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PG notes in PSYCHIATRY



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Cijo Alex



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Dedicated to Professor R. Kumar, who taught me Psychiatry, and more

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'PG notes in Psychiatry' is an impressive effort. It gives a bird's eye view of Psychiatry in general besides being very easy to read and comprehend. It may be described as a compilation of extracts from various textbook chapters, lecture notes, review articles and expert opinions. It has successfully included several topics relevant to PG training, including basic medical sciences, biostatistics, psychology, general psychiatry, specialty psychiatry, neurology and psychosomatic medicine.

In general Psychiatry, emphasis has been given to topics which are more relevant from an examination point of view. Proper subheadings make it easy to understand and reproduce. The large number of hand drawn pencil diagrams and tabular columns are very useful. It will be a useful tool for PG residents, especially during the time of their preparation for examinations. Let me congratulate the author Dr Cijo Alex for his hard work and wish all success for this book.

Prof Roy Abraham Kallivayalil,
Secretary General,
World Psychiatric Association,
Geneva, Switzerland.

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'PG notes in Psychiatry' is best described as a compilation of extracts from various textbook chapters, lecture notes, review articles and expert opinions. Care has been taken to cover most of the relevant topics in Psychiatry, and also to present it in a clear and crisp format. Through the six sections inside the book, I have tried to include almost all the topics as required for majority of PG exams, from basic medical sciences to specialty psychiatry. Simple to reproduce pencil diagrams and tables have been used in plenty, to facilitate easy understanding. Thus, it can act as a single stop solution for a PG resident in Psychiatry.

The entire idea started to evolve while I was in posted in NIMHANS for training in child and adolescent Psychiatry. Like most of the other external PG's posted there, me and my colleague Dr. Sanu also got a copy of the popular NIMHANS notes, written by former PG's. Despite being elaborate and comprehensive, they had a serious flaw of being handwritten and photocopied, thus making it difficult to read. Later, during my final exam period, I realized the need and potential for a comprehensive book, which can help save time, especially in the final year where you have lots of things to cover.

I would like to express my thanks to all my colleagues and faculty in SMVMCH, Pondicherry, among which Dr. Venkatarangan, Dr. Sanu, Dr. Pradeep and Dr. Hari needs special mention. During my PG training, Dr. Venkatarangan always considered me a future colleague than a student. He also taught me the art of clinical Psychiatry and history taking, which no text book has on offer. I am also thankful to Prof. Roy Abraham Kallivayalil, Secretary General of World Psychiatric Association (WPA), for consenting to give an inspiring foreword. I would also like to thank my parents, my father being the first psychiatrist in my life. Finally, I am thankful to you for purchasing this book and I sincerely hope that this would be a worth read. As a maiden attempt, I apologize for any mistakes or omissions that might have occurred. Your feedback regarding the same would be highly appreciated. I wish you a happy reading and all the best.

Warm regards,

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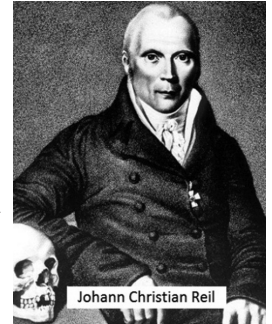
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SECTION ONE

INTRODUCTION TO PSYCHIATRY

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Psychiatry literally means medical treatment of the soul. The word 'Psyche' originated from the ancient Greek for soul or butterfly. Psi (Ψ) is the 23rd letter of the Greek alphabet, and is often used as a symbol of Psychiatry. Psychiatrist is a physician who specializes in the field of Psychiatry. It was the German physician Johann Christian Reil who coined the term 'Psychiatry' in 1808, and he is considered the father of Psychiatry. He was the first to describe the white fiber tract now called the arcuate fasciculus. William Griesinger was a neurologist from Germany who believed that all mental disorders are brain diseases. He is considered the father of Neuropsychiatry, and his concepts are gaining more and more evidence with advances in the field of biological Psychiatry.



Timeline of Psychiatry

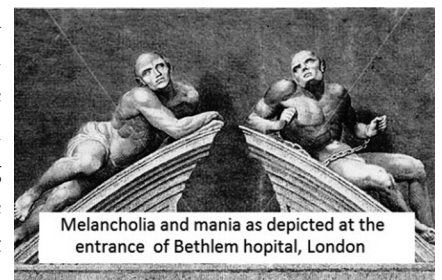
As correctly said, history is a screen through which the past enlightens the present, and the present brightens the future. The time line of Psychiatry described best described after classifying into distinct time periods or ages, for the ease of understanding. History of Psychiatry is an elaborate topic and only very few important aspects are described below.

