



"ПСИХОСОМАТИКА И ЕЁ ВОЗДЕЙСТВИЕ НА ЧЕЛОВЕКА"

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Аннотация: *Эта статья исследует психосоматику — науку о том, как психологические факторы влияют на физическое здоровье и, наоборот, как соматическое состояние влияет на психику. Рассматривается историческое развитие этой области, начиная с Иоганна Гейнрота и Карла Якоба и до современных исследований, подчеркивая взаимосвязь разума и тела, а также влияние стресса, эмоций и внутренних конфликтов на соматические заболевания, такие как гипертония, сердечно-сосудистые заболевания, ожирение и расстройства желудочно-кишечного тракта. Работа также обсуждает механизмы психосоматических расстройств, включая условные рефлексы, подавление эмоций и неразрешенные травмы, и представляет практические терапевтические методы, такие как психотерапия, ведение дневника и экспрессивное письмо, для снятия эмоционального напряжения и восстановления равновесия. Особое внимание уделяется точной диагностике, самопознанию и растущей роли психосоматики в современной медицине для улучшения общего благополучия.*

Ключевые слова: *психосоматика, соматика, психология, термин, психодиагностика, эмоция, рефлекс, задача, пациент, тело, ученый, здоровье, психика, стресс, конфликт, идея*

"PSYCHOSOMATICS AND ITS IMPACT ON HUMANS"

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Abstract: *This article explores psychosomatics, the study of how psychological factors influence physical health and vice versa. It examines the historical development of the field, from Johann Heinroth and Carl Jakob to modern research, highlighting the mind-body connection and the impact of stress, emotions, and internal conflicts on somatic diseases such as hypertension, heart disease, obesity, and gastrointestinal disorders. The work also discusses mechanisms of psychosomatic disorders, including conditioned reflexes, emotional repression, and unresolved trauma, and presents practical therapeutic methods like psychotherapy, journaling, and expressive writing to address emotional tension and restore balance. Emphasis is placed on accurate diagnosis, self-awareness, and the growing importance of psychosomatics in modern healthcare for improving overall well-being.*



Keywords: *Psychosomatics, somatics, psychology, term, psychodiagnosis, Emotion, reflex, task, patient, body, scientist, health, psyche, stress, conflict, Idea*

Psychosomatics is the influence of mental factors on somatic health. And also, this is the influence of somatic on mental functioning, that is, the relationship between the body and the psyche. Psychosomatics took its beginning in psychology, and later developed as a separate science. Today, we can say from the point of view of psychosomatic medicine that from 50% to 80% of the diseases that exist in medicine have a psychosomatic nature. A nervous mental disorder that is caused by somatic causes, among which there may be infections or intoxications. Somatogenic diseases are nervous a mental disorder that is caused by somatic causes, such as infections or intoxications. The term “psychosomatics” was coined in 1818 by Johann Heinroth. He did not study the issue of internal conflict, nor did he explore the role of mental illness in its development. [6]

In 1822, the German psychiatrist Carl Jacob Schem introduced the term “somatopsychic” to describe mental disorders that were linked to somatic conditions. In psychosomatics, it is believed that our thoughts have an impact on our bodies. This has been studied and confirmed in thousands of patients. For example, if a person decides to be healthy, they will become healthy, but if they like to be sick or feel sorry for themselves, they will go to doctors. If they have a fear of failure, they may develop back pain, and if they have a fear of the future, they may develop nearsightedness. Before delving into psychosomatics, it is worth starting with the words of Ivan Pavlov, a Russian scientist who studied the conditioned reflex. “I am convinced that an important stage of human thought is approaching, when physiology and psychology will truly merge. From his words, we can understand that his assumption is currently valid as a science of psychosomatics. Psychosomatics is a branch of medicine and psychology that studies the influence of the psyche on somatic diseases. In other words, this branch indicates that our thoughts can have a significant impact on the body of a healthy person. The term “somatics” used earlier refers to the study of bodily diseases, and it can also be said that somatics is an internal condition that is directly related to the system and function of internal organs.

