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Endocrinology of psychosomatic diseases

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INTRODUCTION

Psychosomatics is a discipline examining the relationships between physical and mental processes, the physical and mental and psychic causes of disturbances, which is already able to clarify the connections between physical pathological changes and psychic states in the case of an increasing number of diseases, but at the same time, in many cases, it is not yet able to give relevant answers to the question of how and to what extent the processes controlled by the mind affect our mood, our emotions, our general condition. The events of the 20th and 21st centuries – technological progress, a paradigm shift in the field of medical sciences – have brought revolutionary breakthroughs in the field of diagnosis and treatment of psychosomatic diseases, but even today we can find many unanswered questions in the field.

The topic of my presentation is to introduce the psychological and physiological background of psychosomatic diseases – stress, panic disorder, anxiety – with special attention to the effects of hormones affecting mood changes: dopamine, oxytocin, serotonin, endorphin, their role in physiological processes, and the presentation of potential cures and treatments.

AIM

Presentation of the endocrinological background of physical and mental – psychic – processes, exploring the connections.

CONCLUSIONS

Even though, according to public opinion, psychosomatic diseases are a product of the modern era, it can be concluded that they have been present among mankind for centuries. The accelerated lifestyle, the increased stress, the higher expectations naturally increase the number of lesions, the direct consequence of which is that the magnitude of the problems generated by psychosomatic diseases has also increased. We consider it necessary to create a more comprehensive, more informative picture of the field by exploring the psychological and physical causes of diseases, as a result of which the effectiveness of the cure can also increase.

KEYWORDS: clinical psychology, psychosomatic, endocrinology.

Biography

Ramona Varga is from United Arab Emirates. Ramona is working as a Psychiatry, Psychology, Mental Health, Endocrinology, United Arab Emirates.

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