

Selected Topics in Psychology
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Module - 03
Lecture - 15
Mental Health and Illness

We are here in the world. There is a work around us the relationships. So, all these are sources. These can be the very, very comforting things. These things make your life. But, these things can also turn into problems.

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So, societal changes. What is India going through? All value system, what was being taught over 100 years, India has not changed that fast, as it has changed in the last 20 years. The rate of change and let me quote something from Elvin Traflari. You have, must have read a book called Future Shock. He was writing in 60's and 70's in US. That, the rate of change of the society is faster than, what mind can absorb. And that is what he called adaptation crisis.

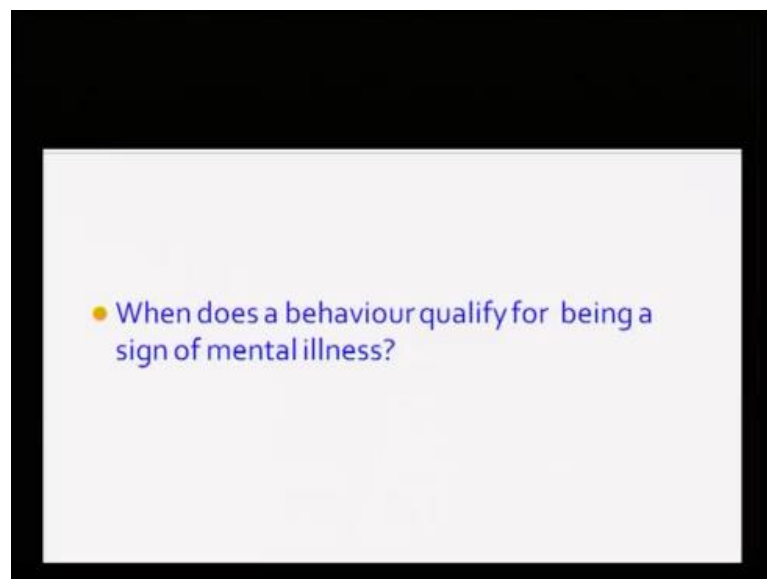
What was happening in US in 60's is happening in India, now. 4500 years, we were going at a very, very slow space easy. Last 20 years, everything is changed. So, every day is a new day. You really do not know, what is going to happen? What technology

will come? And it also not, our doing. See, there is a context. There is a mind. Indian mindset is a very, very late back, slow. Whether the father left the son would catch?

He would pass him to the same place. No hurry. Now, this no hurry thing has suddenly being pushed into. You have to run. You have to run, get up in the morning. Do this. Do that. Achieve that. Take cloths and all that stuff. So, we actually went into 180 degree shift. And that is the problem. That is the problem. That is one of the causes of sudden increase in, what we called mental disorders? Frustrations, normal. All this is normal.

Failures, fuzzy thinking you really do not know, which way? When I am saying, fuzzy is not a mathematical fuzzy. This fuzzy, literally fuzzy. You really do not know. Why you cannot know? Which way the other clouds? Everything is a cloud, these days. Mister Steve jobs cloud or anybody's cloud or what a Gateward says, it is LK's cloud. I also called it as LK. Do you know LK? Do not you know LK? LK's cloud is Lord Krishna's cloud. You really do not know which way? Come, welcome.

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So, when does a behavior qualify for being a sign of mental illness? This is a kind of crucial question. Well, anybody of you can tell? When would you call? You tell.

Student: See if you, suppose you are making a particular action repeatedly. Sometimes, we also nag. You know, tells something repetitively and people get disturbed. And I have some, if enacts of bits. So, but this behavior is very consistent.

Right

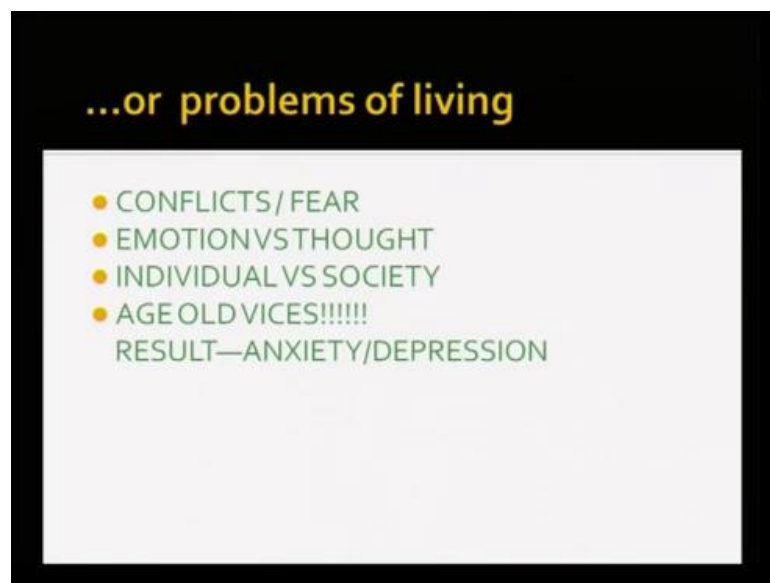
Student: Then, there must be something slightly wrong

Right

Student: Slightly off that track

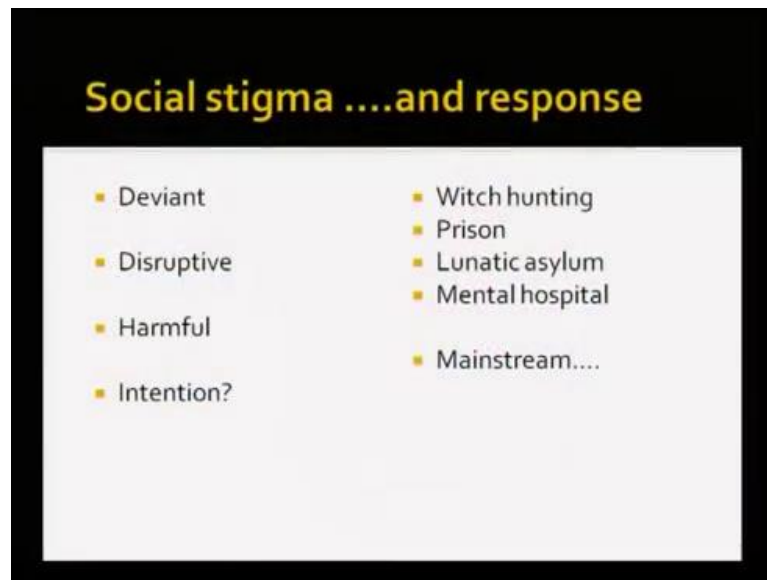
So, certain behavior which is, out of context repetitive and troublesome.

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So, let us see. Whether this is a mental illnesses or their problems of living? Conflicts fear, emotions thought, individual versus society, age old vices, drinking, smoking, sex. What is the result, anxiety or depression? We keep these two words in my mental illness and problems of living.

