Depression A Major Cause of Deaths in India

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Abstract

Depression is common psychotic condition, called mood disorder. It effects people in wide range from mild to severe psychotic condition in which a person suffers from hallucinations and dellurions (1). Depression is a major cause of Prolonged illness and premature deaths. The primary clinical symptoms of severe depression are feeling sad, blue, unhappy, miserable, week, which may overlap many general & anxiety social disorders, including panic agraphobia syndrome and several phobias, etc. also posttraumatic stress disorder, and obsessive-compulsive disorder (2). In a major depression, a person may characterized by feeling of melancholy, mental disability, loss of concentration, pessimistic worry, lack of pleasure, self-depreciation, agitation, hostility or anger (3). Prevalence rate for all mental disorders in India was observed to be 65.4 /1000 population. Out of which prevalence rate for affective disorder is estimated to be 31.2 /1000 population. (11). Present paper deals with major types of mental disorders ,mainly depression as a major cause of untimely deaths in India. About 7 Lakh in Madhya Pradesh suffer from mental disorders: a survey says. Taking a look at mental healthcare facilities in MP reveals a poor state of affairs There are only two mental hospitals in the stats and rest offer psychiatry facility. Estimated 15% of respondents in a survey by NIMHANS-AIIMS Bhopal, indicated a need off mental healthcare in M.P. Many districts in MP operate without a qualified psychiatrist.

Keywords - Depression, mental disorders.

Introduction

A mental disorder, also called a mental illness or psychiatric disorder, is a diagnosis by a mental health professional of a behavioral or mental pattern that may cause suffering or a poor ability to function in life. Such features may be persistent, relapsing and remitting, or occur as a single episode. Many disorders have been described, with signs and symptoms that vary widely between specific disorders. A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines.

There are more than 200 classified forms of mental illness. Some of the more common disorders are depression, bipolar disorder, dementia, schizophrenia and anxiety disorders. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal. Mental health problems may be related to excessive stress due to a particular situation or series of events. As with cancer, diabetes and heart disease,

mental illnesses are often physical as well as emotional and psychological. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

Most Common types of Mental Disorder

- Major depression-A mood disorder causing a persistent feeling of sadness and loss of interest.
- Anxiety disorder-A mental condition in which excessive, ongoing worry interferes with regular activities.
- Bipolar disorder-A disorder associated with mood swings ranging from depressive lows to manic highs.
- Dementia-A group of thinking and social symptoms that interferes with daily functioning.
- Attention-deficit/hyperactivity disorder-A chronic condition including attention difficulty, hyperactivity and impulsiveness.
- Schizophrenia-A brain disorder in which people interpret reality abnormally.
- Obsessive compulsive disorder-Excessive thoughts (obsessions) that lead to repetitive behaviours (compulsions).
- Autism-A serious developmental disorder that impairs the ability to communicate and interact.

Post traumatic stress disorder-A mental health condition triggered by experiencing or seeing a terrifying event. The symptoms below should not be due to recent substance use or another medical condition.

Symptoms in Adults, Young Adults and Adolescents :-

Confused thinking
Prolonged depression (sadness or irritability)
Feelings of extreme highs and lows
Excessive fears, worries and anxieties
Social withdrawal
Dramatic changes in eating or sleeping habits
Strong feelings of anger
Strange thoughts (delusions)
Seeing or hearing things that aren't there (hallucinations)
Growing inability to cope with daily problems and activities
Suicidal thoughts
Numerous unexplained physical ailments

Risk factors

Risk factors for mental illness include genetic inheritance, such as parents having depression, or a propensity for high neuroticism or "emotional instability". In

depression, parenting risk factors include parental unequal treatment, and there is association with high cannabis use.

In schizophrenia and psychosis, risk factors include migration and discrimination, childhood trauma, bereavement or separation in families, and abuse of drugs,[44] including cannabis, etc.

In anxiety risk factors may include family history (e.g. of anxiety), temperament and attitudes (e.g. pessimism), and parenting factors including parental rejection, lack of parental warmth, high hostility, harsh discipline, high maternal negative effect, anxious childrearing, modeling of dysfunctional and drug-abusing behavior, and child abuse (emotional, physical and sexual).

