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PSYCHOSOMATIC CONCEPT – HOLISTIC OR DUAL PERSPECTIVE OF HUMAN BEING

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Psychosomatic ideology does not mean only to offer to doctors a supplement weapon in the process of cure or of preventing the integrity of the body. It highlights and valorizes the role of these spiritual forces, which can determine the keeping or the lost of the well being state and the autodetermination of a person. Thus, the will can have a role in this fight against the disease. Psychosomatic represents a field where every specialties of the medicine can be met because in any medical field, any individual, any healthy or unhealthy human body had a relationship with the ambient, had emotions and an affective state, thus there is a psychic equilibrium.

Classical definition for psychosomatic is that the determinism of any somatic disease involves a psychological factor, even undetectable, which influences the genesis of the disease. On the other hand, in any process of summarization, it is necessary to present what kind of somatic problem is, the mechanism, the economic value in global functioning of the subject, which are the observable consequences and the therapeutic measures.

But, what it is psychosomatic? This term was introduced for the first time in 1818 by Heinroth and it reflects the dualistic concept about human being and the relationship between somatic and psychic. All of these considerations derive from the dualistic concept body-spirit from Descartes. From other point of view, for example Freud considers that there are some boundaries of these relationships between psychic and biologic issues and he promoted a holistic perspective of the human being. But, later, other members of the psychoanalytic school of Chicago in 1927, Felix Deutsch and Alexander Dunbar, tried to define psychosomatic medicine and to decode the mechanism of conversive hysteria from a psychosomatic perspective and to realize different type of personality profile in concordance with different kind of psychiatric disorders.

The psychosomatic school from Paris, elaborated a theory of psychosomatic economy, which presents the man from a holistic and metaphysic concept, considering the existence of a multifactor determinism which includes also the biological factor. Thus, the human body has a lot of developmental and contra-developmental movements and the disease represents a problem of the organization of the body caused by internal or external factors, with different types of reorganization.



Nowadays, the term psychosomatic represents a concept of medicine, focus on organism seen like a global, holistic issue, not only as parts of the organs. This concept comes from a Hippocratic idea, the psychosomatic unity of the man, which can be evaluating from a psychological or physiological point of view. But, it is not necessary to generalize this concept and to consider every patient a psychosomatic one, it is necessary to find the etiology of the diseases with somatic features and to consider all the psychological factors and the personality of the patient.

Before to consider any disease or disorder been a psychosomatic one, it is necessary to answer to several questions:

- what are the arguments which sustain the relationship between some trauma of life and the evolution of a somatic disease?
- all the external factors can determine an interpersonal conflict and by consequence a somatic disease?
- the list with all psychic factors which can determine a psychosomatic disease can become more extensive, but this is correct all the time?
- exist a connection between some somatic disease and the character of the patient?
- there is a profile of the personality which can represented a vulnerability for some disease?
- why the same kind of life events or conflicts determine to some persons reversible somatic dysfunctions and to others lesional dysfunctions?
- why the same conflict which act on a number of individuals can determine behavioral changes, psychiatric disorders or only somatic changes?
- what is the relationship between somatic disease, original conflict and the meaning of the somatic symptom?

We can not answer to all of this questions at this moment, but the modern concept of psychosomatic tries to include the reflection of all these theories in clinical practice and to consider the interaction of the individual with his medium, his interior conflicts, external and internal own resources, all affective trauma, stress factors and all the stable, structural elements and psychic functioning.