



IMPACT OF PSYCHOSOMATIC DISORDER AND SEXUAL DYSFUNCTION IN SELECTED HOSPITAL OF RAJASTHAN: A STUDY

Ruby Singh¹, Dr. Khemchand²

Department of Nursing

^{1,2}Shri Venkateshwara University, Uttar Pradesh, (India)

Abstract

The dysfunction of sexual organs is a common issue in depression; however, this has not been reported frequently and the judgments made regarding the improper functioning of the sexual organs is very common. The use of medications in treating depression greatly affects the functioning of the sexual organs. As a result, we opted to investigate the prevalence and types of sexual functioning difficulties, sexual stories, and erroneous judgements in discouraged males, as well as the changes in depression and sexual functioning following treatment with escitalopram, in comparison to the general population. Proper functioning of sexual organs is important to lead a happy life. In India it has been noted that depression can very much contribute in improper functioning of sexual organs. This article discussed about the impact of psychosomatic disorder and sexual dysfunction in selected hospital of Rajasthan.

Keywords-Psychomatic disorder, Sexual dysfunction, depression, Rajasthan

1. OVERVIEW

The signs and symptoms associated with depression plays a major role in providing hinderance to the proper functioning of the sexual organs. For example, patients with depression found to have the inability to experience joy and they tend to experience weakness and the lack of confidence in patients with depression causes them to experience low functioning of sexual organs. To muddle matters, the drugs which are used to treat depression are associated with sexual dysfunction. In India, talking about sex is viewed as forbidden. The patient's ponderousness and the doctor's trouble in taking care of sexual issues regularly make the two gatherings hesitant to talk about sexual problems. We contemplated and thought about the commonness of dysfunction of sexual organs in two categories, the association between depression and functioning of the sexual organs, and the enhancement of sexual functioning and the depressive manifestations after treatment with a serotonin-explicit reuptake inhibitor (SSRI) in the discouraged guys toward the finish of about a month and a half. Dysfunction of the sexual organs and fantasies and confusions were observed to be more typical in discouraged guys as compared to all-inclusive community.

There is an association of depression with sexual functioning and, progressively serious the depression, the more noteworthy the force of problems in functioning of the sexual organs, explicitly



sexual desire and satisfaction. It has been noted that there is an improvement in sexual functioning upon treatment of depression. In this research, the health-care experts for mental disorders must ask in regards to sexual functioning delicately, guarantee that they will make the patient aware of the improper functioning of the sexual organs with the use of medications for the treatment of depression. Even though the patients were evaluated by specialists, the proper method for the identification of patients with sexual dysfunctions was not used. To understand the relationship between depression and the proper functioning of the sexual organs with the use of antidepressant drugs the studies are making use of methods such as understanding the sexual history of the patient and performing follow-up with the patients who uses antidepressant drugs.

2. SEXUAL DYSFUNCTIONS PROBLEMS AND DEPRESSION

A major depressive disorder (MDD) and the dysfunction of the sexual organs seem to have a two-way relationship, with dysfunction of the sexual organs increasing the danger of depression as well as its treatment much of the time being referred to as reasons for dysfunction of the sexual organs. It was recorded that in Rajasthan, patients who were using drugs for the treatment of mental disorders, they experienced some improper functioning of the sexual organs and the percentage of people affected were around 60%.

A main source of non-adherence to antidepressants is the improper functioning of the sexual organs, due to the consumption of these drugs, is considered to be the greatest unsatisfactory reaction in India. Bringing down drug measurement, for example, is one way to increase sexual function throughout upper therapy, changing to another stimulant from the equivalent or an alternate class, or including another operator, for example bupropion, bupropion (a norepinephrine-dopamine reuptake inhibitor), or a cGMP-specific phosphodiesterase type 5 inhibitor (for example tadalafil and sildenafil). If the perplexing connection between sexual dysfunction, depression, and stimulant medication is successfully handled, clinical results are expected to improve.

Relationship between depression and sexual problems?

Consider the brain to be a very sensitive sex organ. The brain stimulates the sexual desire which moves down the body. That is a direct result of exceptional brain synthetic compounds known as synapses. These synthetic chemicals increase brain cell communication and increase blood flow to the sex organs. The difficulty is that with depression and other mental illnesses, the brain circuits that transmit these synthetic compounds don't work properly. Numerous people with depression recount having low or no sexual desire which creates relationship issues among the population of India.

Do antidepressants cause sexual problems?

As accommodating as antidepressants are in boosting an individual's state of mind or feeling of self-esteem, a few sorts of antidepressants - for instance, the selective serotonin reuptake inhibitors (SSRIs) - can have unwanted reactions. Those symptoms can result in sexual problems. Antidepressants help support the state of mind in individuals with depression by adjusting the functioning of synthetic brain substances (synapses). In any case, similar synthetic substances are engaged with the sexual reaction.

