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Review Article

A Short Review on: Mental Health

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ABSTRACT

Mental disorders interfere with an individual's ability to regulate emotions, maintain concentration, and perform everyday tasks. These conditions may manifest as persistent sadness, fear, isolation, changes in appetite or sleep, or an inability to think clearly. A holistic treatment plan often includes counseling, medication, lifestyle changes, and emotional support. Early recognition of symptoms leads to better recovery outcomes and improved quality of life. Promoting awareness and eliminating stigma are key steps toward encouraging people to seek help without hesitation.

INTRODUCTION

Understanding Mental Health

Mental health encompasses our emotional, psychological, and social functioning. It influences how we think, respond to challenges, relate to others, and make choices in daily life. A healthy state of mind helps individuals cope with stress, maintain meaningful relationships, and work effectively in their personal and professional spheres.

Many factors contribute to mental well-being, such as family background, social environment, economic stability, and personal experiences. People who face ongoing hardship, discrimination,

violence, or physical disabilities may be more vulnerable to psychological issues. Although many mental conditions can be treated with affordable and effective care, limited mental health services and stigma continue to prevent individuals from receiving the support they need.

Historical Perspective of Mental Health in India

The roots of mental health awareness in India stretch back to ancient civilizations. Concepts similar to anxiety, grief, and emotional distress were described in sacred texts like the Ramayana and Mahabharata. In earlier periods, unusual behavior or mental illness was often viewed through the lens of spiritual imbalance or supernatural influence.

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Ayurvedic literature, especially the Charaka Samhita, linked mental disturbances to an imbalance in the Tri-Doshas—the body's three energies. According to this philosophy, factors such as improper nutrition, neglect of moral conduct, extreme emotions, or irregular daily habits could disrupt mental harmony. Treatment traditionally involved herbal medicines, spiritual guidance, positive social interaction, and rituals designed to restore mental equilibrium.

Mental Illness Symptoms and Their Treatment

1. Anxiety Disorders

Anxiety disorders involve chronic and excessive worry that disrupts normal functioning. Individuals may experience fear or tension even in safe situations, along with physical symptoms such as sweating, trembling, or a rapid heartbeat.

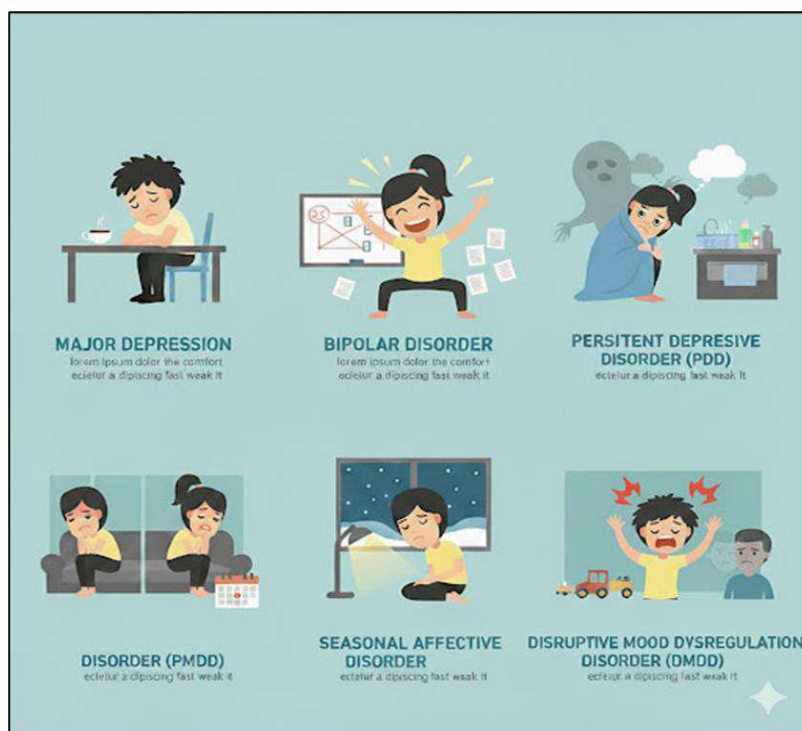


Fig. of Anxiety Disorder

Types

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Specific Phobias
- Social Anxiety Disorder
- Difficulty sleeping or frequent fatigue
- Tightness in the chest or rapid pulse
- Dizziness, shaking, or excessive perspiration
- Restlessness or poor concentration
- Avoiding situations that trigger fear

Typical Symptoms

- Ongoing feelings of fear or unease

Approach to Management

- **Psychotherapy:** Cognitive Behavioral Therapy (CBT) helps people identify



unhelpful thoughts and replace them with healthier ones.

e.g. Diazepam (2–10 mg, 2–3 times/day)

- **Medication:** Doctors may prescribe antidepressants (SSRIs or SNRIs), buspirone, or short-term anti-anxiety medication when needed.

e.g. Lorazepam (0.5–2 mg, 2–3 times/day)

- **Relaxation Methods:** Deep breathing, yoga, and meditation can ease tension.
- **Healthy Routine:** Adequate rest, balanced nutrition, and regular exercise improve emotional stability.
- **Support System:** Sharing experiences with family or support groups fosters encouragement and confidence.