In a major depression, a person may characterized by feeling of melancholy, mental disability, loss of concentration, pessimistic worry, lack of pleasure, self-depreciation, agitation, hostility or anger (3). Many physical symptoms also appear like insomnia or hypersomnia; altered eating patterns with anorexia & weight loss by lack of apatite or weight gain by over eating. There are two types of mental depression, namely unipolar depression, in which mood swings are always in the same direction, is common (about 75% of cases) and non-familial, clearly associated with stressful life events and accompanied by symptoms of anxiety and agitation. The second type is bipolar depression (about 25% of cases), some times also called as endogenous depression, shows a familial pattern, unrelated to external stresses and usually appears in early adult life, and is much less common, results in oscillating depression, decreased energy and libido, and mania over a period of a few weeks (1). It also affects body temperature, normal biorhythms and many endocrine functions (3). Some other kinds of depression are dysthymic disorder (dysthymia), psychotic & postpartum depression (4) and seasonal affective disorder (SAD) (5). There is no direct cause of depression, but it is likely a result from a combination of genetic, biochemical, environmental and psychological factors. Some types of depressions have family tendency, likely to be a genetical problem. Though depressions may occure in people having no family history (6). Genetics researches indicate that tendency of depression, results of action of multiple genes along with environmental factors (7). According to monoamine theory, proposed in 1965 depression results from functionally deficient monoaminergic (noradrenalin and/or 5-hydroxytruptomine) transmission in the central nervous system, while present in excess may result in mania. This theory was based on the ability of known antidepressant drugs (Tricyclic antidepressants and monoamine oxidize inhibitors) to facilitate monoaminergic transmission, and of drugs such as reserpine to cause depression (8). Recent researches show that depression may be associated with neurodegeneration and reduced neurogenesis in the hippocampus. Although the monoamine hypothesis in its simple form is insufficient as an explanation of depression, pharmacological manipulation of monoamine transmission remains the most successful

therapeutic approach (9 & 10). For depressive disorders, when people participated in interventions, the number of new cases is reduced by 22% to 38%. These interventions included CBT. Such interventions also save costs.

Anxiety

For anxiety disorders, use of CBT (Cognitive behavioural therapy) with people at risk has significantly reduced the number of episodes of generalized anxiety disorder and other anxiety symptoms, and also given significant improvements in explanatory style, hopelessness, and dysfunctional attitudes. Other interventions (parental inhibition reduction, behaviourism, parental modeling, problem-solving and communication skills) have also produced significant benefits. People with sub threshold panic disorder were found to benefit from use of CBT, for older people, a stepped-care intervention (watchful waiting, CBT and medication if appropriate) achieved a 50% lower incidence rate of depression and anxiety disorders in a patient group aged 75 or older, for younger people, it has been found that teaching CBT in schools reduced anxiety in children, and a review found that most universal, selective and indicated prevention programs are effective in reducing symptoms of anxiety in children and adolescents.

Alarm Bells Ring on Poor State of Mental Health issues in M.P.

There is an urgent need to address depression, which according to a first localized study indicates that seven lakh people suffer from mental disorders in Madhya Pradesh. The health systems assessment on theme "depression" conducted by AIIMS Bhopal and NIMHANS comes ahead of World Health Day.

Taking a look at mental healthcare facilities in MP reveals a poor state of affairs, there are only two mental hospitals in the stats and rest offer psychiatry facility. Estimated 15% of respondents in a survey by NIMHANS-AIIMS Bhopal indicated a need off mental healthcare in MP many districts. In MP operate without a qualified psychiatrist reports main principal investigator was AIIMS Bhopal associate professor Dr Arum Kokand and professor G Guru raj from NIMHANS.

According to the New Mental Health Bill, the government would need to ensure mental healthcare right of every person is fulfilled. Every person would have the right to access mental healthcare and treatment from the government.

As per WHO findings, mental health surveys and information from epidemiological data - It has been established that mental health problems are most endemic after mental ailments In another four years. According to Gandhi Medical College Bhopal, Head Of Dept. of Psychiatry Dr R. N. Sahu , as per international trends depression is going to be the number one disease in 2020, He said there are more than 200 mental disorders and each needs to be diagnosed, investigated and treated with the help of a comprehensive team approach that includes qualified nursing staff, counselors and occupational therapists which are required. (12)

Depression is a silent killer - expression can be in form of lack of initiation of sleep, interrupted sleep or getting up earlier. Depression can lead to loss of weight, inability to concentrate, disinterest in life, decreased sexual interest, poor academic performance or at work, chronic constipation, suicidal thoughts feeling low, lack of pleasure besides, when untreated it leads to addiction to substances, excessive use of over the counter drug for dealing with aches and pains to beat depression, take a walk, mediate, listen to music, writing is a well proven thing to come out of negative emotion.

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