

# WEEK 2: MENTAL HEALTH THROUGH TIME ECPS4026

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# MENTAL HEALTH

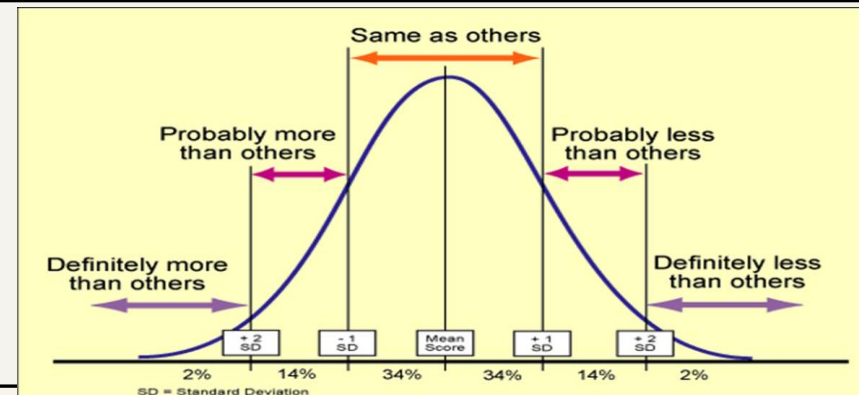
## MENTAL HEALTH

- A generic term that refers to the quality of an individual's general psychological functioning

## PSYCHOPATHOLOGY

- A systemic study of abnormal experience, cognition and behaviour - the pathology of mental disorders

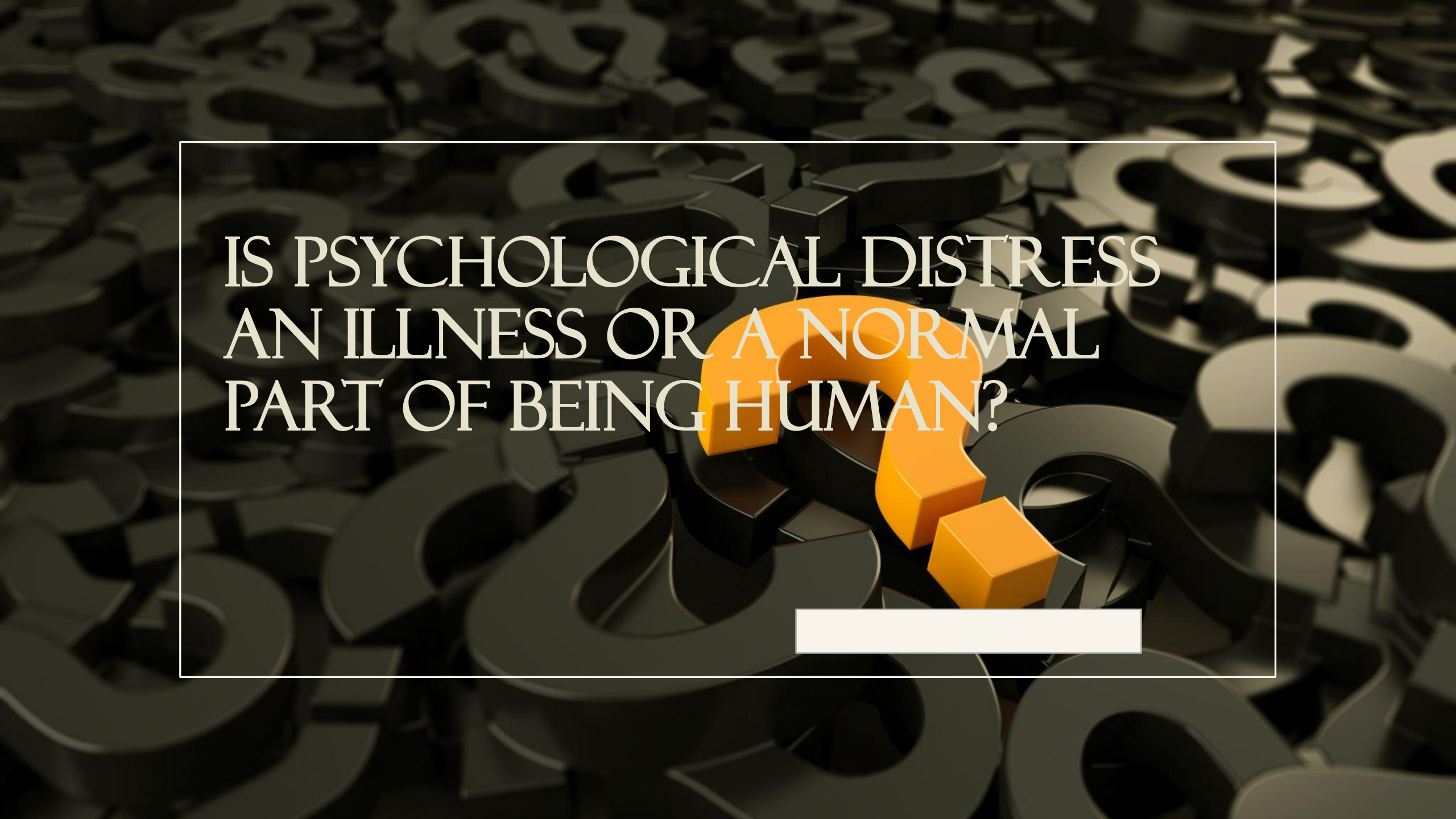
## ACTUALLY - WHAT IS NORMAL?



