Depression a common problem in youth; Causes, symptoms and its treatment through advanced medicine and behavior therapy

Introduction

Depression is a brain disorder characterized by loss of interest, low energy and fatigue. Nowadays many people across the world are facing depression and their life is completely sadness and hopelessness. From every 6 individuals [1] people may be in depression in their life. This brain disorder is a common problem especially in youngsters. India has higher occurrence of depression in the world. Approximately 15 % of depressed patients going to suicide attacks. Intelligent people have higher risk of depression because they feel a lot especially bad behavior of other peoples. Depression can be easily treatable with medication, family support and everyday physical exercise. Do not leave your hope and one day you will become take out from depression. This editorial is mainly focus on symptoms, causes and treatment of depression by advanced medicines and psychotherapy. Sometimes, in rural areas a doctor cannot diagnose a depression properly on time and individual’s mental health become worse and worse. Depression is a most common brain disorder, with continuous unhappiness and loss of attention in different activities in daily routine that people can normally enjoy and feels happy [1]. Major depressive disorder (MDD) is an extremely prevalent disorder in the world with a prevalence of 6% to 18% in different countries. Due to the depression many people cannot focus on their work. The cost associated with the days lost and is estimated by USA is 1.15 trillion dollar per year worldwide, and this number is expected to increase twofold by year 2030 [2]. According to World Health Organization (WHO) major depressive disorder (MDD) as the 4th leading cause of disability through worldwide [3]. The physical exercise and meditation are also beneficial for mental health. Sometime, we prefer different types of exercises such as Yoga and Western methods (Alexander Technique and Feldenkrais). Such types of activities is known as “Meditative Movement” (MM), involving a meditative state of brain, attention to the inhalation, and deep relaxation [4].

Causes: There are different causes of depression such as; unemployment, work load, bad behavior, relationship and joint family problems in underdeveloped countries. Bad behavior and family problems are the main causes of depression. In mental health genetics is also a main cause of depression in individuals.

Symptoms: Loss of interest in different activities, loss of appetite, always stay at home, aggression, thirst, no progress in life, anxiety, always disturb, cannot speak very well or give frequent answer, sleeping problems, sometime sleeping on time but not mentally relax at the morning, difficult to tolerate hot or cold weather and sexual problems.

Treatment: Few decades ago most people with depression got no treatment for their symptoms [5], but now this advanced world and scientific research it is very easy to get the treatment of depression on time.

There are two kinds of treatment of depressed patients.
Medication (usage of antidepressants): Different people have different ideas about the treatment of depression. Severe depression takes 6 to 7 years to become recover through medication. In this brain disorder main problem is faced by a person are sleeping problems. Medicines give support to sleep well, if you do not sleep well at night then you cannot do work at day time. Specially use medicines with the help of your concerned Psychiatrists. The aim of Antidepressant medication is to regulate the neurotransmitter systems in the brain that are connected with depression. Nowadays, SSRI are the most frequently prescribed antidepressant medicines. Their function is to enhance the serotonin level in the synaptic cleft by preventing the reuptake into the pre synapse [6].

List of Medications can be used in depression recommended by Psychiatrists:
1. Risperidone
2. Escitalopram
3. Alprazolam (at night)
4. Epival CR
5. Inderal
6. Rivotril (at night)
7. Paroxetine
8. Olanzapine
9. Venlafaxine

These medicines are commonly used in depression. This information is collected from depressed patients. Different patients have different types of symptoms so Psychiatrists prescribed them different medicines with different dosage. Some medicines such as resperidone make you drowsy and lazy at day time so you can contact with your psychiatrist to manipulate the dosage or time of that medicine.

Behavior therapy (through psychotherapy or counseling): Cognitive-behavioral therapy (CBT) or counseling is one of the most effective treatments for depressed patients. This practice is mostly performed by brain health specialists for example psychologists [7]. Psychotherapy or cognitive-behavior therapy is a common practice in United Kingdom. Cognitive parameters mainly act on thoughts, feelings, awareness, problem-solving techniques, sleep management skills and techniques such as self-motivational training to decrease negative thoughts [6]. Do not always stay at home. Go outside with your friends and change your mind and prevent your brain to focus on one agenda.

Top ten Countries of the world with the Highest Rate of Depression
1. Ukraine - 6.3%
2. United States - 5.9% (tie)
3. Estonia - 5.9% (tie)
4. Australia - 5.9% (tie)
5. Brazil - 5.8%
6. Greece - 5.7% (tie)
7. Portugal - 5.7% (tie)
8. Belarus - 5.6% (tie)
9. Finland - 5.6% (tie)
10. Lithuania - 5.6% (tie)

Figure 2: Ukraine has the high rate of depression in all over the world.

Conclusion

We think that do not go to general physician for the treatment of depression. Take proper medicine on time and follow Psychiatrist. Sometime, during medicine people think that they are fine and left medicine without the permission of a Psychiatrist, then after sometime the symptoms of depression again comes. Only exercise is not the proper treatment to overcome depression. The treatment of depression takes time and it depends on the severity of this disease. The family support is also a best way to treat depressed individuals with love and cares. Do not leave alone if anyone is facing depression at your home in terms of financial help and you should give company like a good friend. Sometime a little smile makes you happy. Good behavior or happiness is a most important factor to treat mild depression than medicine.

References