

## **Psychosomatic Diseases**

This term is often heard and I daresay different resources have a different interpretation of it. Medicine construes it narrowly and only based on proven cases, identifying it as an illness group rooted in the psyche. Other views say every physical illness necessarily originates, or may originate, from a mental cause that strengthens the physiological or genetic inclination. Moving on from the land of scientific approach we enter the land where superior causes are associated with any illness or negative event. It is the world of hexes, curses, demons or occult "sciences", this latter becoming more and more popular recently. I must admit there is some truth in some of these, but we will discuss that later.

During the examination of mental backgrounds I like quoting popular phrases and words of wisdom. I do it not to make the book more interesting but to show the importance of century-old observations of simple people. In my opinion, most of such vernaculars are based on supportable experiences and traditions. For example the phrase 'be pining away with grief' makes splendid reference to depression and the often tragic outcome deriving thereof.

The analogous meaning of the messages our bodies send us are blatant reflections of the mental roots of illnesses. Also, they represent the sustainable causal nexuses leading from appearance of the symptoms of an illness to a factual damage to an organ.