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Let us see. One big sign of mental illness which always was there. Why a certain people were call mad? The basic premise first was, their behavior was seems to be deviant from the statistics. Or they were found to be disrupted. Somebody goes and start jumping from the Quid-ub-minar. You will know that, there is something wrong or harmful and the intention obviously. Mentally ill people are supposed, not to have intentions.

They just do it, because they have mental illness. But, if you do not have a mental illness then, you have an intention. Now, who decide? Because, if you have an intention, law deals with you, for the same act. For the same act, law deals with you if you have an intention. If you do not have an intention and you are mentally ill, then you are at least, that this burden of the intention is taken off.

This is one, the biggest privilege people have used in the courts, to save them from capital punishment, to prove that mentally ill. That is the only way. You prove yourself mentally ill. But, the law is very smart. So, the law used to say you are mentally ill, you go to a hospital or asylum. So, you go to the asylum, you never come out. Well, every time they go to the court, they will ask it. Can you promise doctor that, he will not do it again?

No one doctor can promise. He will not do it again. Take him then, bring him when you can promise. So, he had some giving more things in mind. He is in mental hospital, then. So, it is a see, it is all tricky. Most people would never know this certainly. But, how did

society response to all these deviant? They never it was not that, always they were called mad people or mentally ill people. And then, we should give respect and put them into proper places.

All that is, was not there. What happen initially? The first, we start was the witch hunting. Still happens in some villages. You read in the newspaper [FL]. All that is witch hunting. In Europe, read European histories. Full of witch hunting. Witch hunting became a metaphor actually. It still, if you every two three months, you will find out this thing in the paper, when somebody will say, this is witch hunting is going on that.

People are blaming somebody for something. And they are victimizing him. Then, what came was a prison. They all considered to be, they even disruptively put him in jail. Then, lunatic asylum. Then, last century 18th century, all these lunatic asylums started turning into mental hospital. And then, in the last century all mental hospitals are closing down all over the world. That long term admission into a mental hospital are being closed, except for few places in Europe and India.

India still has 800 beggared hospital in Rachi, where people are just being dumped. Nobody, comes back to look after them. But, more scientifically and progressive institutes like ((Refer Time: 07:17)) and other places. There, they do not keep people for very long, because the whole concept is changed. The concept is that, if somebody is mentally ill, treat him, put him back into the main stream.

Because, that person also has a right to live like you and me. Rehabilitation is become very important. This is the thought but, still it has to percolate down to lot of people. Most people are still live in that view. Yes or no. Common saying know. It is a psychiatry patient. ((Refer Time: 07:50)) come from, because you have to we carrying this thick of bundle of prescriptions. Most psychiatrists will tell them that, if you take a medicine you have to take it for life.

Nobody even stops things. And that person even if he is having a real pain here, even boss doctors. Suppose you go, this person goes and says I am having pain here. And I am taking this medicine. And he sees that psychiatrist. Take that, forget it. Even, we are having a real pain. So, one blame which mentally ill patients are given all the time that, they are prone to violence. They actually not prone to violence.

They are prone to violence being done upon them, because they really do not know. This is also violence. Nobody listens to them. As if, all their rights to exist as human beings to assert their emotion. Like somebody has a mood disorder. And had an episode of depression or say excitement called many or many times. Now, this person even if he is normal sad or normal happy, people around him will start jumping.

Last, that he was angry [FL]. So, what? So, what? That does not mean illness. Everybody has a chance to get angry. So, this is the type of stigma in which this mentally ill people live. And there is some amount of condescending attitude, bichara. What bichara? Nothing, I mean. They have all the right. But, this is even for the psychiatrists to challenge all these. This tradition is very difficult. And I can confess this.

I have to tell people, if you are not ill or your illness is under control, go and work. They do not accept it, because they have not thought of accepting this. Family does not accept and what you are saying? He is so ill. How can you say? I said, he is a normal man. Go and work. Take your medicine. Diabetics, take the medicine and work. Hypertency take the medicine and he will work. Cancer people take the medicine and work.

So, why does not a mentally ill person take the medicine and work? This is because, the stigma and this first word which I am using, deviant. This is so deep rooted in our heads, that if you are a mentally ill, you are off from the mainstream. You are on the frantz. And that is why ill people do not want to share their problems. They may be crying all night. They want to die. But, they would not get up and come to a psychiatrist, to discuss.

Because, they think if this is a sign of weakness, if I go and say, what people will say? What will they think about me? But, anyway luckily what happen is that the medicine came to rescue.

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So, now what we have is, a medical model of mental illness. It is experiential and descriptive. That lies in the whole problem. All psychiatric diagnosis are based on description of your problem. Talk, a person comes in [FL]. What is happening? Tell me. Unless, you tell me, I will not diagnose. A physician will never ask you. You say, I have abdominal pain, he will put his hand. Go and get this test, then. So, why it is happening?

Because, all over classificatory systems, this is something called DSM Diagnostic and Statistical Manual from US, an international classification of diseases for rest of the world. Americans have to be different. So, they cannot follow ICD. So, you make ICD, they will say I will make DSM. You say, make ICD 10, 10th version of international classification. They will say, we will make DSM 4.

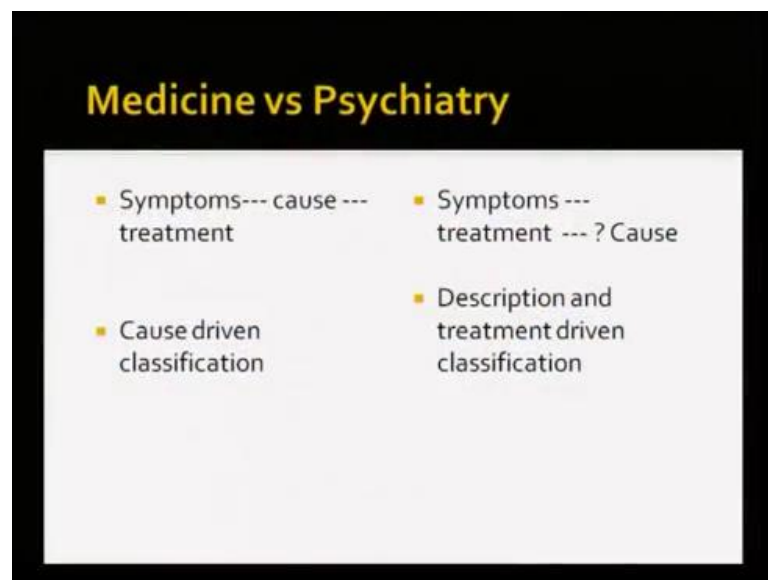
You tell them, we will make 11th, they will say, we will make DSM 5, because they have to be different. Anyway, it does not matter. One more reason, why they have to be different is, all the pharmaceutical companies come from there. And all the categories, if you go through this manual sometime, all the categories are based on treatment. So, the broad division in a psycha mental illness is called organic. Organic means you have a cause for it.

