

# Mental Disorder and Human Health- A Vision for the Future



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## Abstract

Sound mental health today is a necessity towards human progress. The world of medical science today stands in the midst of deep scientific introspection and vision. Science and technology are two huge colossus with a definite and purposeful vision of its own. In the similar vein, psychology and psychiatry are in the path towards a newer scientific regeneration. Today mental disorder treatment is a challenge and a vision towards a newer visionary eon of medical science. Human mankind's immense scientific prowess, the futuristic vision of medical science and the needs of human society will all lead a long and visionary way in the true emancipation of science and technology today. Schizophrenia and other mental disorders are challenges to medical science globally. In this short paper, the author deeply comprehends the vast and versatile need of the science of psychology in the furtherance of science and technology and the progress of human mankind. The immense importance of medical science is elucidated in deep details in this paper with a strong vision towards scientific ingenuity and scientific far-sightedness.

**Keywords:** Schizophrenia; Science; Medicine; Psychology; Technology

## Introduction

Human civilization and human scientific endeavor today are in the path towards newer scientific regeneration and deep scientific vision [1]. Medical science and the science of psychology in the similar manner surpassing vast and versatile scientific frontiers. Schizophrenia and some mental illnesses are still not curable. Human scientific endeavor thus stands in the midst of deep catastrophe. Mental disorder and treatment of schizophrenia are immensely challenging to the human society today. The author deeply comprehends in this article the success of new anti-psychotic medicines in today's treatment of schizophrenia and other dangerous mental illnesses. The author relates in this article his own case of immense suffering from schizophrenia. The author was diagnosed with this incurable illness of schizophrenia in the year 1993 and till today he is under medication. The scientific prowess in the vast world of psychiatry, the futuristic vision of science and the immense complex world of psychology will today lead a long and visionary way in the true realization of medical science today. Health science is rapidly moving with immense scientific vigor and scientific grit towards a newer knowledge dimension. In this paper, the author discussed with deep scientific conscience the need of innovations in drug development in the case of treatment of psychiatric illnesses. From his own experience, the author discussed how he trudged a weary and disastrous path towards the treatment of his illness. Schizophrenia and other mental disorders are a bane to human society and human scientific advancements. This area of medical

science needs to be re-envisioned and re-addressed with immense scientific grit and determination as science and technology surges forward. This article unfolds the scientific intricacies, the scientific travails and the vast scientific revelation in the journey towards the science of psychiatry and psychology.

## The challenges and the Vision of the Science of Psychiatry

The world of psychiatry is today moving drastically from one visionary paradigm towards another. Medical science has few answers to the scientific intricacies and the scientific travails of brain disorder and bipolar disorder [1]. Human mankind and human scientific health today stands in the midst of vision and scientific fortitude. Human challenges are immense in the path towards successful treatment of schizophrenia. Human scientific progress today stands in the midst of deep scientific provenance and vast scientific provenance. The science of psychiatry needs to be re-envisioned and re-addressed with the passage of scientific history and time. Medical science and mankind today stands in the midst of vision and scientific fortitude [1]. The author is a chemical engineer by training and profession. He was diagnosed with schizophrenia in December, 1993. At that time, he was pursuing post-graduation in chemical engineering in a renowned university in Kolkata, India. The world fell down like a house of cards. In manners, the author was shy and introvert. He never uses to mix with friends or relatives. That was the seeds of his illness. During his school days, he uses to struggle in his studies. In his undergraduate days in

chemical engineering also, he toiled hard to get good appreciation in the semester examination.

In the final year of undergraduate class, he started hearing sounds and became too much suspicious of others. Suddenly in the summer of 1993, things became immensely worse as he started taking unprescribed medicines. Educational pressures were immensely high and the need of a good placement lurked in his mind. Jobs were less in Kolkata and the state of West Bengal at that time. Insecurity and frustration gave way to this monstrous illness of schizophrenia. In March, 1994, he passed out postgraduation in chemical engineering with flying colors. But during his postgraduation days, things deteriorated and he was taken to the psychiatrist in December, 1993. Everything was in a dismal state of affairs. The author in December, 1993 was diagnosed with schizophrenia. Medication started for the first time in his long life and long years of health related struggle. He got a good job in New Delhi, the capital of India. But, another grave disaster loomed large over the horizon. He started discontinuing medicines. The situation deeply aggravated. He also changed jobs frequently. One night in November, 1993 at 1.00 AM at night he visited his teacher's home in the same locality of his residence totally bedraggled with immense intake of Un prescribed medicines. That incident changed the course of his life. The monstrous illness of schizophrenia overtook him. In 1996, when he was working as a faculty of chemical engineering in a prestigious institution in north India, he again started discontinuing medicines. Again he was rushed to the hospital in Kolkata thus starting a new chapter of immense struggle in his life. Health related struggle was part and parcel in his life.

