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# Psychosomatic Disorder

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***Abstract:*** ***The word psychosomatics comes from the Greek word "psyche (mind) and "soma" (body) psychosomatic illness is on illness that affects the mind And body in some case mentl and emotions disorders can increases many studies have shown that chronic diseases . mouth burns etc. Psychosomatic disorder include physical and mental disorders. The physical symptoms of the diseases are caused by mental or emotional problems if often lead to stress , anixiety ,and depression when menatal disorder are not recognized ,physical pain wil occure due to hystriea although oral and paraoral patterns indicate psychosomatic disorders . The term psychosomatic diseases ,oral diseases , stress etc .relevent articles were selected and filtrated from the database using .***
***Keywords: Psychosomatic diseases oral mucosa diseases sychological disorder stress, anti-anxiety.***

## I. INTRODUCTION

Health is a state of complete physical mental and emotional well being , not the absence of diseases or diseases mental disorder affects people in all countries and at all economic levels . one of the primary goal of the nations healthcare system should be improve the health and functioning of people with mental illness mental health affects personal behavior and performance. The word mind body is derived from the Greek word'' psyche ''and ''soma'' in eodier times ''psyche'' means ''soul or mind '' and now also means "attitude '" soma " means "flesh of the body ''

## II. PSYCHE AND SOMA??

" Psyche and soma " are two ideas that explain the relationship between her past self causin damage to the hands and tissue

1) *Specific Hypothesis:* It any motivation, conflict or stress aries thiss will be expressed in the form of specific reaction or diseases in predetermined genes . After stree effect the ANS, emotional responses may signal increased aggression or escape or response to the parasympathetic nerous system may change due to increased activation
2) *Non specific Hypothesis:* Shows that general stress constitutes a predisponing factor for many diseases that need to be taken into account According to this theory, four types of event occur thanks to mind : **A] Neorotics** – If the anxiety alaems is too high , defence is useless .
3) *Psychotic:* Warnings may be misinterpreted .
4) *Healthy Normal:* On which alertness is followed by an action of defence
5) *The Psychosomatic:* Psychological defenses fail and alertness turn in to somatic symptoms , leading to change in the body .

## III. PSYCHO-SOMATIC APPROACH IN AYURVEDA

The history of mind Ayurveda and as body problems is as as the history of old as human civilization. and sharira entity, are but not because the body of heart, old In Ayurveda, Meana Manas considered is a sense separate of Separation, complex combination Therefore technically a in the a sow and body. Ayurvedic theory dualistic is still secondly approach; Part of theory a the rather than cannot be considered firstly because the soul is still a part of the human body and secondly the theory of ayurveda is unity rather than separation [3]

Although in psychosomatic medicine this approach can be applied to all disease, there is a special syrup, such as psychosomatic disorders, for which the relationship between psychological disorders and the outcome test of the disease. is particulary true. In this case, genetic factors and irregularities in the neuroendocrine and autonomic nervous Systems are expected to play on important role in the disease. (8)

## IV. MECHANISM OF PSYCHOSOMATIC DISORDERS

Psychological states influence disease in the body through a combination of three hormonal, and immune interaction. nervous harmonals and immune voluntary movements (eg. teeth clenching) are carried out by motor neurons through conscious commands from the brain under stress. teeth clenching, regulated by the same motor neurons also occurs, but this behaviorwill be involuntary and unconscious. stress often leads to activation of the nervous system and hypothalamic - *pitutiory* - adrenal axis, followed by a decrease in the immune system.

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Immune meachanism can be partially suppressed by corticosteroid, but the decrease in T lymphocyte activity during stress may be not be corrected hormonally .

Modification of the works badly by the person but does not deliberately cause conflict or stress will be an important aspect of thinking . In particular unintentional change in the functioning of one's body conflict or stress may be the main cause of thinking , convertion disorder rafers to physical symptoms reletated to the somatosensory nerous system or specific disorder that can not be explained by medical or psychiaatic , ataxia ,hearing loss and numbers of the feet [ sock numbess].

These symptoms may represent a conflict or there may be some form of physical communication the preferred treatment is psychotherapy.

## V. RISK CONSIDERATION OF PSYCHOSOMATIC DISORDERS

To a certain affect a may degree psychological variables medical condition.

