

## **Mental Illness**

The word "Mental Illness" is more unhealthy than the illness itself. Let me justify the statement further in the following paragraphs.

There is a firing debate in our society that questions us if the pharmaceutical industry prefers more profit with sales over people's health.

A well-known saying,

*"A patient cured is a customer lost."*

intensifies the same.

We could realize a drastic increase in patients visits at psychiatric clinics during this decade compared to the previous generation. There may be various reasons like heavy work pressure in the IT industry, malnutrition from junk foods, lack of physical activities, hereditary complaints, and social violence.

### ***What happens during the Diagnosis stage?***

Any abnormal symptoms can take you either to a Psychiatrist or a Psychologist. The main difference between the two; Psychiatrists prescribe medicines, and they do not talk much during the sessions. On the opposite, Psychologists listens to you, provide counselling, therapies and recommend some activities.

### ***The Downside of Diagnosis***

The short-term abnormalities of some patterns in our mind are often mistaken with severe mental disease. Then, we start to take unnecessary medications that adversely impact our health. Even today, we declare someone as mental just because of consultation followed any treatment. This myth continues still as a social stigma.

Doctors use complex medical terms like *hormone imbalance, Serotonin-deficiency* and irregular sleep patterns. They named a large number of diseases as a result. *Anxiety, Depression, Schizophrenia, Obsession Compulsive Disorder (OCD), Introvertism, Bi-Polar disorder* and much more conditions share common symptoms over a spectrum. These are inter-related and very close to each other, which challenges the doctors for accurate diagnosis most of the times.

If we are declared with any of these medical conditions, we should step forward towards the treatment and the cure. However, we feel inferior and worry a lot, instead. This attitude worse your health more than the one causing it.

### ***What do the pills give?***

Most of the tablets that we take for mental stability contains artificial minerals and chemical ingredients that result in adverse side effects. Many allopathy doctors even agree with these consequences as most of these drugs affects the central nervous system, followed by many

minor complications. The patient might feel the recovery initially, but in later times, he would suffer more abnormalities.

### ***What can we do?***

If we clearly focus on the happenings around us, we can notice that majority of the population faces such issues. It is time for us to admit these are usual indications for any human.

We can help our society gradually get over such complications by implementing a few modifications in our food and lifestyle.

We should prefer the natural ways to get back a healthy life in most cases. Consistent motivation and an optimistic approach will make a huge difference.

### **Bottom line:**

The above article was not written to defame Psychiatric treatments and the medical field. Instead, it encourages the readers to focus on the healthy approach for a healthy life. It also suggests not to overrate minor things and underrate the essential aspects of life.