

## ON THE EFFECT OF PHARMACOLOGY SUBSTANCES ON THE HUMAN PSYCHOLOGY

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### ANNOTATION

This article is devoted to the topic of the effect of pharmacological substances on the human psyche. The article also discusses a wide range of topics, such as drugs that pharmacologically affect the human psyche and brain, their specific properties, mechanisms of action, integration of the achievements of modern medicine, pharmacology, psychotherapy, psychology, anesthesia, antidepressants.

**Keywords:** pharmacology, substance, psyche, brain, anesthesia, modern medicine, psychotherapy, mental state, clinical symptom, treatment, sedation, bioprophylaxis, psychoprophylaxis, patient, disease, medicine, medicine.

### INTRODUCTION

In the treatment of patients, along with various medicines, various physical methods are widely used in the form of some physiotherapeutic procedures and in the complex in sanatorium-resort conditions. In the treatment of patients, it is necessary to take into account the ratio of psychological and pharmacological effects. These issues have become especially relevant in the current era, when the number of drugs used in various fields of medicine has greatly increased:

- 1) the effect of pharmacological substances on the mental state of a person;
- 2) pharmacological substances have different effects on a person depending on his mental state.

Some of the substances used in modern medicine have been used since ancient times to alter mental states. Leaves of tea, coffee, coca plant are used instead of stimulating and invigorating substances.

Due to the narcotic effect of several substances, it has become used for anesthesia in surgery. NARCOS means sleep in Greek. Narcosis is known using chloroform, ether and other substances. In the 20th century, cocaine was replaced by a new synthetic chemical drug - novocaine.

Narcotics, primarily opiates (morphine, caffeine, pantopone), chloral hydrate became widely used as a substitute for sedatives, as well as for the treatment of common ailments such as insomnia.

Nervous system stimulants are widely used in medical practice, along with sedatives.

I. P. Pavlov proved that caffeine enhances the affective process and thus improves the performance of the experimenter.

In addition, tranquilizers (tranquilizers) reduce the excitability of the central nervous system and eliminate mental agitation, while they also cause light sleep. Aminazine and reserpine drugs are used for this. Mild tranquilizers, such as meprobamate, librium, and other sedatives, are used to reduce restlessness and to relieve panic and anxiety.

Antidepressants - these are good when the mood decreases, especially in depressions caused by internal conditions, i.e. endogenous. Antidepressants are also successfully used in somatic diseases accompanied by mental and emotional inhibition.

Sympathomimetic substances can cause various mental disorders. Hallucinogens, that is, substances that cause real hallucinations, have the same effect, expressed somewhat more strongly.

Usually, some drugs can cause mental disorders if they are used in large doses. Under the influence of acrichin, atropine, synthomycin and other substances, various changes occur in the behavior of animals, similar to the changes in the human psyche.

Some psychogenic diseases, including diseases of the endocrine glands, can occur as a result of excessive stress on the psyche. diabetes mellitus, hyperthyroidism and other endocrine diseases are often followed by mental nausea. In such cases, substances that restore the endocrine system also eliminate mental changes.

Different effects of pharmacological substances on a person, depending on his psyche and condition

Clinical observations and special physiological tests indicate that the effect of the drug depends on the human psyche. Interesting experiments were conducted on dogs in the laboratory of I.P. Pavlov. These experiments ended with the discovery of the unconditioned reflex. That is, Pavlov discovered the unconditioned reflex.

When treating with pharmacological substances, including psychoactive substances, it is necessary to take into account the influence of the patient population. The positive or negative effect of some drugs, such as Andaxin, Melipravin, etc., often depends on the attitude of active patients ("group leaders") in a certain group to these drugs. Due to the fact that the effects of pharmacological substances are highly dependent on the central nervous system and the population, the placebo method has recently been used in testing new drugs.

According to V.D. Mendelevych, the placebo method is a control substance that resembles a medicinal substance in terms of external properties, color, smell, and taste, but does not have an effective basis. The placebo effect is reflected in all people. Some people's reaction to this method may exceed the effect of the actual substance, and the reaction is much weaker in people who are weak. It depends on whether or not the patient or the examined person believes in the wishes and desires of the patient and in this regard the effect<sup>1</sup>.

It is known that 38% of patients with heart attack, 30% of patients with severe pain after surgery, and 58% of people with seasickness have a positive effect compared to placebo.

In addition, it is necessary to mention that in some patients, in particular, in patients suffering from neurosis, anxiety and panic, excessive doses of drugs often do not blind.

A person gets used to drugs and becomes addicted to them. In this regard, the tendency in the form of a disease, expressed by the abuse of drugs, became called drug addiction. Abstinence occurs when drug use is stopped, which is clearly expressed in cocaineism and morphinism.

Withdrawal episodes are accompanied by severe mental and physical changes. A person's emotional state changes, and his day is filled with sadness and anxiety. Heart activity and breathing are impaired. There is pain in different parts of the body. Abstinence depends on certain biochemical changes in the body and the effects of several psychological factors. In the treatment of drug addiction, it is very necessary to influence the patient's psyche, especially the emotional state, with various psychotherapeutic methods.

The role of psychology in the treatment of alcohol addiction is evident. Now conditioned reflex therapy against alcoholism in the form of treatment with apomorphine, antabuse and some

other substances has become a very broad picture. All these substances caused some significant autonomic reactions in the form of daytime nausea, vomiting, changes in heart activity, respiration. At the end of the course of treatment, after the formation of a conditioned reflex, the appearance of alcohol in the eye itself causes significant autonomic reactions, due to which the patient subsequently refuses to drink alcohol.

Psychotherapy and healing exercises. In medical practice, it is widely used in therapeutic exercises. Therapeutic exercises consist of regularly and consistently exercising some organs and systems of the body, some mental functions, or the whole personality of the patient. Patients are given specific tasks that they can perform, while during treatment these tasks become more complicated.

Such a method is used in both psychiatry and neuropathology. For example, in Korsakov's psychosis (memory impairment, polyneuritis), along with drug treatment and physiotherapy, memory strengthening exercises are effective. Other types of neurotic disorders have also been shown to improve with exercise.

Psychotherapy in the form of "Environmental Therapy". The environment or microenvironment refers firstly to the people who are very close to the patient, and secondly to the situation that surrounds the patient while he is at home and in medical institutions.

A sick person is in very good contact with the environment. The environment determines the scope of the patient's interests, his social and spiritual image, as well as his emotional state, mood and mood in many ways. The effect of a well-organized environment on the patient is a powerful healing tool. According to N.V. Seredina, the environment:

– Out-of-hospital exposure; – It is possible to divide the effect inside the treatment facility.

Another type of "environmental treatment" is exposure in a hospital, sanatorium, dispensary. Psychotherapeutic regimen plays a big role here: 2 main types of this regimen can be distinguished: 1) curative protective regimen; 2) healing Activating mode.

The protective treatment regimen is prescribed for patients who have exhausted their medication, and for patients who have experienced acute mental trauma. This regimen focuses on patient rest and allows the patient to heal through rest and sleep. During this period, soothing conversations are held with patients. They are also advised to take sedatives and sedatives.

However, this regime should not be long, and we must not forget that this type does not cure any nervous diseases.

In short, in the therapeutic and activating mode, efforts are made to create a situation close to the real life environment. At the same time, this mode creates good opportunities for psychotherapy. The psychological significance of the therapeutic activation regime is that patients become subjects rather than passive objects to be treated or otherwise influenced by doctors and staff. If more extensive research is carried out in this regard, it is possible to achieve great achievements in the field of biology, psychology, pharmacology.



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