Psychosomatic diseases are those in which the main cause is the human psyche. Currently, the list of psychosomatic diseases is decreasing every year due to new medical discoveries. Historical and conversion diseases are decreasing, and functional disorders are also being treated. However, we know that there are diseases that are traditionally considered psychosomatic. For example, hypertension is a result of internal stress that interferes with the normal hormonal process in the human body. In life, there are some symptoms that we can identify, such as obesity, lack of sleep, or heart disease. The reason for this is that there are no boundaries. Even if the development of a disease was triggered by a psychological factor, in later stages, it may only be of a somatic nature, requiring medical intervention. For example, a stomach ulcer that develops due to stress, but psychotherapy can eliminate the initial source and require only physical treatment. Based on the available data, we can identify two criteria for defining psychosomatics:



The doctor's conclusion. If the patient was not sure, they should go to a doctor for an examination who will tell them about the sources of their problem. Firstly, a sick person's visit to psychologists is often only a defense, they are afraid of reality, although they believe that everything is being done for treatment, this can be said to be their illusion. There is a boundary between the psyche and somatics, which have medical interventions. For example, panic attacks may be the result of a brain tumor. Do not think that this is the reason only for the human psyche, which means you need help from a therapist. And it must be considered very carefully, it is better to urgently undergo a full examination in order to have confidence in your disease.[2]

The second is the stability of the symptoms. A person should always be careful of themselves. The stability of the symptoms. This is because different psychosomatic diseases or simply common physiological diseases can occur under the same conditions. For example, a patient may visit a psychologist and tell the psychotherapist that they are experiencing sleep deprivation or skin conditions due to stress. If this is true, it can be considered a psychological issue. However, if a patient simply comes in and starts complaining about random or seasonal symptoms, there is a high probability that the condition is physiological in nature. Both criteria do not rule out the possibility that the condition is also mental in nature. It is important to remember that medical errors or misdiagnosis of these conditions, which are not included in the list or are not fully understood, can occur. Additionally, there are cases where doctors overlook common symptoms, such as multiple symptoms or vascular dystonia, leading to more complex conditions. In modern psychosomatics, there are only two causes of disease: vegetative adaptation and ethical conflict. The idea of adaptation is seen as a disorder of muscle memory, which is formed as a result of learning something. Pavlov and his followers can be considered the pioneers in this field. They demonstrated the possibility of conditioning certain physiological responses by associating them with neutral stimuli. Pavlov is known for his contributions to the science of conditioned reflexes. When a sound or a bright light acquires a stimulus for salivation. Kartamyshev, also a student of Pavlov, showed the same example of a conditioned reflex on a human skin rash.

The basis of this theory in practice can be projected according to which, the symptoms are formed throughout the life of a person. First as a potential, as a multitude of similar to him, but then manifests itself only being in demand. For example, as a result of repeated repetition of any situation, will be cyclical then the reaction becomes relevant because of which brings its changes in the human body. So at the level of the autonomic nervous system of a person, the same conditioned reflex is formed, which adapts to the environment and becomes either a psychosomatic disorder or a character trait. Most often, a psychosomatic disorder appears as a reflex atavism that reacts to conditions that are perceived as a threat or problem. Let's take a baby, for example, and consider the stress it often experiences when it has to part with its parent, especially its mother. As a result, it may develop an allergic reaction that will return when it feels stressed, but if its parents are present, the reaction will subside. This separation serves as a symbol for the development of this reflexion, linking the sensation to the situation. [3]



The idea of conflict is a confrontation when a person's behavior and their inner law are in conflict. There is a theory by Hans, which suggests that severe illnesses occur as a result of accumulated emotional stress. In the presence of opportunities, this stress cannot be released. For example, rats that experience prolonged stress often die from various somatic diseases, ranging from stomach ulcers to heart attacks and cancer. In simple terms, this is a psychodynamic theory that suggests the occurrence of illnesses. Situations where we experience extreme stress cannot be released, and unlike rats, humans experience such situations due to their own behavior that contradicts their beliefs. In other words, they are going against themselves. In a normal situation, people adjust their actions to fit into society's norms, but when this is not possible and they cannot refuse, they experience prolonged stress accumulation, which can manifest as nervousness, excessive sweating, shortness of breath, and so on. [7]

