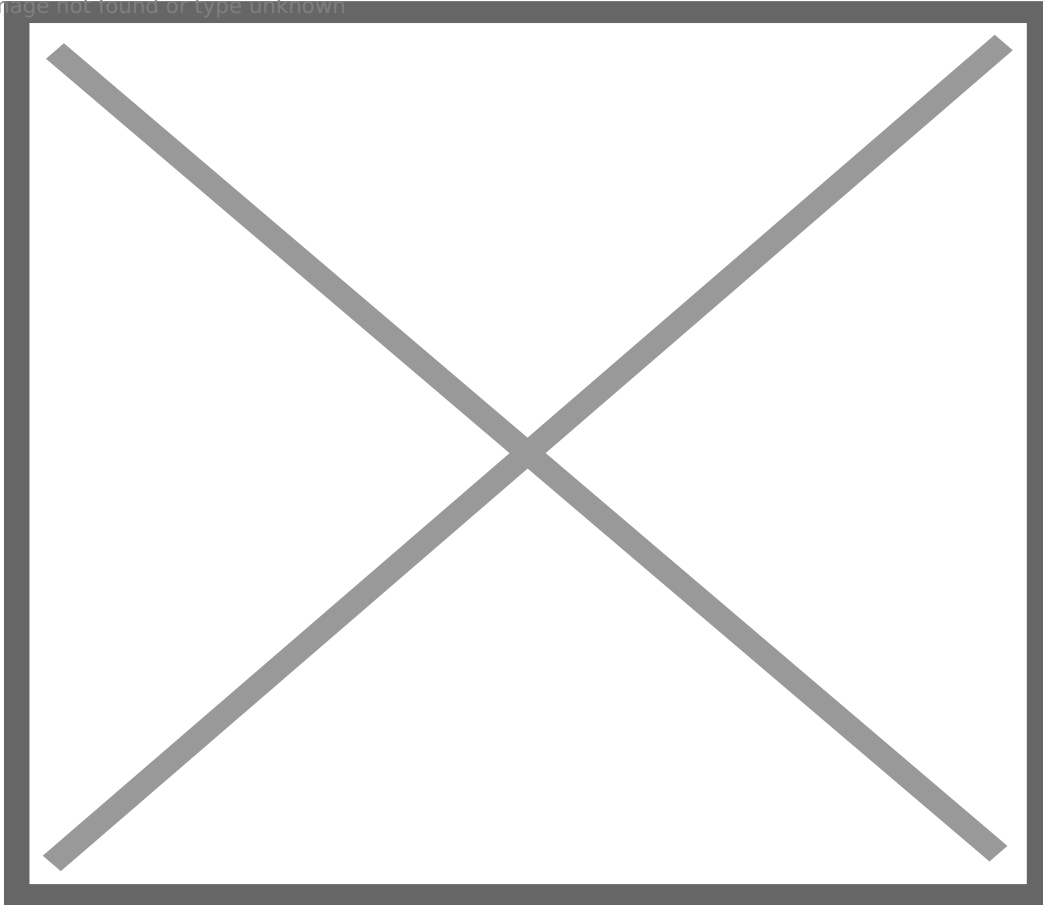
Post by "Don" of July 4, 2022 at 1:14 PM

[Quote from Kalosyni](#)

I don't remember if there is an article or discussion you may have posted some time ago on "homeostasis"? Or if you can post a link to an earlier discussion?

I've mentioned it several places. Here's a search:

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[Search Results - Epicureanfriends.com](#)

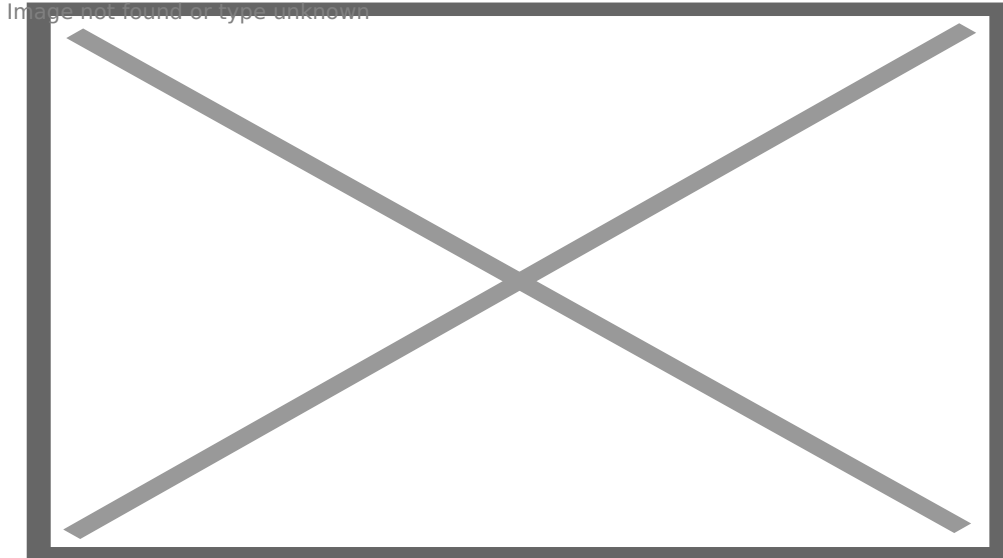
[www.epicureanfriends.com](http://www.epicureanfriends.com)

You'll see me mention Dr. Lisa Feldman Barrett and Dr. Anna Lembke in those search results.

<http://www.epicureanfriends.com/thread/2586-do-pigs-value-katastematic-pleasure-summer-2022-k-k-discussion/?postID=18721#post18721>

Just so there's no confusion, homeostasis is not some idiosyncratic state that might appeal to introverts over extroverts. It is the well-functioning of one's body and mind when everything is in balance.

