

Review Article

Somatoform Disorder*Mr.Sunil Kumar Sharma M.Sc (N)***Abstract**

The word somatoform is derived from the Greek word 'soma', which means psycho-somatic disease. Somatoform disorder is called those psychiatric disorders, which are having mainly physical symptoms. Patient treats them as serious diseases and revolves around different departments of medicine, but they can never be cured. In these diseases, the mind and body cannot be reconciled; they always experience various types of sensations that can happen from any part of the body. The main five types of diseases are Somatisation Disorder, Conversion Disorder, Hypochondriasis, Body dysmorphic disorder, pain disorder. The treatment of this disease is not medicine but these are used to prevent depression or excessive anger and irritation and for the stability of the mind. Counseling and psychiatric medicines are also effective

Keywords: Somatoform Disorders, Hypochondriasis, Conversion Disorder, body dysmorphic disorder

Introduction

The word somatoform is derived from the Greek word 'soma', which means psycho-somatic disease. Somatoform disorder is called those psychiatric disorders, which are having mainly physical symptoms. Despite not having any type of physical disorder in this type of disease, the patient feels physical symptoms. Patient treats them as serious diseases and revolves around different departments of medicine, but they can never be cured.¹

Classification of somatoform disorders

There are mainly five types of diseases in the classification of somatoform disorder.

1. Somatization Disorder
2. Conversion Disorder
3. Hypochondriasis
4. Body dysmorphic disorder
5. Pain Disorder

1. Somatization Disorder:-

There are several physical symptoms in the somatization disorder. Somatization disorder cannot be certified in physical examination and lab tests, which means that all reports of investigations comes in normal limits.

Usually this disease starts at the age of 30, in which it is different from other somatoform disorder due to the many physical symptoms and their diversity.

It is a long-standing disease in which physical symptoms persist, because of this there is a mental strain in the patient which has great effect on the patient's social and professional functioning.

Compared to men, this disease is more than 5-20 times in women. Most of the disease has been seen in less educated and economically weaker sections. The root causes of this disease cannot be correctly identified².

How to recognize somatization disorder:

In order to identify somatization disorder, there are four types of symptoms in the person.

Pain in four different organs of body.(head, neck, rectum, chest, joints etc.)

Two types of stomach-related disorders such as flatulence or constipation, diarrhoea or intolerance of several food and other symptoms related to stomach.

One or two sexual symptoms such as erectile or ejaculatory dysfunction, irregular menses etc.

Symptoms related to nerves such as tingling or numbness in the limbs.

But none of these symptoms is confirmed in physical examination or other investigations.

In patients with somatization disorder, long-lasting physical problems persist. The patient has been tired of treatment by various doctors or institutions for a long time.

Additionally the symptoms in somatization disorder

There may be other types of symptoms such as

Frequent vomiting,
 Trouble in swallowing,
 Pain in hands and feet,
 Dyspnea, lump in throat,
 The difference in memory,
 Most of the time remains ill,
 Make a thought of never getting cured.

In the same way, there may be some more special symptoms that make the disease very complex -

The symptoms like brain disorders, such as loss of body control, paralysis, weakness in the body part, difficulty in swallowing, feeling of lump in the throat, lack of voice, retention of urine, diplopia, , blindness, deafness,

epilepsy . These symptoms are often found in people who are always stressed due to lack of harmony in their interpersonal personality or shortcomings of their personality such as more thinking of little things or feeling very little in confidence. Such patients suffer from depression and panic attacks. If such patients are intoxicated then they may get to see the thoughts of depression and suicides³.

The patient presents his entire problems dramatically, emotionally and exaggeratedly. At the same time, the patient is not able to tell the intensity of the present and the ongoing problems and it seems that the patient has been living a life surrounded by a disease for a very long time.

The nature of somatization disorder disease:

This disease is prolonged or life-threatening and is painful. Usually it starts before the age of 30 years.

The intensity of symptoms and the development of new symptoms lasted for about 6-9 months.

Sometimes low and sometimes acute symptoms can last for about 9-12 months. Occasionally it happens that the patient does not consult the doctor for a year.