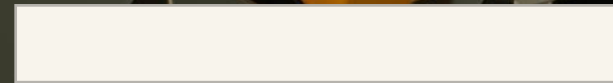
# WHAT IS 'NORMAL'?



- ❖ Social norms are widely held standards (beliefs and attitudes) that people use to make judgments about where behaviours are situated on such scales as good-bad, right-wrong, justified-unjustified, acceptable-unacceptable
- ❖ 'Good' mental health = 'Sanity' = 'Normal'
- ❖ 'Bad' mental health = 'Insanity' = 'Abnormal'
- ❖ Mental Illness = Disease
- ❖ Do you agree with this?



IS PSYCHOLOGICAL DISTRESS  
AN ILLNESS OR A NORMAL  
PART OF BEING HUMAN?

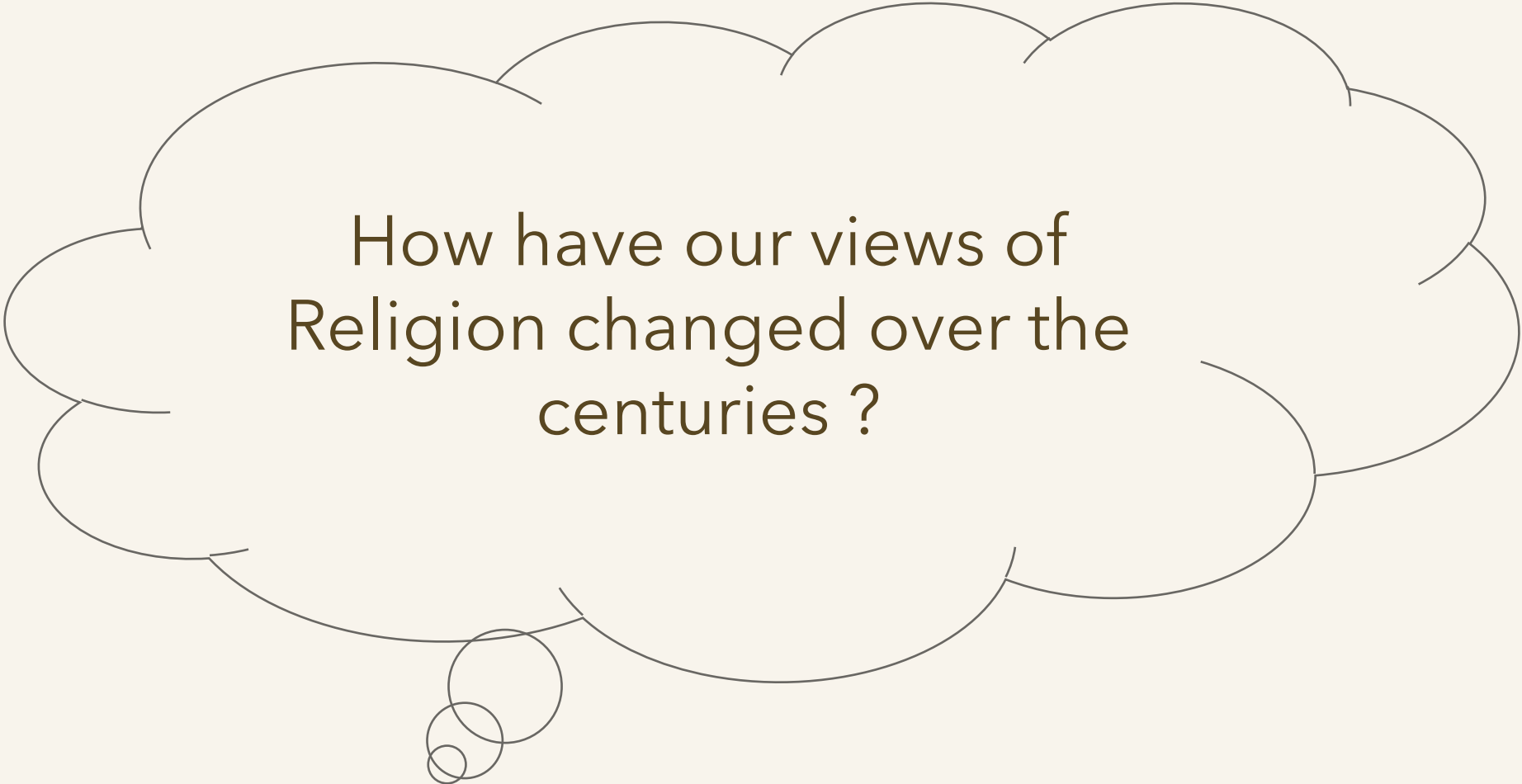


# BELIEF IN SPIRITS AND DEMONS

- Throughout history and in many different cultures there has been a belief that spirits can invade the body and cause illness.
- Any behaviours, illnesses and ailments that could not be explained would be blamed on the supernatural (spirits, gods, demons).



