

## THE PSYCHOSOMATIC NATURE OF CERVICAL PLEXALGIA IN TERMS OF GENDER AND AGE

*Dagayeva Dilfuza Batirovna*  
*Bukhara State Medical Institute*

**Abstract.** The central and peripheral nervous systems are isolated in the human body. The central one is represented by the brain and spinal cord. Peripheral includes all nerve roots and endings that go beyond the structures of the central nervous system. One of the "storerooms" of the peripheral nervous system are the nerve plexuses, which are formed by the anterior branches of the spinal nerves.

**Keywords.** Cervicalgia, Peripheral, neurologist, several types, temporarily disabled.

One of the frequent complaints in the practice of a neurologist is neck pain (cervicalgia).

Painful sensations in the neck are characteristic of older age, but it is wrong to attribute the causes of cervicalgia to age-related changes. A competent neurologist knows that pain has a specific serious root cause.

The ubiquity of cervical pain does not mean that you need to stoically endure suffering. There is some truth in the fact that many people have such problems, but it is not true that you should not go to the doctor for such trifling reasons. On the contrary! In terms of anatomy, the neck plays a strategic role in relation to the health of the body. Therefore, if there is pain in the neck, you need to go to a neurologist right away. This is especially true in cases when episodes of pain are repeated, they are persistent or intensified.

Statistics in all countries of the world confirm that 25-75% of adult working citizens have cervicalgia. The frequency of seeking medical help in this regard strongly depends on the type of activity of the patient and some related factors. Neck pain is a serious medical problem, so it is better to be safe and consult a neurologist in order to start treatment of cervicalgia in a timely manner, if necessary. Without therapy, 6-12% of patients become temporarily disabled, and some become permanently disabled.

### Reasons

In the special medical literature, various root causes of neck pain are described in detail, combined into several types.

Fractures, dislocations, injuries of vertebrae, joints, muscles and ligaments in the neck.

Infections that caused inflammation of bone and cartilage tissues, muscles, cervical lymph nodes and nerves (osteomyelitis, abscess, shingles, etc.).

Radiating pain in diseases of the heart, lungs, stomach, esophagus, and other organs.

Rheumatological diseases (arthritis, myalgia, fibromyalgia and others).

Neuroendocrine pathologies.

Non-specific factors (hernias and dislocations of intervertebral discs, problems with intervertebral joints, narrowing of the spinal canal, arthrosis, muscle spasm, osteochondrosis, problems caused by insufficient muscle activity).

Intracranial diseases (benign or malignant neoplasms of the brain, stroke, abscess).

Oncological tumors and metastases.

Psychosomatics.

Symptoms

Since the nature of pain is diverse, before starting treatment of cervical cervicalgia, you need to understand the symptoms.

Pain can appear in episodes: with a long position in one uncomfortable position, from a long, monotonous load. Such soreness is aching in nature, causing a desire to change the pose, stretch a little.

Paroxysmal pains, recurring periodically with some provoking factors such as acute respiratory infections, physical exertion, drafts, hypothermia.

Acute pain radiating to adjacent parts of the body. Patients describe it as a pulsation or a lumbago.

Local soreness of certain points on the body, which is barely perceptible at rest, but increases to unbearable with intense movement, eating, swallowing water or probing.

A feeling of partial or complete stiffness in the neck, making it difficult or even impossible to turn or tilt the head.

The symptoms clearly described by the patient will allow the neurologist to determine the preliminary diagnosis as quickly as possible, prescribe the necessary laboratory and instrumental studies, based on the results of which the treatment of cervicalgia will begin.

If you find yourself with the symptoms listed above, make an appointment with a neurologist at the Juno Medical Center.

Diagnostics

A neurologist's examination of a patient begins with listening to complaints, examining, collecting detailed information. The neurologist needs to know what chronic diseases the patient has, what operations he has undergone. It is important to the doctor what his relatives were seriously ill with, what is the nature of the patient's profession. Special attention is paid to the history of the appearance and change of symptoms.

During the examination, the neurologist builds a diagnostic concept, prescribes all kinds of studies, such as X-rays, magnetic resonance and computed tomography, ultrasound, endoscopy, puncture, and so on. The patient must be sent for laboratory tests. You may need the help of specialized doctors. Often, as a result of a diagnostic study, such causes of cervicgia are revealed, which initially no one could have thought of.

#### Treatment of cervicgia

Even a short enumeration of the causes, symptoms, and methods of diagnosing cervicgia gives an idea of how complicated the human neck is – an important and vulnerable organ. Therefore, the treatment of cervical cervicgia should be trusted by certified specialists. Competent therapy is possible after a comprehensive study of the causes of the disease. The options for diagnostic examination are individual and numerous, it is not possible to list them in the article, but the truth is immutable: a qualified doctor should prescribe and monitor treatment.

