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Research Article

Psychosomatic Causes Of Cardiovascular Disorders

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ABSTRACT

This article analyzes the changes related to the cardiovascular system, which are part of the group of psychosomatic diseases, their causes, methods of diagnosing the disease and their treatment. The study examines the causes and treatment methods of diseases of the cardiovascular system caused by psychological disorders, in particular, hypertension (high blood pressure), cardiac arrhythmias, myocardial infarction.

KEYWORDS

Psychosomatic diseases, stress, hypertension, blood pressure, myocardial infarction, adrenaline, ECG.

INTRODUCTION

Psychosomatic diseases are diseases that arise as a result of a violation of the organic connection between a person's mental state and changes in the body. The main causes of psychosomatic disorders are such factors as stress, depression, anxiety. Studies show that 60-70% of chronic diseases are caused by psychosomatic disorders. Among women and medical workers, psychosomatic disorders are 1.5-2 times more common than

among men. This is due to high emotional sensitivity and social pressure. Psychosomatic disorders affect the function of many organs. Examples of common psychosomatic diseases include ischemic heart disease, hypertension, heart attack, asthma, stomach ulcers, migraine, and others. Among psychosomatic diseases, hypertension in the cardiovascular system is the most widespread today.

Reasons. Hypertension is a constant increase in arterial blood pressure.

Diagnostic methods. In diagnosing hypertension, somatic and psychological factors are taken into account. In this case, the patient's blood pressure is measured several times at different times. If systolic pressure is higher than 140 mmHg and diastolic pressure is higher than 90 mmHg, a diagnosis of hypertension is made. The following methods are used for diagnosis:

- regular blood pressure measurement (with dynamic observation);

ECG (electrocardiography) - determination of heart rhythm and reaction to pressure, patients with psychosomatic hypertension have tachycardia and rhythmic changes, there may be no organic disease.

ECHO (ecocardiography) - the size, thickness of the heart muscle, and ventricular activity are studied;

Laboratory blood tests - the amount of hormones (cortisol, adrenaline) and electrolytes (Na⁺ and K⁺) in the blood is determined, an increase in which can cause hypertension. Treatment methods: Not only medications for the treatment of hypertension, but also psychological support.

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