The doctors in Kolkata, India told the author's parents to consult doctors in National Institute of Mental Health and Neurosciences, (NIMHANS) Bangalore, India for proper administration of Clozapine, the wonder drug of schizophrenia. From 1997 to 1998, the author along with his parents visited twice to consult doctors in NIMHANS, Bangalore, India. He was kept under constant observation in NIMHANS, India. Clozapine was soon administered with immense scientific might and scientific determination by the doctors in Bangalore and Kolkata, India. With intake of this medicine, he went to reach Chemical Engineering and do research in Queen's University, Belfast, United Kingdom and in an engineering college in Oman. This is a clear explanation that clozapine is a wonder anti-psychotic medicine. Today, in 2018, he is still under Clozapine. Thus human scientific endeavor and human scientific genre in the science of psychology are envisioned and deeply addressed as medical science surges forward towards a newer knowledge dimension [1].

### **Scientific Advancements, Scientific Vision and the Path Towards Scientific Emancipation**

Medical science and the domain of medicine are witnessing immense scientific travails, scientific subtleties and vast scientific vision. Human civilization's immense scientific provenance, scientific judgments and the futuristic vision of medical science will all lead an effective and visionary way in the true realization of science today. Schizophrenia cannot be cured but scientific

emancipation are immense and far-reaching. Mental illness is a bane and a definite curse to human health and also to scientific progress. Medical science has practically no cure or no answers to schizophrenia. But scientific emancipation is vast and versatile. The administration of clozapine is a scientific wonder of the science of psychiatry. Medicines in the treatment of schizophrenia are few today but the scientific emancipation are immense [1]. Human scientific ardor, the scientific revelation and the needs of effective treatment of mental disorders are all the forerunners towards a newer era in the science of psychology.

### **Schizophrenia and the March of Medical Science**

Today the science of Schizophrenia is witnessing drastic challenges and immense scientific vision. The world of human scientific research pursuit in psychiatry and the vast world of psychology are in the path of newer scientific rejuvenation and deep scientific forbearance. Drugs and medicines were few when the author was diagnosed with schizophrenia. But now the advancements of science and technology has changed the scientific firmament and a new era has emerged in the science of medicine. Science and technology are two huge colossus with a deep and definite vision of its own. The challenge and the vision of medical science need to be envisioned and readdressed as science surges forward. The author's treatment of schizophrenia is a visionary witness towards a larger emancipation of medical science and technology [1].

### **Scientific Advancements in the Field Of Psychiatry**

The science of psychiatry is today in the path of newer vision and newer scientific rejuvenation. The world of medical science and technology are advancing at a rapid pace. Medical science and psychiatry are wonders of science today. When the author was first diagnosed with schizophrenia, there was hardly any treatment and drugs. Today the world of science has produced innovations and new drugs. Thus the science of psychiatry and the vast world of psychological science are emerging as wonders of science. In this article the authors deeply elucidates the futuristic vision of medical science and his treatment of schizophrenia [1].

### **A Personal Message from a Sufferer of Mental Depression**

The author suffered a lot due to schizophrenia from 1993 to present. One deep message is that the patients should lose no hope and remain steadfast. Single purpose state of mind should be addressed and inculcated in the sufferer by the psychoanalysts and psychotherapists. Today the author has to face immense difficulties and scientific travails. The world fell like a house of cards in 1993 but there is a glint of hope and scientific fortitude. Human scientific vision is today in a state of distress and disaster as regards treatment of schizophrenia. Throughout his treatment of this disorder, he was ably supported by his parents, sister and relatives. Scientific vision, scientific foresight and the futuristic vision of medical science are the torchbearers towards a newer visionary era in medical science. Today the author is doing relatively well in life. This is due to his doctors and the treatment procedure. The sufferer should not lose

confidence and there should be deep grit and determination in his life. Frequent psychotherapy and instilling of courage, hope and determination will give the sufferer a fresh lease of life. At many times, the author felt frustrated and disastrous. But the support of his family and the doctors changed the course of his life. Today health issues are there but the author stands steadfast to the struggles in his life. Courage, hope and determination are the pillars of his day to day functioning of life. Single purpose state of mind is the torchbearer towards a newer vision in his life [1].

### Conclusion and Scientific Perspectives

Scientific perspectives in the field of psychology are far-reaching and visionary. The treatment of mental disorders is a challenge of medical science today. A patient's suffering is immense and disastrous. There is no light at the end of tunnel in the sufferer's life. Science and technology has few answers to the arena of mental disorders. In this article, the author deeply comprehends the necessity of the science of psychology and innovations in the true emancipation of medical science. Human sufferings and human struggles are monstrous and unending with respect to schizophrenia. The authors have glaucoma in both of his eyes and well as intestinal disorder along with schizophrenia. But the author has lost no hope in moving in the path of life. Strong determination and courage are instilled and inculcated by his doctors, psychoanalysts and his family. He is not a loser. He stands

immensely steadfast and strong to the difficulties and barriers in life. This is the success of his doctors. Medical science's immense scientific prowess, the vast scientific divination and the scientific profundity are all the forerunners towards a newer eon in the field of scientific emancipation [1-12].

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