We observe a similar pattern in rats when people tend to suppress their feelings due to certain restrictions that were imposed on them in their childhood. In such cases, it becomes impossible to express anything, even aggression. Additionally, individuals may struggle to assert their boundaries and become socially passive. This does not mean that they lack feelings of resentment and anger; rather, their levels of resentment and anger may be significantly higher than those of a normally adapted individual. They are neurotic, like everyone else, but they don't find an outlet, so the necessary hormone release doesn't occur. The increasing tension that leads to various stomach diseases, hypertension, spasms, etc. Psychoanalysis examines psychodynamic situations as a way to cope with stress through various forms of defense, such as somatization or dissociation. [5]

The mechanism of treating psychosomatic diseases mainly consists of emotional expression, that is, understanding and reflecting on any stress. In the case of psychosomatics, the goal is to extinguish the conditioned reflex based on the trigger. This causes various symptoms until the patient stops experiencing pathological emotions. If the surrounding environment does not replicate the circumstances that triggered these symptoms, the patient will no longer return. In the case of psychosomatics, such as ethical conflicts, the process of *отреагирования* allows the patient to release their emotional tension. If there is only the beginning of any stress or anxiety, it is important to address it immediately. In such situations, it is crucial for the patient to be able to use language to express their emotions without relying on their body. This helps prevent the accumulation of negative emotions. [6]

In all cases of psychosomatics, there is a similar strategy. The treatment is developed according to approximately the same scheme. If the patient has ready-made information about the source and knowledge of the origin of the disorder, our task is to simply relieve the traumatic event. In this situation, the main goal is to ensure maximum emotional involvement of the patient and help them with their crisis memory. The result should be a reaction that is achieved by any means available, starting with dramatization: when we provoke an emotional outburst, and ending with calm images of meditation. If the patient does not know the origins of their disorder, it is necessary to collect information through various tables, questionnaires, or interviews. Based on the information obtained, such as a



description of their own biography or through a questionnaire, it is possible to identify any underlying stress. An emotional therapist can identify the symptoms that trigger painful memories, allowing them to explore the moment of their occurrence. The therapy then follows the same scenario as described in the first option, helping the patient express their emotions and checking for any symptoms.

Every person's life is an emotional map of sequential peak experiences, two or three of which are extraordinary, while the rest are simply strong impressions. If the first experiences are embodied in actions that shape your life, the second experiences become gestures of action directed outward. This is not to say that we are posing. In most cases, both types of behavior are carried out unconsciously. Actions are referred to as crisis-level behaviors. For example, our bodies must choose between freezing, running, or attacking. [1] Gestures are a normal level of survival in the human body. For example, our being as an organism, beyond our will, is often preoccupied with our place in society. On the emotional map, there are always some spots. Some are bigger, some are smaller. But they will always be there. These are the moments in life when there was an emotional impulse, but no actions or gestures followed. The energy remained, but it did not go anywhere; instead, it became a mine that could explode at any moment due to stress. In psychology, this kind of memory is called a psychotrauma. Because these are the mines that have waited for their time to come and have started to act as adults. He usually starts to act when similar situations come together in a similar way.

It is in such situations that our body is triggered, and the mine that was stored inside begins to act and explodes. This causes us to sweat, catch our breath, and possibly feel a burning sensation in our chest. At the behavioral level, we may feel the urge to freeze, run, or attack. Although the situation may not suggest such behavior, our body reacts automatically to the trigger. [2]

A trigger, on the other hand, is an element that our being remembers from the very first situation, which we mistakenly believed to be a real sign of danger. The methods of treating psychosomatic disorders may vary depending on the specific case. In general, it is recommended to work with a psychotherapist to ensure that the diagnosis is well-founded and explained to the patient. While this is important, the development of psychosomatics in Kyrgyzstan has been slow and has not progressed significantly.