# GROUP DISCUSSION



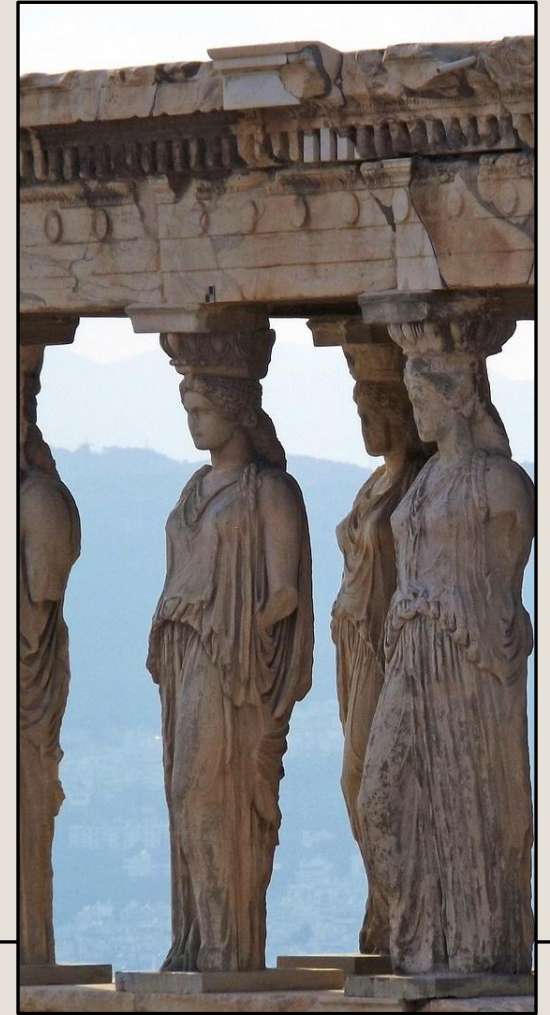
How have our views of  
Religion changed over the  
centuries ?

# TIME FOR A BREAK



# Beliefs and Views of Madness in the Prehistoric and Ancient World

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The image shows four ancient Greek marble busts of men, likely philosophers or historical figures, arranged in a row. The busts are made of light-colored marble and feature thick, curly hair. They are displayed on dark, cylindrical pedestals against a dark background. The lighting is dramatic, highlighting the texture of the marble and the profiles of the faces. The text "THE ANCIENT GREEKS AND MADNESS" is overlaid in white, serif capital letters across the middle of the image.