Diagnosis and treatment of somatization disorder disease:

The possibility of better treatment of this disease occurs when the patient remains in touch with a psychiatrist and follow the guidance. The period of consultation is limited and avoid unnecessary investigations and understand yourself disease and its causes well. Apart from this, if there is another certified physical disease of the patient, then he must pay attention to it and should be examined and treated. Basic causes of this disease can be known by the 3D Spect for Human Behavior Investigation⁴.

Psychotropic drugs, psychotherapy and counseling are the basic treatment for this disease, which can last for a long time.

2. Conversion Disorder :-

Conversion disorder, i.e. mental stress, unease or Conversion of sadness to physical diseases.

In the state of acute mental stress, certain symptoms may appear in the body such as

Fainting,

Stiffness of hands,

Abnormal behavior,

Or any other physical symptoms of any kind which are not genuine on the patient's examination, these are called conversion symptoms.

In this disease, there are often symptoms that appear like nervous systems and physical diseases, but when examined in detail, these symptoms are not related to neurology or physical disorders.

In addition to physical diseases, these symptoms related to neurological disorders can be as follows: paralysis, blindness, numbness, neck deformity, fainting like epilepsy, stop talking, fall, gait, deafness, vomiting, neck injury , Diarrhea, urination, etc., which are actually only presented by the patient.

Being sympathetic towards one's being can be one of the main causes of these symptoms. Persistence of these types of symptoms also depends on the person's personality and there is some uniqueness in such individuals, which we also call hysterionic Personality Traits.

Cause of Conversion disorder:

Psychologically, there are many theories such as do not reveal the ongoing conflict in mind, trying to stop anger, not to control anger, to attract others, to lend sympathy to others, etc. may cause conversion disorder.

The correct establishment of scientific reasons has not yet been established, but due to the weakening of some parts of the brain, unusual chemical changes in the brain, or some faulty structure of the brain, it is the root cause.

Symptoms of Conversion Disorder:

In Conversion disorder symptoms such as paralysis, blindness and aphonia are most commonly present.

Generally vigorous anger is seen in this disorder, it is possible to enter the soul of another person or come to the Goddess of the Gods, in addition to the behavior and dramatic tendencies of children. Depression and panic-related diseases can also occur in this. In presenting the symptoms of Conversion disorder, neurological disorders and physical examination are not found to be anything that can be termed as disease.

The patterns of such symptoms such as dysentery, sight loss, loss of voice are not matched with neurological disorders. Investigations for brain structures such as CT Scans and MRI Brains are also found normal in conversion disorder.

The symptoms of this disease continue to decrease or increase abnormally, especially when they are noticed. In the same way, the patient falls in State of fainting or during walking, but in the event of falling, he does not get hurt and EMG (electromyogram) and other related tests are also found normal.

Diagnosis and treatment of conversion disorder disease:

Basically the treatment of this disease is not medicines but these are used to prevent depression or excessive anger and irritation and for the stability of the mind. By giving information about the disease to the patient for full diagnosis and telling him that this kind of dramatic behavior will be a hindrance to his entire life and its

progress, if the patient is able to understand all this, the patient himself is fully committed to the full diagnosis of the disease. For this, Insight Oriented Supportive Therapy, Behavior Therapy, and Relaxation Therapy are used.

3. Hypochondriasis:-

The word hypochondriosis is derived from the ancient medical term hypochondrium, in which the patient's mind is surrounded by two things that he is suffering from a deadly disease or it is likely to be of different types of diseases.

The patient experiences such sensations from body parts as there is a disease in that part of the body. These thoughts are felt due to the bustle in the body or the symptoms that are caused by various types of sensations from certain parts of the brain, which do not have therapeutic or actual physical pathological basis.

Due to this otherwise thinking of mind, there is a bad effect on the personal, professional and social functioning of the patient's life, and bypassing other urgent actions always keeps thinking about the disease.³

The cause of hypochondriasis:

In this disease, the patient's brain experiences a generalized physical sensation that is exacerbated. When the gas becomes a gas in the stomach, it feels more pressure or pain in the stomach. Though the patient's nerves have a general reaction in the body, the brain is giving more amount of sensation, which makes the person always feel the feeling of physical illness.