#### Surgical intervention

Even minimally invasive surgical intervention in the treatment of cervicgia is an extreme measure. It is worth resorting to the help of surgeons in the absence of alternative methods of therapeutic effect. The neurologist has a clear list of absolute indications for surgery. But the treatment of cervical cervicgia by other methods is used much more often. The choice of medications and their dosages is an extremely delicate process, which can be started after a thorough diagnosis.

#### Physical therapy

Throughout human civilization, physiotherapy remains the main way to treat cervicgia. This is a highly effective, reliable method of treatment, but today it is unfairly underestimated among the population in comparison with medications and operations.

In the 21st century, physiotherapy has reached previously unprecedented heights thanks to the help of high technology. Laser, manual, ultrasound and reflexotherapy, physical therapy, massage today lead to a complete cure of the most difficult cases. When properly prescribed, these techniques are very effective, but the patient will have to be persistent and patient – the treatment of cervical cervicgia requires time to achieve a stable result.

One of the most innovative areas of physiotherapy that have proven their effectiveness is tecar therapy. This technique is based on the use of high-frequency currents, through which electromagnetic radiation is converted into thermal energy. Heat warms the problem areas on the neck, there is a stimulation of regenerative processes in the affected tissues. The effect of the tecar device helps to relieve muscle spasm, as a result, soreness decreases or completely disappears after the first session of tecar therapy.

When choosing a treatment method, it should be remembered that minimally invasive physiotherapy treatment has a logic of appointment and contraindications. Cervicalgia is a disease that must be fought by highly qualified doctors in clinics equipped with modern equipment.

### Bibliography

1. Sitel A.B. Manual medicine. Moscow: Medicine; 2013; 224 p.
2. Sobchik L.N. Introduction to the psychology of individuality. Moscow: Institute of Applied Psychology; 2017; 480 p
3. . WHO. Classification of mental and behavioral disorders. Clinical descriptions and diagnostic guidelines. St. Petersburg: Overlaid; 1994; 300 p.
4. Belousova T.E. Therapeutic factors of low intensity in the rehabilitation of neurological patients. In the book: Collection of works of the scientific session dedicated to the memory of prof. V.G. Vogralik. N. Novgorod; 1999.
5. Belousova T.E., Anosov A.N. Reflexotherapy in the rehabilitation treatment of patients with vertebrogenic pain syndromes at the cervical level. In: Proceedings of the International Congress "Reflex therapy and Manual therapy in the XXI century". M; 2006; pp. 32-33.
6. Khabibova N. N. Evaluation of vascular tissue disorders and regional bleeding under chronic reduced preparative atphosis //Proceedings of The ICECRS. – 2019. – Т. 4.
7. Khabibova N. N. Local humoral factors of the immune protection in patients with cras //International Scientific Review. – 2019. – №. 1. – С. 39-41.
8. Khabibova N. N. Studying of biochemical and cytokine markers of inflammation in the oral liquid and blood in patients with cras //european research: innovation in science, education and technology. – 2019. – С. 39-41.
9. Abdurahimovna N. N. Electroencephalography in the Diagnosis of Symptomatic Epilepsy in Patients with Infantile Cerebral Palsy //international journal of health systems and medical sciences. – 2022. – Т. 1. – №. 5. – С. 176-179.
10. Nabiyeva N. A. Diagnosis of children diagnosed with symptomatic epilepsy and cerebral palsy //european journal of modern medicine and practice. – 2022. – Т. 2. – №. 6. – С. 67-71.
11. Набиева Н. А. НОВЫЙ ДЕНЬ В МЕДИЦИНЕ //НОВЫЙ ДЕНЬ В МЕДИЦИНЕ Учредители: Бухарский государственный медицинский институт, ООО "Новый день в медицине". – №. 3. – С. 300-304.
12. Belousova T.E. Physiotherapeutic innovations and their significance in the rehabilitation of psychoneurological disabilities. In: Proceedings of the international conference-seminar "Innovative technologies TV in medical and social services for persons suffering from mental disorders". Gorodets; 2007; pp. 55-58.
13. Erkinovich N. J. S. HPV–Relevance, Oncogenesis and Diagnosis (A Review) //European journal of innovation in nonformal education. – 2023. – Т. 3. – №. 1. – С. 129-134.
14. Erkinovich N. J. S. Comparative immunobiological characteristics of primary and secondary tuberculosis with multiple and extensively drug resistance //international journal of health systems and medical sciences. – 2023. – Т. 2. – №. 5. – С. 108-110.
15. Shevtsov A.V., Shorin G.A. Application of the Armos device in rehabilitation of persons with myofascial pain syndrome of vertebrogenic origin. In: Proceedings of the X conference of the Moscow Prof. Association of Chiropractors. M; 2000; pp. 61-66.