

## NEUROSIS - SYMPTOMS, TREATMENT

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### Abstract:

Neurosis, psychoneurosis, neurotic disorder, neurosis disease (from the ancient Greek neuron "nerve" from the new Latin neurosis) is a complex of long-lasting functional psychogenic disorders. The clinical picture of such disorders is characterized by asthenic, fixed thoughts or signs of hysteria, as well as a temporary decrease in mental and physical work capacity.

In all cases, psychogenic factors are conflicts (internal or external), the impact of situations that cause psychological trauma, stress or long-term tension of the emotional and mental sphere of the psyche.

The concept of "neurosis" was introduced to medicine in 1776 by Scottish doctor William Cullen. The meaning of the term has been repeatedly revised, but until now there is no universally accepted definition. It should also be noted that in medicine and biology, various functional disorders of the higher nervous system are also called "neurosis".

The term "neurosis" is not currently used by the professional psychiatric community in the United States. Starting with the third edition of the American Diagnostic and Statistical Manual of Mental Disorders in 1980, the "neuroses" section was abolished. For example, dysthymic disorder instead of depressive neurosis, obsessive-compulsive disorder instead of obsessive-compulsive neurosis, and hypochondria instead of hypochondriac neurosis.

I. P. Pavlov defined neurosis as a chronic long-term disorder of higher nervous activity as a result of excessive tension in the cerebral cortex due to insufficient strength and the influence of external stimuli. At the beginning of the 20th century, the use of the clinical term "neurosis" not only for humans, but also for animals caused a lot of controversy.

Psychoanalytic theories represent neurosis and its symptoms mainly as the result of a deep psychological conflict. It is assumed that such a conflict is formed in the



conditions of long-standing social situations that prevent the satisfaction of basic needs of a person and threaten his future.

Sigmund Freud saw such conflicts in the fundamental resistance of the "Id" to the suppression of the instinctive demands by the "Super-Ego", which refers to the morals and norms of society.

According to Karen Horney, the fundamental conflict of neurosis is the result of conflict between incompatible defensive tendencies of the individual. In order to protect against unfavorable social factors such as humiliation, social isolation, absolute controlling love of parents, careless and aggressive attitude, the child forms defense methods based on directions "towards people", "against people" and "away from people".

Moving towards people mainly means submission, love, protection.

Actions against people represent the desire to establish power over people, fame, recognition, success, strength and struggle with life.

The movement beyond people represents independence, freedom, the need to be free from people.

A neurotic patient tends to all three tendencies at the same time, but one of them is more dominant, so dominant neurotics can be classified into "submissive", "aggressive" and "detached" types. Karen Horney has paid much attention to the problems that are the cause of the contradictions between the protection tendencies. In general, today both psychological factors (characteristics of a person, the conditions of his maturation and upbringing, conditions for establishing relations with society, level of aspirations) and biological factors (certain neuromediator or neurophysiological factors that make a person more vulnerable to certain psychogenic influences functional deficit of systems) are considered as factors that stimulate the development of neurosis.

The main criteria for distinguishing neurotic disorders from mental disorders in general are:

The leading role of psychogenic factors in the onset and decompensation of painful manifestations;

Functional (restorable) character of mental disorder;

Absence of psychotic symptoms, personality changes, mental retardation;

Egodystonic (painful for the patient) character of psychopathological manifestations, as well as critical attitude of patients to their own condition.



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Emotional depression (often without clear reasons).

Doubt.

Social communication problems.

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