THE ANCIENT GREEKS AND  
MADNESS

# ANCIENT GREEK GODS

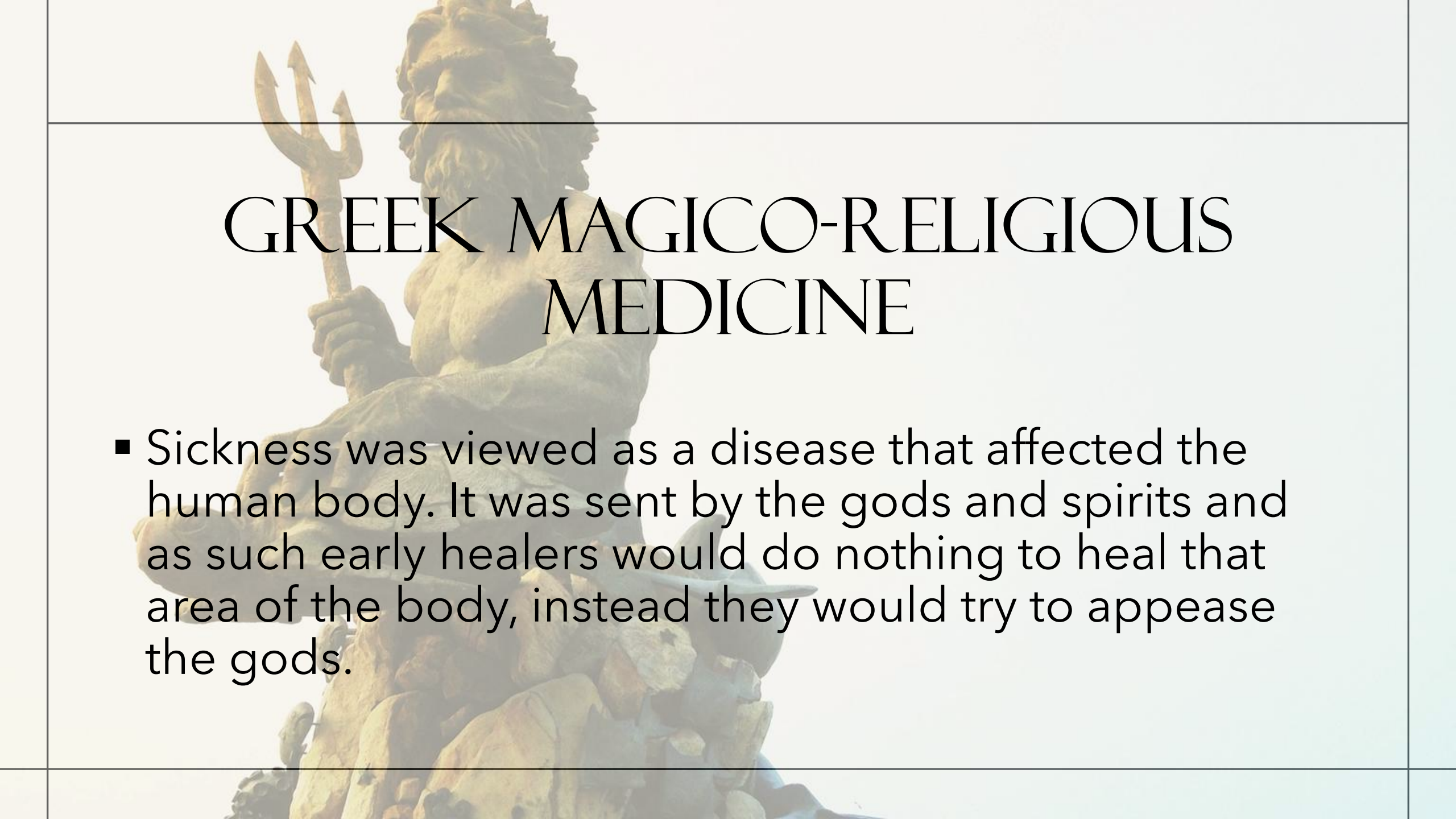
Ancient Greek and Roman perspectives focus on causation and cure as both determined by the Gods





