

Homoeopathic Psychiatry E-Magazine

(Journal of Psychiatry in Homoeopathy)

Annual Publication - 2nd Edition

**‘It is time to prioritise
mental health
in the workplace’**



Homoeopathic Psychiatric Association

10-Oct-2024

Cover Description

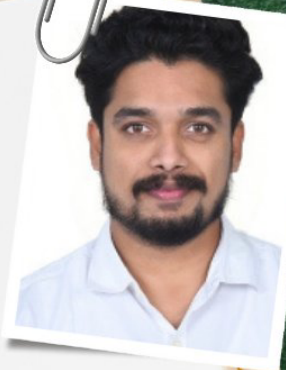
As we unveil the 2nd edition of the Homoeopathic Psychiatry E-Magazine, the cover speaks directly to the heart of our theme: 'It is time to prioritise mental health in the workplace.' The image before you is more than just a visual; it's a call to action.

Depicted is a giant brain—a symbol of the mental challenges we all face, especially in professional environments—being carefully examined by two medical professionals. Their presence reflects the collective responsibility of society, healthcare providers, and individuals to protect and nurture mental well-being. The simplicity of the light blue background evokes a sense of peace and calm, which is often missing in today's high-pressure work culture.

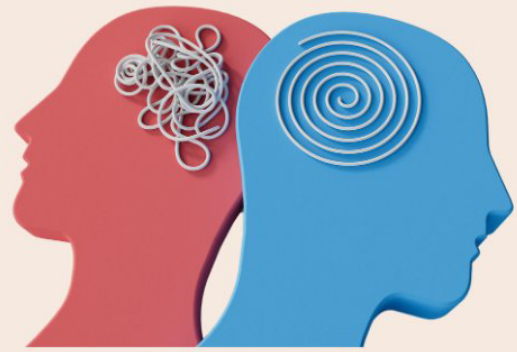
This cover represents our mission: to shed light on the silent struggles of mental health in the workplace and to encourage a shift towards compassion, understanding, and proactive support. With this edition, we aim to ignite conversations, offering homoeopathic insights and solutions to restore balance where it is needed most—at work. Let this image be a reminder that mental health is not a luxury; it is a necessity, especially in the workplace where most of our waking hours are spent.

Dr. Ramiz Ibrahim

Secretary
Homoeopathic Psychiatric Association



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Introduction

Dear Readers,

With immense pride and gratitude, we present this year's edition of the Homoeopathic Psychiatric Association's E-Magazine. This edition marks another significant milestone in our journey of transforming mental healthcare through homoeopathic psychiatry, showcasing not just our growth but our unwavering commitment to holistic mental well-being. We are thrilled to offer this magazine as a valuable resource, especially for students of Homoeopathic Psychiatry. It serves as a platform where knowledge, experiences, and insights converge, bringing the practical world of psychiatry to life through real-life cases and thoughtful discussions.

Our association, now stronger and more visionary than ever, continues to be a beacon of dedication in the field of Homoeopathic Psychiatry. The collective efforts of our healthcare professionals, students, and members reflect our passion for mental health and homoeopathy. Since our establishment in 2018, we have been on a mission to eliminate the stigma surrounding mental health, emphasizing its pivotal role within homoeopathic medicine. By understanding the intricate relationship between mental and emotional well-being and physical health, we have endeavored to incorporate Homoeopathic Psychiatry into daily practice, highlighting the importance of mental symptoms in holistic treatments.

What makes Homoeopathic Psychiatry unique is its deep personalization. We look beyond symptoms, delving into the individual's constitution, temperament, lifestyle, family history, and even genetic predispositions. True healing, in our belief, lies in addressing the root causes of emotional and mental distress, not merely managing the symptoms. This holistic approach is at the heart of our work, and we continue to advocate for its recognition and importance in modern healthcare.

As we grow, our vision remains clear: to expand mental healthcare through homoeopathy across India and beyond. We believe this magazine is a testament to what a dedicated group of individuals can achieve together. It is not just an organization but a learning platform, a community dedicated to mental health and well-being. We hope to inspire students and practitioners of homoeopathy to explore the power of mental health care within our field, encouraging them to adopt a more comprehensive, individualized approach to patient care.

Our heartfelt thanks go out to all our contributors, advisors, and supporters who have helped bring this magazine to life. Their wisdom and guidance have made this edition a reality, and their belief in our mission continues to fuel our progress. We extend our deepest gratitude to every member of the Homoeopathic Psychiatric Association for their continued support and dedication to the cause of mental health.

As we look ahead, we are filled with optimism for the future. Together, we can continue to shape the landscape of holistic mental healthcare, advocating for a world where mental and emotional well-being are prioritized, understood, and treated with the compassion and care they deserve. I'm inviting you to immerse yourself in the profound work of our Homoeopathic Psychiatry Family and become part of this transformative journey towards a mentally healthier, more compassionate world.

Warm regards,

Dr. Ramiz Ibrahim
Secretary
Homoeopathic Psychiatric Association

Editorial Message



Dr. Justina M Steefan
Assistant professor
Department of psychiatry
Father Muller homoeopathic medical College and hospital

Dear Readers,

It is with immense joy and a sense of accomplishment that we present to you this beautiful and insightful edition of our E-Magazine. The journey to bring this edition to life has been filled with countless hours of effort, perseverance, and an unwavering commitment to excellence. From collecting articles from talented individuals across the nation, to the challenging tasks of classifying, reviewing, and categorizing them, this edition has truly been a labor of love.

The process of editing was by far the most demanding aspect, with sleepless nights spent ensuring every word reflects the depth of knowledge and passion that our contributors have shared. Yet, every challenge was worth it, as we now hold in our hands a magazine that is both rich in information and beautiful in its presentation.

I would like to extend my deepest gratitude to our wonderful editorial team. Dr. Ayisha E K has been my constant support, standing by my side every step of the way, and without her dedication, this would not have been possible. A special mention goes to Dr. Jithin M Ouseph & Dr. Ramiz Ibrahim, our Master Editors, whose meticulous attentions to detail and editing expertise brought the final polish to this edition.

I must also acknowledge the invaluable contributions of Dr. Neethuraj, Dr. Sreeja K R, Dr. Akhila A L and Dr. Lalitha K S, whose support throughout the editing and overall process has been nothing short of remarkable. Their dedication and hard work have helped make this edition the success it is today.

As we publish this edition, I hope it serves as an inspiration and a beacon of knowledge for all our readers. It is more than just a magazine; it is a reflection of our collective passion for Homoeopathic Psychiatry and our commitment to advancing holistic mental healthcare.

Thank you to everyone who has been part of this incredible journey.

Warm regards,
Dr. Justina M. Steefan
Chief Editor
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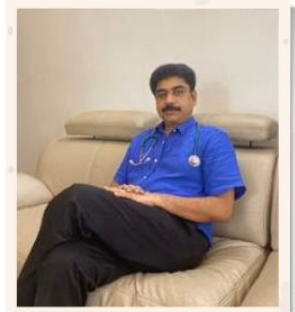


Dr. Lalitha K S
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Message from the Founder President

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Dear Readers,

It is with immense pride and joy that I extend my heartfelt greetings as we present yet another milestone – this edition of the Homoeopathic Psychiatric Association's magazine. Our journey, which began with a shared vision to integrate homoeopathy with mental health care, has grown into a movement that touches lives across the nation.

The establishment and growth of this association would not have been possible without the relentless efforts and dedication of our members. They have tirelessly upheld our mission, striving to break the stigma surrounding mental health while highlighting homoeopathy's profound potential in psychiatric care. Their innovation and selfless commitment are the foundation upon which this association stands today.

Reflecting on our accomplishments, I am humbled. In the recent year, we have:

- *Launched our first annual magazine, distributed to over 2,000 professionals and students across India,*
- *Conducted seven clinical meetings that facilitated insightful psychiatric case discussions, and*
- *This year we are planned to Inaugurate our Digital platform through the events of 'World Mental Health Day 2024' program.*
- *Moreover, our commitment to engaging the younger generation has inspired students across various homoeopathic colleges in India to pursue psychiatry as a specialty.*

We are also putting our efforts to collaborate with esteemed institutions like the National Homoeopathy Research Institute in Mental Health (NHRIMH) and the Central Council for Research in Homoeopathy (CCRH) for bringing up more researches on mental health.

The overwhelming public support we receive is both encouraging and affirming, reflecting the growing trust in homoeopathy as a vital tool for mental health care. Every day, we witness the positive impact of our work as more individuals seek our help, join our initiatives, and share our mission.

