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Research Article

FACTORS CAUSING PERSONAL PSYCHOSOMATIC DISORDERS

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ABSTRACT

The human psyche is a relatively stable system of psychological qualities, the characteristics of which lead to the deformation of relationships, and then to psychosomatic diseases in the form of physical health, when the body's protective forces are weakened.

Keywords

Psychosomatics, illness, mental stress, emotional disorders, stress, depression.

Introduction

The classical idea of psychosomatics tells us that a hidden intrapersonal conflict leads to any disease: peptic ulcer colitis, neurodermatitis, hypertension, bronchial asthma, rheumatoid arthritis. Conducted research on human health limited mainly to traditional natural sciences approaches. There are practically no complex psychological and socio-psychological research aimed at studying state of the human psyche, social well-being, spiritual ill-being as a factor in

psychosomatic diseases. Today, the range of diseases is wider. Psychosomatics is a scientific direction in psychology, the field of study of which is the psychological, social and cultural conditions and causes of bodily diseases.

A new scientific discipline – health psychology – studies safe and risky human behavior. At the beginning of the 20th century, the establishment of psychological support in somatic clinics gave a

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to development impetus the great psvchosomatic medicine in Europe and the United States. In 1818, German doctor Johann-Christian Heinroth (1773-1843) was the first to use the term "psychosomatics". Hippocrates also said that a person's health depends on his character: "Melancholic people suffer not only from a depressed mood, but also feel pains in the abdomen as if they were stabbed by a snake." Psychosomatics explains even the most serious diseases with a psychological state and offers to treat them by solving psychological problems. At first, the concept of psychosomatic begins to combine such diseases as cardiovascular diseases, arterial hypertension, gastric and duodenal ulcers, bronchial asthma, psoriasis, etc., in the pathogenesis of which negative mental influences play an important role.

Psychosomatics (from ancient Greek - soul and body), psychosomatic medicine - a direction in medical psychology that studies the influence of psychological factors on the occurrence, course, and results of somatic (physical) diseases. The field of disciplinary research on psychosomatic problems is research aimed at studying the interaction of the psyche and the body; field of clinical psychology. According to representatives of psychosomatic medicine, about half of the diseases in the 21st century are psychogenic in nature. Mental factors not only cause some diseases, but also affect the course of many diseases. Also. according to statistics. psychosomatic diseases in childhood (70% of neuroses and functional psychosomatoses) are caused by many factors, including: infantilism,

psychopathic character traits, neuropathy. psychophysical weakness due to illness, fatigue. chronic and acute psychotraumatization develops as a result. Drunkenness, unbalanced family relationships, pathological upbringing, Psychosomatic disorders are the subject of research in psychosomatics, a field that emerged at the intersection of disciplines such as psychiatry, therapy, surgery, and medical psychology. To date, this direction has gone from psychoanalytic views on the formation of psychosomatic diseases to biopsychosocial and holistic understanding paradigms.

There are widespread opinions that all human diseases are caused by psychological disorders that appear in the soul, subconsciousness, and thoughts of a person. It is a common misconception that every disease has its own mystical (symbolic) cause. Somatic diseases caused by psychogenic factors are called "psychosomatic diseases". In human medicine, the effect of somatic diseases on the psyche is also studied. Evidence-based medical professionals define psychosomatic disorders as conditions that are caused or worsened by stress. Psychosomatic diseases are diseases that are caused by direct physiological reasons in the mental processes of the patient. If the medical examination fails to identify a physical or organic cause of the illness, or if the illness is the result of emotional states such as anger. depression, or guilt, then the illness may be classified as psychotic.

Psychosomatics - diseases with sleep disorders. It is characterized by deterioration of the nervous

344

VOLUME 03 ISSUE 11 Pages: 343-347

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system. It is characterized by subjective pains. Anxiety - depression and asthenic syndromes come to the fore. Causes neurological diseases and character disorders. It also causes mental illness. Symptoms similar to diseases of internal organs are problems in the patient's nervous system. A psychosomatic problem is a fundamental problem between mind and body. Toothache is caused by ignoring feelings, being ashamed of showing teeth, fear, and hiding sadness. Mental pain turns into a toothache. Being afraid or ashamed to smile with teeth. Abandoning the smile. When you are nervous, bite hard by putting the teeth on top of each other, that is, take the pain from the teeth. There is one joint on each side of the jaw.

This is a type of disease that causes pain in the joints of the jaw and the muscles that control the movement of the jaw. Temporomandibular syndrome - strong, long-lasting, frequent pains in a certain part of the body without organic causes. This process is observed especially after 40 years in women who have sedentary activities. It is characterized by joyless bad mood, irritability, sleep disorders, loss of appetite (absence), decreased libido. The most common options are headache, toothache, pain in muscles and joints, pain in appendages in women. Attacks begin suddenly and violently, without any obvious trigger: within a few weeks, the pain becomes so severe that it limits daily activities.

Abdominal pain is usually accompanied by bloating, nausea and vomiting, pregnancy and maternity complications. Headache - the duration of the attack is at least 20 minutes. The nature of

the pain is dull, painful, and the head hurts, and the head, that is, the brain, appears to be bursting from the pain. Pain does not increase with physical activity, but reduces labor activity. Appears at the beginning or end of the day. The pain is caused by tension in the muscles of the eyes, face, head, neck and shoulders. This causes the blood vessels to constrict and the blood supply to the brain deteriorates. Light (cluster) headache, in a cluster cycle, the pain occurs at the same time every day or between 1:00 PM and 2:00 PM. A person often has up to 10 headaches, or the headache may start at the beginning of the day and then end by mid-day. These attacks happen over several days, weeks and months. The pain is always one-sided, it can be localized in a circle or in the area of the eye, it can also spread to the forehead or cheek. Pain causes redness of the eye, sometimes drooping of the upper eyelid, temporary narrowing of the pupil and blurred vision. Most of those who experience this pain try to lie down, stay calm, cannot find a place for themselves, hold their head with their hands.

Headaches in men, alcohol consumption leads to attacks. It usually affects young men who smoke. Disliking the environment, not wanting to sit with the group in that place, not liking the interlocutor, wanting to make eye contact (that is, attracting people in a crowd), not liking the voice of the interlocutor, not wanting to walk in the crowd are also common. are the main factors causing the disease.

Conclusion

VOLUME 03 ISSUE 11 Pages: 343-347

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In conclusion, it can be said that you should not be afraid to touch someone's face, hear and show emotions. Don't swallow your anger. Know your limits. You shouldn't feel guilty. Work as hard as you can and try to be satisfied with your work. Don't try to please everyone. It will lead you to betray yourself in one way or another. Get used to positive thinking. Don't worry about what you don't have. Remind yourself of what you have. Smile often. In this case, morphine and endorphin (hormone of happiness) are released from your stomach. A smile can make a big difference in your mood, even if you don't think about it.

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