

The Review on Understanding of Psychological Disease

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Abstract:-

This review explores various psychological diseases, focusing on their etiology, symptoms, and treatment options. Through a comprehensive analysis, it sheds light on the importance of early detection and intervention in managing these conditions effectively. The treatment landscape for psychological diseases is diverse, encompassing pharmacological interventions, psychotherapy, lifestyle modifications, and complementary approaches such as herbal remedies. Pharmacotherapy, including antidepressants, antipsychotics, mood stabilizers, and anxiolytics, targets neurotransmitter systems to reduce symptoms and restore neurochemical balance. Psychotherapeutic methods, such as cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness-based interventions (paying attention), aim to address maladaptive thought patterns, emotional regulation difficulties, and interpersonal challenges. Additionally, lifestyle modifications, including regular exercise, healthy nutrition, adequate sleep, and stress management techniques, play a vital role in promoting overall well-being and resilience. In recent years, there has been growing interest in the use of herbal remedies and complementary therapies as adjuncts to conventional treatments for psychological diseases. Herbs such as St. John's Wort, valerian root, lavender, and passionflower have been studied for their potential benefits in alleviating symptoms of depression, anxiety, and sleep disorders.

Key words:-

Psychological disease, Herbs, Therapy, Genetics, illness, Treatment,

Introduction:- What are psychological diseases, and what factors contribute to their emergence and persistence? To unravel the intricacies of these conditions, we must embark on a journey that traverses the realms of genetics, neurobiology, psychology, and sociology, weaving together a tapestry of influences that shape the trajectory of mental health across the lifespan. Genetic predispositions, early-life experiences, environmental stressors, societal norms, and cultural beliefs converge to sculpt the landscape of psychological health, shaping individuals' vulnerability to mental illness and resilience in the face of adversity. The etiology of psychological diseases is a multifaceted puzzle, with each piece offering a glimpse into the intricate workings of the human mind. Genetic factors play a significant role in shaping susceptibility to certain disorders, predisposing individuals to inheritable traits that confer increased vulnerability to conditions such as depression, bipolar disorder, and schizophrenia. Its treatment includes chemical and herbal treatments and its diagnosis is not commonly done by the any lab tests. It is mainly treated by the counseling of medical healthcare professionals or psychiatrics.⁽¹⁾

Mainly include psychological diseases: -

Psychiatric disorders, sometimes referred to as mental disorders or psychological disorders, are a broad category of illnesses that impact behavior, emotions, thoughts, and general functioning. Significant disruptions in behavior, emotion control, and cognition are hallmarks of these illnesses, which can cause distress or impair social, occupational, or other critical domains of functioning. These are a few typical psychological conditions:

Depressive Disorders: Major depressive disorder (MDD), seasonal affective disorder (SAD), and persistent depressive disorder (dysthymia). A chronic sense of melancholy, lack of interest in or enjoyment from activities, changes in food or weight, sleep difficulties, exhaustion, feelings of guilt or unworthiness, and suicidal thoughts are common symptoms.

Anxiety Disorders: These include obsessive-compulsive disorder (OCD), panic disorder, social anxiety disorder, generalized anxiety disorder (GAD), and particular phobias.

Symptoms may include excessive stress, panic attacks, avoiding particular places or things, intrusive thoughts, obsessive behaviors, and bodily symptoms like shaking, perspiration, and a fast heartbeat are some of the symptoms that may be present.

Bipolar Disorders: cyclothymic disorder, bipolar II disorder, and bipolar I disorder are among them. Manic or hypomanic episodes (high mood, enhanced energy, impulsivity) alternate with depressive episodes in these diseases.

Schizophrenia Spectrum Disorders: Distinguished by abnormalities in perception, thinking, feeling, and behavior. Hallucinations, delusions, rambling thoughts and speech, a reduction in the expression of emotions, and social disengagement are possible symptoms.

Disorders Related to Trauma and Stressors: These include adjustment disorders, acute stress disorder, and post-traumatic stress disorder (PTSD). These conditions arise from being exposed to stressful or traumatic situations and might have symptoms including intrusive recollections, flashbacks, hypervigilance, avoidance, and emotional numbing.

Neurodevelopmental Disorders: Including attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), and intellectual disability. These disorders typically emerge in childhood and are characterized by developmental delays or abnormalities in social interaction, communication, and behavior.