There is a cause anyway. There is a micro Nero transmitters which go in this balance and you have a illness. But, sometimes you have tumor. Sometimes, you have a tuberculosis. Sometimes, you have a blood flow problem. Anything, that is organic. So, if you do

not... Only 5, 10 present people have an organic problems. So, remove them. Rest is non organic. Non organic is again divided into I will show you, what happens there? When comes to that confusion.

So, they all treatment based categories. That is another ((Refer Time: 12:30)). So, do not go confusion. This is whole. A lot of confusion, what is happening?

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But, now they have been considered doctors, because one third of the population is going to be slightly count. Medicine works like this symptom? Cause treatment. You say, I have abdominal pain, doctor will examine it. Send you for an ultrasound. They will say, you have a ((Refer Time: 12:53)) stone and we treat, simple. They do not have to look into, what you are doing? What you are not doing? They will talk to you, just to become friendly.

But, in fact they do not need. They want your abdomen. If you have a abdominal pain, they want to see your abdomen. They are just not bothered, whether you are Christian or Muslim or give it to them. Psychiatrists cannot perform like this. The cause driven classification, they have because of infection, because of under chronology, because of what drama? If you have a broken leg, you have a broken leg.

They have to find out, whether it got because of the injury or lack of calcium or what? A psychiatrist is reverse. There are symptoms. There have treatment. We do not know the

cause. You tell us symptom, we will treat it. Forget us, anybody can treat you. Physician right, anti psychiatrist where psychiatry medication they are all just right category. Then, you already becomes pretty becomes alright. Your house in the cause? No idea.

Neurology is the bit ahead. They know the cause for everything, no treatment. So, I mean this is how it is happening? So, description and treatment driven classification is our... So, unless somebody described. Like, after 20 years of psychiatry I can see your face and tell, what is your problem and then write? But, still it is a very, very big guess work. One has to tell. But, still we have a savvier. All this would have gone for a fluke. You would have all laughed at us. But, you cannot laughed at us.

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Saviour ..

- Epidemiology--- cross cultural
- 1/3rd population at anytime
- WORLDWIDE PREVALENCE....



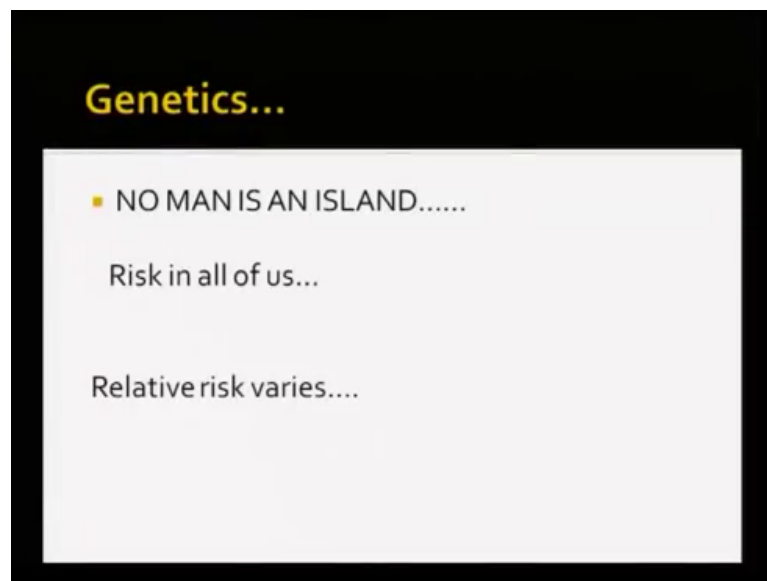
Because, who is saving us? Who is saving the psychiatrists, is a epidemiology. Cross cultural studies all over the world. That is, it is a worldwide prevalence of psychiatric illnesses. One third of population at anytime in this world is mentally ill. Now, you can challenge the whole DSM say, this is not mental illness. That is a different thing. There is a man called Thomas Szasz and there was a man called ((Refer Time: 14:50)).

Thomas Szasz is a chair of psychiatry in New York. In a daytime, he writes psychiatry drugs. In the evening, he criticizes psychiatry. He says anti psychiatry movement. He said this is, all there is no illness in psychiatry. This is all a creation of some psychiatrist and psychologist to run their business. There is nothing called schizophrenics. There is nothing called depression. These are all just temporary mental state, if people should

handle themselves, because you cannot understand the language of schizophrenic. That is why, you say this is schizophrenic. He is hearing voices, then who knows that somebody not talking to him? Because you cannot see the other end. So, you saying it is a illusionating. People like this. I do not know. I really do not know. Even, Stephen hawking says that, there are signals coming from the cosmos, the problem is you really do not have a instrument to read it.

He said, who knows what is happening in the cosmos? There maybe signals. There are signals. We know this. We do not have the finer instruments to read it. So, schizophrenic language will be a true language. When then there are philosophical questions, we do not get into that a revolve. But, largely there are, so there are many layers of reality. But, on the operation level, because you see the psychiatrists have to treat it.

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What is the other savvier, that no man is in island, as I had told you. All of us are genetically related. Our grandest mother was say. And then, we had four daughters who shifted to Asia Europe, this that. So, European gene pool is like us. Recently, when they were fighting about Sinhalese in Tamil thing in Sri Lanka. Suddenly, somebody came up and said, what nonsense? Bengalis are closely related to Sinhalese. Their genes are very closely related to Bengalis Sinhalese.

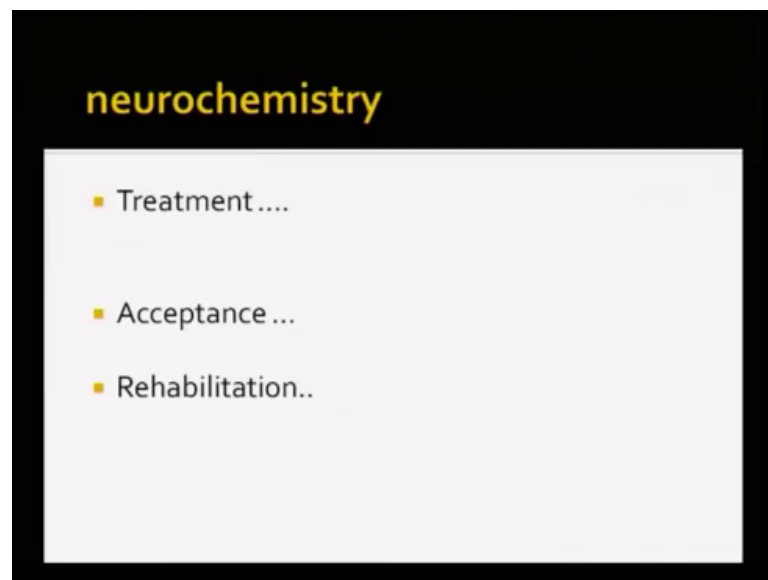
So, Chinese used to say that, we are different. But, now Chinese are also the same. So, one pool came to Asia, one to Europe. Asian European pool is the same. And no man is

on Island. The same, if that old lady had a genetic mutation of a schizophrenia, we also have it. And that is the fact. The risk, all of us have a risk. What I said in the beginning? Are they different? They are not different.