Upgrades in CSFQ scores among women were comparable in the fake treatment and vilazodone-treatment groups and lower in the citalopram gathering. For men, enhancements in CSFQ scores were



comparative between dynamic treatment groups and higher in the fake treatment bunch in Rajasthan. In patients who reacted to stimulant treatment ($\geq 50\%$ improvement from standard in MADRS complete scores), stamped enhancements in CSFQ all-out score (+2.26 to +5.06) were seen. CSFQ complete score changes were more noteworthy in women than men for vilazodone patients, yet more prominent in men than women for fake treatment and citalopram patients. Of note, as a three-point increment in CSFQ all-out score is viewed as clinically important improvement, change in sexual functioning surpassed this level for female responders in the vilazodone 20 and 40 mg/day groups and the fake treatment gathering, and for male responders in the vilazodone 20 mg/day and fake treatment groups.

3. PSYCHOSOMATIC PROBLEM

When a set of complex, intermittent, and often changing physical symptoms that last at least two years before the patient is sent to a specialist is known as psychosomatization. The condition has been renamed physical manifestation disorder (SSD), which encompasses somatization disorder, hypochondriasis, torture disorder, and undifferentiated somatoform disorder. Unseemly activation of the self-governing anxious mechanical assembly, the endocrine, and the safe frameworks has been blamed for psychosomatic diseases (PSD) (protection structures and cells). Over 70% of medical students appear with symptoms indicative of psycho-somatization, according to statistics.

Despite this, further study shows that the phenomenon may have been exaggerated. Despite the fact that psychosomatic problems in medical school are often overlooked, this condition has been trivialized and even given labels such as "medical student infection" or "medical understudy infection" throughout the years. Medical understudies are more likely than legal understudies to suffer psychosomatic problems, according to research conducted about two decades ago. However, diagnosing Indian medical students as having psychosomatic diseases may be a misnomer, since it might be anxiety difficulties resulting from a demanding medical school programme.

4. WORKING CONDITIONS THAT ARE STRESSFUL AND SYMPTOMS OF PSYCHOSOMATIC DISORDERS

The physical and mental health of attendants has been proven to be negatively affected by a variety of demanding working situations. They are working environment stress in nursing: A writing audit. Medical caretakers in clinical work may experience misfortune and good distress that hinder their ability to give ethically touchy patient consideration Understanding good livability: A structure to upgrade the quality of the clinical condition as a work environment. Word related stressors among medical attendants incorporate an absence of saw social help from directors and friends. Factors influencing the activity-stress and employment satisfaction of Australian medical caretakers:

Enrollment and retention implications: Work related stress, work satisfaction, and workplace among Icelandic medical attendants: Low degrees of work conditions and thinking about passing on patients staying at work longer than required and non-organizational factors. Working environment stress in nursing: and move work, with nonstop consideration for patients. In writing, the expressions "stressors," "stressful occasions" as well as "stress" are utilized in a few different ways. Under high and low stress, there is use of staff members based on expertise and experience. As the consequence of two unique powers that follow up on the person. As a result of two distinct abilities that follow up



on the individual. As the number of requests exceeds the person's resources, he or she will get more stressed.

Impact of the departmental condition in intense consideration hospitals Instructions to think about yourself when thinking about patients and their families encountering life-undermining illness Health care staff are being looked with expanding weight, and passionate depletion scores were high among Hungarian health care staff included medical attendants. Burnout, workplace conflict, job satisfaction, and psychological health among Hungarian health-care workers: Several studies have shown a link between stressful working situations on the one hand, and psychosomatic symptoms (PSS) and musculoskeletal complaints on the other. The frequency of psychosomatic disorders was expanded in Indian emergency clinic attendants who revealed higher self-detailed stress scores; stomachache, back agony, and firmness of shoulders and neck were related to presentation to stressors at home and the working environment.

5. IMPACT OF PSYCHOSOMATIC DISORDERS

The impact of psychosomatic disorders gives rise to a lot of diseases which involves both mind and body. People who suffer from such condition affects their ability to function effectively. The misconception associated with these disorders is that people think the reason behind this is medical conditions rather than any psychiatric distress. They tend to believe that any physical harm can affect their mind but it is hard to believe for some people that due to their mental conditions such as depression or anxiety they can develop physical health conditions. These psychosomatic disorders affect the mental as well as physical aspect of the body. The impact of such disorders differs from person to person.

6. THE TREATMENT OF PSYCHOSOMATIC SYMPTOMS

Treatment of psychosomatic symptoms in palliative consideration is troublesome. It reacts best to a psychologically arranged physician who is capable and willing to assume last liability and therapy for both physical and psychological consideration. A sympathetic specialist quiet collaboration is essential to getting help with psychosomatic symptoms. A solitary palliative consideration specialist with experience overseeing symptoms can be significant eliminated unnecessary examinations and treatments. The focal point of the therapy is on improving daily functioning, not on only fix symptoms. Suffering diminishing is always a huge piece of showing signs of improvement. Working in a multidisciplinary group ought to be the greatest technique to fix the psychosomatic disorders in palliative consideration.

