

THE ROLE OF PSYCHOSOMATICS IN THE DEVELOPMENT OF UTERINE FIBROIDS

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Abstract: This article is dedicated to studying the role of psychosomatics in the development of uterine fibroids. Uterine fibroids are a common tumor among women of reproductive age, and in their development, not only hormonal and genetic factors but also psychological factors play a crucial role. Stress, childhood trauma, constant emotional pressure, and negative mental states disrupt the hormonal balance of the body and can create a favorable environment for the formation and growth of fibroids. This article analyzes the psychosomatic aspects of uterine fibroids, the main psychological factors affecting the development of the disease, and ways to overcome them. The research results indicate that a comprehensive treatment approach—an integration of traditional medicine and psychotherapy methods—may be effective in preventing the development of fibroids and easing the progression of the disease.

Keywords: uterine fibroids, psychosomatics, stress, hormonal imbalance, psychological factors, psychotherapy.

Аннотация: В данной статье рассматривается роль психосоматики в развитии миомы матки. Миома матки — это доброкачественная опухоль, широко распространенная среди женщин репродуктивного возраста, и ее развитие обусловлено не только гормональными и генетическими факторами, но и психологическими аспектами. Стресс, психологические травмы, полученные в детстве, постоянное эмоциональное напряжение и негативное психоэмоциональное состояние могут нарушать гормональный баланс организма, способствуя формированию и росту миоматозных узлов. В данной работе анализируются психосоматические аспекты миомы матки, основные психологические факторы, влияющие на развитие заболевания, а также пути их коррекции. Результаты исследования показывают, что комплексный подход, объединяющий традиционную медицину и методы психотерапии, может быть эффективным в профилактике миомы матки и облегчении течения заболевания.

Ключевые слова: миома матки, психосоматика, стресс, гормональный дисбаланс, психологические факторы, психотерапия.

Introduction. Uterine fibroids are the most common tumors among women of reproductive age, and in their development, hormonal, genetic, and environmental factors play an important role. According to statistical data, approximately 20–40 percent of women over the age of 35 are diagnosed with this pathology. In 2011, 40% of women were found to have

uterine fibroids, and this benign tumor is steadily increasing. By 2016, this figure had risen to 55%, with uterine fibroids being observed in more women. In recent years, along with traditional hormonal and genetic factors, there has been a growing focus on psychosomatic approaches to studying the causes of fibroid development. Uterine fibroids significantly affect women's reproductive and general health, often leading to menstrual cycle disorders, infertility, and chronic pain. However, the factors influencing the development of the disease remain incompletely studied, and especially the role of mental health and emotional stress has not been sufficiently explored. In modern medicine, psychosomatic approaches are gaining importance, as stress, internal psychological conflicts, and emotional traumas from childhood can affect women's hormonal balance, creating conditions for the onset of the disease. Today, women live under constant stress due to lifestyle, professional pressures, family, and social factors. This damages the body's immune system and increases the risk of developing gynecological diseases, including uterine fibroids. Therefore, it is important to study this issue not only from a medical perspective but also from psychological and social viewpoints.



This article analyzes the role of psychosomatic factors in the development of uterine fibroids, psychological causes that predispose to this disease, and the importance of a comprehensive approach to prevention and treatment. The main objective of the article is to highlight the impact of psychological factors on the pathogenesis and progression of uterine fibroids, as well as to explore contemporary scientific perspectives on this issue.



The etiology of uterine fibroids is multifactorial. The main causes include hormonal imbalance – the disruption of the ratio between estrogen and progesterone, genetic predisposition – the increased risk for women with a family history of fibroids (mother or grandmother), and environmental and metabolic factors – poor nutrition, excessive weight, and a sedentary lifestyle.

In recent years, the role of psychosomatics has been increasingly acknowledged. Psychosomatics is the science that studies the relationship between the body and mental state, explaining how stress and internal conflicts influence the development of somatic diseases. In the development of uterine fibroids, profound stress and emotional strain – constant anxiety, depression, and psychological pressure (disrupting the hormonal system) – as well as childhood psychotraumatic experiences (unpleasant experiences related to womanhood or motherhood), self-esteem issues, and personal relationship problems such as low self-worth, family conflicts, and the suppression of emotions, play a significant role. Additionally, research shows that problems in sexual life and psychological depression can influence the development of fibroids.

Medical treatment, particularly medications to balance hormones and surgical interventions, in conjunction with psychotherapy and stress reduction techniques, yields effective results. Several scientific studies demonstrate the effectiveness of a psychosomatic approach. Psychotherapy and stress management techniques (such as meditation and breathing exercises) can slow down or alleviate the development of fibroids. Therapies aimed at improving women’s psychological well-being, self-love, and self-worth reduce symptoms related to fibroids and improve overall health.

The psychosomatic approach helps to understand and treat uterine fibroids not only as a physiological issue but as a complex problem. Therefore, the integration of medical and psychological methods plays a crucial role in preventing and easing the progression of the disease.

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