



PSYCHOSOMATICS OF GASTRITIS

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Abstract

The article examines the influence of psychoemotional factors on the development and course of gastritis. The relationship between stress, anxiety, suppressed emotions and disorders in the gastrointestinal tract is analyzed. The mechanisms of psychosomatic effects are considered, including the effect of stress on gastric juice production, gastric motility and microflora.

Keywords: Psychosomatics, gastritis, stress, emotional stress, *Helicobacter pylori*, gastrointestinal tract, psychoemotional factors, neuroendocrine regulation, autonomic nervous system, cognitive behavioral therapy, psychosomatic disorders

Introduction

Gastritis. Signs and causal diseases

Gastritis is an inflammation of the gastric mucosa, which can be acute or chronic. The disease develops due to the influence of various factors, including *Helicobacter pylori* infection, poor nutrition, alcohol abuse, taking aggressive medications (for example, non-steroidal anti-inflammatory drugs), as well as stress and psycho-emotional stress.

Gastritis can manifest itself as pain or discomfort in the upper abdomen, heartburn, nausea, vomiting, a feeling of heaviness after eating. If left untreated, the disease can lead to complications such as gastric ulcer or mucosal atrophy.



Causes of gastritis

Helicobacter pylori infection

This bacterium is one of the most common causes of chronic gastritis. It damages the gastric mucosa, reducing its protective properties and causing inflammation.

- Taking non-steroidal anti-inflammatory drugs (NSAIDs)

Frequent or incorrect use of medications such as aspirin or ibuprofen can lead to irritation of the stomach lining and the development of gastritis.

- Improper nutrition

Overeating, eating spicy, fatty or fried foods, as well as a lack of nutrients in the diet can negatively affect the condition of the gastric mucosa.

-Alcohol and smoking

Regular alcohol consumption and smoking contribute to irritation of the mucous membrane, impairing its ability to recover and causing inflammation.

- Reflux

The reflux of bile or gastric acid into the stomach area can damage the mucous membrane and contribute to the development of gastritis.

These factors directly affect the physiological state of the stomach, causing inflammation without the participation of psychoemotional mechanisms.

The influence of mental factors on the condition of the stomach and intestines

If we first talk about our intestines, then our intestines are usually called the second brain, but why?

All because of the mucous membranes of the stomach

small intestine and colon have nerve cells that make up the enteric nervous system which is part of the autonomic nervous system. This system + intestinal microbiota -

this is exactly what is called the second

MO3G

The connection between the ENS and the brain is called the "Gut-Brain Axis."

Moreover, this axis is two-sided:



- The intestines “report”

the brain about the content

macronutrients in food, specifying the amount of fats, carbohydrates or proteins, as well as the caloric content and the presence of dangerous pathogens in food, while the brain, in turn, in response to various external stimuli:

controls the peristalsis of our intestines, its immune function and changes in its microflora

It turns out that not only does the brain control our intestines, but the intestines themselves control the BRAIN!

And this is largely due to the intestinal microflora.

(beneficial bacteria)

What can microflora do?

- Affects how the brain is formed in the early stages of life

- With regular use of probiotics, anxiety and depression are reduced.

- Neurons in the hypothalamus, which are responsible for stress, are activated

- Disruption of the microflora as a result of stress in youth leads to more stress reactions in adulthood

- pathogens can cause inflammation, which affects the central nervous system, leading to symptoms of depression

- microflora disturbance is associated with various diseases, such as schizophrenia

But where to look for probiotics?

- sauerkraut

- miso soup

- cottage cheese

- homemade yogurt

The main conclusion is that if we are stressed or depressed, we need to eat yogurt with kefir.



Psychosomatics of Gastritis

Emotional background and stress Numerous studies confirm that chronic stress, anxiety, depression and negative emotional states have a direct impact on the functioning of the gastrointestinal tract. During stressful situations, the release of hormones (for example, cortisol) is activated, which leads to changes in gastric motility, increased secretion of gastric juice and, as a result, irritation of the mucous membrane.

Emotions as triggers for gastritis Some psychological conditions, such as fear, anger, irritability, low self-esteem and apathy, can contribute to the development of gastritis. With anger, for example, there is an excess production of gastric juice, which can lead to damage to the mucous membrane.

Chronic emotional stress causes vascular spasms and worsens the blood supply to the stomach tissues, which negatively affects its recovery processes.

Mechanisms of influence of the psyche on the stomach Neuroendocrine and autonomic pathways.

The basis of the psychosomatic effect on the stomach is the activation of the hypothalamic-pituitary-adrenal axis (HPA axis). Chronic stress causes a constant release of cortisol, which leads to a change in the regulation of the immune system and a deterioration in the protection of the gastric mucosa from the aggressive effects of acid.

Physiological changes Under the influence of emotional stress, the tone of the smooth muscles of the stomach changes, motility is disrupted and blood flow is redistributed, which contributes to the emergence of local areas of hypoxia (insufficient blood supply) in the mucous membrane. These changes, in turn, make the stomach more vulnerable to infections and mechanical damage, which contributes to the development of gastritis.

Clinical observations and theoretical models Clinical data confirm that patients experiencing prolonged emotional stress and chronic negative conditions are more likely to suffer from exacerbations of gastritis. Theories developed by scientists such as Hans Selye emphasize that stress is an important trigger for the development of inflammatory processes in the gastrointestinal tract. Additional



psychodynamic models link gastritis with internal conflicts that find their expression in somatic symptoms.

Conclusion

Gastritis is a disease that can be caused not only by physiological but also by psychosomatic factors. Emotional tension, chronic stress, anxiety and suppressed negative experiences can provoke and exacerbate inflammatory processes in the stomach, changing its motor function and acidity.

Understanding the connection between mental health and gastrointestinal function opens up new possibilities for comprehensive treatment of gastritis. Incorporating psychotherapy, relaxation techniques, and stress management methods into the therapeutic process not only eliminates symptoms, but also reduces the risk of relapse.

Thus, successful treatment of gastritis requires not only medication and nutritional correction, but also care for the patient's psycho-emotional state. Harmonization of the internal state and conscious stress management are important steps towards full recovery.

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