Pain therapy

Pain is the focal point of the patient's suffering in pain syndrome. Even if the reason is psychological, it is always linked to the quest for medical treatments. The condition may be acute or persistent, and it can occur in Rajasthan in conjunction with a severe chronic ailment. In severe chronic conditions requiring palliative care, pain is one of the most prevalent and uncomfortable symptoms.

7. ROLE OF PALLIATIVE CARE IN PSYCHOSOMATIC DISORDERS

The focus of palliative care is not limited to treat a patient's disease but also it helps a person in leading a quality of life. The purpose of psychosocial care, according to the National Council for Hospice and Specialist Palliative Care, is to comprehend the patient's mental and emotional state. This helps to improve the condition of the patient as well as provides them encouragement to discuss about



their feelings and also contributes majorly in improving the psychological and emotional state of the person. In palliative care the use of psychosomatic disorders involves the management and evaluation of different specialities such as psychology, psychiatry. Palliative care is becoming one of the most important aspect in providing care as it is providing consultative services to the family and the patient to manage their disease and overall health. The team of palliative care which involves social workers, skilled nurses and volunteers focuses on assessing and managing the situation of the patient. The patients suffering from psychiatric issues are referred to the palliative care team to understand in depth the reason behind their suffering.

8. CONCLUSION

This study aims to determine the example of PSD implementation and its financial drivers among medical students in South East Nigeria. There are few investigations on PSDs among medical understudies at tertiary institutions in this part of the country, and little has been published on the subject due to misunderstanding and misdiagnosis. For more than 40 years, stress has been persuasively recorded in the literature as affecting medical attendants all over the world. An enclosed atmosphere, time weights, intemperate agitation or excessive quiet, unanticipated swings from unusual to commonplace duties, no additional opportunity, unpleasant sights and noises, and long-standing hours in Rajasthan Hospitals are among the attendants' conditions.

To support the person and the environment, it is critical to identify the degree and sources of stress in a healthcare organization and to find stress the board systems. Medical caregivers' stress affects their health and contributes to non-appearance, wear-and-tear rates, damage claims, illness rates, and treatment errors in Rajasthan. Workforce prices will continue to rise, adding to the officially taking off charges of consideration, until healthcare arrangements identify the issue and discover a strategy to deal with the expanding danger of everlasting stress. Truancy, turnover, and illness among medical attendants all increase the cost of working in healthcare facilities.

A study of the prevalence of musculoskeletal complaints among medical attendants found that 36% had back complaints, 30% had arm and neck complaints, and 16% had leg complaints; additionally, a large percentage of attendants (89%) saw nursing functions as physically strenuous business-related hazard factors for musculoskeletal grumblings in the nursing profession: The findings of a poll have been examined. Back issues are more frequent among female medical attendants (44%) and a lack of family support is a predictor of mental symptoms among Rajasthani attendants. Medical caretakers revealed in an investigation conducted in one emergency clinic in India that they face brutal treatment in the open because of direct contact with the patients and their families on a daily basis; furthermore, they said that the emphasis is on the faults rather than a real evaluation of the quality of their work, and that punishment is the most frequently accepted technique of dealing with their mistakes.

Stress is a normal reaction to the inability to deal with certain demands and situations. Concerns of hypertension, stomach ulcers, and diabetes have been raised by many designers. Additionally, research is being performed to discover and establish the significance of stress as an etiological component in a number of oral sores. Sigmund Freud felt that aberrations during this phase of development not only shape fundamental personality features, but also lead to a subsequent propensity to depression.

Psychosomatic diseases are illnesses that are defined by physiological changes that start midway



between passionate elements. Both the body and the mind are involved in a psychosomatic condition. These disorders appear physically as a result of mental or enthusiastic causes. The most common are stress, worry, and despair. Many mental disorders impact the oral and para-oral tissues, and many of them have a definite psychosomatic etiology, yet often go unrecognized in Rajasthan hospitals because to the typical and limited nature of their presenting symptoms.

Psychosomatic symptoms emerge as a physiological response to intense situations in this way. When a stressed patient is in a state of fear, his circulatory strain is likely to be high, and his pulse and breathing rate are likely to be increased. When the fear subsides, this delicate physiologic mechanism generally subsides. The enthusiastic mood is impacted and the physiological side effects associated with the anxious state continue if the person has a persistent apprehension (perpetual anxiety) that he or she isn't able to express consciously. The majority of the time, following a mental intervention, a person becomes aware of the physiological problem in Rajasthan.

REFERENCES

- [1]. Dossenbach MR, Basson BR, Bitter I. Use of antipsychotic treatment and functioning of sexual organs in patients with neuroleptic-treated schizophrenia. *Int Chil Psychopharmacol.* 2005; 20:19–21.
- [2]. Abramowitz, J. S, Deacon, B. J. & B. J. (2006). The anxiety disorders and its associated sensitivity. *Journal of Anxiety Disorders*, 20, 837-857.
- [3]. Cutler AJ: Dysfunction of the sexual organs and treatment with antipsychotics. *Psychoneuroendocrinology* 2003;28:69–82.
- [4]. Kaplan SA, Kohn IJ. Sexual dysfunction in female. *Contemporary Urology.* 2000 ;11:54-72.