This magazine is not just a publication, but a symbol of how far we've come and what lies ahead. Each page reflects the passion and dedication of our contributors, all focused on prioritizing mental health in the workplace, communities, and individual lives. I encourage you to read with an open mind, knowing every article was crafted to inspire action for a healthier future.

To our members, thank you for your devotion. To our readers, may you find the inspiration to join us in our journey toward healing and progress, where mental health is prioritized, and homoeopathy plays a central role.

Warm regards,
Dr. Thajuddin K. P.
President, Homoeopathic Psychiatric Association



केन्द्रीय होम्योपैथी अनुसंधान परिषद्
(स्वायत्त निकाय आयुष मंत्रालय, भारत सरकार)
CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY
(An Autonomous Body of Ministry of AYUSH, Govt. of India)



डॉ. सुभाष कौशिक
महानिदेशक
Dr. Subhash Kaushik
Director General



Message

It gives me immense pleasure to write a message for the Homoeopathic Psychiatric Association's second annual E-Magazine.

It is good to note that a novel homeopathic association is dedicatedly putting efforts in bringing out a magazine focusing on role of Homoeopathy in mental health. The theme "Time to prioritize mental in workplace" is very well thought out and need of the hour. In light of the recent increase in workplace stress, particularly among young adults, it is crucial that we take proactive steps to address this pressing issue. The alarming news surrounding workplace-related suicides highlights the urgent need for a comprehensive plan that prioritizes support, counselling, and a healthy work-life balance.

I would like to highlight the significant role that Homoeopathy can play in addressing mental health problems. Homoeopathy has demonstrated considerable benefits, backed by a long history of successful clinical practice and a growing body of research evidence.

I believe homoeopathy practitioners in India can together have the power to influence policies, drive innovation, and improve mental health on a grand scale. Solidarity among different Homoeopathy associations is essential for transformative developments. By working in mission mode, you can achieve results that will resonate throughout our homoeopathy communities and beyond.

I wish you continued success in your efforts and look forward to seeing the positive changes that will arise from your hard work.

New Delhi
30.09.2024


(Subhash Kaushik)

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डॉ. संजय गुप्ता, सचिव
Dr. Sanjay Gupta, Secretary



MESSAGE

Dear Doctors,

It gives me immense pleasure to extend my warm greetings to the Homoeopathic Psychiatric Association, Kerala, on this occasion of release of Annual E-Magazine over the theme **"It is Time to Prioritize Mental Health in the Workplace"** which is highly relevant, and commendable to the present scenario.

Mental health is the pivot of overall well-being of any person and in today's fast-paced professional environment, it is often overlooked. The workplace is the place where we spend a significant portion of our lives, and it is essential for us progressive that we create supportive and mentally nourishing environments. The Homoeopathic practitioners, especially those specialized in the field of psychiatry, play a vital role in this endeavor by offering holistic care that addresses both mental and physical aspects of health.

I extend my best wishes to Homoeopathic Psychiatric Association, Kerala to continue to dedicate to learning and practicing Homoeopathy psychiatry with compassion. The association commitment to mental health will undoubtedly create positive ripple effects not only in individual lives but also across society. The future of healthcare, including mental health, lies in integrating diverse approaches, with homoeopathy.

I wish this e-magazine shall also emphasize research and look forward to see the positive impact on suffering humanities.

Sanjay Gupta





Prof (Dr.) P. K. Sudhir

Vice-Chancellor

Vinayaka Mission's Research Foundation

Message

It is with great admiration and happiness, I extend my heartfelt congratulations to the entire team of the Homoeopathic Psychiatric Association for your remarkable achievements in advancing the field of Homoeopathic Psychiatry. Your tireless efforts in bringing this specialty to the forefront of healthcare are commendable and deserve immense recognition.

Mental health in family & social situations and at workplace are the need of the hour.

Through your dedication, you have not only shed light on the importance of mental health but also strengthened the foundation of holistic mental healthcare within the homoeopathic framework.

This year's theme, "It's Time to Prioritize Mental Health at the Workplace," is incredibly meaningful and timely. As professionals and leaders in healthcare, it is our collective responsibility to address the rising mental health challenges in modern workplaces. Stress, burnout, and emotional fatigue have become pervasive, affecting both productivity and overall well-being. By prioritizing mental health in the workplace, we can create environments that foster psychological safety, support, and growth, ultimately leading to a healthier and more balanced professional life.

I am proud of the activities of the association for taking such bold steps toward these goals, and I wish you all continued success in your mission to promote mental well-being through homoeopathy. May this E-Magazine serve as a beacon of knowledge and inspiration for students, practitioners and the larger community.

Once again, congratulations to the entire team for your hard work and dedication. My 'Best Wishes' for all future endeavors.

Prof (Dr.) P. K. Sudhir

Vice-Chancellor

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Dr.K.C.Muraleedharan

Asst.Director(H) & Officer Incharge,
National Homoeopathy Research Institute in Mental Health,
Kottayam, Kerala, India.

Warm greetings to all,

It is a great honour to announce the launch of Annual E-magazine of the Homeopathic Psychiatric Association, Kerala, with the important theme: "Prioritizing Mental Health in the Workplace." This initiative is a valuable step towards promoting mental health care through a holistic approach that blends homeopathy with psychiatry. I sincerely commend the association for this thoughtful effort, which will serve as a vital resource for professionals in the field.

One of the main goals of this association is to standardize psychiatric education and practice. By following a unified set of guidelines, we can ensure that patients receive consistent, high-quality care regardless of their location within the parameters of the ethical domains. This standardization will also help advance the field and boost the recognition of homeopathic psychiatry as an essential part of mental health care.

As we know, the practice of psychiatry through homeopathy offers a unique and holistic approach to treating mental health conditions. It focuses on addressing the root causes rather than just managing symptoms, respecting the individuality of each patient. Most of the currently available treatment modalities targeting on the management of the disease conditions rather than looking into a possible plausible solution. Homeopathy offers such a strong intervention to relieve the conditions which are otherwise termed as "incurable". A diligent and in-depth study of the stream of Psychiatry will offer more avenues to a Homeopaths to create evidence-based cures to strengthen the system as well as psychiatry per se. This opens the door for creating a specialized, evidence-based framework that highlights the effectiveness of homeopathic treatments in psychiatric care.

It is crucial that we work alongside professionals and associations worldwide, sharing knowledge and experiences to strengthen the global mental health community where avenues of benefits of Homeopathy was not popularised. By learning from each other, we can enhance practices and create a brighter future for mental health care.

I congratulate the association on this significant achievement and look forward to seeing the positive impact it will have on both national and international levels.

Thank you.



Dr. Sanil Kumar. M.C

Professor & Principal – in – charge, GHMC, Kozhikode, Kerala
Dean, Faculty of Homoeopathy, KUHS

Dear future healers in homoeopathic psychiatry,

As you embark on this noble journey of healing minds and souls, remember that you are the torchbearers of a unique and holistic approach to mental health. Your dedication and commitment in making a profound difference in the lives of those who seek your care is highly appreciable. The world needs your passion, your innovation, and your unwavering belief in the power of homoeopathy.

As we navigate the complexities of modern life, the importance of mental health in the workplace has never been more evident. The theme “It is time to Prioritize Mental Health in the Workplace” resonates deeply with your mission to promote holistic well-being.

Remember, a healthy workplace is not just about productivity; it’s about creating an environment where individuals can thrive both personally and professionally. In your journey as homoeopathic psychiatric doctors, you have a unique opportunity to advocate for and implement mental health practices that can transform workplaces into supportive and nurturing environments.

Together, let us make a lasting impact on the lives of countless individuals, and your dedication to this cause can pave the way for a future where mental health is a priority in every workplace.

With warm regards,
Dr. Sanil Kumar. M.C,



Dr. Manilal S

Director

MNR Homoeopathic Medical College and Hospital

"It is time to prioritize mental health in the workplace"

As the pressures of modern life continue to rise, mental health is becoming an increasingly critical issue, particularly in the workplace. Many employees silently struggle with stress, anxiety, and burnout, impacting not only their well-being but also their productivity. It is time we take decisive action to prioritize mental health within our work environments.

Incorporating mental wellness into the fabric of our workplaces is not just a necessity but a responsibility. Employers and organizations must cultivate a culture of openness, where mental health is treated with the same importance as physical health. Regular mental health check-ins, stress management strategies, and creating supportive, nurturing spaces for employees to express their concerns can make a profound difference.

For budding Homoeopathic Psychiatric Doctors, this is an opportunity to lead by example. Through Homoeopathic principles, we can offer holistic care that addresses the mind, body, and spirit. Let us work together to ensure that mental health is no longer overlooked but is embraced as a key element of a healthy, productive workplace. The future of healthcare lies in our hands, and the time to act is now.