The age of rationalism

The period between 500 BC and 500 AD is considered the age of rationalism or the golden age in medicine. Hippocrates, who is considered the father of medicine, was among the first to describe mental illnesses. He described four body humors and believed that their imbalance resulted in illness. Hippocrates rejected demonic invasions and suggested brain pathology as the cause of mental illness. Galen in Rome, and Charaka and Susruta in India also proposed organic cause for mental disorders.

The dark ages

Fall of Roman Empire was followed by a decline in scientific interest and medical research. Religion took dominance over science, and this age can be described as a period of intellectual stagnation. Mentally ill patients were often treated cruelly. 'Malleus Maleficarum' (The witch hammer) was an influential book written by German clergy men, which proposed torturing and killing of the people with mental illness. The dark ages also witnessed rise of mental asylums, many of which resorted to cruel and inhumane treatment of the mentally ill. Baghdad mental asylum, the first mental asylum in world was setup in 705 AD. Bethlem hospital, London was the first major, modern psychiatric hospital, which was opened in 1247 AD. Most of these early age hospitals were merely custodial centers, with little emphasis on cure.



Contemporary Psychiatry

Philippe Pinel was the pioneer in unchaining, and advocating humane treatment to the mentally ill. He classified insanity into four categories of mania, melancholia, idiocy and dementia. Esquirol was a student of Pinel, and he has contributed a lot to descriptive psychopathology. Later, it was the German physician Johann Christian Reil who

coined the term 'Psychiatry' in 1808 and he is considered the father of Psychiatry. He also started the first journal in Psychiatry.

Benedict Morel was the French psychiatrist who coined the term 'Démence Précoce', to denote illness similar to modern day schizophrenia. Later, Emil Kraepelin and Eugene Bleuler elaborated on the Morel's idea of 'Démence Précoce'. Emil Kraepelin divided mental disorders into 'dementia praecox', and 'manic depressive illness'. Eugene Bleuler coined the term schizophrenia, and described primary and secondary symptoms of schizophrenia. Jaspers, Schneider and Mayor Gross were prominent German psychiatrists who contributed much to the study of psychopathology.



An antipsychiatry campaign

Anti psychiatry - Anti psychiatry was a movement against the concept of psychiatry and psychiatric illnesses. The term anti psychiatry was coined by David Cooper. Other major proponents of anti psychiatry included Thomas Szasz, Theodore Lidz etc. They all claimed that psychiatrists are doing harm to the patients rather than helping them out. They considered mental illness a myth and proposed that mind is not a bodily organ, and hence cannot be treated. However, the anti

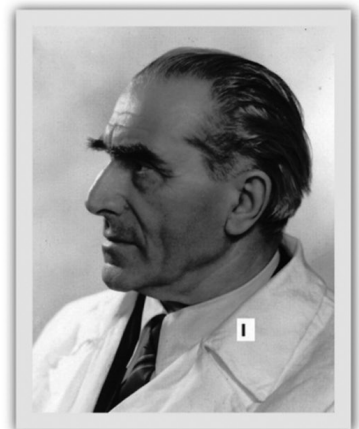
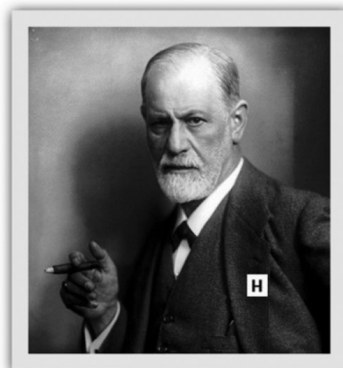
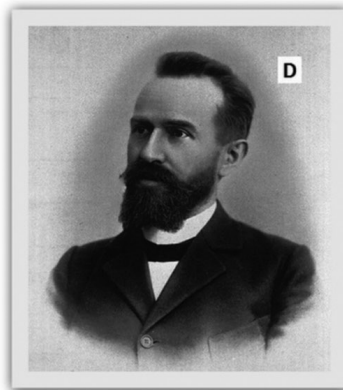
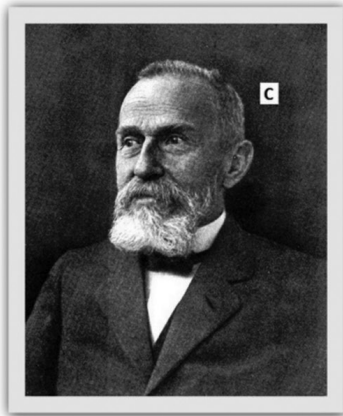
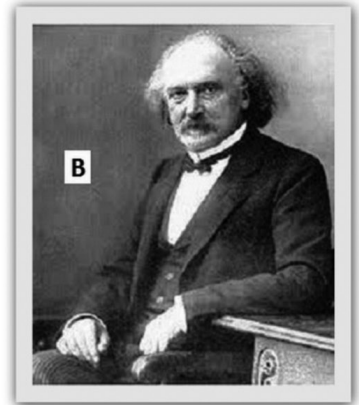
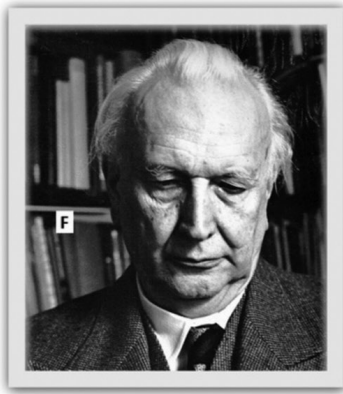
psychiatry movement could not stand the test of time, though it is a favorite theme in the general viva, during university examinations.