I have a one percent risk of having schizophrenia in my lifetime, between to 16 to 45 years of age. That is the time, when most illnesses start. Leave apart the childhood disorders. If in my family, somebody had schizophrenia. My risk will go up to 10 percent. If two first degree relative have a schizophrenia, it will go up to 20 percent. Monozygotic twins, the twins born out with the same embryo by dividing.

It has 60 percent ((Refer Time: 17:48)). Both of them will have it, 60 percent chances. Depression, we have a risk of 2 to 3 percent. No obsessive compulsive disorder. So, all have the risk of having the same mental illnesses over those mentally ill people are having. It is just a matter of your risk, getting expressed. And that is a understanding, now. We all have a tendency. Given a sufficient environmental stress, given a sufficient risk to, in your psychological thing, you can have relative risk varies.

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And neurochemistry saves us. Neurochemistry, all these neurotransmitter, their four major of them serotonin norphinfren astacolin and dovamin. They are the major four chemicals, which remain in different parts of the brain, in different balances. In a certain part of the brain, if one chemical goes into this balance, because of genes and there is a sudden. You are suddenly growing up and 16 year gene turns on.

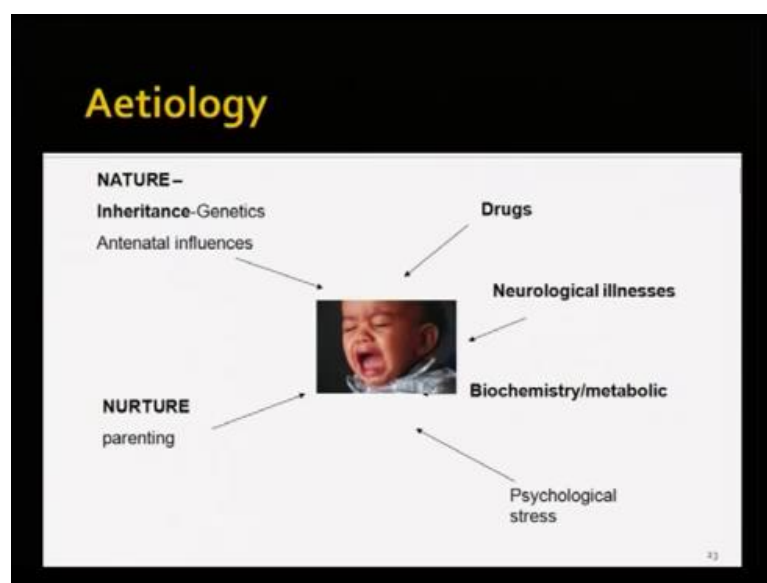
Then, you have an episode, alright. You have an episode, this chemical disturbance happens. We give medicines and we correct it. So, hence we prove that, there was a chemical disturbance. We send the external chemical, which corrected that balance and you are alright. That may not be the cause. Cause maybe something else. We do not know the cause, as I had said. What we know? What disturbance happens?

You can correct this disturbance. And you can move on, simple. These are the pragmatic thing. Cause maybe, I do not know what? Like some people used to believe that, there was a ((Refer Time: 19:26)) is a ghost. They used to believe this. Now, we some people started saying, it is genetics total genetics. Again, there is a reversion. People saying, this it cannot be a total genetics, because if it is a total genetics, then...

If we study 100 twins, suppose we take 100 monozygotic twins. Monozygotic means one embryo. We just split. Dizygotic is two different. If we take 100 monozygotic twins, all of them should have schizophrenia. If one of... If suppose, one has then all 100 of them. But, they do not have. If we have 100 people with schizophrenia and take them monozygotic twins, they will not have.

They will only have 60, where what happens to the rest of the 40? That means, not genetics. It again depends on, that you have a tendency and the environment. So, that is the understanding. This I have shown.

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Now, this is I think is the... Let me go to this. So, there can be lot of etiology means, causes. Nature, genetics and antenatal influences you have a healthy child in the home and your mother suddenly goes crazy, starts drinking alcohol. By the time, you burn your off brain is already gone into some genetic mutation. You will certainly land up in the problem. People who get into the alcohol problem, if you study they gets.

From very early age, there are risks. Without knowing, their heart rate and their body responds to seeing alcohol is different. That will tell you, whether this person is going to get excited by alcohol in future or not. Parenting, you may be the best genetic makeup. And you are given to parents, who are in stable gone ((Refer Time: 21:09)) over. Best genetic makeup cannot save you. There is a story of most people, traumatic childhoods.

When people come to us at 40, we know that whether the story has been written in childhood. That is what Froude used to say, without knowing science. But, there is a truth. Neurological illnesses, biochemistry, psychological stress which is the... Now, this is the most common thing, these days. Let me see this. There is another slide.

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The slide is titled "A Classification" in yellow text. It features a list of mental health conditions on the left and an image of a brain on the right. The list includes:

- MOOD DISORDERS
- OCD
- Schizophrenia
- Organic states
- Personality Disorder
- ANXIETY
- Somatoform
- Childhood disorders

To the right of the list, the text "Substance abuse problems" is positioned above a grayscale image of a human brain. A small number "26" is visible in the bottom right corner of the slide.

This is a classification. Mood disorders, people who have a episode of depression. Not for half an hour one day or half day. At least one or two week or in reverse, they have a episodes of excitement, many of talking too much beyond the curiosity. Obsessive compulsive disorder, 20 years back it was 1 or 2 percent. Now, it is hugely increasing.

We do not know whether, it is a change of lifestyle which is causing this or some biology which is causing this.

But, youngsters are very, very prevalence and incidence in youngsters. OCD is Obsessive Compulsive Disorder. You have a repeated thought, repeated doubt, repeated image which keeps coming to you. You know, it is ((Refer Time: 22:19)) should not be there. But, you cannot stop it. And it is treatable. The good thing is that, we can treat. You do not know the cause, what we can? So, we are sitting like a boss. Our god does it.

God also does it. He is not bother about the fuzzy. He wants to correct it. Let us correct it. Then, we will see it later. Now, OCD could also be, because of psychologicals change. In 20 years, it has increased. I have a theory, whether it is right or wrong. But, let me mention it. 20 years back, when we used to travel, we had less things to bother about it. These days when we travel, apart from our own personal things, we had at least two chargers and two electronic gadgets and two or three pen drives.

