

# What I Should When Faced With ....

## ABSTRACT:

*Dr Sushma Jaiswal has poured her young heart out in the anguish which we suffer when we see case after case of sadness, fears, panics, depression and suicide. What after all is the solution?*

### Dr SUSHMA JAISWAL

Jasmine Mill Road, Opp Mahim Railway Station, Mahim (E), Mumbai.  
Tel: 24023644

Panics, anxieties, phobias, depression, an attempt to suicide...we see them every day, we treat them everyday. Millions of definitions are written to define the MIND...to define the PSYCHE. My query is, do we need to indulge in getting the definition right, I think NO, because I genuinely feel we still are very bemused even after centuries though the field of medicine has branched out into psychiatry, psychology, counseling, psychotherapy etc etc. These fields keep on evolving and will continue to do so, so does the mind...we still are in search of eternal peace, we still are not free from the world of mental disorders.

As a homoeopath, mere utterance of the word fear, anxiety etc from a patient makes my mind run overtime, automatically to track the events which caused them, how they behave, so that I can find the exact rubric, so as to find the exact medicines, so that I can think what do I give, an *Aurum*, *Puls* or settle with a *Natrum*?

As a psychotherapist, what comes in my mind is how will I analyze and what would I suggest so as to stop the occurrence, that the phobia is nothing but so, so and so as defined by my source books, it is just an excessive fear of the mind...and tell the patient ....you need to relax...you need do meditation it will help...may be if you join the music, dance, painting some vocation it will help and so on...

What difference does it make to the one who is suffering whether you take him to a psychotherapist, psychiatrist, psychologist, psycho-analyst, counselor or a homoeopath?

May be if the situation is not grave, one of them

will be able to click and give some relief.

But the point on which I often ponder on is ...

We all have *fears*, when does it turn into a *phobia* for someone?

We all are *sad* sometime, when does it turn into depression for someone?

We all feel bored of life at some time, why someones mind decides it is all over and they want to die.

Where does this start, when does the mind decide that I cannot take this anymore, whether it is fear, sadness, anxiety? We all treat the aftereffects... why do we fail to see it budding?

## BASIC TRAITS OF INDIVIDUALS

Why some people don't laugh, Why some people are egoistic?

When we tell patients, try and remember the most important, happy days of their life, what do they reply, most of the time keep silent.... and if they manage to reflect then they reveal the days when they have done the craziest things in life, and the days are few, hardly any.. Why do movies which spread feel good factor, always are a hit though they are made again and again...is it that we have ceased to live?

## WORK RELATED STRESS

The most common problem we are facing is how to COPE in this competitive, ever-demanding world. Do people succumb because they are not able to cope or because the others want them to fall so that they can survive. Control freaks at work, test your boundaries which you have set for yourself and you are comfortable with but they bang and bang you, till either the boundaries fall

or the person behind it. All the time is consumed in making the other person follow certain rules forgetting completely where they come from. We think, everything the other person is doing is wrong and we have the ultimate right to put things right, which is not going to happen and then the feeling of powerlessness takes us over, despair takes over for them.

Today's mantra is, "Slyness is a good quality because if you are well behaved people mistake it to be doormat, integrity-punctuality are traits of the past, Modesty is meekness. I know this is wrong, but unfortunately this is the way to lead life today, where are we caught? Where will we lead, further teenage murder, teenage suicides, murder where we can cut someone into 300 pieces with no shame or should I say guilt or forgive me I actually don't know how to describe that emotion!!!

### MADNESS

Speaking of MAD people, I really fascinate their WORLD, where there is madness around, where they speak and behave as they want, not following the rules of the so called normal people, which they might be thinking is abnormal!

I sometime really envy them, they don't have to follow the rules made by NORMAL individuals, forget following the can break all the rules because "You know they are mad", they can get into a crowded Virar local because everyone will let them in with the fear of being hit, they can get in and out from the wrong side, they can take away things and not pay, they can drench in the rains without people gazing at them as they normally to normal people....wow what a luxury!!!

No, no I am not favoring them, my query is what is normal or say what is abnormal? Take note of this...Why do we wear the watch on the left hand? OK some one told me on an average 90% of the population is right-handed so if they wear the

watch on the left hand then it is easy for them to look on the left...matter of convenience...believe me ...try it even if you wear it on the right hand in a matter of few days it would be as convenient as it is on the left hand...Yes what I want to tell that we blindly follow the rules who we don't know was made by whom when how and why, we have ceased to ask that reason we have stopped living but completely blindly following what was told to us forget even what was not told to us but by observing!!!

### SUICIDES

Do people die because of some reason or simply because they don't have one to continue living?

Why do we do it to our loved ones, why do we take away the reason for them to live or why do we leave them without a reason?

Why do women always chose to die in the most romantic methods, slashing the wrist, lying, taking overdose of the pills and then lie attractively on the bed??? Why don't they shoot themselves like the men do??? Why do men die in the most daring methods as possible seen very few Hang themselves???

### SOMEONE PLEASE ANSWER THIS

Why does a smile, hug or a hot coffee/tea make a person feel better every time it is prescribed but our medicines fails to do so most of the time.

Why are the mobile companies in so much profit is it that we need to be really mobile or because of the need to talk to pour the heart to someone on the cell cause people at home don't have time.

What is divine intervention??? What is this new age spirituality all about, where man is continuously trying to seek peace and also spending a large chunk of money?

By the way...Human mind has a limit to understanding!!!

LOGISTICS MANAGEMENT

**ON TIME. EVERYTIME. ANYWHERE**

visit us at [www.oxindia.com](http://www.oxindia.com) / e-mail at [info@oxindia.com](mailto:info@oxindia.com)



ORIX