

PSYCHOSOMATICS OF ALLERGIC DISEASES

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Abstract: The article examines the impact of psychosomatic factors on the development and course of allergic diseases. Stress, anxiety, and emotional experiences are analyzed as triggers of allergic reactions. Special attention is given to the connection between the nervous and immune systems, as well as the potential of psychotherapy in allergy treatment.

Key words: psychosomatics, allergy, stress, anxiety, emotional factors, immune system, nervous system, psychotherapy, allergy triggers, psycho-emotional state.

Psychosomatics of allergic diseases

Allergic diseases are reactions of the immune system to substances that are normally not harmful to the body. However, in recent years, more and more studies have confirmed that allergies have not only a physiological but also a psychosomatic nature. This means that a person's emotional state and internal conflicts can contribute to the development of allergic reactions.

Psychosomatic causes of allergies

1. Suppressed emotions

Allergies are often associated with suppressed emotions, especially anger, fear, or anxiety. People who avoid expressing negative feelings may experience internal tension that later manifests itself through physical symptoms, including allergic reactions. Suppressing emotions leads to constant stress, which weakens the immune system and makes the body more susceptible to allergens.

2. Problems with personal boundaries

Allergies can symbolize a person's inability to set personal boundaries. For example, a person may feel pressure from others, but cannot say "no." In this case, the body reacts to external irritants as a threat. This phenomenon is especially noticeable in people who suffer from allergies to animal hair or household chemicals, as they may unconsciously experience discomfort in social contacts or in their living environment.

3. Childhood trauma and stress

Many allergic reactions begin in childhood when a child experienced severe stress related to a specific situation or object. For example, if a child experienced fear during contact with animals, he or she may develop an allergy to fur. Memories and subconscious fears related to past experiences can trigger an immune response even in adulthood.

4. Psycho-emotional overload

Chronic stress and emotional burnout deplete the immune system, making the body more vulnerable. In such conditions, allergic reactions can become the body's way of signaling the need for rest and reduced stress. Stress at work, family conflicts, and constant tension create a fertile ground for the development of psychosomatic diseases, including allergies.

The connection between allergies and specific emotions

- Pollen allergy – may indicate suppressed fear of change or negative associations with nature. The spring flowering period can cause discomfort for people who are anxious about change.
- Allergy to animals – may be associated with internal conflicts in the area of trust and acceptance of love. People who are afraid of closeness and emotional attachment may subconsciously react with an allergy to animal hair.
- Food allergies – reflect internal rejection or conflict related to emotions that arose during food intake. For example, if food was associated with punishment or stress in childhood, the body may react negatively to certain foods.
- Skin allergies (urticaria, eczema) – may be a consequence of suppressed irritation, shame or a desire to “hide”. The skin is a barrier between the inner world of a person and the environment, so an allergy may symbolize a protective reaction to stress.

How to work with psychosomatics of allergies?

1. Awareness of emotions

It is important to pay attention to the emotions that arise before the onset of an allergic reaction. It may be worth keeping a diary of observations of your feelings in order to identify the connection between the psycho-emotional state and the exacerbation of symptoms.

2. Working with a psychologist

Deep psychological traumas and internal conflicts can be worked through with psychotherapy. Cognitive behavioral therapy (CBT), Gestalt therapy, and body-oriented therapy can be helpful. They help to recognize and process suppressed emotions, which can lead to a reduction in allergic reactions.

3. Reduce stress levels

Meditation, yoga, breathing exercises and conscious relaxation will help reduce anxiety and stress. Regular exercise also helps improve your psycho-emotional state, which has a positive effect on your immune system.

4. Working through children's attitudes

Sometimes allergies are related to beliefs formed in childhood. For example, if a child was often told that “the world is dangerous,” he or she may have unconsciously reinforced this fear at the body level. Psychotherapy and affirmations can help reprogram the mind and reduce the impact of negative beliefs.

5. Acceptance of yourself and your feelings

By allowing yourself to experience and express emotions, a person reduces the likelihood of psychosomatic reactions. It is important to learn to talk about your experiences, not to suppress anger and anxiety, but to find healthy ways to express them.

6. Lifestyle correction

Psychosomatics of allergies is closely related to lifestyle. Lack of sleep, poor nutrition and overwork can aggravate allergic reactions. It is important to monitor the daily routine, balanced nutrition and physical activity.

Conclusion

Allergic diseases are not only a physiological but also a psychosomatic problem. Understanding the relationship between emotions and allergies allows you to better understand the causes of the disease and choose effective methods of self-help. Harmonization of the internal state, work with psychological trauma and stress reduction can significantly reduce or even completely eliminate the manifestations of allergies.

Thus, allergy treatment requires a comprehensive approach, including not only drug therapy, but also work with the emotional state of a person. Eliminating internal conflicts, positive thinking and caring for your mental health can improve overall well-being and reduce the likelihood of allergic reactions.

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