Substance-Related and Addictive Disorders: Involving the misuse or dependence on psychoactive substances such as alcohol, drugs, or medications. These disorders may manifest as tolerance, withdrawal symptoms, cravings, and continued use despite negative consequences.

Eating Disorders: Such as anorexia nervosa, bulimia nervosa, and binge-eating disorder. These disorders involve disturbances in eating behaviors, body image, and weight regulation, often accompanied by preoccupation with food, weight, and shape.

Personality Disorders: Including borderline personality disorder, narcissistic personality disorder, and antisocial personality disorder. These disorders are characterized by enduring patterns of inner experience and behavior that deviate markedly from cultural expectations, leading to difficulties in interpersonal relationships and functioning.

These are just a few examples of the diverse range of psychological disorders that exist. Each disorder has its own unique features, diagnostic criteria, and treatment approaches, and individuals may experience a combination of different disorders or symptoms over their lifetime. Early detection, accurate diagnosis, and appropriate intervention are crucial for managing these disorders and improving quality of life.⁽⁸⁾

Etiology :-

The exact causes of psychological disorders are complex and not fully understood, but researchers have identified several contributing factors that can increase a person's risk of developing a mental illness. The factors can be broadly categorized into:

Genetic factors: Genes play a significant role in mental illness, and having a family history of a particular disorder can increase your risk. However, it is important to note that having a family history does not guarantee that you will develop the same disorder, and many people with a family history of mental illness never experience any symptoms themselves.

Brain chemistry: Imbalances in brain chemicals, such as neurotransmitters like serotonin and dopamine, are thought to play a role in some mental illnesses. These imbalances can be caused by a variety of factors, including genetics, stress, and substance use.⁽⁸⁾

Environmental factors: Life experiences, such as childhood trauma, abuse, neglect, and chronic stress, can increase your risk of developing a mental illness. Additionally, social factors such as poverty, discrimination, and lack of social support can also contribute to mental health problems.

Medical conditions: Some medical conditions, such as thyroid problems, brain tumors, and chronic pain, can also increase your risk of developing a mental illness. Additionally, certain medications can have side effects that can trigger or worsen mental health symptoms.

It is important to remember that mental illness is not caused by a single factor, and most cases are likely due to a combination of these different risk factors. The specific factors that contribute to the development of a mental illness will vary from person to person.⁽⁴⁾

Diagnosis :-

Clinical Interview: A intellectual fitness expert conducts a complete interview to acquire records approximately the person's signs, scientific history, own circle of relatives history, and some other applicable elements.

Symptom Assessment: The clinician assesses the person's signs, inclusive of their frequency, duration, and severity. They can also additionally use standardized evaluation equipment to quantify signs and song adjustments over time.

Diagnostic Criteria: The clinician compares the person's signs to the standards mentioned in diagnostic manuals inclusive of the DSM-five or ICD-10. These manuals offer a listing of signs and standards for every disorder.

Rule Out Other Conditions: The clinician considers different viable causes for the signs, inclusive of scientific situations or substance abuse, and regulations them out thru extra exams or scientific tests.

Collateral Information: Information from different sources, inclusive of own circle of relatives participants or preceding remedy records, can be accrued to advantage a complete information of the person's signs and history.

Cultural Considerations: The clinician considers cultural elements which can have an impact on the expression of signs and the person's information in their experiences.

Diagnosis and Treatment Planning: Based at the evaluation findings, the clinician makes a diagnosis, if appropriate, and collaborates with the person to broaden a remedy plan tailor-made to their needs.

It's crucial to remember that accurate diagnosis and treatment of psychological disorders require the expertise of qualified mental health professionals. If you or someone you know is experiencing symptoms of a psychological disorder, seeking help from a licensed therapist, psychologist, or psychiatrist is essential.⁽⁸⁾

Treatment:-**Chemical treatment:-**

Medication is used in chemical treatment to control symptoms and reduce discomfort related to psychological disorders. These drugs work on the brain's neurotransmitter systems to control behavior, emotion, and thought processes. Medications such as mood stabilizers, antidepressants, antipsychotics, and anxiety reducers are frequently recommended.