2. Depressive Disorders

Depression is characterized by long-lasting sadness, loss of interest, and reduced energy levels. It influences how a person feels, thinks, and behaves, often interfering with work and relationships.

Common Signs

- Continuous low mood or hopelessness
- Reduced enjoyment in daily activities
- Tiredness or lack of motivation
- Changes in appetite or sleep pattern
- Difficulty focusing or making decisions
- Feelings of guilt or low self-worth
- Suicidal thoughts or self-harming behaviours



Fig. Depression symptoms

Treatment Methods

- **Therapy:** CBT assists with changing negative thinking, while Interpersonal Therapy (IPT) helps improve social connections.

e.g. Fluoxetine (20–60 mg once daily)

- **Medication:** Antidepressants such as SSRIs, SNRIs, or other types may help balance brain chemistry.

e.g. Escitalopram (10–20 mg/day)

- **Lifestyle Support:** Exercise, nutritious meals, and sufficient sleep contribute to better mood regulation.
- **Community and Family Support:** Open communication with loved ones and group counseling enhances recovery.
- **Light Therapy:** Beneficial for people whose depression is linked to seasonal changes.

e.g. Bupropion XL (150–300 mg/day)

With the right guidance and consistent treatment, most individuals with depression can return to a healthy and meaningful life.

3. Bipolar Disorders

Bipolar disorder involves alternating periods of emotional highs (mania or hypomania) and lows (depression). These mood changes can impact energy, sleep, and decision-making.

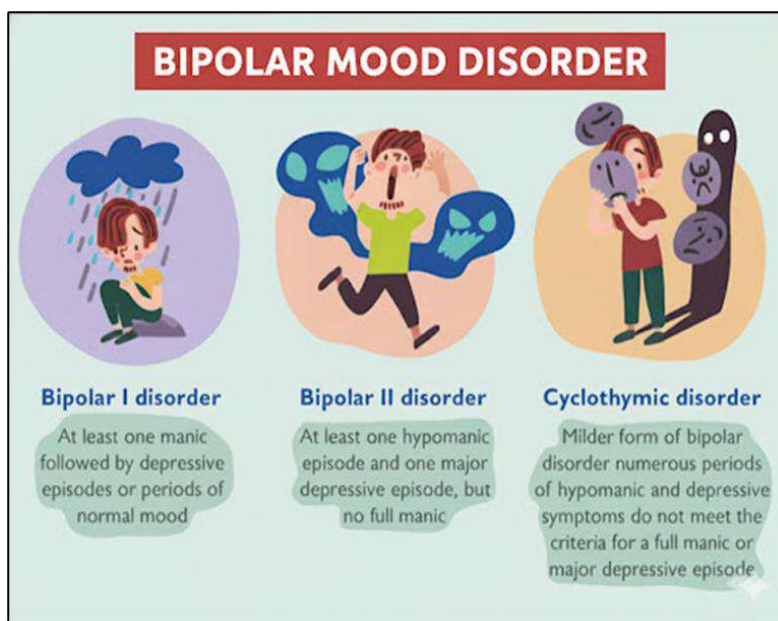


Fig. Bipolar Mood Disorder

Main Types

- **Bipolar I Disorder:** Manic episodes severe enough to disrupt normal life, often alternating with depression.
- **Bipolar II Disorder:** Periods of mild mania (hypomania) combined with major depressive episodes.
- **Cyclothymic Disorder:** Ongoing, less intense mood fluctuations lasting two years or more.
- Heightened energy or euphoria during manic phases
- Fast speech and decreased need for rest
- Impulsive or reckless actions
- Extreme sadness or exhaustion during depressive phases
- Difficulty maintaining focus or relationships

Management Strategies

Symptoms



- **Medication:** Mood stabilizers like lithium, and antipsychotics, help control extreme shifts in mood.

e.g. Olanzapine (10–20 mg/day)

- **Therapeutic Support:** CBT and psychoeducation teach coping methods and symptom awareness.
- **Lifestyle Regulation:** Maintaining consistent sleep, stress control, and avoiding alcohol or drugs supports stability.

- **Ongoing Care:** Regular medical check-ups and social support networks help manage long-term wellness.