Dr. Manilal S



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Dr. Umesh Akkaladevi
MD Director

Ksheerasagar
Date 25/09/2024

The theme for this year's World Mental Health Day (WMHD) on October 10th - "It is Time to Prioritize Mental Health in the Workplace" is particularly relevant given the increasing demands and pressures faced by individuals in today's professional environments. I believe that mental health is a critical component of overall well-being and that it is essential to create supportive and inclusive workplaces that prioritize the mental health of employees.

Mental health is a critical component of overall well-being, and it is essential to prioritize mental health in the workplace. The demands and pressures of modern work environments can take a toll on individuals' mental health, leading to increased stress, anxiety, and burnout.

Homoeopathic psychiatry offers a holistic approach to mental health care that can be particularly effective in addressing the challenges faced by individuals in the workplace. Homoeopathic remedies can help to alleviate symptoms of anxiety, stress, and depression, while also addressing the underlying causes of these conditions.

Hamsa Homeopathy Medical College, Hospital & Research Centre has been a pioneer in promoting mental health awareness and education. The institution has organized National Seminars on World Mental Health Day in 2022 and 2023, featuring eminent speakers from both modern medicine and homoeopathy. These seminars have clearly voiced out the importance of mental health and have been a huge success, with attendance of close to 600 in 2022 and 700 in 2023.

By creating a supportive and inclusive workplace culture that prioritizes mental health, we can help to reduce the prevalence of mental health problems and improve the overall well-being of employees. This can lead to increased productivity, job satisfaction, and employee retention.

I wish the Homoeopathic Psychiatric Association - Kerala's continued success in their efforts to promote mental health and well-being. Their work in creating awareness through their annual E-Magazine is making a valuable contribution to the field of mental health care.

Thank you

Yours sincerely

Dr. Umesh Akkaladevi, MD
Director



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Dr.R.Sitharthan,
Principal, NHRIMH, Kottayam

Psychiatry is one of the special type and best choice of medical career which aims to achieve complete synchronization and re-modulation of human thoughts into each other. All psychiatrists are trained to be more insight, observing, strong and perspective. They handle a person with keen love and care. It requires a talent to cope up with their family members, friends and neighbors. Developing skills in identifying the presenting sufferings, differentiating one person's illness with others, applying the psychological as well and therapeutic skills should be the main focusing point of each psychiatrist. Homoeopathic doctors also always play a crucial role in handling the persons with psychiatric symptoms. They should be more skillful in dealing with all age groups with expert in forensic, medical psychiatry and neuro developmental psychiatry.

A magazine is chest of sparkling gems of thought, pearls of wisdom, soul stirring reflections, inspiring anecdotes that faster sterling values from the mind of authors.

Magazine is like a mirror which reflects the clear picture of all sorts of activities undertaken by a group of experts. It is a matter of great pride and satisfaction for the editors to bring out the uniqueness and success by releasing "Homeopathic Psychiatry E-Magazine 2024". It made tremendous progress in all areas of Homeopathic Psychiatry. And my heartfelt congratulations to editorial board to made this magazine and I wish a scintillating success. I hope that this e magazine will enrich the knowledge about the psychiatry among the medical fraternity by which the peoples will get benefited.

Dr.R.Sitharthan, BHMS, MD(Hom), Ph.D (Hom),
Principal, Professor & HOD, Department of Practice of Medicine,
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India.



Dr. P. Venkateshwar Rao

Principal and Medical Superintendent,
MNR Homoeopathic Medical College and Hospital
Sangareddy, Telangana.

In today's fast-paced world, the significance of mental health in the workplace cannot be overstated. With rising demands, stress, and the constant pursuit of success, many individuals find themselves overwhelmed, leading to burnout, anxiety, and depression. As Homoeopathic practitioners, it is our duty not only to heal but to prevent. We must advocate for creating environments that promote mental well-being alongside physical health.

Workplaces should not be places where individuals merely endure but thrive. By recognizing the early signs of mental distress and offering timely support through counselling, stress management programs, and appropriate homoeopathic treatment, we can help build healthier, more resilient workforces. It is essential that employers understand the value of their employees' mental health and integrate wellness practices into their organizational culture.

To the budding Homoeopathic Psychiatric Doctors, I encourage you to lead this change. Let us prioritize mental health in the workplace and become catalysts for a more compassionate and supportive work environment. Together, we can make a profound impact on the mental well-being of society.

Dr. P. Venkateshwar Rao,

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Dean, Health Sciences
Ramkrishna Dharmarth Foundation University,
Gandhinagar, Bhopal

Sincere Congratulations To the members of Homoeopathic Psychiatric Association, Kerala Mental health and wellness are essential to overall health. Mental illnesses has been recognized as a significant public health concern and one of the leading causes of disability worldwide, particularly with the loss of productive years of the sufferer's life.

Recently there has been an increased emphasis on the need to promote wellbeing and positive mental health in preventing the development of mental disorders, for poor mental health has significant social and economic implication. Prevention and promotion of mental health are essential, notably in reducing the growing magnitude of mental illnesses.

I appreciate the team for their hard work and dedication to bringing the second edition of e- magazine published by Homoeopathic Psychiatry Association of Kerala to the profession that aims to provide knowledge, ideas and research findings among Homoeopathic professionals across the globe. I wish all success to this esteemed e-magazine.

With best wishes for all future endeavors of Homoeopathic Psychiatric Association, Kerala.

Principal

Ram Krishna College of Homoeopathy and
Medical Sciences, Bhopal



Dr. N.D.Mohan (MBBS, MD Psychiatry)

Consultant Psychiatrist, NHRIMH, Kottayam
Former faculty at Medical College, Kottayam
Former HOD, Dept. of Psychiatry NHRIMH, Kottayam.

Dear members of Kerala Homoeopathic Psychiatric Association

As you are observing Mental Health Day and celebrating the remarkable journey you have shared, it is a privilege to contribute to the souvenir a testament to the collective memories, achievements and bonds that have grown stronger over the years.

Your time during academic was remarkable by challenges and triumphs, terrific epidemic of the century with all its fierce face, making the world to stand still and ending lives of millions of people, experiencing severe deluge, landslides and each experience shaping into the dedicated professionals you are today. The rigorous training of long hours and the countless patients you have encountered have not only honed the skills but also shaped the compassion and commitment to the art of healing.

Looking back, I am filled with pride and satisfaction not just for sharing the medical knowledge but for the sense of camaraderie that has endured beyond the walls of the alma mater. You stand as a testament to the power of community and I am confident that your shared experiences will continue to inspire to serve with excellence and integrity.

As you move forward let us remain connected and supportive of one another just as you were during the formative years. Together you have the power to make lasting contributions to the field of Psychiatry and to the lives of those you heal.

Wishing you all continued success, fulfillment and happiness in both your personal and professional endeavours.

Dr. N.D.Mohan (MBBS, MD Psychiatry)



Dr. Mansoor Ali KR

Professor, Govt Homoeopathic Medical College, Calicut

‘It is Time to Prioritize Mental Health in the Workplace’

For too long, this topic has been overlooked, stigmatized, or relegated to the sidelines of corporate priorities. But the time has come for change.

Our mental wellbeing is not separate from our professional lives – it's an integral part of who we are, both at work and beyond. By prioritizing mental health, we're not just supporting our employees; we're fostering a more productive, creative, and resilient workforce.

Mental wellness isn't just an individual issue; it's an organizational one. A mentally healthy workplace is a thriving workplace. Studies show that when employees feel supported emotionally and psychologically, they are more engaged, creative, and productive. But it's not just about better work—it's about creating an environment where people can grow and flourish, both personally and professionally.

This initiative isn't about quick fixes or token gestures. It's about creating a fundamental shift in how we view mental health, how we support one another, and how we structure our work environment. It's about building a culture where seeking help is seen as a sign of strength, not weakness.

As we embark on this journey together, I encourage each of you to be open, compassionate, and proactive. Share your experiences, listen to others, and be part of the solution. Remember, a mentally healthy workplace benefits everyone – employees, leadership, and the organization as a whole. Let's make our workplace a beacon of mental health awareness and support. The time is now.

Dr Mansoor Ali KR

Professor, Govt Homoeopathic Medical College Calicut
Chief Editor www.homeobook.com



Dr Mohammed Shameem V
State President
Indian Homoeopathic Medical Association (IHMA)
Kerala

Warm greetings to all

It is a matter of great Pride that Homoeopathic Psychiatric Association, Kerala releasing Annual E-magazine with highly relevant theme it is time to prioritize Mental Health in the Workplace

In today's fast-paced work environment, mental health is more crucial than ever. It's time to shift the focus from just productivity to holistic well-being.

