

AN INTRODUCTION TO FIRST TIME PSYCHOLOGICAL SYMPTOMS:

You may have noticed for the first time some unusual symptoms and behavior. You may be trying to understand and deal with it in your own way. Often people seek traditional cures, faith healing etc., thinking it to be black magic rather than a medical problem. While you run in search of cure to various faith healers, precious time gets wasted. Delay in treatment makes the condition worse. Faith healers instead of giving you positive advices promote your symptoms and thereby illnesses by supporting your baseless doubts that you are a victim of some black magic or evil design by some people. An abnormal thought gains strength with such approach.

Psychiatric illness is a medical problem, though the symptoms are different from physical diseases. Because of ignorance and superstitions people delay proper treatment.

Serious psychiatric disorders begin during adolescence and early adulthood and often in brilliant young students.

Some people attach undue importance to certain key events in an individual's life as may be a failed love affair, financial upheavals, any other misfortune like death of a close relative like father, mother, spouse or child etc. These key events are no doubt significant and can cause extreme emotional upheavals, which may even develop into temporary behavioral abnormality which we call Acute Brief Psychosis. A major nervous break-down can occur in such individuals, but in majority of such cases these are not long lasting. Though prolonged grief may turn into a major depressive disorder, which is another treatable condition.

Unfortunately, in many cases, psychiatric illness develops very slowly and gradually and hence even close relatives many not notice minor changes. They many attribute these to some worry or anxiety and if you look in anybody's environment, there would always be plenty to worry about.

In cases, where the changes take place suddenly like a person who has always been quiet, soft spoken and reserved suddenly starts talking too much, shouting, dancing, and becoming aggressive and violent, squandering away money, running debts, travelling unnecessarily, making unwise investments, drinking excessively, eating enormously, imagining himself to be a great man, indulging in inappropriate humorous talk, then people have no choice but to run to the doctor and these cases respond well to treatment. This is a case of MOOD DISORDER and most probably Bipolar type, with intervening phase of mild or major depression. ALMOST ALL CASES OF PSYCHIATRIC ILLNESSES, WHICH START SUDDENLY, RECOVER FAST WITH PROPER AND TIMELY PSYCHIATRIC TREATMENT.

EARLY INTERVENTION PROVIDES BETTER RESULTS. THE LONGER THE ABNORMAL BEHAVIOR LASTS, THE DIFFICULT IT IS TO REVERT IT, PARTICULARLY SOCIAL WITHDRAWAL, IDLENESS AND NEGATIVE EMOTIONS.