

31. WAR AND MENTAL HEALTH



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Introduction. The world's rhythm abruptly changed in 2022, opening the door to increasingly violent events. Conflicts between two powers, or WAR, inevitably cause hardship for the average person. This entails forcing two or more people to endure severe stress and suffering, which may finally result in post-traumatic stress disorder (PTSD). These were present dating back from the ancient wars, but they have been studied only recently. A war may finish on a global scale, but the internal conflict of those who fought in it or who survived it never ends.

Aim of study. To analyze the psychological consequences of wartime on individuals and to investigate their after-conflict lives, encompassing their interactions with partners, children, and society broadly.

Methods and materials. The book War and Public Health was looked at as a scholarly paper and publication within Google Scholar. This review focuses on Chapter 4 of Evan D. Kanter's manuscript, The Impact of War on Mental Health.

Results. Psychological conditions are the concealed scars of conflict. A neurological system injury that can be quite crippling is PTSD. Taking responsibility for individuals with PTSD implies a substantial budgetary cost, and it has detrimental impacts on communities and families as well. The tremendous impact it has on human civilization might persist for generations. Throughout the past three decades, there has been an enormous progress in our understanding of the psychological trauma of war. A certain amount of the negative impact will be alleviated by additional endeavors aimed at improving the identification and management of PTSD and other trauma-related conditions. The challenging task of providing significant intervention in war-torn societies in nations that are developing represents a challenge that is only recently beginning to be tackled. The prevention of war is, in the end, the intervention offering the greatest potential rewards.

Conclusion. In accordance with investigations published to this point, PTSD has been connected to enhanced concentrations of androgens and catecholamines in the Cerebrospinal as well as alterations in the amygdala that influence threat perception and provoke hyperreactivity. These astounding findings have resulted in the administration of anticonvulsants as valproic acid, which suppresses amygdala activity, as well as antiadrenergic medication, especially those that block alpha 1 receptors, as PTSD therapeutics. Drugs that cause sleep are also used, except that they solely relieve the symptoms and fail to recognize the root cause. PTSD along with additional psychological problems associated with warfare thus can be effectively addressed.