1) *Diabetes:* People with type 2 diabetes are more likely to about have high blood pressure. high blood pressure [5] Diabetes mellitus is a chronic disease carbohydrates, fat metabolism. Inadequate or inadequate secretory response carbohydrates conversion inefficient use of carbohydrates (glucose) as a characteristic of diabetes. Diabetes Mellitus (DM) often referred to as "sugar" and is the most common endocrine it Usually occurs in the absence or absence of insullin (insulin resistance.) The international Diabetes Federation (IDF) estimates that the total number of diabetic patients in india is approximately 40.9 million and this number will increase to 69.9 million by 2025[9]
2) *Cancer:* The incidence of human cancer is associated with many diseases. Research shows that psychological stress can affect a tumor's ability to develop and spread, thus leading to cancer [5] Cancer is disease caused by genetic and epigenetic changes in body cells and abnormal cell growth that can spread to other parts of the body . the constitute a subset of tumors . cell in cells called neoplasm or tumor grows uncontroliably . they forms clumps or cluster and can be distributed in many ways according to estimates based on global population characteristic, there will be approximately 420 million new cancer patient every year by2025 , which means that the incidence of cancer is Increasing every year approximately 18 million cancer patients were recorded world wide in 2018 ; approximately 9.5 million men and 8.5 million women [10]
3) *Stress:* Some medical problems may occure due to psychological stress.[5]
4) *Respiratory Problems:* Among different reasons, mental stress is also an important cause of bronchi asthama [5]Respiratory diseases are studied worldwide. The physiology of this disease is complex and well described in the literature. The main diseases are: asthma obstructive diseases, pneumonia bronchiectasis and several diseases lung abscess. This disease is characterized by high production and prolonged release without attack. The physiology of these respiratory diseases is related to the respiratory process, such and as inspiratory expiratory patterns and to limit the impact [11]

## VI. CAUSES OF PSYNOSOMATIC DISORDERS

There are many types of strees , and same of can be beneficial . it is the felling of enthusiasm that makes life happy and strong . waking up in the morning and felling good for the next day is motivation if you're ever been on a roller coaster ride or completed a task and experienced success you're experienced " good " stress . Those who have experienced trauma,major life changes ,or other stressful events in their lives know what "bad "feels like although positive stress can affect the body negative stress can affect the body negative stress can also be felt in the mind anxiety disorders are invitable for people who " can't let go " of their emotions or who try to 'spoil everthing ".

## VII. PHARMACOTHERAPHY

The psychosomatic disorders in the pharmacological treatment are include following :

1) *Antianxienty Drugs:* Benzodiazepines like diepam ( 5-10 mg/d ) , Alprazolam ( 0.25-0.5 mg/d )
2) *Antidepresent Drugs:* Monoaminoxidase inhibitor phenelzine ( 15 -90 mg/d ) Isocarboxazid ( 10 -40 mg/day )
3) *Tricyclic Antidepressant:* [ amitriptyline (10-100 mg/d ) , Nortriptyline (25mg/d)
4) *Sedatives:* Barbiturate ( 15-20mg/d) Benzodiazepines like drug

## VIII. COMMON SYMPTOMS OF PSYCHOSOMATIC DISEASES [12]

Chronic and persistant stress ,anxity, depression and other mental and emotional disorders affect people's mental and physical health symptoms include –

1) Peptic ulcer
2) Irritable bowel syndrome

3) Esophageal motility problems
4) Non – ulcer dyspepsia
5) Fibromyalgia
6) Chronic fatigue syndrome
7) Extremities pain
8) Shortness of breath
9) Asthma
10) Thyroid problems
11) Major headaches
12) Anorexia nervosa
13) Stroke
14) Myocardial infraction
15) Heart disease

## IX. DIAGNOSIS OF PSYCHOSOMATIC DISEASES

Diagnosis of psychosomatic disorder has sign and symptoms common to all diagnostic categoriges relying on accurate diagnosis which includes appropriate history .mechanical examination ,psychological evaluation and clinical judgment is more effective than relying on examination or examination so far traditional medicine there is no clear test to distinguish organic diseases .

Psychological diseases but Hahnemann made a difference between them in 1810 . he even wrote a mental health treatment system 224 the verse says ‘ if mental illness there is still some doubt as a to whether it arias from the mind of the body or ……from error in learning , from bad behavior from morality ,ignore ideas ,vague beliefs or ignorance . this method , if begins with the ending . will determine whether it can reduced or improved by friendly advice ,comforting arguments wonderful explanation and good advice when the process can trigger such aa process . the hypocrite becomes more difficult dissatisfied suspicious and withdrawn the fool will become stupid ‘.

## X. BIO – PSYCHO- SOCIAL MODEL FOR PSYCHOSOMATIC DISORDERS(

When looking at psychological diseases from modern perspective ,it is clear that in 1977 George Angell presented a bio- psycho-social model to explain complexity . the relationship between the biological 4,psychological and social interaction .

The interaction of these three areas can lead to psychosomatic problems . bio-psycho-social the biological components of the model need to understand diseases by observing the activities in the person’s body .

Psychological components of the above model find psychological cause of health problem’s such as lack of self control , confusion and feeling bad social processes of the bio-psycho-social model study of various social factors such as health , culture ,poverty ,technological science and religion affect people’s health . this view ha become very popular in the medical community today .

