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PSYCHOSOMATIC SYNDROME

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Annotation:
One type of neurological disease is psychosomatic syndrome. Psychosomatic syndrome is a disease characterized by impaired visceral function as a result of mental stress. Let's get acquainted with some of them. We will focus on the question of what is pain in the heart area or psychogenic cardialgia.

Keywords: Psychosomatic syndrome, cardialgia, neurological disorders, ischemic heart disease, neurological disorders.

Psychogenic cardialgia is pain that occurs in the area of the heart due to depression. Any unpleasant sensations and pain on the left side of the chest are perceived with some concern. Because the heart is here! If we have a headache, we can go to work with analgin or citramon (sometimes, without drinking), but if there is pain in the heart area, we immediately call a doctor. We calm down after hearing the conclusion, "Everything is in place, your heart is just a little depressed."

There are a number of causes of pain in the heart area, i.e. cardialgias. These are ischemic heart disease, i.e. angina, heart attack, neuralgia, osteochondrosis of the neck, and neuropsychiatric disorders. Among them, neurological disorders have a special place. We talk about that here. Hence, it is incorrect to associate pain in the heart area only with angina and heart attack. Symptoms of pain caused by mental disorders, such as psychogenic cardialgia, include symptoms such as shortness of breath in the heart, its frequent or intermittent beating, overheating or freezing, and congestion of the heart in the throat. The patient points to the joint with his finger. This point is mainly at the apex of the heart, where the pain is always in one place or moving. If the patient changes his or her normal work or lifestyle, travels for long periods of time, or in any situation that leads to emotional distress, the heart rate will increase. The patient spends the hot

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summer days poorly, constantly striving for a cool place, mostly complaining that the heart rate increases or decreases in the afternoon and that he is short of breath. Eating too much food (especially pastries) and staying in a guest for too long can also lead to an increase in heart rate.

Psychosomatic syndrome is a complex of functional disorders that develop in internal organs and systems as a result of acute and chronic stress. Thus, psychosomatic syndrome is a functional disorder of psychogenic etiology, based on dysfunction of the central nervous system. According to statistics, 70% of all diseases in the therapeutic direction are psychosomatic syndromes, and 30% are organic diseases. This requires a thorough knowledge of psychosomatic disorders from a physician.

There are many types of psychosomatic disorders, including psychogenic cephalgia, psychogenic dizziness, psychogenic cardialgia, psychogenic asthma, pseudorevmatism, psychogenic radiculopathy, psychogenic abdominalgia, affected bowel syndrome, psychogenic dysuria, psychogenic sexual disorders, psychogenic tsichima, psychogenic hyperemia. It can be seen from this that psychosomatic disorders are manifested by functional disorders of almost all internal organs and systems. Therefore, it is almost always necessary to compare them with organic syndromes. First and foremost, the denial of organic disease is the golden rule of medical psychology. The term masked depression is also widely used in medical practice. In fact, depression is said to be a syndrome that is based on depression and manifests itself as a clinical symptom of an underlying disease. For example, severe cephalgia may present as an IH, but clinical and paraclinical examinations indicate that the patient does not have an intracranial hypertension (IH). Medical and psychological examinations reveal depression. In it, the headache is manifested under the guise of IH.

Treatment. Treatment is carried out using medical-psychological methods. The main emphasis is on psychotherapy. It is also widely used in treatments such as antidepressants, tranquilizers, sedatives, atypical neuroleptics, psychostimulants, physiotherapy, hypnosis, acupuncture. The role of psychoanalytic therapy and placebo therapy in the treatment of psychosomatic disorders Sulpiride (prosulpin) is widely used in the correction of major psychosomatic disorders. This drug has neuroleptic and antidepressant properties, but they are not strongly expressed. Therefore, drowsiness, coordination, and extrapyramidal disturbances characteristic of bovine neuroleptics are not observed in a patient receiving eglonil. The antipsychotic

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effect of this drug is manifested by its activating effect on the central nervous system. This property of prosulpin allows it to be widely used in various diseases, including psychiatric, neurological and psychosomatic medicine, which are accompanied by a sharp decrease in mental activity. Prosulpin is also widely used in the treatment of autism, abulia, adynamism, and behavioral disorders (especially in children). Prosulpin also reduces hiccups, nausea, dizziness, and vomiting. This drug is also recommended in peptic ulcer disease of the stomach and duodenum, but it has no antacid effect.

Prosulpin (sulpiride) in mild psychotic disorders 1 tab. (200 mg) 3 times, 2 tablets in severe disorders. (400 mg) 3-4 max, hand recommended. In chronic psychoses and psychosomatic syndromes, this drug is given for a long time (usually 1 month) from 100-200 mg (2-4 capsules). The recommended daily dose of prosulpin for children is body should be 5-10 mg per kilogram of body weight. Prosulpin is not recommended for psychomotor disorders, cases of high blood pressure and pheochromocytoma, is given in small doses during pregnancy. Prolonged intake of prosulpin can lead to extrapyramidal disorders. These disorders are exacerbated when you stop taking the drug.

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