As working professionals spend most of their hours at the workplace, maintaining good mental health is crucial for optimal productivity. we recognize the significance of mental well-being in achieving success.

Homeopathy, with its holistic approach, offers a natural and effective solution to promote mental health. Our experienced practitioners and delicate how are practicing Homoeopathic Psychiatry with compassion can help to create supportive and sustaining environment.

I extend my wishes to Homoeopathic Psychiatric Association to continue their dedication and passion to learning and practice Homoeopathy in more wide aspect of psychiatry.

Dr Mohammed Shameem V



Dr. Kochurani Varghese
State President, The Institution of Homeopaths Kerala (IHK).

Dear Leaders of Homoeopathic Psychiatric Association of Kerala,

It is a pleasure to extend my warm regards and congratulations to you and the entire team of the Homeopathic Psychiatric Association of Kerala on the release of your Annual E-Magazine. This year's theme, "It is Time to Prioritize Mental Health in the Workplace," is both timely and significant.

In today's fast-paced world, mental health in the workplace has emerged as a pressing concern, affecting not just individuals but also the productivity and culture of organizations. As homeopaths, we are uniquely positioned to provide holistic care that addresses the mind, body, and spirit. By focusing on mental well-being in the workplace, we can create healthier environments that promote not only physical health but also emotional and psychological balance.

I commend the Homeopathic Psychiatric Association of Kerala for taking the lead in bringing this critical topic to the forefront. Your efforts to integrate homeopathy into the conversation about mental health in the workplace are invaluable. I believe that by fostering a greater understanding of mental health and prioritizing it in professional settings, we can collectively work towards a more compassionate and supportive world.

Wishing you all success in your endeavours, and I look forward to the positive impact this initiative will have.

With warm regards,

Dr. Kochurani Varghese



Dr Dinesh R S

BHMS, MBBS, MD (Psy)

Advisory Board

Homoeopathic Psychiatric Association

It's a laudable effort to bring out an issue on mental health based on this year's world mental health theme, mental health and work place, I congratulate the Homoeopathic Psychiatric Association for this work.

An estimated 60% of world population is working and around 15% of people working experience various mental health problems in the workplace. Globally 12 billion workdays are lost each year due to anxiety and depression. Workplace associated psychosocial risks such as under-skilling, excessive workload, understaffing, poor working conditions, discrimination, insecurity, impaired work life balance are seen in all sectors.

Humanitarian and public health emergencies and economic recessions associated with pandemics, wars, disasters result in job loss, increased unemployment and financial instability. Personal characteristics like race, gender identity, age, language, sexual orientation, nationality, religion, migration status also make people vulnerable to the psychosocial risks associated with workplaces.

Protecting mental health at workplaces is important and measures like manager or employer training, worker training on mental health awareness and interventions for individuals are advised as solutions. Return to work programs for persons with mental health problems and supported employment initiatives for persons with severe mental health issues has to be widely adopted.

Workplace design aspects like ergonomics, biophilic design, aesthetics and break areas need to be incorporated in workplace architecture. Use of alternative medical interventions like homeopathy for workplace mental health problems like anxiety, depression and burnout are less explored and needs to be incorporated into guidelines and support programs.

Government, organizations and employers need to prioritize and formulate new laws, guidelines, programs or updating of existing ones on the basis of evidence available for the interventions. Employers can support mental health by promoting a healthy work life balance, offering mental health resources and by fostering an inclusive and supportive culture. Recent incidences associated with workplace related violence and stress signifies the importance of this issue and all stakeholders need to prioritize and make necessary steps to promote mental health in workplaces.

Thank You



Dr. Nazeer E.

Advisory Board

Homoeopathic Psychiatric Association

Dear All,

I am pleased to hear that the Homoeopathic Psychiatric Association, Kerala, is releasing its Annual Edition of the E-Magazine with a focus on the theme of World Mental Health Day 2024: "It is Time to Prioritize Mental Health in the Workplace." As technological and professional growth continues, addressing the increasing pressures on the modern workforce is essential, making this theme highly relevant.

Workplaces have become high-stress environments where deadlines, multitasking, and elevated expectations are constant. This often leads to chronic stress, burnout, anxiety, and depression, affecting both professional performance and personal well-being. When organizations—whether governmental or private—become undemocratic or foster environments of nepotism and discrimination, employees face immense stress. The large number of pending cases at administrative tribunals highlights this issue.

As mental health professionals, it is our responsibility to advocate for mental health integration in the workplace. Employers should create environments that foster psychological safety, open communication, and provide resources like counseling and mental health programs. Leadership must be democratic and transparent, upholding workers' rights.

I commend the Association for spotlighting this urgent matter, and I look forward to the insights this edition will offer to further our mission of promoting mental well-being.

Warm regards,

Dr. Nazeer E.

Social Scientist

Director, Centre for Social Sciences Education and Research, TVM

Member, Kerala State Mental Health Authority



Dr Johnson Alex

Advisory Board

Homoeopathic Psychiatric Association

As an advisor to the Homeopathic Psychiatry Association of India, I want to congratulate all the members for their efforts to coordinate the mental health services in different forms as academic and community activities

I would like to emphasize the importance of prioritizing mental health in the workplace as part of the current World Mental Health Day -2024. A supportive work environment, where employees feel heard and valued, not only enhances productivity but also fosters overall well-being.

Integrating holistic approaches, including homeopathic remedies, stress management techniques, and a balanced work-life dynamic, can help reduce burnout, anxiety, and emotional strain. Prioritizing mental health isn't just a wellness trend—it's essential for sustaining a healthy, motivated workforce. Let's commit to creating workplaces that nurture both mind and body.

Warm Regards

Dr Johnson Alex
Associate Professor & Head
School of Behavioral Sciences
Kannur University

Homoeopathic Psychiatric Association

Annual Report - 2023-24

Homoeopathic Psychiatric Association is a group of dedicated Homoeopathic Psychiatry Doctors working to advance the practice of homoeopathic psychiatry, mainly focusing Kerala. This annual report outlines the Association's key activities, achievements, and challenges of the year 2023-24, highlighting our commitment to promoting holistic mental healthcare.

After successfully completing World Mental Health Day on 10th October 2023 by hosting a live webinar and releasing our first annual magazine, our association became more publicized and active. One of our key achievements was introducing the magazine to various colleges across India, encouraging students to take up Homoeopathic Psychiatry Master degree courses. This effort had a great impact and gave us a strong start to 2024, helping our association gain more recognition and momentum. Comparing to other years, we weren't able to conduct a single offline meeting this year, as all the doctors are having busy schedule with their practice.

Membership Updates

Core Members

Ψ President	:	Dr. Thajuddin K P
Ψ Vice President	:	Dr. Rema Ramkumar
Ψ Secretary	:	Dr. Ramiz Ibrahim
Ψ Joint Secretary	:	Dr. Jithin M Ouseph
Ψ Treasurer	:	Dr. Tinu Mathews

As of now, the core committee members remain the same as last year. Additionally, we have initiated new committees to enhance the efficient functioning of our association. We appointed five new committee heads, ensuring that key areas of operation are well managed. Below are the committees and their respective heads:

Ψ Academic Committee	:	Dr. Diana R
Ψ Camp and Activity Planning Committee	:	Dr. Hasan Jawahar K
Ψ Clinical Meeting Committee	:	Dr. Mridul A. S
Ψ Finance Committee	:	Dr. Tinu Mathews
Ψ IT & Website Committee	:	Dr. Jithin M. Ouseph
Ψ Magazine & Journal Committee	:	Dr. Justina M. Steefan
Ψ Social Media Committee	:	Dr. Manu Manjith, Dr. Rema Ramkumar
Ψ Poster Designing & Branding Committee	:	Dr. Ramiz Ibrahim
Ψ Timeline Management Committee	:	Dr. Freeda M. Joseph

We currently offer three categories of membership:

- **Regular Members**
- **Associate Members**
- **Student Members**

Currently, our association proudly comprises a total of 58 doctors. Out of that officially, 19 doctors registered as Regular members, and 9 doctors registered as Associate Members & 2 doctors registered as student members.

