

DEPRESSION : Deeper we think, the deeper we sink

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(The human body can only be said as in best state only when it possesses good mental fitness. Good mental health can easily deals physical and social fitness)

Almost all of us have sometimes seen or heard a news related to suicide of an individual due to some reason he/she might have faced or their sentiments being hurt which becomes the main cause of their depression. Depression is as “living in a black hole” or having a feeling of impending doom. However, some depressed people don't feel sad at all—they may feel life-less, empty, indifferent, and apathetic, or men in particular may even feel angry, aggressive, or restless. Whatever the symptoms, depression is different from normal sadness in that it immerses your day-to-day life, disturbing your ability to work, study, eat, sleep, and have fun. The feelings of helplessness, loneliness and worthlessness are intense and inexorable, with little, if any, relief.

Depression is a state of low mood and antipathy to activity that can affect a personal thoughts, behavior, feelings and sense of well-being. People with depressed mood can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless. Depressed mood is a sign of some psychiatric syndromes such as major depressive disorder but it may also be a normal reaction to life events such as mourning, a symptom or a side effect of some drugs and medical treatments.

Depression is a common illness worldwide, with more than 264 million people affected. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and perform poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds.

Although there are known, effective treatments for mental disorders, between 76% and 85% of people in low- and middle-income countries receive no treatment for their disorder. Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders. Another barrier to effective care is inaccurate assessment. In countries of all income levels, people who are depressed are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants.

The burden of depression and other mental health conditions is on the rise globally. A World Health Assembly resolution passed in May 2013 has called for a coordinated and comprehensive response to mental disorders at the country level.

The brain's impact on depression

Famous traditional knowledge has it that emotions reside in the heart. Science, though, tracks the seat of your emotions to the brain. Certain areas of the brain help regulate mood. Researchers believe that — more important than levels of specific brain chemicals — nerve cell connections, nerve cell growth, and the functioning of nerve circuits have a major impact on depression. Still, their understanding of the neurological underpinnings of mood is incomplete.

Depressed mood or dysphoria is the primary feature of major depressive disorder (MDD), the most common depressive diagnosis. In addition to this core experience, there are several other symptoms of MDD, including loss of interest in activities, sleep and tired body changes, guilt and hopelessness, fatigue, restlessness, concentration problems, and suicidal ideation. As discussed in detail below, the medical model holds that this constellation of symptoms represents a syndrome, but complexity is immediately introduced because the presence and nature of these symptoms vary considerably across clients. For example, some clients experience vegetative symptoms of depression (decreased appetite and insomnia) whereas, less commonly, others experience reversed vegetative symptoms of increased appetite and hypersomnia. Similarly, psychomotor retardation is more common and agitation is less common, and both may be demonstrated by the same individual at different times. Most of the people sometime feel sad or depressed at times. It's a normal reaction to loss or life's struggles.

But when intense sadness -- including feeling helpless, hopeless, and worthless -- lasts for many days to weeks and let keeps you from living your life, it may be something lead to doubted more than sadness. You could have clinical depression -- a treatable medical condition if cooperate with them can save their lives.

How Do I Know If I Have Depression?

According to a manual doctors use to diagnose mental disorders, you have depression when you have five or more of these symptoms for at least 2 weeks:

- A depressed mood during most of the day, especially in the morning
- You feel tired, weak or have a lack of energy almost every day.
- You feel worthless or guilty .
- You have a hard time focusing, remembering details, and making decisions, deviation of concentration.
- You can't sleep or you sleep too much almost every day.

- You have almost no interest in many activities nearly every day.
- You think often about death or suicide (not just a fear of death).
- You feel restless or slowed down.
- You've lost or gained weight.

You may also:

- Feel irritable and restless
- Lose excitement in life
- Overeat or stop feeling hungry
- Have aches or pains or digestive problems that don't go away or get better with treatment
- Have sad, anxious, or "empty" feelings

While these symptoms are common, not everyone with depression will have the same ones. How severe they are, how often they happen, and how long they last can vary. Your symptoms may also happen in patterns. For example, depression may come with a change in seasons (also known as seasonal affected disorder).

Can Depression Have Physical Symptoms?

It's not uncommon for people with depression to have physical signs of the condition. They may include joint pain, back pain, digestive problems, sleep trouble, and appetite changes. You might have slowed speech and movements, too. The reason is that brain chemicals linked to depression, specifically serotonin and norepinephrine, play a role in both mood and pain. DEALING WITH DEPRESSION IS NOT A CUP OF TEA NOT ONLY THE DECEASED PERSON BUT ALSO THE LOVED ONES SHOULD WORK UPON TO HELP THAT PERSON. IT CAN ONLY BE TACKLE THROUGH LOVE.

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