This is that, whatever credit cards. More you carry, the more you have to bother about to keep things in perfection and categorize and in control. OCD is just need for control. In last 20 years, our minds have become so clutter. That all the time, we have to keep working that. This should not go wrong. That should not go wrong. This should not happen. That should not happen. That keeps you on control. We were working.

But, your back of the mind something is... That is OCD. And any of this thought can grow out to be repetitive from your own mind, out of context, out of time and trouble. You could be, we do not know. Organic states, I told you schizophrenia is again is there. It is a common word called split personality. Schizophrenia is not a split personality. Schizophrenia is actually the split between the thought and emotion.

And then, you have a psychotics symptoms like hearing voices, illucinations or falls fix believe called delusions. Personality disorder is something, which we are going to see in next 20 years, much more than vest. Vest is very well known for it, borderline personality. But, next 20 years is going to be a boom, in personality disorders. And there are thousand reasons. None of them is biological. It is all social.

Borderline personality disorder is a construct of social thing. People who are empty inside, they do not have a substantial sustained relationship with each other. Moods

swinging this and that, I called it affluenza. You have heard a word called influenza. It is a word called affluenza. You know, what affluenza is? Problems arising out of affluence. When your tummy is full, your mind is empty then, you get into lot of issues.

Unless, you learn to direct your mind to more creative and productive thing, which people are not being trained into? If you are train to use your mind, constructively you use it. Otherwise, you almost struggle in life. You do not have a struggle in life, you create problems for yourself. So, western countries are well fade. So, there is a lot of youngsters who do not have any goal in life. Generally, frittering away time.

They are the people of poor to bottom line plus stroma of childhood, disturbed families, child abuse, all that contributes. Anxiety is a very common thing, all of you know. Somatoform is your body starts showing symptom, because of your mental stress and childhood disorders. So, people who think that, what is the problem [FL]? What is the issue is happens? You can call a child useless. You can call a child something.

It maybe have been. But, this was a belief 100 years back also. Parents used to say this, at least in this country. Westerners are worse than us. They used to abuse children. That is the result, all this is happening now. If Avoia, imaging if 100 years back everything was so healthy, if 5000 years back things were so healthy, why suddenly there is a increase in mental disorders? We are product of healthy people.

Why healthy have become increasing? That means, it is a float assumption. We can become conscious and make next 20 30 years healthy. What was the flow? The flow was when you are bringing up kids, all these things when you tell a kid, that you are very useless. You cannot do anything. Do not think, it is a word which is gone. It is already gets into the head. I can work both ways. Some get may actually gets so angry.

He or she may do something great, just to prove you wrong. But, that is a very small percentage. Most of the people believe it, because we all believe it. Westerners do lot of physical sexual abuse to children. Indians, do lot of verbal and emotional abuse. How many people have you met in your life? Let me, you are youngsters. You should tell me honestly. We first think, they will meet you and tell you, boss good. Good, going.

Go and do it. Most people will try to pull the rock [FL]. What are you doing? Say hello. What? But, all this is going to ahead. They create huge amount of anxiety. And just, let

me give you how society creates anxiety. So, society creates anxiety by ask females, they will tell you, what is the problem? 5000 years, this country still has not decided, whether the girls house belongs to fathers house or to the husbands house.

Student: ((Refer Time: 28:03))

Whether, whose house the girl belongs to.

Student: Father

Father. So, but if you go and check and do a survey, you will not find one crore people, who will think like this. And I have seen across liberal professors.

Student: My daughter is supposed to my daughter, there anything else

So, the people like us.

Student: What about he is right? You are father so

That is the issue. Here comes the problem.

Student: Yours father daughter. You are

But, her father would not think the same way. That is, what I am saying.

Student: ((Refer Time: 28:36))

Yes. That is what I am saying. You imagine it. This amount of anxiety in which, females live in this country. All their life, 24 years they are living in father house, back of the mind everybody knows [FL]. You have to go. What is this? And this girl has to suddenly leave this house. Go, luckily all this is changing. Luckily the, because of the shifting in metros in all that, both the male and female have to leave their houses.

Good. All this will change. When all this will change, lot of mental illness will go. Because, this sources of unhappiness percolates into the family. Into the family, believe me. I mean, you all know it. I am just giving an example, how it works? If people say that this does not work, they are lying to themselves. And people have tremendous capacity to lie to themselves. This is not lying. They are unconsciously denying it.

As long as you keep denying, you will not accept. You will not accept you will not change. So, it is. So, mental psychiatry is not free from society. What we see, is a product of society. So, all psychiatrists who savvier sitting our camber, then treat mental illnesses, they are telling a lie. Psychiatrist has to step out of that. And one big reason, why it has to step? It is this. What is happening in the last 20 years, you think over this. This is the question which, I am throwing at you.

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New risks..

- DSMV
- Medicalization of social suffering
- Escape or illness...
- Disability vs. impairment

An illustration of a person in a blue shirt and green pants kneeling on a green patch of ground, holding a globe of the Earth above their head with both hands. The globe shows continents in brown and oceans in blue.

DSM V is coming in manual, Diagnostics and Statistical Manual 5th version. What they have done now? This is the blame which is going on against DSM, which I think might be correct. I do not know. I should not make it a political thing. But, still they have made categories and dimensions of illness which, people say a totally driven by pharmaceutical industries. And if DSM V is actually applied like a great on a population, 90 percent of people will have a level of mental illness, 90 percent.

Even, if your small problems which are, which go beyond the certain point. You can have a shoulder pain for 10 years, what is between? Who do not get a cause for a, your mentally ill. In last 20 years, because of the rush or whatever reasons, the problems which say 60 years back like a relationship problem, was being sorted out by family, by this. That there is a social suffering and problems of living being, medicalized.

You take a problem. They says illness medication. And people are using illness as a escape. This is a phenomenon of west, which is very, very popular. People get a

diagnosis. They do not want to work. They want to be dull. Indians are getting in pressure and the number of people who take a small problem and want to escape from there. Under the cover of illness is on increase. And the last thing which, I would say there is a disability.

It is always a disability, which is being associated with mental illness, which is not true. Impairment is a loss of function. Disability is a psychological construct. I may not have this hand. But, I may not be disable. I can work with this. So, all these are the real issues which all us, a society will face. It is easy for doctors to say, it is a mental illness. But, you much be better, if the person tries to... Because, everything will be illness.

Everything will be illness. You cannot, I cannot study it is a illness. Lot of people say [FL]. What is [FL]? [FL] become an illness. Really I mean the, my whole energy goes to whole day into [FL]. What is [FL]. This is a problem. Students will come and say, I have a competition. I cannot study. No problem. Do not study.

Student: ((Refer Time: 32:41))

Only way to get through is study and answer your question. You do not want to do. You do not do. This, they will not accept. They want the medical solution for this. This is the new problem, this country is going to face. And next 20 years, you will see it more and more. Anyway, we will do whatever we can. But, that is a status of mental health and illness. We have a classificatory system, on which you put level, we treat.

