

## Psychophysiological Disorders.

- The term psychophysiological disorder has traditionally been applied to physical conditions in which psychologically meaningful events are closely related to bodily symptoms.

Types of Psychophysiological Disorders are.

### I. ~~B~~ Cardiovascular disorder

It refers to a pathological condition that is related to the functioning of the heart and blood vessels.

#### ① Tachycardia

- Condition in which a change from lying to standing causes and abnormally large increase in heart rate due to inner conflicts.
- They may have 130 heart rate and attack can come any time.
- Symptoms includes lightheadedness, blurred vision, weakness, trouble thinking, irritable bowel syndrome, insomnia, chronic headaches.
- It may be because of viral infection, surgery or pregnancy.
- People may have Anxiety pain (chest severe <sup>pair</sup>).
- It can also be caused due to having competition feeling or social conditions.
- Treatment may be Cognitive Behavioural therapy and medications (midodrine).

Date

## ② High blood pressure / Hypertension

— It is a common condition in which the long term force of the blood against your artery walls is high enough it may eventually cause health heart disease.

— It is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries.

— The people may have headache, uneasiness and irritation.

— People may eat less or more.

— The people have emotional reactions, tendency with dependency, insecurity, lack of self confidence.

— It can be treated by drugs prescribed.

## ③ Coronary diseases

— It is a condition in which involves reduction of blood flow to the heart muscle due to the build up of plaque in the arteries of the heart.

— Common symptoms are chest pain, discomfort travel from shoulder, arm, back, neck or jaw, it occasionally feels like heartburn.

- Usually symptoms occur with emotional stress or exercise, last less than a few minutes and improve with rest.
- Shortness of breath <sup>may</sup> also occur.
- Complications may be heart attack, heart failure or abnormal heart beat
- Blood clotting happens in impulsive people in  $\rightarrow$  1-3 mins  
quiet  $\rightarrow$  2 mins
- This happens to type A personality
  - $\rightarrow$  People highly ambition
  - $\rightarrow$  feeling of competition
  - $\rightarrow$  Impulsive.

## II Gastrointestinal disorders

### ① Peptic ulcers

- It is a break in the inner lining of the stomach, the first part of the small intestine or sometime the lower esophagus.
- The symptoms are upper abdominal pain, vomiting, weight loss, poor appetite
- This happens in animals also
- Gastric juices, mucus, pepsin, hydrochloric acid
- It may be caused <sup>due to</sup> emotional stress.
- They may be treated by medications prescribed.

## ② Anorexia Nervosa

- The person suffering from this disorder have very less appetite.
- The people with Anorexia Nervosa have slow heart rate.
- This disorder usually happens in mostly in 1<sup>st</sup> child of the family.
- It can cause menstrual disturbances.
- It may be caused due to the problems in families.
- It also may be caused due to metabolic disturbances.

## ③ Bulimia nervosa

- The person suffering from this disorder have more appetite than the normal person.
- It may be due to no proper development.
- It can cause hormonal disturbances.
- The people may have frequent emotional reactions.
- The person have more appetite than normal so he/she may be at risk of obesity.

## ④ Gastritis

- The person suffering from this disorder have indigestion
- There may be hyperacidity, nausea
- It is inflammation of the protective lining of the stomach.
- The people with this disorder are dominant, tense, have self accusations angry, self magnificent
- The people are aggressive to the authority behaviour

## ⑤ Colitis

- It is an inflammatory reaction in the colon, often auto immune or infectious
- People with this either have <sup>in</sup> diarrhea or constipation
- The people ~~has~~ may have stool blood
- They are of 2 types - mucous colitis and ulcerative colitis.

## III The Respiratory Disorders

### ① Bronchial Asthama

- It is another name of common name asthama. It is an allergy
- People with this disorder have coughing, wheezing, tightness in chest, shortness of breath and fatigue.
- The people have IQ level more than

- low level of confidence, national dependence and aggressiveness.

## ② Common cold

- It's a common viral infection of the nose and throat.
- ~~It is~~ If the people have frustration and emotional components, irritation
- Stay away from stressed situations
- They are hostile and aggressive.

## ③ Hyperventilation

Rapid and deep breathing  
numbness  
blurr vision  
headache

## ④ Tuberculosis

Chronic inflammation in lungs  
long term cough

Social contacts making inability

Depression

Ambivalent Relationships

Feeling of self defeat

Aggressive

People are very sensitive, in nature,  
less emotional stability

# SKIN DISORDER

- ① Neurodermatosis (Ring-finger dermatosis)
  - Scratching and itching
  - Ring fingers and thumb (thumb sucking)
  - Skin inflames, sudores
  - emotional factors
  - (Lips dermatosis)
  - adolescence girls
  - scratching & itching.

# GENITO URINARY DISORDER

① ~~Disto~~ Disturbance urinary, sexual function  
 pelvic disorder, mensural disturbances  
 continous abortion

→ Urinary disturbances  
 Urination frequency increased - stress  
 depression  
 Urination retains - emotional repression  
 or withdrawal.

Bedwetting - ~~in~~ Enuresis  
 caused by alcohol intoxication

~~Enuresis~~

- ② Mensural disturbances
  - Emotional stress distress
  - 2 types
    - \* dysmenorrhoea
    - \* Amenorrhoea

- \* dysmenorrhoea (feeling severe pain)
- Psychogenetic dysmenorrhoea
  - feeling of dependency is more
  - insecure feeling
  - masculine physical traits are more

- \* Psychogenetic Amenorrhoea
- less bleeding or sometimes it stops
  - Sexual conflicts
  - Emotional shock
  - Parents death shock
  - wanting to be pregnant highly

- ⇒ Spontaneous Abortion
- Emotional stress
  - lack of emotional control
  - feeling of guilt
  - dependency is more

- ⇒ Disturbances of sexual functions
- Psychic Impotency (Males)
  - Frigidity (Females)

## CAUSES of Psychodramatic

- Biological, Sociological
- ↓  
genetic factors
- ↓  
Asthma
- ↓  
hypertension, Migraine

many diseases, work oriented,  
life stress problems

Psychological - learning and experiences  
workoholic stress

# Difference in Autonomic functions and  
Somatic weakness

- Somatic weakness theory
- Asthama
- Migraine
- Peptic Ulcers
- Organ which is weak it is affected.

# Psychosocial Factors

→ Personality and inadequate adjustment  
pattern

→ Rigidity

→ Hostility (tendency)

→ Insecurity feeling, Anxiety and Sensitivity

↔ Adjustment Pattern → Alert, carefully, Careful

Interpersonal relations

- Divorced, death → (Psychosomatic problems)
- Mother's who are ambivalent to their children
- Insecurity or overdependent
- Bronchial Asthama

Nature and types of stress  
Due to anger → Peptic ulcers

Learning of the functions of autonomic functions.

→ Reinforcement

→ Sociocultural factors

Bronchial asthma, headaches,  
hypertension, ulcers

# High socio economic stress

- Asthma, hypertension

# Low socio economic stress status

- Asthma, Atherosclerosis

Treatment -

Biological (drugs, acupunctural electro therapy)

Psychological (Behavioural therapy)

Sociocultural therapy (A takes to develops) Education, Dowry, Marriage