Regular Members:

1. Dr. Sreeja K. R.
2. Dr. Freeda M. Joseph
3. Dr. Justina M. Steefan
4. Dr. Deepak K. P.
5. Dr. Thajuddin K. P.
6. Dr. Rema A.
7. Dr. Hasan Jawahar K.
8. Dr. Tinu Mathews
9. Dr. Ramiz Ibrahim
10. Dr. Jithin M. Ouseph
11. Dr. Anu Upendranath
12. Dr. Ayisha E. K.
13. Dr. Shifa K.
14. Dr. Fasila Aliyar
15. Dr. Keerthy P. V.
16. Dr. Ameena S.
17. Dr. Basil Kurian Jose
18. Dr. Akhila A. L
19. Dr. Neethu Raj

Associate Members:

1. Dr. Mridul A. S.
2. Dr. K. Madhavi Priyanka
3. Dr. Liza K. B.
4. Dr. Anna Alex
5. Dr. Arya B. Prasad
6. Dr. Revathi Ravikumar
7. Dr. Sakthi Silvan
8. Dr. Rehna Rahim
9. Dr. Aiswarya J

Student Members:

1. Dr. Jino Saira Koshy
2. Dr. Aparna P R

We are waiting to conduct an offline meeting to collect the filled membership forms and officially add the remaining members to our association.

Advisory Team

This year, we achieved a significant milestone by adding

- **Dr. Dinesh R S**, Psychiatrist at Taluq Hospital Karungapally (Health Services Dept, Govt of Kerala),
- **Dr. Johnson Alex**, Associate Professor & Head of the School of Behavioral Sciences at Kannur University, and
- **Dr. Nazeer E**, Social Scientist and member of the Kerala State Mental Health Authority, to our association's advisory team.

Their inclusion will further enhance our mission, bringing valuable expertise to the field of homoeopathic psychiatry and contributing to the continued growth and development of our association.

Monthly Meetings and Continuing Medical Education (CME)

We conducted seven out of the scheduled 12 monthly meetings last year, according to our established schedule. Out of these, only five meetings included clinical discussions. The meetings are held on the 10th of each month from 9:00 PM to 10:30 PM, featuring psychiatric clinical case discussions followed by updates on our monthly activities and initiatives. Each meeting focuses on advancements in the field of homoeopathic psychiatry.

The doctors who have taken & topics covered in these 5 clinical meetings are:

No.	Date	Name of the Doctor	Topic of Clinical Discussion
1	Nov 2023	Dr. Ayisha E K	Efficacy of Homoeopathic Medicine & Management in Treating Post-Traumatic Stress Disorders (PTSD)
2	May 2024	Dr. Lalitha K S	Epilepsy! Malingering!! Dissociative Convulsion – A case study
3	June 2024	Dr. Ameena Shihab	Homoeopathic Management of Obsessive-Compulsive Disorder (OCD) – A case report
4	July 2024	Dr. Ayisha E K	Effectiveness of LM Potencies in Managing Generalized Anxiety Disorder (GAD)
5	Aug 2024	Dr. Sreelakshmi P R	Paranoid Schizophrenia

These meetings featured notable speakers, including guest experts from related fields, who shared their experiences and provided insights on similar cases. Discussions also covered the homoeopathic medicines and treatment approaches used for the cases presented. Such informative and healthy discussions have been impactful for budding students and homoeopathic psychiatry doctors, contributing to their clinical growth.

Publications and Dissemination

Our Homoeopathic Psychiatry E-Magazine, the first edition of our annual publication, was launched on 10th October 2023, with a special focus on mental health and homoeopathic treatments in psychiatric care. The magazine was inaugurated by **Dr. K C Muraleedharan**, Assistant Director (H) & Officer In-Charge, National Homoeopathy Research Institute in Mental Health, Kottayam. It featured a wide range of articles, including case reports, research findings, and reviews of homoeopathic treatments for psychiatric conditions.

The magazine was distributed to over 2,000 professionals and students across India, reaching colleges and institutions, and to promote homoeopathic psychiatry while motivating students to pursue courses in this field.

Additionally, we organized a Poster Making Competition based on the 2023 theme, **‘Mental Health is a Universal Human Right’**. Winners were selected through a review by our magazine committee and polls conducted across various platforms. Certificates were awarded to both the winners and participants as a token of appreciation for their efforts.

Research and Development

As we are in the initial stages, We are currently focused on the preliminary paperwork for research, addressing the needs in psychiatry and the potential of homoeopathic psychiatry for the people of Kerala. We are trying to Collaborations with institutions like NHRIMH and CCRH to support in our projects.

Publications:

Numerous articles based on our member’s research findings have been published in peer-reviewed journals, highlighting their significant contributions to the field of homoeopathic psychiatry. We appreciate their hard work and success, and we have invited them to collaborate with our Research and Development team to produce additional articles and assist other members in their research endeavors.

This initiative aims to promote further publications and facilitate mentorship, enabling members to enhance their research efforts and contribute to the expanding body of literature in homoeopathic psychiatry. Furthermore, we intend to leverage emerging technologies, including AI tools, to effectively identify and address various mental health issues and to implement the principles of Personalized Medicine, which Homoeopathy is following since 200 years.

Community Outreach and Mental Health Awareness Camps

Although we haven’t yet conducted a Mental Health Medical Camp under our own banner, we have actively provided personal services and assisted in medical camps organized by other groups. Due to the busy schedules of our members, even organizing an offline event has been challenging. However, some of our selected doctors have volunteered the camp sites for flood and landslide relief, especially in Wayanad and other affected districts of Kerala.

Advocacy and Policy

Advocacy Efforts:

- **Inclusion of Homoeopathic Psychiatry in Government Health Programs:**
Our association has been actively advocating for the inclusion of homoeopathic psychiatry in government health programs, specifically proposing the establishment of dedicated Psychiatry Departments at the Government Homoeopathic Medical Colleges in Calicut and Thiruvananthapuram, Kerala.
- **Collaboration with Allopathic Psychiatry Doctors:**
As a result of our request, allopathic psychiatry doctors from the medical colleges in both Calicut and Thiruvananthapuram have expressed their willingness to conduct teaching sessions for homoeopathic students, pending protocol approval.
- **Recognition by the Health Minister in allotting state government projects:**
The Health Minister positively acknowledged our request to appoint Homoeopathic Psychiatry Doctors in state government projects under the National Health Mission (NHM) and National AYUSH Mission (NAM).
- **Involvement in Disaster Relief Efforts:**
We also submitted a formal request to the Health Minister of Kerala and various district collectors for the inclusion of our association in flood and landslide relief efforts.
- **Revision of the Proposed Draft for Homoeopathic Psychiatry**
The academic team has submitted letters to the National Commission for Homoeopathy (NCH) with suggestions for revising the proposed syllabus for the Doctor of Medicine in Homoeopathic Psychiatry. A key request is the inclusion of the post of Assistant Professor in the draft. These changes aim to strengthen the educational framework and support the growth of homoeopathic psychiatry as a specialized field.

Policy Recommendations:

- **Incorporation of Homoeopathic Psychiatry in Government Institutions:**
Based on our proposal, we recommend the establishment of dedicated Psychiatry Departments at Government Homoeopathic Medical Colleges in Calicut and Thiruvananthapuram to strengthen homoeopathic mental health education and services.
- **Interdisciplinary Teaching Collaboration:**
We suggest the formal approval for allopathic psychiatry doctors to conduct inter-disciplinary teaching sessions for homoeopathic students in Government Homoeopathic Medical Colleges, encouraging knowledge exchange and enhancing clinical training.
- **Appointment of Homoeopathic Psychiatry Doctors in Government Programs:**
We recommend that Homoeopathic Psychiatry Doctors be formally appointed in psychiatry-related projects under the NHM and NAM, as recognized by the Health Minister, to contribute to state mental health services.
- **Inclusion in Disaster Relief Programs:**
Based on our request to the Kerala Health Ministry and district collectors, we recommend that homoeopathic psychiatrists be included in disaster relief efforts, particularly in flood and landslide-affected areas, to provide mental health support and services.

Future Directions and Challenges

In the coming year, we have outlined several key initiatives aimed at advancing the association's mission and enhancing the field of homoeopathic psychiatry.

Website Launch:

We plan to open an official website that will serve as a central hub for all our activities, providing information, resources, and updates on our initiatives.

Expanding the Magazine's Reach:

Efforts will be made to extend the reach of our magazine, targeting more readers to promote mental health awareness and reduce the stigma surrounding psychiatric consultations.

Digital Platform for Mental Health Support:

We aim to create a digital platform specifically designed to assist individuals who face stigma in seeking psychiatric help. This platform will offer confidential, easy access to information and support.

Engagement and Education:

The website and digital platform will also be used to engage our members, providing them with easy access to educational materials, online courses, and updates on advancements in homoeopathic psychiatry.

National Webinars and Expert Speakers:

We plan to organize national webinars, featuring renowned speakers and experts in the field, to provide insights and knowledge sharing on homoeopathic psychiatry.