Most psychiatrists doctors will treat that. Society will get, keep getting more and more levels. So, society has to decide whether, they want more levels or they want to correct their own behaviors and train them into... So, this demo of mental health and illness is going to come out in a major, because 40 percent of Indians are not well. A major issue, 40 percent would have. 18 percent has or 30 percent are youth.

That means, how many people are sitting here? 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16.
That means, 6 out of us are not well, really.

Student: Sir listening to all these maybe, because we will start we cannot handle

Right, anyway. So, I will end at this. And anything, you want to ask disagree, agree, fear. You sir, anything?

Student: I have a question related your oscillating. You said that more and more compulsive neuron, we cannot only the clinical reports of OCD. Perhaps, it is increasing for suppose that based on your 30 years of experience. Is there any comparison between, say the urban and the rural population of reported OCD which, confirms this hypothesis.

See, what has happened in the... Is that one of the best thesis on OCD Salman Akhtar? See, the process remains the same, by definition, repetitive, thought, doubt, images from your own mind, which are not in a general scheme of thing. They are ego dystonic. And any attempt to resist, increases the anxiety. That is the obsession. And the act, people do acts either to control it. There is a controlling compulsion or they yield to that thought.

Like of their mind keeps telling that, I am guilty towards god. Suppose, repetitively then either they will try to control it by touching feet, many times. Just for an example. Or they will just yield to it or do something some act like this. This is like washing compulsion. Like your mind keeps telling you, I have washed it. Still it is not, let me do it, let me do. So, they are either they will yield to with and keep washing or to control it.

They will go and start doing some other compulsion. There, the phenomenology content of obsessions are really expanded. All this old time with this in 90's of washing checking symmetrical, that is they are very, very simple obsessions. Now, you see this in rural population. But, what we see in clinical practices? That is something which has to be studied. I do not know whether, somebody has really done it.

But, I am sure, this is a thing, because the type of thoughts which become obsessions are drive from life, like one of the calmness obsession. These days, which we seen our clinics is people having repetitive thoughts, about that somebody like. Somebody is gone out like, kid has gone out of the house. Something should not happen to him. Or this spouse is gone out whether, she will come back or not.

So, once or twice everybody thinks this. But, then it has just a typical qualifying thing for obsession. So, the obsessions of the city are all derived from like, what if I lose money or what if I lose money? You think, everybody thinks. But, it actually reaches a obsession level. So, any of this is a normal thought, villages they have this typical obsession which the textbook description. Simpler the what, what I seen in my clinical practices, I do not know whether, it can be verified?

I am sure it will be, because this is an idea of our research. Is that people who are living a very very baseline simple life? Their obsessions still at washing level, checking and yield for symmetry at maximum blows, famous obsession. Like you see a gods picture, I am getting sexual thought, sexual obsession. But, as people as people are more educated into this fast life, their obsessions derive from their lives. Calmness is this fear of something happening.

That fear losing, I could be fear of losing a person who fear of losing money or something going wrong. It attains almost obsession for it. What all are also happen is this. These may not be the pure OCD, actually. These are not pure OCD. So, what is there? It is like an obsessive spectrum. Starting from the social phobia, anxious about personality and these are like what you prefer to called obsessive thoughts.

So, we are not pure OCD. Pure OCD still remain the same. But, this phenomenon almost bothers some... The dilemma whether you treated or not. But, the amount of problems it causes, we have to treat it. One option, if you do not treat, if people are able to get over it and do other behavioral techniques. But, again as I had said, because mediations are so freely available and everybody has information access to it.

So, they are almost bordering on obsessive OCD. Pure OCD still remains, as you say. This phenomenon almost can turn to OCD. The dilemma is whether treat or leave or not leave. But, most people preferred to get treated. Because, obviously when you gave a SSRI photos 6 weeks, they feel easy and then you take a medicine for six months and stop it. Now, this is the problem actually. The medication, once they started can be stopped.

This is something which has to, people have to learn. And not get dependent on medicine. There are less I take this medicine, thing will go on. But, it is very interesting. Because, it is getting more complicated and attach is very difficult. And let me, tell you something else. Lot of this sometimes, these obsessions appear as delusions almost. There is a small percentage of people, resistance is one of the hallmarks of obsession, if your mind resists it.

And any attempt to resist, will create anxiety. Some people lose this resistance. Specially children when they have, the youngsters having lot of OCD symptoms, these days. And they do not have resistance. And some actually start, it will goes to delusion level. So,

this obsession delusion is again a hypothesis, which works within the same phenomena at two extremes, beyond normal to obsession to delusion.

Student: In the adulation population, could there be a possibility? That more and more uncertainty is built into their government, the more and more obsessive tendency.

See Barabar sir, you know it is a psychological theory. For it is guilt and go to Fordian theory, he said regression to earlier state of development and. Anyway, even of that does not hold to these days. We know from Morat, just to get a very baseline. When in security, you can trigger all these things. And security can trigger, anxiety and security can trigger but, luckily because most points do not have a tendency to have OCD.

That is why, the pass on. Banaba, you can get worried that what will happen, if I fail?

Student: Another interesting question I want to ask. Forget radical experience, do you find that the adulations community or young adults who are reaching you in last 20 years? Is it that most of them are from technical education or those are perusing technical education or those who are into non technical? So, called non technical education, sir.

Non technical's are less, less. It is people want this streams of this technical professional education. And that includes engineering, medical, charter accountancy. They are a trouble lot.

Student: If the stakes are higher

Stacks are and it starts very early. It tarts from class 8. From 8th 9th 10th, you have to study. And then, from 10 choosing the subject, then coaching and. One reason and then obviously, once they get into it. Surprisingly, medical students come less. They do not concerned, I do not know for some reason. Engineering students all over, not only institutes like IIT, all over. They are slightly on the age always or maybe go betters.

Medical students, 5 years 10 years, they have to study. I really do not know, maybe it is a public dealing is more.

Student: Another reason for period saying, engineering students are largely dependent on their instructions, whereas in medical education, you are more dependent on your seniors. One and two you know, group interacting with for everyday, you suffering.

That is true. One reason for medicine is that, because this is. Human interaction is much more and you are actually in a public sphere. Engineering students are slightly for 4 years not 4 years, 6 years; 2 years of preparation also. They almost isolated from life. You are put into different gender all together and then, suddenly you come out into the world. So, you really do not know, what is happening?

Medical students have such a public sphere. They tried after 1 and half years, you have to interact with patients, their attendance and you see all this drama of life going on. So, you say it is fine, whatever it is. If you get out of the right and wrong and get too much. But, all this is happening because. And that is why I am saying, next 20 years is very interesting. I mean, it is a lot of anticipation and if you believe me one thing which, we as we said.

All these will go increase, if we do not train children. Control their mind, because the choice is also increased. See the first thing, if I am a psychologist you know it. First thing you have to train the mind to choose correctly. And then, the choice should come. That is the logical process of the world, nature world whatever. If you do not train the mind to choose correctly and then, you give the choice what will happen?

