

Neurosis: Types and Treatment of Neurosis

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Abstract: Evidence suggests that the number of patients with neurosis is increasing worldwide. Neurosis has been known as a disease since ancient times. About the types of disease, clinical signs and treatment.

Keywords: Neurosis, Neurasthenia, Hysterical neurosis, Hysterical fugue, carcinophobia, psychasthenia.

Introduction

The nervous system is a system that performs vital functions in the body, regulates and regulates the work of all organs, and connects the body with the external environment. The main part of the nervous system is made up of nerve cells. Each cell is called a neuron, along with its short dendrites and one long fiber (axon). The neuron is the basis of the nervous system, in other words, the nervous system is a collection of neurons. Nerve cells are mainly located in the central part of the nervous system (head and spinal cord). Their fibers form peripheral nerves. This is due to the dysfunction of the cranial and spinal nerves.

Materials and methods

Neurosis. Functional diseases of the nervous system are called neuroses. All neurological diseases are divided into organic and functional types. Diseases with morphological changes in nerve tissue are called organic, diseases with disorders of the nervous system are called functional diseases. So how do you define neurosis? Neurosis is a functional disease of the nervous system that develops as a result of external and internal factors that cause mental trauma. Hence, neurosis is a psychogenic disease. Although neurosis does not have explicit morphological abnormalities, most species have vegetative symptoms.

Whether the symptoms of neurosis last long or short, the patient can be effectively treated. However, this treatment can sometimes take a long time. There are three types of neurosis: neurasthenia (literally neurosis), hysteria, and thoughts that do not leave the brain.

Neurasthenia (Greek neuron - nerve, asthenia - weakness) means nerve weakness. Neurasthenia is caused by an overexertion of the nerve. People who are irritable quickly develop neurasthenia. The imbalance of mental and physical labor also contributes to the development of neurasthenia. Constant emotional stress, the loss of a loved one, family and work conflicts, and constant fear and anxiety are the causes of neurasthenia. The fact that neurasthenia occurs in several family members suggests the importance of hereditary factors in its etiology. The development of neurasthenia in young children is caused by the environment around them, especially conflicts between parents.

Childhood trauma is no exception. Neurasthenia develops not only in angry, but also in very anxious people. An anxious person tries not to force his emotions and control himself when a fight breaks out, saying that it does not hurt anyone. These conditions also contribute to the formation of neurosis. Vitamin deficiencies, anemia, chronic and severe diseases can also lead to neurasthenia. The clinic of neurasthenia is diverse, with frequent symptoms such as nervousness, irritability, sleep disturbances, headache, dizziness, general weakness, palpitations, lethargy, decreased mental and physical activity. As already mentioned, the duration and outcome of treatment of a patient with neurasthenia depends largely on its correct management.

However, most of the drugs used to treat patients have a strong sedative effect and cannot be recommended to patients who are working on them. In developed countries, neuroses are treated by psychologists (psychoanalysts), not neurologists. Similarly, psychodynamic therapy, which is used to treat psychosomatic syndromes, is widely used to treat neuroses. The development of Freud's theory was also influenced by attempts to treat neuroses. Patients are also advised to undergo general massage, acupuncture, morning exercise and other sports. It is also a good idea to take a vacation once a year.

Hysterical neurosis. Hysteria (Greek: hysteria) means uterus. Much has been written about the symptoms of this disease in ancient treatises, and it was originally associated with uterine function. Because hysteria has been observed mainly in women. Although hysterical disorders have been reported in men, it has retained its former name. Hysteria is a common disease like other types of neurosis. Hysterical neurosis occurs mainly in adolescence, mostly in women. In its origins, great emphasis is placed on the hysterical formation of behavior from childhood. Overexposure, excessive attention to everything, inability to think independently, excessive confidence, indulgence in colorful emotions are very characteristic signs of hysteria. They are spiritually and physically weak. The behavior of most hysterical patients is similar to that of children.

Such patients tend to attract the attention of others. Hysterical disorders are observed not only in neurosis but also in psychopathy. The symptoms of hysterical neurosis are often reminiscent of the symptoms of various diseases. That is why hysteria is called "the great deceiver". In a patient with hysteria, symptoms characteristic of all somatic diseases can be observed, when in fact somatic disease is not detected in him. The types of hysterical neurosis are diverse. All of these usually occur after a traumatic event (especially an argument or grief). Now let's get acquainted with the most common types of hysteria.

Hysterical fuga [lot. fuga -sochish). In this case, the patient suddenly moves out of the house, office or other place after a fight or other mental injury, his behavior becomes aimless, he does not understand the situation and does not understand what is happening around him. But, from the outside, to others, his behavior seems appropriate. After a trivial fight, such people even go to another city for a long time. The patient may not be able to remember or partially remember what happened to him. But it is possible to recall all the events that took place in a state of hypnosis. Another syndrome that occurs in hysterical individuals is Ganzer syndrome. This syndrome usually occurs suddenly after a traumatic event. Its main symptom is unreasonable actions that do not make sense.

The patient answers the simplest question without hesitation. For example, "What is two times two?" When asked, the patient answers "Five" despite having a higher education, or says how many fingers he has on his hand and says the number he wants. Its symptoms are reminiscent of dementia. However, this condition is called pseudodementia and will go away in a few days. When the trauma is severe, hysterical stupor usually develops. At such times, the patient becomes completely immobile, silent and indifferent to the surroundings, and a distressed expression is formed on the face.

This condition can last for hours or days. If left untreated, it can be difficult to recover. Puerilism is a condition reminiscent of child behavior observed in adults. Childish behaviors, such as speaking in a child-like voice, widening the eyes, blinking the eyelashes, and opening the mouth when someone is speaking, are typical of puerilism. By doing this, the patient attracts the attention of others. Another type of hysterical disorder is hysterical depression. At the same time, the patient is in a very low mood, and in doing so tries to attract the attention of others, encouraging them to be compassionate. He wants others to know how bad he is.

Thought neurosis that does not leave the brain. This type of neurosis has long been known and is also called psychasthenia.

The term psychasthenia was coined by the French scientist Pierre Jane, who argued that thoughts that do not leave the brain are the main symptom of the disease. mentioned many times in his pamphlets. Centuries later, neuroses and psychasthenias, like almost all diseases, were systematized, named, and classified by European scientists. Thoughts that do not leave the brain are a type of neurosis in which psychasthenic symptoms are very specific, namely, constant doubt, fear, painful thoughts, various actions and aspirations. The patient tries to get rid of all these thoughts, seeks treatment, but these attempts are often in vain, he is tormented by the thoughts that are fixed in the brain. Fear of severe internal organ disease is usually accompanied by psychosomatic symptoms the patient pays too much attention to facial health. Obsessions are a series of dubious fantasies that linger in the brain.

The cure. Psychotherapy, physiotherapy, reflexology, sedatives and herbs are widely used in treatment. In some cases, good results can take months or even years. Hypochondriac neurosis and psychasthenia are especially difficult to treat. There are also many cases of remission, in which the patient is well for a few months, after which the thoughts that do not leave the brain reappear. Unlike neurasthenia and hysterical neurosis, thoughts that do not leave the brain tend to be chronic. Patients treated with neurosis in a timely manner recover effectively. Most patients, instead of rejoicing even after recovery, wait for the same symptoms to appear again.

References

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