Here's the biological definition:



[Homeostasis \(article\) | Human body systems | Khan Academy](#)

Learn how organisms maintain homeostasis, or a stable internal environment.

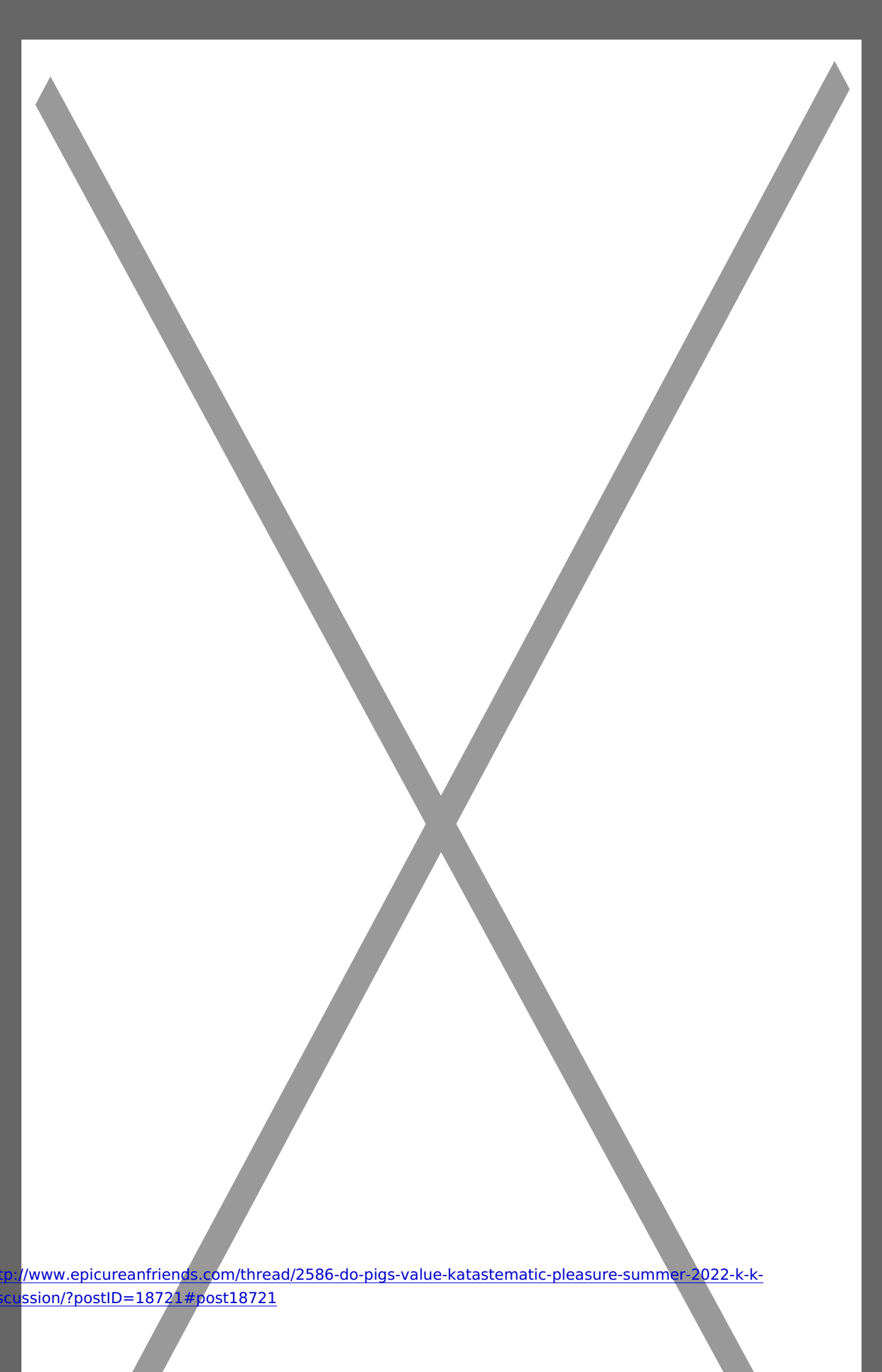
[www.khanacademy.org](http://www.khanacademy.org)

As Khan says, homeostasis is "The tendency to maintain a stable, relatively constant internal environment."

Here's a PubMed paper:

<http://www.epicureanfriends.com/thread/2586-do-pigs-value-katastematic-pleasure-summer-2022-k-k-discussion/?postID=18721#post18721>

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[Homeostasis: The Underappreciated and Far Too Often Ignored Central Organizing Principle of Physiology - PubMed](#)

The grand challenge to physiology, as was first described in an essay published in the inaugural issue of *Frontiers in Physiology* in 2010, remains to integrate...

pubmed.ncbi.nlm.nih.gov

"The health and vitality of the organism can be said to be the end result of homeostatic regulation. An understanding of normal physiology is not possible without an appreciation of this concept. Conversely, it follows that disruption of homeostatic mechanisms is what leads to disease, and effective therapy must be directed toward re-establishing these homeostatic conditions."

Homeostasis is not "mindfulness" or some "mystical" state, it is the foundational "health and vitality of the organism."

My take is becoming that this idea of biological homeostasis as the "health and vitality of the organism" is what Epicurus was referring to - generally - as katastematic pleasure. It is the underlying, foundational starting point of physical (aponia) and mental (ataraxia) health. If our body and mind are working properly and we are listening to our "feedback loops" of pleasure/pain, we can better *vary* our pleasure once we've achieved a homeostatic/katastematic foundation.