Is or either wrong choices, too many choices, no choices or anxiety? So, what was happening in the last 20 years? Even before the education system could get to that point, where students and kids are taught to think. Taught to think according to, according to what? According to unique and your nature and your temperamental and all that. You have a lot of choices, which have been analyst.

So, really it is very difficult to decide, whether we are doing what is needed for us or we are just in the grind? It is a big question. But, anyway that is the world, the way it good. But, again now I think, it is the genetic vulnerability of illnesses. See illnesses are again, schizophrenia is 1 percent. Vorticism is 1 out of 150. Dyslexia is 1 of 10. Depression and bipolar is 2 out of 100. So, if you add all of them, it will not be more than. How much, 5 to 10 percent?

So, there only 8 to 10 percent people are actually having illnesses. At any point of time, if you take 100 people in a psychiatric clinic, they will be 5 max 10. Who will be having biological illnesses? Like schizophrenia, OCD. Add up all of these. But, what are those

90 percent people? Who are this 90 percent people? They are the people, who are having problems of living, what you called social suffering.

The medicalization of this social suffering is a risk, because when there were no medicine, I am just going back. When we were kids, how did we resolve all our issues? Say in 1950's. Relationship issue. How do you resolve it? Or how do you resolve our failure in exam? Or how would be, what would pneumonia feeling, low in the evening? Suppose, you do not get a sleep what would you do?

Student: Going chat with someone

Go chat with someone, go to your elders, get into a group, do some activities. Take a walk, go to a temple. Go to do something, do something. These days, immediately instead of getting into, in our resources people want an external thing. And what are those external things? They will not go to the doctor first. Doctor is not the first external. The first external is sub sense alcohol, this, that, whatever?

Anger of boss have become very common in adulations, because they have a mode of expression now. Because, they can express and get out. This is a societal change. 40 years back, you totally express and get away. This is and you can get angry and get away. In your home, you hit your mother and still you will be brought to a psychiatrist and not punished. And then, somebody will call it as illness.

It is a major issue, who decides all this? What I am trying to say, this is a fault all of us think it actually. I am also, I do not have the answers. But, I am just asking a question. When we were kid, there was no way. Now, you can call us suppressed kids. You can call it. Now, I have a right to express my anger. So, I am more free and liberal and progressive. What who says this? But, the number of kids, who get angry these days? It is huge.

You go to any school and they will tell you. So, this pressure which is bottling up, because of political situation, social situation, whatever. That is this 90 percent of people, who want to escape. Once I tell somebody, that you are depressed and all your behavior and I will tell your family, do not worry. He is doing all this, he hit you, because he is having impulse this control. You are free and you are a free man.

You can happily take medicine for 3 months. Keep hitting anybody for next 3 months. And after 3 months, you have been decide by... If you hit somebody, 10 times your anger is already out. And then, you can become peaceful like Buddha and say good. This is a easy way. The tough way is, I tell you boss you are not well, please take this responsibility of your eye. Next time you do, you land up in jail.

That is a very tough thing, because he is already angry or already angry. He want to this bottled up. To put your anger into a constructive way or go to a punching bag and that is a difficult. That is the real answer. Medicines have just the support systems. Leave those 10 percent, for them medicine in life. But, 90 percent medicine is support system. For rest of the systems, people have to evolve. So, it is a huge.

Bridger says, we are walking right now. We do not know. It is a very easy, something level these days. And if I do not level as a psychiatrist, the fusion will level it. The cardiologists should level it. You all this will level. They are all sitting there to level. So, it is very, very easy to tell. The moment I tell you level, that you cannot maintain a substantial friendship all your life, because we have a borderline personality disorder.

All your problems are sorted out. You have nobody responsibility for anything, now. I am borderline. This is what happens in west? This is going to happen in 20 years, in India with all this. This is going to happen. So, we have to watch out. Does the society has teachers, since everybody.

Student: Other questions sir. You asked about people, educating. Our people in liberal arts and who have medicine, whatever going to psychiatrists? Whatever the people in sciences and ancestors sciences? They were mathematics for example, they were anywhere.

They are actually, you know. There is a difference actually. People do, actually doing natural sciences. Not for job and all that. You have to do. So, hard they are. So, they are one of the few send people in this world, because they are still lost in their own thing. But, they were very few of them. They are also do not telling now. To do mathematician or to physicist to where, I do not know. I have not seen. I am seeing you as a mathematician.

Student: Sir, I am lost in normal

See, that is what I am saying. In my 40 years, I see less and less of them. I do not see those crazy mathematicians. Narayanan know, lot of them old oldies. And those, where is that typical physicists? Where is the typical physicists who looks beyond the sky and? That brings me to your that mathematics, example you are giving. I mean, it may be totally out of the hand. But, one sign why this people, because their end protect became useful to the world?

That is why, you accept that there is a where mad geniuses. Suppose, there was a guy Maxis Narayan Singh. He was found in Patna and brought to me by a man. He had schizophrenia and he had a huge. He would, when we still have those 64 pages copies of fees calculation and all that. Nobody can make any sense out of it. He had developed to schizophrenia. And all that politicians who wanted us to treat him and bring back to mathematics.

I will say, we say boss this is illness. One thing why this madness and genius thing is, because obviously let us mind has to break that frame of normal thought to create something new. And that the world does not accept. World does do. But, the world accepts Newton, when they hear this. Otherwise, suppose Newton would have not brought up anything, nobody. And Newton was not a very properly dressed man. And he used to keep dirty hair and he is always stuff.

Einstein was veiling over time all the time but, thinking. So, they accepted he is a school dropout. Imagine, Tagore also school dropout.

Student: Absolutely, that is about my question

Suppose, Tagore would have not done, what he did? Or Mahatma Gandhi would not have done. Then, what would happen in the perspective? Now, that again brings me to the same old question. But, is it the productivity of the person, whether it takes this route that route or what route? Why cannot we accept people who just do not contribute? Still are they in their own world. Then to them, we start leveling.

So, but then that is probably again this is a huge difference between the real thought process and the operation. This is all operational stuff. A person can get ill. He is working for 30 years, bringing up the family. For 2 months, he does not want to work.

We should accept that, he does not want work for 2 months. But, those 3 months why does he have to get depress? But, that depression seems to be is only savvier.

While, if he says that, I do not want to work for 2 months, everybody will start jumping. Try it in your own families. And you pass out, tell your parents 1 year I am going to relax. See, what happens? Just tell them, 1 year about taking a break. No work No study. I think, it will be a major tuff. Their first thing they will do is, they bring you to the doctor.