Advocacy for Homoeopathic Psychiatry Departments:

We will continue our advocacy efforts to push for the establishment of Homoeopathic Psychiatry Departments in both Government Homoeopathic Medical Colleges in Kerala to integrate psychiatric education and treatment in the homoeopathic system of medicine.

Leveraging Kerala's Well-Established Health Services to Enhance Mental Health:

Kerala's renowned healthcare system provides an excellent foundation for expanding mental health services. We will focus on integrating homoeopathic psychiatry into these services, emphasizing homoeopathy's holistic approach to mental health, which treats the person as a whole rather than just focusing on symptoms. By aligning with Kerala's reputation for high-quality health services, we aim to ensure that mental health becomes a priority.

Focusing on more efficient Research in Collaboration with NHRIMH and CCRH:

We plan to strengthen research efforts in mental health through collaboration with the National Homoeopathy Research Institute in Mental Health (NHRIMH) and the Central Council for Research in Homoeopathy (CCRH). These partnerships will facilitate more robust research into the effectiveness of homoeopathy in treating psychiatric conditions, providing evidence-based treatments that can be implemented across health services.

Training Our Budding Students Towards Research Work:

We will implement training programs to equip our students with essential research skills and methodologies, encouraging their active engagement in research projects. By offering mentorship and hands-on experience in conducting studies and publishing findings, we aim to inspire the next generation of homoeopathic psychiatrists to contribute significantly to advancements in this field.

Challenges:

As we are moving into a new era, we anticipate several challenges that may hinder our efforts to advance homoeopathic psychiatry:

Public Awareness and Perception:

One of the significant challenges we face is the limitations imposed by current political dynamics that prevent our association from gaining the recognition we deserve within the public sphere. This affects our ability to promote mental health awareness and the benefits of homoeopathic psychiatry effectively.

Lack of Support from Other Homoeopathic Associations:

We have encountered a lack of collaborative support from other homoeopathic associations. This absence of unity can restrict our capacity to share resources, knowledge, and best practices, ultimately impeding the growth of homoeopathic psychiatry.

Conducting Offline Meetings:

Organizing offline meetings remains a challenge due to logistical constraints and the busy schedules of our members. This limits our ability to collaborate & to engage in fruitful discussions, and strengthen community ties within our association.

Organizing Mental Health Camps:

We also face difficulties in conducting mental health camps, as we plan to organize two in the coming year. Factors such as resource allocation, volunteer availability, and coordination with external organizations may pose challenges to our efforts.

Shortage of Psychiatry Master Graduates in Teaching Roles:

There is a noticeable lack of qualified Psychiatry Doctors having Post-Graduate degree in psychiatry available to take on teaching roles in homoeopathic education. This shortage hampers our ability to provide adequate training and mentorship to aspiring practitioners in the field.

Limited Funding for Research and Low Awareness of Homoeopathic Psychiatry:

We encounter challenges in securing adequate funding for research initiatives, which is essential for advancing our understanding and practice of homoeopathic psychiatry. Additionally, there remains a low level of awareness among healthcare professionals regarding the efficacy and benefits of homoeopathic psychiatric treatments, which can hinder our outreach efforts.

Conclusion

Overall, the Homoeopathic Psychiatric Association has made significant strides over the past year, marked by increased member participation, successful clinical meetings, and impactful outreach programs. Through our ongoing research efforts, publications, and advocacy initiatives, we are committed to advancing homoeopathic psychiatry. Our goal is to reach a wider audience and promote mental health care not only in Kerala but also beyond its borders. As we move forward, we will continue to strengthen our efforts in education, collaboration, and community engagement to enhance the understanding and acceptance of homoeopathic psychiatry. We are excited about the future opportunities to enhance mental health care through our collective efforts.

Detail of the Psychiatry doctors along with their Corresponding District are as below.

Thiruvananthapuram

- Dr. Rajikrishna R. C. - 9745528790
- Dr. Aswathy B. A. - 8086825864
- Dr. Arya B. Prasad - 9497167927
- Dr. Aparna P. R. - 8089642715
- Dr. Namita Rhea Shaji - 9495282404

Kollam

- Dr. Diana R. - 9663475174
- Dr. Athira A. R. - 7710017210
- Dr. Akhila A. L. - 9400653516
- Dr. Ameena S. - 8281458401

Alappuzha

- Dr. Tinu Mathews - 8547642019
- Dr. Anjana TR - 7012140060

Kottayam

- Dr. Sreeja K. R. - 9495105766
- Dr. Radhika P. - 7567341137
- Dr. Neethu Raj - 9400473882
- Dr. Anna Alex - 9495837990
- Dr. S. Sudheer Kumar - 9746239662
- Dr. Sreelekshmi P. R - 9496377789
- Dr. Aiswarya J - 9744064976
- Dr. Jinu M Sunil - 7736786632

Ernakulam

- Dr. Fasila Aliyar - 8921688966
- Dr. Nisma K. U. - 9400941702
- Dr. Rehna Rahim - 9207937797

Thrissur

- Dr. Mridul A. S. - 8281189879
- Dr. Rema A. - 9995135646
- Dr. Deena Davis C. - 6238268635
- Dr. Justina M. Steefan - 8547964493
- Dr. Keerthy P. V. - 9746912770
- Dr. Liza K. B. - 7902435704
- Dr. Sakthi Silvan - 8547888674

Palakkad

- Dr. Arjun B. Raj - 8123305123
- Dr. Revathi Ravikumar - 8086533713
- Dr. K. Madhavi Priyanka - 9847127538
- Dr. Ramya V. S. - 6238366976

Malappuram

- Dr. Hasan Jawahar K. - 9633352044
- Dr. Jithin M. Ouseph - 8892429745
- Dr. Jaseela Villan - 8330042107
- Dr. Saja P. - 9446959146
- Dr. Ayisha E. K. - 9746819086
- Dr. Shifa K. - 9995667153
- Dr. Anupriya T. - 8113819585
- Dr. Akshay V. - 9633630983

Kozhikode

- Dr. Deepak Thilak - 9446379373
- Dr. Anu Upendranath - 7356242886
- Dr. Manu Manjith S. - 9447755193
- Dr. Ramiz Ibrahim - 9787307815
- Dr. Muhamed Gasel - 8144005067
- Dr. Keerthana Balan P. B. - 7907431539
- Dr. Noufira CP - 6238898119
- Dr. Chandini Raj S. N. - 9496035136
- Dr. Jaseel Ahammed NP - 8075499260
- Dr. Basil Kurian Jose - 8157919059

Kannur

- Dr. Thajuddin K. P. - 9895110880
- Dr. Freeda M. Joseph - 8943929920
- Dr. Deepak K. P. - 8129363760

Chengalpet

- Dr. Lalitha K. S. - 9176910733

Dakshin Kannada

- Dr. Arun Kumar - 9591485290

Kanyakumari

- Dr. Jino Saira Koshy - 8903489348

Vadodara

- Dr. Chhatrasinh Ramanbhai Vasaiya - 9427668750



STRATEGIES TO PROMOTE MENTAL HEALTH OF MEDICAL PROFESSIONALS AT WORKPLACE

INTRODUCTION

Earlier as a PG resident, managing academic and clinical duties always kept me on toes. Juggling between the duties and managing personal space was challenging at times but I managed to cope up. But this wasn't the case with all my colleagues. In the same environment some found it hard managing their duties and often landed into psychiatric or psycho-somatic complaints. Later as a teacher, have often come across students or residents being stressed, facing self-esteem issues, exam related anxieties, difficulty in completion of assignments, difficulties in balancing professional and personal lives, etc. While some are able to overcome the challenges, some experience severe distress in such situations. There are some whose coping is so poor that they end up with psychiatric clinical conditions

There are many such experiences. One is of a student facing marked anticipatory anxiety in situations that demanded work output. This led to complete avoidance wherein the faculty sensitively handled the student's state to help cope with the academic demands. The faculty also undergo stress, exhaustion and faces other health issues.

Such experiences intrigued me to understand the mental health issues faced by medical professionals. Had the student not been handled sensitively by the institute, consequences could have been many. Thus, for a healthy work environment, evolving adequate strategies to ensure mental well being of all the stakeholders in a medical setup or institution is crucial.





Mental health issues at workplace are becoming a rising phenomenon giving an increased demand of the role of medical professionals for the same. However, the mental health of the medical professionals themselves is often overlooked. There has been a rise in cases of young doctors dying of heart attacks, suicides or getting burnouts and reporting with anxiety or depression. Medical students face difficulty in coping up with the academic as well as clinical duties. A number of doctors abuse drugs, commonly alcohol and tobacco, despite being aware of the harm.

