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ORIGINS OF MENTAL ILLNESS

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Abstract: The origin of mental illnesses has long been a subject of debate among scholars and healthcare professionals. This article reviews the historical, biological, and environmental factors that contribute to the development of mental disorders. It discusses how genetic predisposition, neurobiological factors, early life experiences, and social influences can interact to increase the risk of mental illness. Additionally, the article explores the impact of cultural beliefs and stigma on the perception and treatment of mental health issues. By examining these various factors, this article aims to provide a comprehensive overview of the complex nature of mental illnesses and the need for a holistic approach to their understanding and treatment.

Key words: Mental illness, etiology, genetics, neurobiology, environment, cultural factors, stigma, treatment.

Mental illness, psychosis is a disease caused by brain dysfunction: it is a condition ranging from functional impairment of mental illness to its complete breakdown. Mental illness is different from internal illness. The causes of mental illness are diverse, among which genetic factors play a major role.

For example: mas, oligophenia, psychopathy, partial depressive psychosis, epilepsy, schizophrenia, etc., a person's lineage is important. Infectious diseases, brain damage, intoxication, and mental disorders can also cause it.

2) Working with a mentally ill patient has existing legal provisions:

Getting rid of depression: signs of depression include loss of mood, lack of enjoyment in life, distraction, preoccupation with things, sleepiness or insomnia, apathy, constant weakness, lack of appetite.

Forget the old hygiene: forget the bad things that happened in the past, enjoy the present and make plans for the future.

Being physically active: doing yoga, meditation, breathing exercises, light physical education, etc

Being socially active: spending time productively with people you like.

Finding a hobby: understanding the patient's interests and working with them. M-n: drawing, making toys, etc

Stay away from aggression: when the patient starts using aggressive words, do not become interested. At such a time, confirm his right and leave him alone

Telling him that he is sick is not enough: if you know that he has a mental illness during the conversation and act accordingly, telling him this is like punishing him.

3) In order to treat a mentally ill patient, I administered I.P. Povlov scientifically proved that words have a powerful effect on higher nervous activity. During hypnosis, the psychotherapist's words create a strong excitation center in a certain part of the cerebral cortex, which leads to a state of variously expressed inhibition. An explanatory conversation between a patient and a doctor, knowing enough about Povlov's method, any patient will be calmed down and relieved. It is important to convince the patient, conduct the conversation rationally and thoughtfully. In it, the relationship established between the doctor and the patient plays an important role. It is performed using sedatives and tranquilizers. Hypnosis is a widely used method of Povlov.

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