

Mental and Medical diseases- two interrelated topics DOI: <https://dx.doi.org/>HN sarker ^[1] 

Body and mind are intimately related. If the body is good, the mind is good, and if the mind is good, the body is also good. There is a proverb "Sound health, sound mind". Again, if the mind is not good, the body is not well and if the body is not good, the mind is not well. Emotional reactions such as anxiety and depression occur at every moment as a result of changes in the surroundings; this is normal and the law of nature. Suppose a cyclone is approaching, don't you be worry? Suppose someone is suffering from an incurable disease for a long time, will he not get frustrated or depressed? That is the rule. However, if anxiety and depression become disproportionately so severe to the inciting cause and impair the functioning in all aspects of life such as personal, family, social and in workplace, then it is considered as a mental disorder^[1].

If minor ailments of psychiatric disorders are considered, about 25 percent of people suffer from mental disorder ^[2, 3]. About 20% of patients admitted in general medical ward suffer from acute confusional state or Delirium. Mental disorders rank third among the most frequent diseases after cancer and cardiovascular diseases ^[4].

Mental disorder can also cause symptoms of physical illness just as physical illnesses do symptoms of mental disorder, and can hinder the treatment of medical diseases. Patients with some medical diseases may present to the doctor with symptoms of anxiety, such as

palpitation, tremor, sweating, and frightened looking. Such diseases are hyperthyroidism, pheochromocytoma, hypoglycaemia, and paroxysmal atrial tachycardia etc.

Hypothyroidism, Cushing's syndrome and steroid therapy may produce symptoms of depression. Hypothyroidism can lead to loss of memory i.e. dementia, for which patient may consult with a psychiatrist or neurologist.

If a person suffers from an incurable disease for a long time, then depression eventually develops.

Medications for the treatment of physical ailments can also cause symptoms of mental disorder. L-dopa, a drug for Parkinson's disease, can cause delirium.

Mental disorders can also cause symptoms of physical illness such as depression may present to a general physician with pain all over the body. It can also be caused by somatization disorder.

Patients with depression can consult different doctors for different physical symptoms; Mental disorder can often interfere with the treatment of medical diseases, such as patients with major depression who cannot or do not want to take medication properly. It is very difficult to treat diabetes and heart disease in these patients.

Therefore, integrated treatment of mental and physical diseases is essential and it is imperative to seek the advice of a specific physician.

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