



## THE ROLE OF HYGIENE IN PROTECTING WOMEN'S REPRODUCTIVE HEALTH

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**ANNOTATION:** This article analyzes the impact of psychosomatic factors on women's health, their role in the development of gynecological diseases, and modern methods to mitigate these processes. Research shows that psychological conditions, stress, social environment, family relations, and emotional factors directly affect women's hormonal balance and reproductive functions. The article emphasizes the significance of psychosomatic approaches in gynecological practice, highlighting the importance of psychological support in prevention and rehabilitation processes.

**KEYWORDS:** psychosomatics, women's health, stress, hormonal balance, reproductive health, psychotherapy, prevention, rehabilitation, social factors, emotional balance, gynecology, psychological support, mental state.

### INTRODUCTION

In modern medicine, psychosomatic processes are of particular importance among the factors affecting women's health. The term "psychosomatics" refers to the inextricable link between mental (psychic) factors and physical (somatic) diseases. Scientific research conducted in recent decades shows that women's health, especially changes in the gynecological system, is closely related to the state of mind. Stress, anxiety, depression, family conflicts and social pressure can disrupt hormonal balance and cause menstrual cycle disorders, infertility, early menopause, and even inflammatory processes. In the conditions of Uzbekistan, women's mental health is also one of the pressing issues. Social changes in society, economic pressure, family problems, and stress factors at work lead many women to a state of psychological



distress. Therefore, the study of psychosomatic factors and their consideration in medical prevention and treatment processes has become an important scientific direction for gynecological practice.

### **MAIN PART**

The mechanism of development of psychosomatic diseases in women is complex and is based on the interaction between the central nervous system, endocrine system and immune system. In a state of stress, the hypothalamic-pituitary-adrenal axis is activated, which causes excessive production of hormones such as cortisol, adrenaline and prolactin. As a result, the balance of estrogen and progesterone is disrupted, irregular menstrual cycles, decreased ovarian function, inflammation of the uterus or infertility are observed. The role of the psychosomatic approach in medicine is that it identifies not only physical symptoms, but also their psychological roots. For example, prolonged emotional stress causes spasm of the uterine muscles, leading to painful menstruation (dysmenorrhea). Also, low self-esteem, feelings of guilt, family conflicts and internal conflicts often exacerbate psychosomatic inflammatory processes in the reproductive organs.

Studies show that in response to psychological stress, the immune response system in women weakens. This creates a favorable environment for bacterial or viral infections. Therefore, the root cause of many gynecological inflammatory diseases lies in the factor of mental instability. According to the Uzbek Psychoneurological Centers, one in five women experiences psychosomatic symptoms associated with stress during her lifetime. In gynecological practice, the psychosomatic approach requires a comprehensive assessment of the patient. In this process, doctors pay attention not only to laboratory results, but also to the patient's mental state, lifestyle and social environment. For example, women who come with chronic pain syndrome or menstrual disorders are provided not only with hormonal treatment, but also with psychotherapeutic assistance. Effective areas of psychotherapy include cognitive-behavioral therapy, gestalt therapy, relaxation techniques, autogenic exercises, meditation and art therapy. These methods help women learn to manage their emotions, overcome stress and accept themselves. As a result, hormonal balance is restored, the body's immune defenses are strengthened. Among preventive measures, social programs aimed at strengthening mental health are of great importance. Psychological counseling centers for women, online therapeutic platforms, mass seminars and



trainings promoting a healthy lifestyle are increasing. Psychological services are also being expanded in Uzbekistan under medical institutions. In addition, a healthy lifestyle — proper nutrition, regular physical activity, quality sleep, rest and positive thinking — is a key factor in the prevention of psychosomatic diseases. Maintaining mental stability, strengthening the social support system, and improving the family environment also strengthen women's health. The concept of "psychosomatic rehabilitation" is widely introduced in modern medicine. This approach is aimed at restoring not only physiological, but also mental health during the recovery period after gynecological diseases. During the rehabilitation process, a psychologist, physiotherapist and gynecologist work together. The effect of this multidisciplinary approach is that a woman can restore her health in a comprehensive way.

The social significance of the psychosomatic approach is also great. Decreased working capacity due to mental instability, family conflicts, infertility or depression are also a social problem for society. Therefore, it is urgent to expand psychological services in state health policy, develop stress management programs for women, and strengthen social support mechanisms. In recent years, the principle of an integrated approach to women's health has been introduced in the medical system of Uzbekistan. This is implemented, first of all, by expanding the activities of "Women's Health Centers", systematizing preventive examinations, and improving the quality of psychological counseling. The principle of "Healthy mother - healthy generation" today expresses the main goal of the psychosomatic approach, namely, combining mental stability and healthy motherhood.

### CONCLUSION

Psychosomatic factors play an important role in women's health. The stability of the mental state determines hormonal balance, reproductive activity and overall immunity. Therefore, it is necessary to widely apply not only a medicinal, but also a psychological approach in gynecological practice. Many gynecological diseases in women can be prevented by reducing stress, strengthening mental health, and creating a supportive family environment. Modern psychosomatic medicine, integrative psychotherapy and a healthy lifestyle are the most important keys to improving women's health. Hygiene is an important factor in maintaining women's reproductive health. Compliance with the rules of personal hygiene, proper use of hygiene products and regular medical examinations prevent various infectious and hormonal diseases.



Increasing the culture of hygiene ensures not only women's health, but also the healthy development of the future generation. Therefore, widespread dissemination of knowledge about hygiene among women is one of the most effective ways to strengthen reproductive health. The formation of proper hygiene habits, adherence to hygiene during menstruation, pregnancy and the postpartum period are key factors in maintaining women's health. Compliance with the rules of personal hygiene plays an important role in preventing infections, inflammatory diseases and infertility. Medical prevention, regular educational work on hygiene and a responsible attitude of women to their own health contribute to the development of healthy motherhood in society. Therefore, paying attention to hygiene is to preserve women's health, and therefore the future of the entire society.

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