In this way, the patient is surrounded by the thought that is associated with a serious disease.

As the patient will say I have TB or cancer. With the passage of time, this thinking can shift from earlier disease to another disease, such as the patient used to talk about AIDS and now it starts to talk about cancer.

Regardless of the usual report of the investigation, this thinking does not change his mind and always keeps focusing on his mind. Despite repeatedly offering the doctor, he could not get out of the possibility of having a disease³.

The nature of the hypochondriasis disease:

This disease can be episodic and come back often and again. A clear connection has been found in symptoms and mental stress. A chaotic lifestyle and stressful surroundings are unfortunate for this disease or there is an indication for not being cured.

Diagnosis and treatment of hypochondriasis:

Basically the treatment of this disease is not medicine but these are used to prevent depression or excessive anger and irritation and for the stability of the mind. To give complete information about this disease to the patient and to properly explain it, it is an important remedy to cure this disease.

4. Body Dysmorphic Disorder: -

Patients of this disease are constantly surrounded by a feeling in which they consider the body visible from their normal or some particular part of the body as abnormal, unsightly, ugly or stupid. Whereas, the person seeing the patient does not notice any abnormality in his limbs or body.⁴

Sometimes the patient also thinks that he is not attractive to others, he is not beautiful. It seems to him that because of his being a bad person, other people do not talk to him. To tell them about this, console him and praise the physical beauty of the patient also do not affect people suffering from such a disease.

This disease has been observed starting at the age of 15-30 years.

Most of such patients are found in consultation with the dermatologist and plastic surgeon. Most patients are concerned with any part of their face

Such as the scalp of the nose, the texture of the ear or the reduction in other parts of the face. Most of the men have seen this disease related to physical strength and body size.

It seems unnecessary to the patient that people are laughing at it, watching or commenting.

It can be seen in these patients repeatedly seeing mirror or staying away from the mirror, wearing make-up or cloth to cover that part, clippings from social gatherings, or staying in the office room.

In some patients this thinking becomes so dominant that it stays in the house.

Counseling and psychiatric medicines are effective in this.

5. Pain Disorder:-

The main symptom of this disease is mainly to experience pain more than normal in the body or to always experience pain. This pain can occur in one organ or in more than one organs such as staying in the waist, hands, legs, chest, muscles or puerperal pain all the time.

In such patients no physical cause of pain is found. There is no fault in brain structures in these patients, which can be considered as the cause of pain. This pain can be caused due to emotional anxiety and failures.

This disease is twice as big in women as compared to men and most of the disease starts at 40-50 years of age.

This disease occurs in women associated with the blue collar business (physical labor, manufacturing, mining, sanitation, oil field work, and construction, mechanical maintenance, storage, fire fighting) or women who are not interested in physical work. In Pain Disorder Patients, pain does not appear collectively but it appears in different organs, such as: back pain, headache, face pain, hip pain, etc⁵.

Generally this patient is found to be associated with physical and surgical examinations for a long time. They change many doctors and urge more medicines and surgery. Sometimes they blame this pain for the

calamities of their lives, but most patients refuse to be mentally stressed and they say their life is happy, except for the pain⁵.

Often this disease starts suddenly and becomes intense in just a few weeks. In patients with hidden mental stress, negative thinking person, person involved in a judicial process, a person suffering from financial crisis or intoxicants, their chances of recovering from this disease decreases.

Counseling and psychiatric medicines are effective in this. And this is possible in the supervision of a psychiatrist.

Conclusion

In these diseases, the mind and body cannot be reconciled; they always experience various types of sensations that can happen from any part of the body. Despite various types of physical symptoms, repeated investigations do not indicate any kind of physical

disease. many times the patient keeps on inspecting himself or urging the doctor repeatedly, in this way the doctor himself also comes in the position of indecision and becomes compelled to take such investigation again or from many places.

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