



Blench



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“Blech. *“Why's the rice uncooked? ... STOP WRITING IN THAT WRETCHED DIARY AND TALK TO ME”*.

"You look very pale, dear. Have you been taking your meds? Yes, the ones that say Olanzapine, Amisulpride, and Quetiapine."

"WHY ARE THERE MAGGOTS ON MY PLATE".

"Please talk to me, honey; I didn't mean to scream...I miss talking to you."

"Honey, why's the last entry in your diary dated 6 months back? Why are you sitting on that rock? I know it has your name and birth date on it, but u can't just sit there forever... Please come back... I love you."

Isn't this romanticised version of schizophrenia the one we're more familiar with? Is it really true that people who suffer from schizophrenia are more likely to be murderers, or is it just something that we've been led to believe because it is easier to put the blame on the mentally ill than to accept that Evil does exist?

Well, I am obviously not qualified enough to be answering any of these questions (obviously), but what I could do is explain what schizophrenia is and try to share a few experiences of people who've been suffering from this dreadful disorder.

So what exactly is schizophrenia? According to the American psychiatric association, it is a chronic mental disorder whose symptoms can include delusions, hallucinations, psychosis, disorganized speech, trouble with thinking and lack of motivation. When the disease is active, it can be characterized by episodes in which the person is unable to distinguish between real and unreal experiences. As with any illness, the severity, duration and frequency of symptoms can vary; however, in people with schizophrenia, the incidence of severe psychotic symptoms often decreases as the person becomes older. Not taking medications as prescribed, the use of alcohol or illicit drugs, and stressful situations tend to increase the symptoms. Cognition is another area of functioning that is affected in schizophrenia leading to problems with attention, concentration and memory, and to declining educational performance.

One of the biggest things that is to be understood is that not everyone suffering from schizophrenia is always locked up in a mental asylum in the middle of nowhere; most people only suffer from milder symptoms, and that too can be controlled by proper treatment, and have proper loving families and friends, but unfortunately, this notion has become really difficult to come by thanks to the demonisation of mental disorders by media portrayal.

Undergraduate

Most people report living a completely normal life until one day, one of the most characteristic features, hallucination, becomes apparent, it starts small, like a minute auditory hallucination, but the severe symptoms don't take too long to follow if it is left unchecked for an extended period of time.

Treatment for schizophrenia typically involves a combination of medication, therapy, and support from family and friends. Antipsychotic medications are the primary treatment for schizophrenia, which can help to reduce the symptoms of psychosis, such as delusions and hallucinations. Therapy, such as cognitive-behavioural therapy (CBT), can help individuals with schizophrenia to learn coping strategies and improve their social and communication skills. Family therapy

can also help improve communication between family members and support the individual with schizophrenia. Supportive services, such as vocational rehabilitation and housing assistance, can also be helpful in managing the symptoms of schizophrenia and improving the individual's quality of life. It is important for individuals with schizophrenia to work closely with their healthcare providers to develop a personalized treatment plan that addresses their specific needs.

I'd like to end this by saying that, with the right treatment and support, individuals with schizophrenia can lead fulfilling and meaningful lives. Don't let mental illnesses stigma prevent you or a loved one from seeking help. There is hope for recovery and a brighter future.