Antidepressants: Tricyclic antidepressants (TCAs), monoamine oxidase inhibitors (MAOIs), selective serotonin reuptake inhibitors (SSRIs), and serotonin-norepinephrine reuptake inhibitors (SNRIs) are frequently given to treat depression and specific anxiety disorders.⁽⁴⁾

Antipsychotics: These drugs are mostly used to treat psychotic symptoms in diseases like schizophrenia and bipolar disorder, such as hallucinations, delusions, and disordered thinking.⁽⁴⁾

Mood stabilizers: Medications like lithium and anticonvulsants help people with bipolar disorder manage their mood fluctuations and regulate their mood.⁽⁴⁾

Anti-anxiety drugs: To treat anxiety disorders such as panic disorder, social anxiety disorder, and generalized anxiety disorder, doctors frequently prescribe benzodiazepines and selective serotonin reuptake inhibitors (SSRIs).⁽⁴⁾

Herbal treatment:-

St.John Wort: It is usual practice to treat mild to moderate depression with this plant. It functions by altering brain chemicals that are involved in mood control, such as serotonin.⁽⁵⁾

The Root of Valerian: Because of its well-known soothing properties, Valerian root is frequently used to reduce anxiety symptoms and enhance the quality of sleep.⁽⁶⁾

Lavender: Supplements and essential oil of lavender are used to encourage rest and lessen the signs of depression and anxiety. For calming effects, it can be used topically or breathed.⁽⁷⁾

The Passionflower: Anxiety and sleeplessness symptoms can be lessened by using passionflower. It might ease mental tension and encourage higher-quality sleep.

Health Professional Consultation: It's vital to speak with a Health Professional before using herbal remedies, as they may interact with other medicines and have side effects.

Combining Conventional Therapy with Integration: For psychological disorders, herbal remedies can be used in addition to conventional therapies, but it's important to talk with a healthcare professional to assure safety and efficacy.⁽⁴⁾

Side effects of treatment:-

Chemical treatment:-

Antidepressants: Nausea, weight gain, sexual dysfunction, sleeplessness, and fatigue are typical adverse effects.

Antipsychotics: Weight gain, drowsiness, metabolic abnormalities, movement issues (such as tremors or muscular stiffness), and an increased risk of diabetes are possible side effects.

Mood stabilizers: Weight gain, gastrointestinal issues, tremors, and thyroid malfunction are possible side effects.

Medications to Reduce Anxiety: With prolonged use, side effects could include dependence, disorientation, sleepiness, and dizziness.⁽⁴⁾

Herbal treatment:-

St. John's Wort: Increased sensitivity to sunlight, dry mouth, dizziness, and upset stomach are among the possible adverse effects. Additionally, it might interfere with other prescription drugs, such as blood thinners, birth control pills, and antidepressants.⁽⁵⁾

Root Valerian: Headaches, lightheadedness, gastrointestinal issues, and daytime sleepiness are possible side effects. Additionally, it might interfere with drugs that depress the central nervous system, like alcohol and sedatives.⁽⁶⁾

Lavender: Although lavender is generally thought to be safe, some people may experience allergic reactions or skin irritation. Headaches, nausea, or respiratory irritation can also result from directly inhaling lavender oil or from inhaling it in high quantities.⁽⁷⁾

Passionflower: Confusion, tiredness, and dizziness are possible side effects. It might interfere with drugs that influence the central nervous system, like antidepressants and sedatives.

Advise in relation to healthcare provider: It's essential that people talk about with their healthcare practitioners about any possible interactions and negative effects before to beginning any treatment plan. If needed, medical professionals can offer advice on how to manage side effects, change dosages, or look into alternate treatment choices.

Sufficient monitoring and consistent communication with medical professionals are vital to guarantee secure and efficient treatment results.

Psychological illnesses can be effectively managed with both chemical and herbal treatments; however, patients should be informed of potential adverse effects and maintain open communication with their healthcare professionals during therapy. Together, patients and medical providers can create individualized treatment programs that maximize advantages while lowering risks.⁽⁸⁾

Conclusion:-

The study of psychological diseases represents a multifaceted and dynamic field of inquiry, encompassing diverse perspectives, disciplines, and approaches to understanding and addressing mental illness. As we navigate the complexities of the human mind, we must remain steadfast in our commitment to advancing knowledge, promoting awareness, and fostering compassion and empathy for those affected by psychological diseases. By embracing a holistic framework that integrates biological, psychological, social, and cultural dimensions of health, we can create a future where mental health is recognized as a cornerstone of well-being and resilience, and every individual has the opportunity to live a life of dignity, purpose, and fulfillment.

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