

Mental Disorders and Illness

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Received: 01-Mar-2022, Manuscript no. JPHC-22-59298; **Editor assigned:** 04-Mar-2022, Pre-Qc no. JPHC-22-59298(PQ); **Reviewed:** 18-Mar-2022, QC no. JPHC-22-59298; **Revised:** 21-Mar-2022, Manuscript no. JPHC-22-59298(R); **Published:** 28-Mar-2022, DOI: 10.4172/2167-1079.1000432

Sessions/tracks

1. Stroke

Stroke will come when the blood supply to part of your brain is intermittent or condensed, avoiding brain tissue from getting oxygen and nutrients. Brain cells will die in minutes. A stroke is a medical emergency and as soon as possible treatment is crucial. Need to take an early action can be reduce brain damage and other difficulties. The stroke includes:

- Problem to speaking and understanding what others persons are saying
- Paralysis and numbness of the face arm or leg
- Troubles seeing in one or both eyes
- Headache

2. Dementia

Dementia is mainly damaging memory, thinking power, behaviour and not able to perform regular activities. It's mainly affect to old age people, globally around 50 million have dementia and nearly 10 million cases every year.

3. Alzheimer's disease

Alzheimer's disease will reduce memory and some important mental health issues. Brain cell connections themselves degenerate and die mainly destroying memory and other important mental problems. This disease leads to memory loss, confusion. Medication and management approaches are exists but temporary.

- Apathy
- Social withdrawal
- Mood swings
- Distrust in others
- Irritability and aggressiveness
- Changes in sleeping habits
- Wandering

4. Epilepsy

Epilepsy affects central nervous system in which brain activities will be abnormal (sleeping mode). This leads to unusual behaviour, vibrations and sometimes loss of awareness. Anyone can develop epilepsy. It affects both males and females of all races, ethnic backgrounds and ages' people.

- Control ness jerking activities of the arms and legs
- Loss of consciousness or awareness
- Cognitive or emotional indications, such as fear, anxiety or dejavu

5. Mental Illness

To understand what mental illness actually is exploring alternative approaches to mental health. Mental illness can be based on the idea that there is a physiological impairment creating a neurochemical imbalance in a person's brain. The late psychiatrist Dr. Thomas Szasz said people will call mental illness if there is no basic need like protein food.

- Maintain a positive attitude
- Do stay the physically active
- Keep help the other people
- Should maintain enough sleep
- eating a healthy food

6. Depression

Depression is a disorder of depending on moods that bases a person's feeling of unhappiness and loss of attention. In this we have also major depressive disorder or clinical depression, it have how the feelings, thinking and behaviour and can lead to a change of emotion and physical problems. You may have problem doing regular, and sometimes it's may feel as if life isn't worth alive.

- It's careful variance diagnosis is crucial
- Manage medicine takes time to produce extreme effect
- The goal is decrease. The aim of acute handling is to eliminate symptoms
- Inadequate response requires further action

7. Schizophrenia

The Schizophrenia is type of disorder that moves a person's capability of thinking, feel and behaviour clearly. The perfect cause of schizophrenia isn't known, but a combined of genetics, situation and altered Human brain chemistry and structure may play a character. Schizophrenia is categorized by thinking or involvements that seem out of touch with reality, dis-organised speech or behave and decreased involvement in daily actions. Struggle with concentration and recollection may also be present situation. Treatment is usually life long and often involves a combination of medications, psychotherapy and coordinated speciality care services.

8. Anxiety disorder

An Anxiety disorder is like mental health disorder behaved by feelings of fear, anxiety or worry that is strong sufficient to interfere with one's day-to-day activities. An anxiety disorders including's panic attacks, obsessive-compulsive disorder and post-traumatic stress disorder. Indications include stress that's out of proportion to the effect of the happening, inability to set aside a worry and weariness. Medicine includes that counselling or meditation, including antidepressants.

- Generalized Anxiety Disorder (GAD) is considered by chronic anxiety that is excessive, uncontrollable
- In order to be diagnosed with GAD, a person must involvement excessive anxiety about a variety of events or events
- Although there has been little research studying the heritability of GAD, a summary of available family
- Cognitive theories of GAD suggest that worry characterizes a mental strategy to avoid more powerful negative feelings

9. Chronic mental illness

Chronic Mental illness is called mental health disorders, refers to a wide kind of mental health conditions disorders that affect your moods, thinking and behaviour. In mental illness comes under Stress, depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviours. Many persons have chronic mental health concerns from date to date.

But a mental health concern becomes a chronic mental illness when on-going signs and indications cause common stress and affect your capability to function.

10. Neurological Disorders

Neurological disorders are diseases of the chief central and peripheral cells of body. In this neurology contain the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, autonomic nervous system, neuromuscular junction, muscles and etc. These disorders are under epilepsy, Alzheimer disease and other dementias, cerebrovascular diseases containing stroke, migraine and other headache illness, multiple sclerosis, Parkinson's disease, neuro-infections, brain tumours, traumatic disorders of the neuro system due to brain trauma, and neurological disorders as a result of malnutrition.

- Specifics and information contain recent research news and treatment options for Neurological Disorders affecting the people's nervous system
- There are over 600 known nervous sicknesses and disorders that touch the human nervous system and for several of them treatment options are very limited

11. Parkinson's disease

Parkinson's disease is known as brain disorder. That includes to shivering, stiffness, and trouble with walking and coordination. Its signs usually begin gradually and get worse over the time. As the disease report's, people may face to difficulty with walking and talking. They may also have changes mental and behavioral, sleep problems, depression thoughts, and memory loss difficulties.

- Trembling in hands and also trembling arms, legs, jaw, or head
- It's have stiffness of the trunk and limbs