4. Personality Disorders

Personality disorders involve rigid and unhealthy patterns of thinking and behavior that affect relationships and self-image. People with these disorders often find it hard to adapt to change or understand others' perspectives.

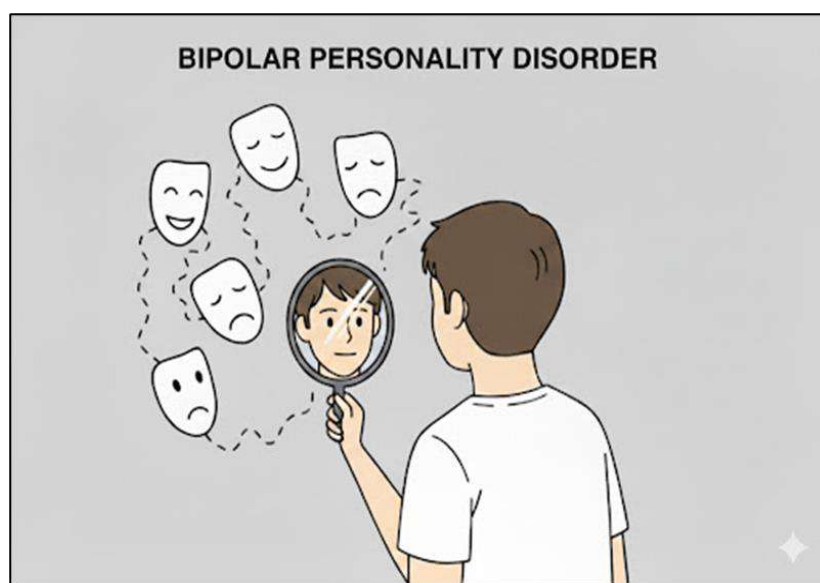


Fig. Personality Disorder

Common Types

- Borderline Personality Disorder
- Antisocial Personality Disorder
- Narcissistic Personality Disorder

- Emotional instability or mood swings
- Fear of rejection or abandonment
- Distrust and social avoidance

Frequent Characteristics

- Fixed or extreme viewpoints
- Conflict-prone relationships
- Impulsivity or poor judgment

Treatment and Care

- **Psychotherapy:** (Lithium: 600–1200 mg/day)
 - Dialectical Behavior Therapy (DBT) helps individuals regulate emotions and reduce destructive behavior.

- Cognitive Behavioral Therapy (CBT) promotes healthier thoughts and communication.

- **Medication:** Used when symptoms like anxiety or depression accompany personality disorders.

e.g. Sertraline (50–200 mg/day)

- **Group or Family Therapy:** Encourages better understanding and support among loved ones.
- **Healthy Lifestyle:** Consistent routines, physical activity, and avoiding substance use are essential.

5. Eating Disorders

Eating disorders involve unhealthy relationships with food and body image, leading to harmful behaviors that affect both mental and physical health.

Examples

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-eating disorder



Fig. Eating Disorder

Recognizable Signs

- Restrictive or excessive eating habits
- Preoccupation with body size or weight
- Physical issues like fatigue or digestive discomfort
- Excessive exercising or misuse of laxatives

Treatment Approach

- **Therapy:** CBT and Family-Based Therapy (FBT) assist in reshaping attitudes toward food and self-image.

e.g. Fluoxetine (20–60 mg/day)

- **Medication:** Antidepressants may reduce related depression or anxiety.

e.g. Olanzapine (2.5–10 mg/day)

- **Nutritional Counseling:** Dietitians guide balanced meal planning and monitor recovery.
- **Supportive Care:** Peer groups, family involvement, and self-acceptance strengthen long-term recovery.

6. Schizophrenia

Schizophrenia is a complex mental disorder that distorts how an individual interprets reality. It may include hallucinations, delusions, disorganized speech, and impaired social interaction.



Fig. Schizophrenia Symptoms

Key Symptoms

- False beliefs (delusions)
- Perceiving voices or visions that are not real (hallucinations)
- Disorganized communication or thought patterns
- Withdrawal from social contact
- Reduced motivation and emotional expression
- Memory or attention difficulties

Treatment and Support

- **Medication:** Antipsychotic drugs help control delusions and hallucinations; dosage varies by individual needs.

e.g. Haloperidol (2–20 mg/day)

- **Therapy:** CBT for psychosis and family counselling encourage coping skills and awareness.

e.g. Chlorpromazine (200–800 mg/day)

- **Rehabilitation Programs:** Focus on communication, self-care, and community reintegration for better quality of life.

CONCLUSION

Mental well-being is a cornerstone of a healthy life. Understanding different mental illnesses, their symptoms, and treatment options encourages empathy and supports early intervention. Promoting open dialogue, challenging stigma, and improving access to mental health care enable individuals to live with dignity, purpose, and hope.

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