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PSYCHOSOMATOSES
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The questions of the interaction between the human body and the human soul as a scientific cognition have existed throughout the history of human development. In the 19th century, the idea of the relationship between the body and the mentality was supported not only by foreign, but also by domestic scientists and doctors.

Psychosomatics in the narrower sense is a branch of medical knowledge, the theoretical and methodological basis of which is determined by a holistic approach to the human body in a normal state and pathology. Experts have identified the main 3 groups of psychosomatic diseases based on the level of relationship between the body and the human psyche and emotions: conversion symptoms (which seems that emotional tension finds an output through the body), functional symptoms (this group of diseases is characterized by the fact that it is the psychogenic disorder that leads to the dysfunction of internal organs), psychosomatoses (psychosomatic diseases in the narrower sense, when conflict experience causes a primary bodily reaction, which will already be associated with pathological changes and disorders in the organs).

It has been established that the first manifestations of psychosomatosis manifest themselves at the age corresponding to transitional age, when turning points in the development of the human psyche most often occur and a person is most emotionally vulnerable. After the first manifestation of the disease, it usually has a chronic character, accompanied by abrupt or consistent manifestations, often in the form of depression.

Franz Gabriel Alexander, an outstanding American psychotherapist and psychoanalyst, identified a group of psychosomatic diseases, the so-called "Holy Seven". According to F. Alexander, it includes: gastric ulcers, inflammatory bowel disease, neurodermatitis, bronchial asthma, high blood pressure, hyperthyroidism, rheumatoid arthritis. Even considering the fact that since that time, science has advanced far ahead and specialists have greatly expanded the list of psychosomatic diseases, this classification is still considered a classic.

Scientists claim that there is a connection between the emotional reactions of the body and organ systems. Each of us has a "boiling point", after which the physical destruction of the body begins, i.e. psychosomatic diseases occur. First of all, psychosomatic stress begins to affect "local biological weaknesses" - these are organs that originally had some defect. Simply put, people with a weak respiratory system can get asthma from prolonged stress.

Even at the present time, with the methods of studying the human body available to science and medicine, in such cases it is difficult to make a complete diagnosis with great accuracy due to many factors that can affect the psychological state of the individual.

Sometimes people with psychosomatoses prefer the method of cognitive-behavioral therapy. It allows to explain human behavior by describing processes of consciousness, by studying and interpreting processes of perception. Some people prefer a visit to a psychiatrist. He will conduct a consultation, during which he will try to find and eliminate the problem that causes psychosomatosis, and if necessary, prescribe tranquilizers or antidepressants. As we see, psychosomatic medicine is an integral part of the clinical practice of the modern doctor. Understanding the psychological problems of the patient must be as much a part of the doctor's armamentarium as the medications and instruments.

In conclusion, a person's mental state can affect the severity of the somatic illness. Physical symptoms caused by mental factors entail psychosomatoses, since the factors of a person's condition depend on the increased activity of the nerve impulses sent from the brain to various parts of the body. Diagnosis of these diseases is very important because it can aggravate existing disorders in the body, causing processes that are difficult to reverse.