How does one explain this phenomenon? How will a doctor who is himself mentally disturbed be able to care for his patients? It's high time to prioritize the mental health of medical professionals and provide interventions to ensure workplace mental health.

There can be various reasons for mental health issues at workplace. It can be due to the amount of work, interpersonal relationships issues between employees, psycho-social factors or the person's individual disposition. This article aims at understanding the mental health challenges faced by medical professionals, the factors contributing to it and the strategies to promote their mental health.

How common are mental health problems in the medical profession?

With mental health being acknowledged as an important topic to be addressed at workplace, we see a lot of mental health programs or seminars arranged at various field of work.

Research suggests that medical practitioners have a high range of mental health problems like anxiety, depression, suicides, substance use, misuse of prescription drugs, etc. Burnout risk among psychiatrists varies from 25% to 57% at any given time (1). Doctors have 2.5% higher suicide risk than the general population. Suicidal ideation among medical students ranges from 1.8% to 53.6% (2). Burn-out is included in the 11th Revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon. It is a syndrome resulting from chronic workplace stress that has not been successfully managed and is characterized by feelings of energy depletion or exhaustion; increased mental distance from one's job or feelings of negativism or cynicism related to one's reduced professional efficacy (3). A study conducted by Manah Wellness, a preventive mental health company, among 1764 employees residing in urban India in 2022, found that nearly 29% of the respondents showed moderate-to-severe signs of depression, 55% had moderate-to-severe signs of anxiety, and 78% had moderate-to-high amount of stress (4).



A 2018 study suggests that a significantly higher proportion of doctors in Indian setting experience stress, depression, and burnout. The presence of stress, depression, and burnout is associated with long working hours and negative patient-related



outcomes, adverse doctor–patient interactions, and interpersonal interactions among the colleagues (5). A systematic review of 2018 concerning medical students across India states pooled prevalence of depression among medical students to be 50% (6). These statistics are surely alarming towards the need of prioritizing mental health at the workplace.

Factors contributing to mental health problems

Occupational stress or work related stress is an important factor in physical and mental problems. World Health Organization (WHO) defines work-related stress as the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope (7). According to WHO, risk factors of mental health at workplace include under-use of skills or being under-skilled for work; excessive workloads or work pace, understaffing; long, unsocial or inflexible hours; lack of control over job design or workload; unsafe or poor physical working conditions; organizational culture that enables negative behaviours; limited support from colleagues or authoritarian supervision; violence, harassment or bullying; discrimination and exclusion; unclear job role; under- or over-promotion; job insecurity, inadequate pay or poor investment in career development and conflicting home/work demands (8).

A cross sectional study of 2019 showed 77.3% doctors facing workplace violence leading to mental health issues. The other factors include drug abuse, personality traits, etc (1).

Impact of workplace related mental health issues

Stress can contribute to increased sick leaves; low performance and errors at work. Chronic stress can lead to physical health conditions like diabetes, hypertension, cardiovascular diseases and mental health problems like burnout, depression, anxiety, etc. (9). A 2012 study in the US found burnout to be more common among physician than other workers (10). A study found moderate to severe depression in 13.1% of the doctors, four-fifth reported moderate to high stress while 44.3% of doctors were at risk of developing burnout, 13.5% having severe risk and 16.6% having very severe risk. The values were higher in resident doctors compared to the faculty. The findings were found to be associated with long working hours and interpersonal relationship issues at workplace. These issues had outcomes in the form of prescription errors, patient care lapses, shouting at patients or caregivers, etc. (5). Doctors experiencing workplace violence reported loss of self-esteem, feeling of shame, stress, depression and anxiety which

eventually affects their performance while managing patients (1). Increased alcohol consumption is seen in doctors especially surgeons and has been associated with dissatisfaction with the career, stress, burnout, suicidal ideation, psychiatry morbidity, etc (11).

Importance of prioritizing mental health of doctors at workplace

A positive mental health at workplace helps to improve productivity, increase capacity to perform challenging tasks, enables quick decision making and helps to maintain work-life balance. Patient care and handling emergencies would be easier for someone in a state of positive mental health compared to someone facing psychological disturbances.

Workplace mental health strategies:

1. Recreation: activities like going to the gymnasium at least once a week, reading books, chatting with friends in person or on social media has been associated with lower scores on depression, stress and burnout (5). Organizations can arrange for timely recreational activities for its staff like yoga, cultural activities, physical activity, etc. Implementing yoga clubs, music clubs and sports clubs are appreciated by several accreditation authorities as well.

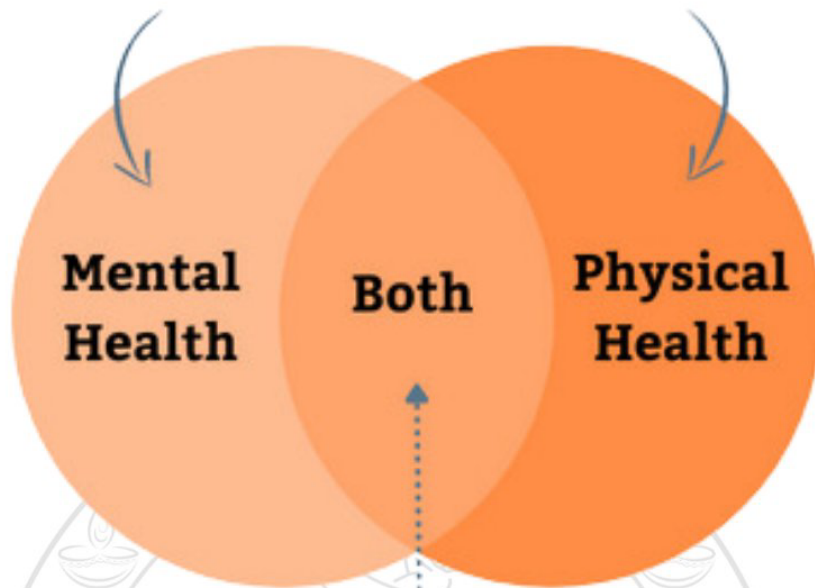
2. Safe environment: protection of health professionals by ensuring adequate safety and security helps to avoid negative emotional states arising especially out of workplace violence (1).

1. Organizational: conducting regular team meetings to discuss the challenges and address the issues. Early identification of mental health issues or morbidities with the help of screening and early interventions at workplace can help to tackle issues early (1).

2. Mentoring system: it is a bidirectional relationship in which an experienced, esteemed and empathetic person (mentor) guides and individual (mentee) in achieving their goals in both professional and personal arenas. Mentors support mentees through their professional and personal milestones, provide support as well as guidance in challenging medical training and professional development. It boosts their confidence and keeps them motivated in achieving their goals. (12). In medical institutions, teachers being mentors to students and senior faculty being mentors to the junior faculty is one way of organizing the mentoring programs helping both students and the faculty. This would ensure communication among various sections will lead to a free environment to express and help address issues on time. Similar system can be established in hospitals.

The other measures include discussing the mental health problems, maintaining good communication, spending time with family, pursuing one's hobby, etc.

What Is More Important?



A healthy mind in a healthy body.

Care for your physical and mental health, equally.

Conclusion:

Medical professionals often experience stress and burnout at workplace and may land into depression, anxiety, substance use and suicidal ideation or attempts. Workplace plays a crucial role in identification and management of the mental health issues faced by the medical students, residents and faculty. Prioritizing their mental health and laying adequate strategies are need of the hour to promote the mental health of medical professionals.

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A CASE OF CONJUGAL PARANOIA TO DEMONSTRATE THE EVOLUTION OF DELUSIONAL DISORDER IN THE LIGHT OF ERIKSON'S PSYCHOSOCIAL DEVELOPMENTAL THEORY

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Delusional disorder (DD) may be described as a psychiatric condition in which a delusion is the primary symptom, and patients are otherwise 'normal'. [1] Diagnostic and Statistical Manual for Mental Disorders, fifth edition (DSM-5) adds the stipulation that delusional disturbances are not attributable to the effects of a medical condition or substance use and do not meet criteria for other mental disorders such as obsessive-compulsive disorder. DD is classified into seven types according to the content of the delusions. The DSM-5 groups these into erotomantic, grandiose, jealous, persecutory, somatic, mixed, and unspecified types. [2]

Delusional disorder with delusions of infidelity is also called Conjugal paranoia or Othello syndrome, when it is limited to the delusion that a spouse has been unfaithful. [3]

Case summary

A 58 years old female brought to the Psychiatry OPD of National Homoeopathy Research Institute in Mental Health with complaints of suspicion about husband; believes that he is unfaithful, not allowing husband to go anywhere and even to own a smartphone. Keep on searching husbands ordinary phone always.