The Indian scenario

Ancient Ayurvedic manuscripts like 'Charaka Samhita' and 'Sushruta Samhita' do mention about mental disorders. The ancient Indian literature 'Atharva Veda' considers mental illnesses as resulting from divine curses. It also includes a vivid description of modern day schizophrenia. 'Bhagavat Geetha' can be considered a classical example of crisis intervention and psychotherapy. The traditional medical system of Unani classifies seven types of mental disorders. King Asoka has established hospitals to cater mentally ill patients. The first formal psychiatric hospital in India was started in Bombay, by 1745. This was followed by similar institutions in Calcutta and Madras. Girindhra Shekar Bose was a prominent psychoanalyst, and he founded the Indian Psychoanalytical Society. On the recommendation of Bhore committee 1946, All India Institute of Mental Health was setup in 1954, which later became the NIMHANS. Wig was a prominent Psychiatrist who contributed a lot to the concept of culture bound syndromes and use of Yoga in Psychiatry. The Indian Psychiatric Society was founded in 1946, and the Indian Journal of Psychiatry in 1958.

Who is who?

CAMBRIDGE



This collage shows certain important figures in Psychiatry. A brief description about each of them follows this page.

Who is who?

- A. Alois Alzheimer (1864–1915) was a psychiatrist and neuro pathologist who first described the modern day Alzheimer's disease. He was a colleague of Emil Kraepelin.
- B. Benedict Morel (1809–1873) was a French psychiatrist who first coined the term 'démence précoce'. Later Emil Kraepelin and Eugene Bleuler elaborated on the Morel's idea of démence précoce.
- C. Emil Kraepelin (1856–1926) was a German psychiatrist who believed in the biological and genetic causation of mental illness, contrary to the then prominent psychological theories. He is well known for the so called Kraepelinian dichotomy classification of mental disorders, in which he divided mental illnesses into two broad categories of manic depression and dementia praecox.
- D. Eugen Bleuler (1857–1939) was a Swiss psychiatrist who coined the modern day term of schizophrenia to replace dementia praecox. He also coined terms like autism and schizoid.
- E. Johann Christian Reil (1759–1813) was a German physician and psychiatrist who coined the term Psychiatry. He is considered the father of Psychiatry. He was also a romantic writer in German. Reil was the first one to describe the white fiber tract now called the arcuate fasciculus.
- F. Karl Jaspers (1883–1969) was a German psychiatrist and philosopher who contributed a lot to psychopathology. General Psychopathology by Jaspers is considered a classic work in Psychiatry.
- G. Philippe Pinel (1745–1826) was a French physician who is well known for the unchaining of psychiatric patients. He was among the prominent psychiatrists to advocate moral treatment for the mentally ill. Some consider him as the father of modern psychiatry.
- H. Sigmund Freud (1856–1939) was an Austrian neurologist who is considered the father of psychoanalysis. Psychoanalysis is a prominent school of psychology. His concepts still remains influential in psychotherapy, humanities and some areas of Psychiatry.
- I. Ugo Cerletti (1877–1963) was an Italian neurologist and psychiatrist, who discovered electro convulsive therapy.