

# CHILDREN SUFFERING FROM CARDIONEUROSIS: SYMPTOMS AND TREATMENT

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## Abstract

This article revisits the important role of preventive strategies against cardioneurosis in children. It analyzes the latest publications on cardioneurological and pediatric interventions and preventive methods, highlighting the challenges and providing recommendations for future research and practical application.

## Keywords:

Cardioneurosis, cardiovascular system, central nervous system, psychosomatics, physical problems, autonomic nervous system, prevention, negative emotions.

## Introduction: What is Cardioneurosis?

Cardioneurosis, or heart neurosis, is a disorder of the cardiovascular system that can occur in children in response to various emotional and psychological stressors. It is characterized by a range of clinical manifestations that are not linked to organic heart diseases. Unlike organic lesions, cardioneurosis has psychogenic origins and is accompanied by subjective unpleasant sensations in the chest area. It is a psychosomatic disorder where symptoms such as chest pain and discomfort occur without visible physiological causes. This condition is associated with disturbances in the nervous system rather than with physical heart problems. Manifestations of the disorder include accelerated heart rate, chest pain, shortness of breath, dizziness, and general weakness.

## Main Causes of Cardioneurosis in Children

- 1. Neurological Disorders:** Disturbances in the central nervous system and autonomic nervous system, which regulates the function of internal organs, can lead to rhythm disturbances and other symptoms of cardioneurosis. Frequent stress, anxieties (such as those related to school or family problems), can cause disruptions in the autonomic nervous system. Stress overloads the nervous system, leading to the manifestation of heart disease symptoms. Often, a lack of attention from adults becomes the cause. When a child does not feel protected and loved, it increases anxiety and leads to psychosomatic symptoms. In some cases, children may adopt the behavior model of adults who themselves are prone to excessive anxiety and hypochondria.
- 2. Genetic Predisposition:** If one of the parents has a predisposition to autonomic dysfunction, the child may be at a higher risk of developing cardioneurosis. Intense emotional experiences, especially negative ones, significantly impact the child (for



example, fear, anxiety, or worries such as parental divorce, changing schools, or poor relationships with classmates). Comparisons of the child with others are often made by parents, unknowingly leading to mental disorders and negative, aggressive emotions. The child may start blaming themselves, leading to the development of the condition.

3. **Lack of Physical Activity and Hypodynamia:** This is a significant issue in modern times. A sedentary lifestyle and a lack of regular physical exercise can impair the functioning of the cardiovascular system.

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### Symptoms of Cardioneurosis in Children

- Chest pain, a sensation of heaviness or discomfort
- Rapid or slow heartbeat (tachycardia or bradycardia)
- Sudden chest pain lasting from a few minutes to 2-3 hours
- Dizziness or weakness, shortness of breath
- Increased fatigue
- Sleep disturbances
- Weakness or trembling in the limbs
- Symptoms appear suddenly and without an obvious cause.

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### Global Statistics on Cardioneurosis in Children

Country	Boys (%)	Girls (%)	Prevalence (%)	Age (Years)
<b>Russia</b>	10-15	30	15-25	7-16
<b>Germany</b>	10-15	25	15-20	10-16
<b>USA</b>	10-15	20-30	10-15	11-18
<b>China</b>	12	25	15-20	12-16
<b>India</b>	15	25	12-18	10-17
<b>Japan</b>	15	30	10-15	12-18
<b>Uzbekistan</b>	10	25	10-15	12-16

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### Comorbidities in Different Countries

- **Russia:** Psychiatric disorders
- **Germany:** High levels of stress, anxiety, or depression in children
- **USA:** Particularly among adolescents with high levels of stress



- **China:** Linked to high academic pressure and a stressful social environment
- **India:** Especially in children living in large cities with high levels of stress and emotional overload
- **Japan:** Girls are more often affected by cardioneurosis, related to stress and societal expectations
- **Uzbekistan:** High levels of stress related to university entrance exams.

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### **Diagnosis of Cardioneurosis in Children**

The diagnosis requires a careful and multi-step approach, including the exclusion of organic pathology and an evaluation of the child's psychosomatic state. The main diagnostic methods include:

- History taking and clinical examination. The physician should carefully study the disease history and perform a physical exam.
- Electrocardiography (ECG) is essential to rule out organic heart pathology such as myocarditis, arrhythmias, or ischemic heart disease.

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### **Treatment of Cardioneurosis in Children**

Treatment requires a multidisciplinary approach. The cornerstone of therapy is psychological support and cognitive-behavioral therapy aimed at correcting emotional disturbances and reducing anxiety levels. It is important to teach the child and parents how to manage stress and restore emotional balance. Sometimes, following a doctor's recommendation, sedatives (e.g., valerian) may be used to normalize sleep. If cardioneurosis is suspected, it is important to consult a pediatrician who can conduct an initial assessment and refer the child to specialized professionals. A pediatric cardiologist and pediatric psychotherapist are key figures in diagnosing and treating this condition.

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### **Conclusion**

Cardioneurosis in children is a common, but reversible condition that, with the right treatment approach, can be effectively managed. Parents should closely monitor their child's psycho-emotional state, create a calm and supportive environment, and seek help from specialists at the first signs of a disorder.

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### **Recommendations for Treatment of Cardioneurosis in Children**

#### **1. Psychological**

One of the main causes of cardioneurosis is psycho-emotional overload. Working with a psychologist or psychotherapist can help the child manage stress and anxiety. Parents should create a supportive home environment that fosters self-esteem and confidence in their child.

#### **Support**



**2. Lifestyle and Daily Routine**

A balanced diet, adequate sleep, and regular physical activity play a crucial role in preventing and treating cardioneurosis. The child should engage in moderate physical activities such as swimming, yoga, or light sports games.

**3. Pharmacological Therapy**

In some cases, the doctor may prescribe medications to stabilize the child's psycho-emotional state. These may include mild sedatives, adaptogens, B vitamins, magnesium, and drugs to normalize the heart rate.

**4. Relaxation and Meditation Techniques**

Relaxation techniques such as deep breathing, meditation, autogenic training, or progressive muscle relaxation can help the child relax and reduce anxiety levels.

**5. Medical Supervision**

It is important that treatment for cardioneurosis be carried out under medical supervision. Regular consultations with a pediatrician and cardiologist will help prevent the development of other conditions.

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