Claims that she could see a woman coming to meet her husband in a scooter at night when he goes to close the gate. Sleeplessness and even searches rooms at night to see if husband kept any woman. All worsened since 1 year.

Her complaint started 8 years back when her husband, who was abroad for 15 years returned home. During this time, her husband's brother owned some land and rented out a house. He was visiting the rental house owners on a monthly basis to collect rent from them. The occupant was a young woman.

She was suspicious of her husband's intentions towards the occupant. She would get angry at him and constantly have fights about it. She says that when she goes to lock the gate, she could see a woman come to their house in a scooter and keep an object (Paper, smartphone) in the newspaper holder on the gate. Then her husband goes towards the gate and collects the object and comes back. Sometimes, her husband and the lady hold a conversation and when spotted by her, they immediately leave. Her complaint got worsened during last 1 year. She constantly gets angry and picks fights with her husband over his female acquaintances. She checks his phone without his permission.

It escalated to her destroying his phone. Due to this, her husband switched to using an ordinary keypad phone, which is kept without a password. Her husband informed her changes to their children. They tried to prove her wrong, by showing their father's phone call records, chat records and bank transaction details. But she refused to accept it by telling that he might be keeping some other phones. When asked if she wanted to opt for a divorce, she said no. She just wanted her husband to admit that he is being unfaithful. Under these circumstances, they took her to psychiatric consultation. For the above-mentioned complaints, she underwent counselling, but she refuses to obey other's commands and cries when left alone.

Life space investigation

Patient was born as the 6th child to her parents. She was conceived unexpectedly and was born as a result of an unplanned pregnancy. Her mother was in her 40s at that time and was not much healthy to take care of her. Soon after her birth, her father died and her mother has to earn for the family. So mother used to send her to her relative's home. All her elder siblings were grown up and they were not interested to spend time with her. In her childhood she often heard from others that 'you are born unwanted'. Patient disclosed that she used to stand near the gate to see anybody coming from home to take her to mother. Due to this, since childhood she felt that she is an unwanted child and nobody to consider her. Her childhood wasn't satisfactory. She didn't receive affection as much she yearned for. She was an average student. During pre-degree, she failed the year because of failing in English. After this, she quit studying as she herself and her sibling didn't take any interest in her further studies. She got married at 19 years of age. It was an arranged ordeal. In husband's home, she felt unloved, ignored and lonely. Her husband didn't show affection and her in-laws weren't supportive. He had a relationship before, but couldn't continue because of his father's decisions. Once during an argument between her husband and his father, he shouted at his father that he married her because of his father compelling him to do so. This comment made her sad. She felt like a servant and her opinions weren't respected. She gave birth to 2 daughters. (Currently, they are married and moved abroad with their partners). For the next 15 years, her husband went abroad for job. During this time, she felt alone and ignored. He came back and stayed with her since the last 8 years. Since that time she developed suspicion towards him.

Correlating case with psychosocial developmental theory

Erik H. Erikson was one of the most influential American psychoanalysts. He created an original and highly influential theory of psychological development and crisis occurring in periods that extended across the entire life cycle. He identified dilemmas or polarities in the ego's relations with the family and larger social institutions at nodal points in childhood, adolescence and early, middle and late adulthood. Erikson's concepts were based upon the concepts of epigenesis. His epigenetic principle holds that each stage must be satisfactorily resolved for development to proceed smoothly. As per this model, if successful resolution of a particular stage does not occur, all subsequent stages reflect that failure in the form of physical, cognitive, social or emotional maladjustment.[4]

Erikson's conception of eight stages of ego development across the life cycle (shown in table no.1) represents points along the continuum of development in which physical, cognitive, instinctual and sexual changes combine to trigger an internal crisis, the resolution of which results in either psychosocial regression or growth and development of specific virtues.[4][5][6]

Table no.1 Psychosocial stages of development

No	Psychosocial stages	Age period	Related psychopathology
1	Trust versus Mistrust	0-18 months	Psychosis Addictions Depression
2	Autonomy versus Shame and Doubt	18 months- 3 years	Paranoia Obsessions Compulsions Impulsivity
3	Initiative versus Guilt	3 years – 5 years	Conversion disorder Phobia Psychosomatic disorder
4	Industry versus Inferiority	5 years-13 years	Inertia
5	Identity versus Role confusion	13 years- 21 years	Delinquent behaviour
6	Intimacy versus Isolation	21 years- 40 years	Schizoid personality disorder
7	Generativity versus Stagnation	40 years-60 years	Midlife crisis
8	Integrity versus Despair	60years- Death	Despair

The infant's development of basic trust in the world stems from its earliest experiences with its mother or primary care taker. Erikson asserts that trust depends not on 'absolute quantities of food or demonstrations of love, but rather on the quality of maternal relationship'. A baby whose mother can anticipate and respond to its oral aggression will learn to tolerate the inevitable moments of frustration and deprivation. Then the trust will predominate over mistrust, and hope will crystallize. A person who, as a result of severe disturbances in the earliest dyadic relationships, fails to develop a basic sense of trust or the virtue of hope may be predisposed as an adult to the profound withdrawal and regression. [4][7]

In infants, social trust is characterised by ease of feeding, depth of sleep, smiling and general physiological homeostasis. Those who have experienced a sense of social mistrust in the first years of life are likely to develop paranoid or delusional disorders. Paranoid patients experience a lack of trust in relationships. Erikson's trust versus mistrust in early development is a useful model to explain the suspiciousness of a paranoid individual who never went through the healthy experience of having his or her needs satisfied by what Erikson termed the 'outer-providers'. Thus they develop a distrust of their environment. [4]

In this current case patient was born in an unplanned pregnancy at the late years of her parents. She didn't get much attention because of mother's struggles. She was longing for her mother's love. This can be correlated with unsuccessful completion of her trust mistrust stage at which the trust towards the surrounding develops. He often felt unwanted and her needs were not considered. After marriage also she faced same situation. At this time she was in her 6th stage of psychosocial development, i.e. intimacy versus isolation. Intimacy in the young adult is closely tied to fidelity. Fidelity is the ability to make and honour commitments to concrete affiliations and partnerships even when that requires sacrifice and compromises. The person who cannot tolerate the fear of ego loss arising out of experience of self-abandonment is apt to become deeply isolated and self-absorbed. As successful resolutions of these stages not occurred, the subsequent failures lead to the evolution of her symptom of lack of trust in her husband, delusion of infidelity.

Conclusion

This case of conjugal paranoia exemplifies how disturbances in early psychosocial development, as described by Erikson's theory, can have long-term consequences on an individual's mental health. The patient's early experiences of neglect and lack of maternal attention disrupted the successful resolution of the trust versus mistrust stage, leading to a fundamental lack of trust in others. This unresolved conflict, compounded by failures in subsequent stages of psychosocial development, particularly the intimacy versus isolation stage, manifested in the patient as delusional disorder, specifically paranoia and delusions of infidelity. The case underscores the importance of early developmental experiences in shaping personality and the potential for these early disruptions to contribute to severe psychopathology in adulthood.

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ALCOHOL ADDICTS AND THEIR PERSONALITY TRAITS

Alcohol has been produced and consumed by humans for its psychoactive effects for almost 10,000 years. Drinking alcohol is generally socially acceptable and is legal in most countries, unlike with many other recreational substances. However, there are often restrictions on alcohol sale and use, for instance a minimum age for drinking and laws against public drinking and drinking and driving. Alcohol has considerable societal and cultural significance and has important social roles in much of the world. Drinking establishments, such as bars and nightclubs, revolve primarily around the sale and consumption of alcoholic beverages, and parties, festivals, and social gatherings commonly involve alcohol consumption.



Alcohol is unique in that it is the only drug that damages others more than the user. It is related to various societal problems, including drunk driving, accidental injuries, sexual assaults, domestic abuse, and violent crime. Alcohol has a variety of short-term and long-term adverse effects. Short-term adverse effects include generalized impairment of neurocognitive function, dizziness, nausea, vomiting, and hangover-like symptoms. Alcohol is addictive to humans, and can result in alcohol use disorder, dependence and withdrawal. It can have a variety of long-term adverse effects on health, such as liver and brain damage, and its consumption can cause cancer. The adverse effects of alcohol on health are most important when it is used in excessive quantities or with heavy frequency. However, some of them, such as increased risk of certain cancers, may occur even with light or moderate alcohol consumption. In high amounts, alcohol may cause loss of consciousness or, in severe cases, death.