For this reason, psychotherapists who have received higher education and work in Kyrgyzstan are rare. For this reason, there are methods that can help improve emotional well-being and subsequently promote health. There are many causes of psychosomatic disorders. Examples include loss (of a loved one or a relationship), fear, stress, resentment, shame, guilt, disappointment, and even love trauma. [3]

There are several options, and the main one is writing. After all, words and sentences can be used easily and without fear of judgment. I recommend that if you are not a "fiction writer," you should write and address your inner concerns.

The root of all disorders is considered to be an irrational belief. This belief is usually formed based on the patient's experiences and irrational Feelings, which in turn become part of their worldview. The shell, thus legalizes the disease. The problem is that this mythologeme (a repeating scenario) organizes a person's pathological reflexes into a



systemic block of their psyche. However, it also returns and repeats when there are no longer any reasons for the disease at the level of the nervous system. Therefore, in most cases, the final result of any psychocorrection is the complete destruction of the perception of the legality of the disease. This state is achieved by the patient's perspective on a highly traumatic event from a different angle. [4]

The root of all psychosomatic disorders is the irrational beliefs of the individual himself. Mass techniques of identifying all the deepened and vicious beliefs of the practice- "Falling Arrow ".

1. This is a drawing on which an arrow is depicted with a downward point, under which the person writes his thoughts and comments at the bottom.

Through this technique, the person learns the order of his automatic thoughts. Also, when writing on a sheet, black and white reflects the belief that is embedded in the deep consciousness of the person.

The objectives of this technique are to track automatic thoughts, which are repeated very often as a refrain (chorus), so that a person can display it on a piece of paper without any effort.

2. It is also a good method of keeping a diary. In which a person writes, in such a way that the deep negative emotions that have accumulated in a person come out in an ecological way, for the human body. With this method, emotional energy takes the form of a sign system and is freed from accumulated energy.

3. Another method of self-healing is calligraphy and writing. Calligraphy itself has such power that it helps to train the will, improves the ability to concentrate and overcome difficulties. After all, calligraphy can be considered one of the methods of meditation. [1]

If calligraphy has such power, it is worth writing an essay in the form of an autobiography. By writing an autobiography, a person can reflect on different aspects of their life, including all the situations they have experienced and their achievements. This can help them develop critical thinking skills and recall events from their past. When writing an autobiography, it is important to avoid writing in a "tedious" or chronological manner. By revealing all the situations that a person may have remembered, future understanding of such situations can help avoid mistakes and stress. It may even help provide a rational assessment of a particular situation.

All the methods described in this article will help you express your emotions and create an opportunity for you to look at situations with a clear mind, without being influenced by your emotions, which can lead to various psychosomatic illnesses and disorders. Thanks to the study of psychosomatics, it is easier for people to cope with pathological diseases. After all, many diseases are caused by mental factors. The science of psychosomatics is becoming increasingly important due to the increasing number of pathological diseases in medical psychosomatics. The main idea of this article is to explore the topic of psychosomatics and provide solutions. The study of psychosomatic disorders caused by emotions has a significant impact on human health. There are many examples of psychosomatic diseases, most of which are caused by emotional accumulation, specifically negative emotional accumulation. This can lead to tension in the body, as well as cardiovascular diseases, bronchial asthma, stomach ulcers, and coronary heart



disease. Although psychosomatics existed within psychology, it began to exist as a science after the separation of the term “psychosomatics” and its introduction into the medical lexicon. It is a controversial and young science, similar to social psychology. For this reason, psychosomatics has been studied by a small number of people, but it has proven to be effective and beneficial in people’s lives. The main goal of psychosomatics is to provide effective ways to improve the health of individuals with psychosomatic conditions.

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