



The Effect of Emotional and Nervous Changes in the Body on Acne in Patients With Functional Dyspepsia

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Relevance. Acute and chronic stress, as a powerful etiological factor of PD, is an integral part of inflammatory skin lesions, where lipid peroxidation is activated, microcirculation is disrupted. It is generally believed that the pathological process in the mucous membrane of the stomach and duodenum is accompanied by autoimmune reactions that lead to inflammatory skin lesions. Among the etiological factors of these diseases, special attention is currently being paid to *Helicobacter pylori* (Hp), which is the cause of it in 96-100% of cases. Thus, the most significant etiological factors in the development of lesions of the mucous membrane (CO) of the gastrointestinal tract (gastrointestinal tract) are *H. pylori* infection (associated with it - PD, chronic gastritis, peptic ulcer and other diseases).

Traditionally, with this pathology, the patient is prescribed antibiotics, sometimes the unannounced intake of these pharmaceuticals leads to increased activity of oxidative enzymes of the existing microflora, leading to damage to the integrity of the gastric mucosa, up to pronounced excavation of the epithelial layer. It was revealed that the wall of *Helicobacter pylori* (Hp) has pathogenic properties due to the presence of a specific CagA protein, this protein is in fact one of the "initiators" of the production of pro-inflammatory cytokines, in particular interleukin-8 (IL-8). This dictates the requirement to strictly follow treatment protocols, including eradication of *helicobacter* infection.

Studies by a number of researchers have established a correlation between the existing psychosomatic status of patients (reactive and personal anxiety) of the opposite side and the clinical course of PD, and this is typical for both types of functional dyspepsia. All this speaks about the nature of the personality and the emotional coloring of the patient's complaints at the time of examination, this can be justified by the ongoing somatization of the body. Studies confirm the opinion about the close relationship between the physiological function of the gastrointestinal tract and the psychosocial component of the patient.

The physiology of the gastrointestinal tract is unthinkable without understanding the activity of the ANS, against the background of increased anxiety and pronounced violations of the cortical mechanisms of regulation of the functioning of the gastrointestinal tract is one of the main pathogenetic mechanisms for the development of acne and PD provoking increased susceptibility of the mucosa to various factors (food, stretch marks, pressure), which leads to pathological changes in the motility of the gastroduodenal segment of the gastrointestinal tract.

Conclusion.

This determines the need to take into account psychoemotional factors when developing an algorithm for complex treatment of UB in patients with PD. There is a need to include sedative drugs and an antidepressant in acne therapy in patients with PD. Our studies have revealed a disorder of the autonomic nervous system in UB in patients with PD in the form of sympathicotonia and vagotonia, which corresponds to the data of a number of researchers. At the same time, a significant difference within the group and the relationship of the predominant influence of one of the departments of the autonomic nervous system with the PD variant has not been established. However, a relationship has



been established between the intensity of symptoms such as pain and burning, a feeling of discomfort in the epigastric region, in patients with EB and vegetative status.

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