

Review Article

Schizophrenia – A Short Review

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ABSTRACT

Schizophrenia is a medical illness with severe disturbance in brain functioning. It affects mostly teenagers between 16-25 yrs of age. The symptoms are like social withdrawal, lack of confidence, inability to make decisions etc. Antipsychotic medicines mostly use for controlling the symptoms. Such people should need understanding, patience and reassurance.

Keywords: Schizophrenia, management



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INTRODUCTION

Like convulsions or rheumatism, schizophrenia is a medical illness affecting brain. There are many misconceptions about mental illness. Schizophrenia is one of them which is always misunderstood. Unfortunately people with this disease have been portrayed as aggressive, violent, dangerous, and homicidal but, this not always the reality. Evidence shows that schizophrenia is a severe disturbance in brain functioning. The symptoms are produced as a result of structural and biochemical alteration in the brain. It is an illness which strikes teenagers between 16-25 years of age.

The basic causative and predisposing factors are 1) neurochemical imbalance 2) irregular patterns of brain 3) stress makes the symptoms worse 4) drugs like alcohol, tobacco etc. triggers the episode of schizophrenia.

Just all the disease have the signs and symptoms, so does schizophrenia, but symptoms are not identical in every individual. Some people may have only one episode of schizophrenia in their life but, others may have severe symptom for lifetime. The most striking symptom observed-the person is “not the same” which is felt by family members and friends. The different feature in which schizophrenia manifest itself are.

Negative symptoms:

Negative symptoms include social withdrawal,

lack of inappropriate emotional response eg suddenly breaking out in a fit of laughter for no reason, detached and uncommunicative. During conversation individual appear indifferent and lacks the warmth. Repetitive thought may introduce with their thinking and lack of interest with the surrounding.

Positive symptoms:

Thought disorders- thoughts may be slow, fast or not at all. Jumping from one topic to another or inability to make simple decisions. Hallucinations such as hear, see, smell or feel something which does not exist. Delusions believe something that does not make sense to other around them. Hyperactive or restless or rapidly changing emotions. Suspiciousness, constantly searching proof for their suspicions. The schizophrenia experiences a journey where no one understands them. They feel very much lonely. They can not distinguish between reality and unreality.

Unfortunately, we have no specific single blood test, X rays, brain scan from which we can say this is schizophrenia. For reaching diagnosis other causes must be ruled out. There is no exact cure, but there is ways to help to control the symptoms of disease. Depending upon the severity of disease, the mode of treatment is decided upon. The medications used are known as Antipsychotic, they help to control the symptoms. The other aspect of treatment is

psychosocial therapy where the individual is made aware of the disease and here acceptance plays a very important role. Family members have the vital role in the treatment of such diseases. Early diagnosis and stabilization on treatment can greatly improve the prognosis of illness.

REFERENCE

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