The same concept of was explained by our great acharyas 3000 years ago

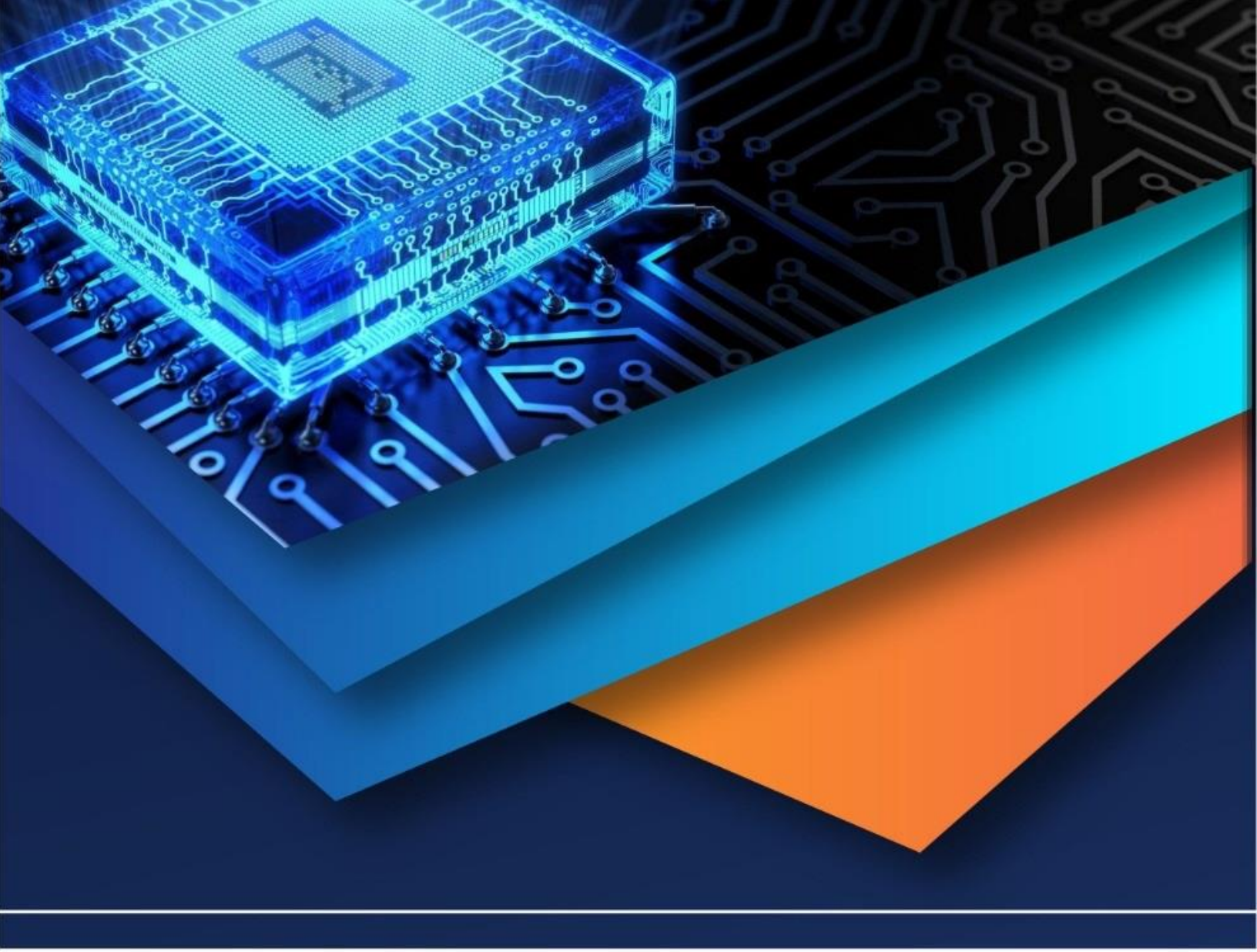
1) Ass wee see in the example, there are three factor that cause psychosomatic diseases . if the person adopts Aachara Rasayana from the beginning [for ex. In childhood ] or at the least during the illness , the four aspects of Aachara Rasayana will help solve the problems of intoxication, psychological and social factor people will overcome psychosomatic diseases.
2) Rasayana and Ajasrika apart from using Rasayana in healthy diet, Rasayana is said to affect the mind and body . this can be achieved through the development of the code of conduct , i.e. the practice of Aachara Rasayana.
3) Aachara Rasayana can balance one’s mind and body and lead to less stress , better health and a happier life.
4) Acharya charaka explained in the context of Aachara Rasayana one who follows the instruction in Aachara Rasayana will realize all the benefits of Rasayana by treating himself as if he is not drinking dravya bhoota Rasayana , then he will also get all the benefits he will be free undergo Rasayana treatment and will be free from psychosomatic diseases througho ut has life.

## XI. CONCLUSION

As a result , we can say that the cause of many oral diseases affects the brain or is affected by some psychological disorder . in Ayurveda many treatment have been described for healthy people to be healthy and for the healing of the sick such as Rasayana ( treatment , especially Achara Rasayana ( compliance with all the rules and practices of the life , based on sadvrita [ good behavior ] of one’s body and mind on cleansing Swathavrita (clean healthy drink ) [15] . this education will not only improve the physical , mental , health and spiritual aspects of the individual , but will also improve people’s lives and contribute to a happy and healthy life in this world .

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