

## CLINICAL DISEASES ARISING AFTER MENTAL DISORDERS IN THE ELDERLY

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**Abstract:** In this article, you will learn about the clinical disorders that occur as a result of mental disorders in old age, and you will gain a broad understanding of what to pay attention to in order to prevent and treat these disorders. you will also be able to learn the methods.

**Key words:** Old age, chronic cough caused by mental stress, heart disease, stroke, tinnitus, dizziness, deafness caused by mental disorder, healthy lifestyle.

**Introduction:** Knowing the characteristics of the psyche of the elderly and the elderly, understanding the mechanism of mental changes caused by old age, forms the basis of the approach of practicing psychologists to elderly patients. Geriatric care is sometimes not somatic pathology, but the study of negative social factors (changes in stereotypes at work and in everyday life, conflicts in the family, etc.) 'rin holds. Therefore, it is necessary to pay attention to the mental state of elderly patients. Any stressful situation can cause a number of changes in them, which leads to the increase of latent pathological processes and the development of severe conditions. Many elderly and elderly patients need to be prevented from being lonely in the first place. Good advice, help with lifestyle changes and normalization of relationships with loved ones are often one of the main factors in improving health. A number of pathological and clinical diseases occur in the elderly when the above-mentioned conditions are violated. In this article, I will introduce you to several diseases caused by disorders in the psychology of the elderly, as well as ways to treat and prevent them.

**Main part:** Chronic cough: Older people who cough a lot should not smoke and should see a doctor. If they had tuberculosis when they were young or coughed up blood-tinged sputum, they may have tuberculosis. If an elderly person has wheezing, shortness of breath (asthma), and swollen legs, they may have heart disease. And these situations are also caused by the disorder of the human psyche.

Another serious psychological illness in the elderly is heart disease:

Heart disease is more common in older people, especially if they are obese, smoke, or have high blood pressure.

Signs:

- Shortness of breath and agitation after exercise, exacerbation of asthma-like attacks after lying down (cardiac asthma).

- Acceleration of the pulse, its weakness or unevenness.
- Leg swelling gets worse after noon.
- Sudden pain in the chest, left shoulder, or arm during exercise that goes away after a few minutes (angina).
- A sharp pain in the chest that feels like something heavy has crushed it, and does not go away even with rest (heart attack, infarction).

Treatment:

1. Different heart diseases require different drugs and these drugs should be used very carefully. If you suspect the patient has heart disease, seek medical attention. It is very important to give him the right medicine.

2. People with heart problems should not work to the extent that they experience chest pain and difficulty breathing. But daily exercise can help prevent heart attacks.

3. People with heart problems should not eat fatty foods, and if they are obese, they should lose weight. Also, they should not drink alcohol or smoke cigarettes.

4. If an elderly person starts having heart attacks, has difficulty breathing or has swollen legs, he should not eat salt and salty foods. They should eat very little salt for the rest of their lives

5. Also, drinking half of an aspirin tablet every day can prevent a heart attack or stroke (impaired cerebral circulation).

6. If a person has angina or a heart attack (heart attack), he should rest in a cooler and quiet place until the pain goes away.

7. Hawthorn also helps.

If the chest pain is so severe that rest does not help, or if symptoms of shock begin to appear, the heart is more damaged. Get medical help. The patient should lie down for at least a week and take aspirin daily. He can then sit up or move around slowly, but he should be quiet for a month or so. Sometimes, in addition to Aspirin, Nitroglycerin and Beta-blockers can be used.

**DISORDER OF BLOOD CIRCULATION IN THE BRAIN (STROKE)** This disease is mostly caused by psychological stress. A stroke in the elderly is caused by a blood clot or hemorrhage in the brain. A stroke usually starts suddenly. A person may faint and fall. Usually, the face turns red, he breathes noisily, the blood pulse is strong and slow. He can lie in a coma (unconscious) for hours or days. If he survives, he may have difficulty speaking, seeing or thinking, and may be paralyzed on one side of his face or body. In more common strokes, the same problems can occur without loss of consciousness. Changes caused by a stroke may disappear later.

Treatment:

Position the patient so that his head is slightly higher than his legs. If he is unconscious, tilt his head to one side so that his saliva (or vomit) flows out of his mouth and not into his lungs. Do not give oral medicine, food or water while he is

unconscious. Seek medical attention if possible. After a stroke, if a person is paralyzed on one side, he must learn to use a cane using his good hand. He should avoid hard work and nervousness.

Prevention:

Note: If a young or middle-aged person suddenly becomes paralyzed on one side of the face without any signs of a stroke, it may be temporary paralysis of the facial nerve. This usually goes away on its own after a few weeks or months. Its cause is usually unknown. Most don't need treatment, but warm compresses can help. If one of the eyes does not close completely, bandage it at night to protect it from vision and injury.

**TINTING AND DIZZINESS AND DEAFNESS PROBLEMS:** If an older person has loss of hearing in one or both ears, sometimes feels dizzy and has "ringing" or "buzzing" in the ears, he may have Mener's disease. He may also experience nausea, vomiting, and profuse sweating. In this case, drink drugs such as Cinnarizine (stugeron), but do not take for more than 3 weeks, or take antihistamines similar to Dimenhydrinate, and the patient should lie down until the symptoms disappear. He should eat salt-free food. If it does not improve soon or if the problem recurs, then the patient should seek medical attention. Dizziness and ringing in the ears can be a result of a person's mental stress or mental difficulties.

**Summary:** The health problems of middle-aged and elderly people such as high blood pressure, hardening of the arteries (arteriosclerosis), heart disease, cerebral hemorrhage] usually violated their proper lifestyle in their youth, they ate and drank without asking, It is caused by the use of alcohol and tobacco.

If you follow these tips, you will have a better chance of living a long and healthy life:

1. Eat well - eat foods that are rich in nutrients, but not too much heavy, fatty or salty and too sweet foods. Avoid obesity. Use vegetable oil instead of animal oil for cooking.
2. Don't drink too much alcohol.
3. Do not smoke.
4. Do physical and mental work.
5. Get enough rest and sleep.
6. Learn to rest as much as is useful for you and learn to take a lighter look at various problems that worry you and spoil your mood.

Follow the above to prevent and treat high blood pressure and hardening of the arteries (arteriosclerosis), the main causes of heart disease and stroke. Lowering high blood pressure is necessary to prevent heart disease (infarction) and cerebral circulation disorders. People with high blood pressure should check it periodically and lower it. For people whose blood pressure can't be lowered by eating less (if they're obese),



quitting smoking, exercising more, and getting enough rest, taking blood pressure medication may help.

Finally, I would like to say that a person who aims to spend his old age in good health without any diseases should protect himself from his youth and be free from negative diseases. And not only the elderly, but people of all ages should stay away from situations that have a negative effect on the psyche and protect themselves from mental stress. Only then can a person live a beautiful life as he wants.

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