**CASE STUDY ON MENTAL DISORDER**

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**To:**

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**Introduction:**

Mental health has been hidden behind a curtain of stigma and discrimination for too long. It is time to bring it out into the open. The magnitude, suffering and burden in terms of disability and costs for individuals, families and societies are staggering. In the last few years, the world has become more aware of this enormous burden and the potential for mental health gains. We can make a difference using existing knowledge ready to be applied. We need to enhance our investment in mental health substantially and we need to do it now.

**WHAT IS MENTAL ILLNESS?**

The term psychological disorder or mental illness is sometimes used to refer to what is more frequently known as mental disorders or psychiatric disorders. Mental disorders are patterns of behavioral or psychological symptoms that impact multiple areas of life. These disorders create distress for the person experiencing these symptoms. Mental health conditions are disturbances in a person's thinking, feeling, or behavior (or a combination of these) that reflect a problem in mental function. They cause distress or disability in social, work, or family activities.

CAUSES AND EFFECTS:

There is no single cause of mental illness. Instead, it’s thought that they stem from a wide range of factors (sometimes in combination). The following are some factors that may influence whether someone develops a mental illness:5

* Biology: Brain chemistry plays a major role in mental illnesses. Changes and imbalance in neurotransmitters, the chemical messengers within the brain, are often associated with mental disorders.
* Environmental exposures: Children exposed to certain substances in utero may be at higher risk of developing mental illness. For example, if your mother drank alcohol, used drugs, or was exposed to harmful chemicals or toxins when she was pregnant with you, you may be at increased risk.
* Genetics: Experts have long recognized that many mental illnesses tend to run in families, suggesting a genetic component. People who have a relative with a mental illness—such as autism, bipolar disorder, major depression, and schizophrenia—may be at a higher risk of developing it, for example.
* Life experiences: The stressful life events you’ve experienced may contribute to the development of mental illness. For example, enduring traumatic events might cause a condition like PTSD, while repeated changes in primary caregivers in childhood may influence the development of an attachment disorder.

Mental illness is a leading cause of disability. Untreated mental illness can cause severe emotional, behavioral and physical health problems. Complications sometimes linked to mental illness include:

* Unhappiness and decreased enjoyment of life
* Family conflicts
* Relationship difficulties
* Social isolation
* Problems with tobacco, alcohol and other drugs
* Missed work or school, or other problems related to work or school
* Legal and financial problems
* Poverty and homelessness
* Self-harm and harm to others, including suicide or homicide
* Weakened immune system, so your body has a hard time resisting infections
* Heart disease and other medical conditions

Lifestyle and home remedies

In most cases, a mental illness won't get better if you try to treat it on your own without professional care. But you can do some things for yourself that will build on your treatment plan:

Stick to your treatment plan. Don't skip therapy sessions. Even if you're feeling better, don't skip your medications. If you stop, symptoms may come back. And you could have withdrawal-like symptoms if you stop a medication too suddenly. If you have bothersome drug side effects or other problems with treatment, talk to your doctor before making changes.

Avoid alcohol and drug use. Using alcohol or recreational drugs can make it difficult to treat a mental illness. If you're addicted, quitting can be a real challenge. If you can't quit on your own, see your doctor or find a support group to help you.

Stay active. Exercise can help you manage symptoms of depression, stress and anxiety. Physical activity can also counteract the effects of some psychiatric medications that may cause weight gain. Consider walking, swimming, gardening or any form of physical activity that you enjoy. Even light physical activity can make a difference.

Make healthy choices. Maintaining a regular schedule that includes sufficient sleep, healthy eating and regular physical activity are important to your mental health.

Don't make important decisions when your symptoms are severe. Avoid decision-making when you're in the depth of mental illness symptoms, since you may not be thinking clearly.

Determine priorities. You may reduce the impact of your mental illness by managing time and energy. Cut back on obligations when necessary and set reasonable goals. Give yourself permission to do less when symptoms are worse. You may find it helpful to make a list of daily tasks or use a planner to structure your time and stay organized.

Learn to adopt a positive attitude. Focusing on the positive things in your life can make your life better and may even improve your health. Try to accept changes when they occur, and keep problems in perspective. Stress management techniques, including relaxation methods, may help.

Treatment:

Most mental illnesses aren’t considered "curable," but they are treatable. Treatment for mental health disorders varies greatly depending on your individual diagnosis and the severity of your symptoms, and results can vary greatly on the individual level.

Some mental illnesses respond well to medications. Other conditions respond best to talk therapy. Some research also supports the use of complementary and alternative therapies for certain conditions. Often, treatment plans will include a combination of treatment options and will require some trial and error before finding what works best for you.

Studies have shown that daily supplements of vital nutrients often effectively reduce patients' symptoms. Supplements that contain amino acids also reduce symptoms, because they are converted to neurotransmitters that alleviate depression and other mental disorders. Based on emerging scientific evidence, this form of nutritional supplement treatment may be appropriate for controlling major depression, bipolar disorder, schizophrenia and anxiety disorders, eating disorders, attention deficit disorder/attention deficit hyperactivity disorder (ADD/ADHD), addiction, and autism.

CONCLUSIONS:

Psychological disorders can cause disruptions in daily functioning, relationships, work, school, and other important domains. With appropriate diagnosis and treatment, however, people can find relief from their symptoms and discover ways to cope effectively. Living with mental illness, whether it affects you or a loved one, can be very hard—but help is available. If you suspect that you or someone you love may have a mental illness, talk to your doctor, who may refer you to a mental health professional for further assessment, evaluation, and treatment.