Student: [FL]

Kids are burning out. And if you tell kids, their kids do not want to study, because you put them into school, when they are just out of the home. 2 years, 2 and the half years and then you will, they will... How many years they will study? I started study at 6. Then, we studied till 30 to 33, whatever all the time in the world to study. They burn out. So, 20 they do not want to study. By the time, there is 2nd year of IIT and suddenly you have a CPI drop.

You do not realize that, these poor kids started studying in 2 and half years. A whole system is gone apart, now. What about, what you want to do? We give him a break, easy. The IIT is good. They will give a semester drop at least. Most places do not give. Who will analyze all this? It is really difficult. So, what happens is, that we keenly demarket. We say, we are psychiatrists, passive psychiatrists who are in walk to us, we will treat.

We treat your mental illness. Psychologists will make their theories for corporate industry, this that whatever. Who is talking about the normal human being? Normal human being is being left to all this sarlettles, selfless gurus and all the dramas which goes on in the name of spirituality. That is the, derisk. So, anyway we will keep doing whatever.

Student: Sir, whatever you felt between OCD and addiction?

Nobody knows. Let me tell you. We all, we always question. We always put this question, whether it is OCD or addiction. See, it is the whole irrationality of the thing. By obsession is a repetitive thought image, impulse, this, that, whatever which is from

your own mind. I am just defining, then you will find out from your own mind. It is ego dystonic. Ego dystonic means it is not in your scheme of things.

And any attempt to resist it, creates anxiety. So, it never was and it will never will be in your system of things. That is one. Addiction is not very ego dystonic, actually. And it is ((Refer Time: 55:10)) obsessions or you do not want obsessions to come in. All addictions have a will in it. There is no addiction in the world, which is totally unwilling by fault. All addictions you have to start act. Is it not? It even, if you have a internet sex addiction, you have to login and put in.

There is a first step. You can stop yourself. You have to go and buy alcohol, you have to... So, addiction what happens is that... Addiction was a different mind process also. Like you start doing something, there are brain centers which will get rewarded. Your plummy will go up. You do it again. Now, that is giving you pleasure. Obsessions never give you pleasure. There is no pleasure, no will in obsession.

Actually it is a whole battle but, at later stage when it really becomes an addiction. When people are not able get out, it may appear as an obsession, then. But, it is not an obsession, because you can always stop it. Now, some people may say that you cannot stop it. But, let us see. There is a hell. Lot of people who believe, you can stop. After all you have to go pay by, why alcohol? This is a huge 10 minutes, you have.

Obsession will not give this time. Obsession, you are trying to rid and there is a god's image. And suddenly, all these sexual images will start coming in. You have no choice. Obsession, do not give you any choice. Any normal thought can become obsession. But, addiction will always have a will. So, at... See again addiction as a huge issue, nobody knows that it is an illness. It is a moral problem. It is a psychological problem.

It is a sociological problem, because you see the hats of anti smoking and all these days. In all cinemas, hats all movies. And this is a huge. Very idiotically made hats, they borrow it from Australia and all that. My simple question is that, if you want to stop smoking, you stop the production. Why are you selling and asking people not to smoke.

Student: Business [FL]. That has to be taken care of

Then, who is healthy and who is ill? Then, that is the big question now. See, Americans. What is the debate? Why somebody takes the gun and shoots? You called him mentally ill or healthy? They cannot decide it. With their own DSM, we cannot decide it. This boy who kill major Hungama who? Whether he was ill? He was selling guns on the stores. You go and buy a gun. What will a person do with the gun? He lose it someday.

Student: (Refer Time: 57:42)

Cartoons? [FL] No, this is the new phenomena which we will face [FL]. It has not started in India now, because it is so much violence. Otherwise, it has not surrounded in school. But, mad if you called it as mental illness, then it can happen anytime in act.

Student: Naturally, there is an increase in school violence

School violence is you know, what kids? They locked at the teachers in Kolkata School 4 hours.

Student: In Madurai now, their students slapped the teacher. In Chennai, a student you know, slapped the teacher. There are many, many many senses.

All multi ground very, very multi grounds.

Student: We are still save. We are still save

They are all multi grounds. So, what I am saying but, obsession. OCD will still but, do not think that there is no will in OCD. If there is no will in OCD for causing it, at least there is a will for treating it. Because, what is the behavior therapy after all? There is something called x. I will just give you examples. Exposure responses prevention. Somebody, sees a rat or a lizard. It starts getting an obsessions panic.

One of the steps he is that, you see either you sit and imagine a lizard and do not run away. Or you see the real lizard, do not run away. Once twice tries and times, anxiety will go but, then it has to a will that I will not run away. So, let me end with one thing. Have you seen a film called ((Refer Time: 59:13))?

Student: Yes sir

All of you? [FL] See, this guy Bruce Jim Khayari is always cribbing. So, Morgan female who has a god calls in now, one day to a building. And this is a huge rack like this. Rack you away flies. So, fan. So, this is unending files, file after file. Every part is becoming a file. And then, see this guy appears. He says, what he was seeing? He saying, how is it possible? But, then there is a hole. And the rack is this big. Files are huge.

They say, it must be an illusion. He tries to find out. But, there is nothing. About this thing is nothing. So, he said you are not god. Do not fool me, he said. Tell me, how many fingers? He says, 2 3. She is doing like this and god is telling. Why gods is do not tempt the lord. And he says, let me do it again. So, he opens up 7 fingers. And when god says 7, he just shows five. But, by that time he does 5, there are 7 here.

In this one hand, 7 fingers. He just gets frigged out and he runs out. So, god again calls him. He says that, why do you run away? I did not tell you the rules. So, he says no, I got frigged out. He said, do not worry. I did this to just Gandhi and he did not eat for 3 weeks. And then, he said you crib a lot, you become a god. There is only one rule to do. Do not tell to anybody and you will not interfere with free will.

So, there is still something called a free will in human mind, which can overwrite. Baring schizophrenia and some amount of mania can still overwrite, lot of illnesses. So, people who say that nothing is in your hand, I am not telling the truth. This is a matter of training your mind, because even those who have bipolar illnesses, mania and depression, they can monitor their illness. They actually monitored to tell them to monitor.

You do not know first sign that, you are monitor. That is not going to be well, take medicine, that because will. Even the most disorganized schizophrenic, that poor person who is on the road tatted cloths, picking up rocks and all that. There is nobody worse than he. He still twice in a day, he goes on a hunt for food with all his brain intact. He knows, what is food and what is not food.

Still that means, mind somewhere has something, which holds the biology. Now, only poor people who cannot knows, people with dementia actually. They are brains sense who knows. They really do not know which? By that time, brain has started be generating. Most illnesses start from 16 years by let me telling this. 16 to 45 because,

brain develops still 16 18 and then from eighteen 18, do not think your brain is growing up.

Your brain is already on a decline. It starts declining after 20. It is just that, we consolidated by learning and all that. So, it keeps entirely. Anyway, so do not worry, 6 out of us are...

Student: (Refer Time: 62:25)

With 6, I am one of that. Do not worry.