

**THE INFLUENCE OF THE HUMAN SPIRIT ON THE PROCESS OF TREATING
DISEASES**

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Abstract: This scientific in the article human spiritual of the situation physical diseases treatment to the process impact complex in a way analysis Modern in medicine diseases only biological processes with explanation enough not , maybe psychological and social factors are also important importance profession to be able scientific The article discusses stress , depression , anxiety and spiritual of tensions diseases come output and their delay to the process negative The effect is also positive . spiritual status , motivation and psychological of support recovery in the process place illuminated . Research results medicine , psychology and healthy marriage style promote to grow sectors for important scientific and practical importance has .

Key words : human psychology , psychosomatics , stress, mental health , treatment effectiveness , positive thinking .

Annotation: This scientific article provides a comprehensive analysis of the impact of a person's psychological state on the process of treating physical illnesses. It is scientifically substantiated that in modern medicine it is not sufficient to explain diseases solely through biological processes; psychological and social factors also play a significant role. The article examines the negative effects of stress, depression, anxiety, and psychological tension on the development and progression of diseases, as well as the role of a positive mental state, motivation, and psychological support in the recovery process. The research findings have significant scientific and practical importance for the fields of medicine, psychology, and the promotion of a healthy lifestyle.

Keywords: human psyche, psychosomatics, stress, mental health, treatment effectiveness, positive thinking.

Annotation: V dannoy nauchnoy state kompleksno analiziruetsya vliyanie psychologicheskogo sostoyaniya cheloveka na protsess lecheniya somaticheskikh zabolevaniy. Nauchno obsnovano, chto v sovremennoy meditsine dostatochno obyasnyat zabolevaniya iskluchitelno biologicheskimi protsessami, poskolku psychologicheskie i sotsialnye faktori takje imeyut vajnoe znachenie. V state rassmatrivaetsya negativnoe vliyanie stressa, depressii, trevojnosti i psikoemotsionalnogo napryajeniya na vzniknovenie i techenie zabolevaniy, a takje rol pozitivnogo psychologicheskogo nastroya, motivatsii i psychologicheskoi podderjki v protsesse vyzdorovleniya. The results of the investigation have a significant scientific and practical meaning for medicine, psychology and the sphere of propaganda of the healthy image.

Key words: human psyche, psychosomatics, stress, psychological health, effective treatment, positive thinking.

Today globalization and technological progress during human life intense pace with is happening . Information of the flow abundance , social responsibility increase , professional and personal pressures human to the soul serious impact showing . As a result spiritual tensions , stress and psychological problems increasingly wide spread out , various physical of diseases

appearance to be reason is happening . Modern medicine in science human organism whole system as study principle increasingly is being strengthened . World health storage organization by health concept not only of the disease absence , maybe physical , mental and social prosperity status as interpretation This is point from the perspective of a person spirit diseases treatment process important structural part is considered .

This of the article main purpose — human spiritual of the situation diseases treatment to the efficiency the impact scientific in terms of analysis to do , psychosomatic approaches importance open to give and spiritual health reinforcement through recovery process acceleration opportunities from lighting consists of .

Human spirit and health concept of scientific-theoretical Basics : Human the spirit is person's internal experiences , emotions , thinking process , behavior and social their relationship manager complicated psychic is a system . Spiritual situation organism nervous , endocrine and immune systems with integral related is , their to the activity directly impact shows .

Scientific research this shows that long continue provider spiritual tensions in the body hormonal of balance to the violation take This situation is coming . immune system weakening , inflammation processes increase and chronic of diseases to develop ground creates . Therefore , spiritual health storage physical health reinforcement important condition is considered .

Biopsychosocial to the model according to , every how disease biological , psychological and social of factors mutual impact as a result to the surface This model medicine in practice the patient only disease diagnosis with not , maybe his/her spiritual status and life style in consideration received without treatment the necessity justifies .

Psychosomatic of diseases essence and come exit Factors : Psychosomatic diseases are spiritual situation and emotional experiences under the influence developing physical are diseases . Such diseases in a row heart and blood vein diseases , gastrointestinal system disorders , bronchial asthma , skin diseases and sugary diabetes input possible .

Stress, internal conflicts , negative thinking and permanent anxiety status "stress hormones " in the body - cortisol and adrenaline levels to increase take It comes . This is blood pressure increase , heart of the beat acceleration and metabolic of processes to the violation reason will be .

Research this shows that psychosomatic to diseases played in patients spiritual problems eliminate without standing , only medicine tools with treatment expected the result does not give . This because of this diseases in treatment psychological approaches important importance profession will reach .

Spiritual of the situation treatment to the process Effect : Spiritual situation the patient's for treatment was attitude determinant main from factors is one . Positive spiritual to the situation has was patients doctor to the recommendations strict compliance does , treatment in the process active participation will and to recover confidence with Positive thinking in the body endorphin and like serotonin biological active of substances divorce encourages . This substances pain intuition reduces , immune system activates and general the situation improves . As a result treatment process faster and more efficient It's going to happen .

Also , the doctor and patient between reliable communication spiritual stability in providing important role plays . Psychological support received in patients treatment results noticeable at the level high to be scientific research with proven .

Negative spiritual situation and his/her Consequences : Negative spiritual conditions , especially depression , fear and despair of diseases to pass aggravates . Such in case patient own to your health indifferent become remains , for treatment relatively motivation decreases and recovery process slows down . Scientific in sources reportedly depressive in the state in patients heart attack and from a stroke next rehabilitation process far continue It will . outside ,

spiritual depression immune system weakening , infectious to diseases tendency increases . This because of modern in medicine spiritual the situation assessment and necessary in cases psychologist or psychotherapist help show treatment process inseparable part is considered .

Modern in medicine psychological approaches and Therapies : Today on the day cognitive-behavioral therapy , psychotherapy , relaxation exercises and meditation methods wide is being used . This approaches the patient's negative thoughts determination and them positive views with to replace help gives .

Chronic to diseases played patients for psychological rehabilitation life quality increase , disease with to live adaptation and spiritual stability in providing important importance Also , healthy marriage style shaping , physical activity and social support spiritual health reinforcement effective tools is considered .

Conclusion as in other words , human spirit diseases treatment in the process important and inseparable factor is considered . Spiritual stability , positive thinking and psychological support treatment efficiency increases , recovery process accelerates and complications the risk reduces . Modern in medicine diseases in treatment complex , that is biopsychosocial approach wide current to grow current task become This is article results medicine employees , psychologists and health storage in the field experts for important scientific and practical importance has .

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