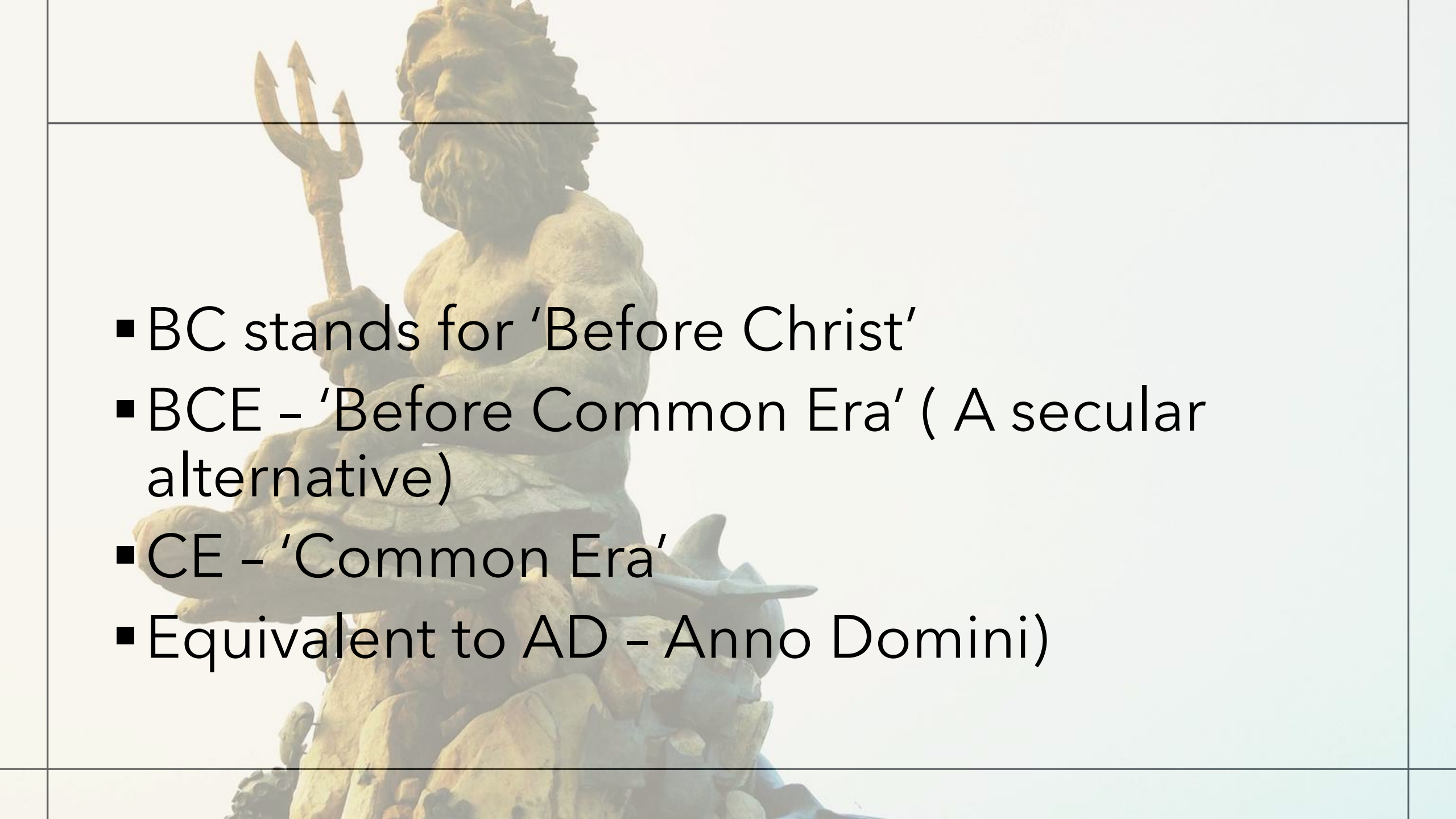
# THE INFLUENCE OF ANCIENT GREECE

- Despite being an ancient civilisation, the influence of Greek thought and ideas about madness continued well into the 19th century and to some degree into our current understanding of mental health today.
- The idea that madness can be caused by physiological dysfunction and can be treated through talking therapy is not a new idea and is in evidence within the ancient Greek texts.
- In addition, the Greeks were keen observers and meticulously recorded their observations and experiments, again underpinning our ideas of the scientific method today.



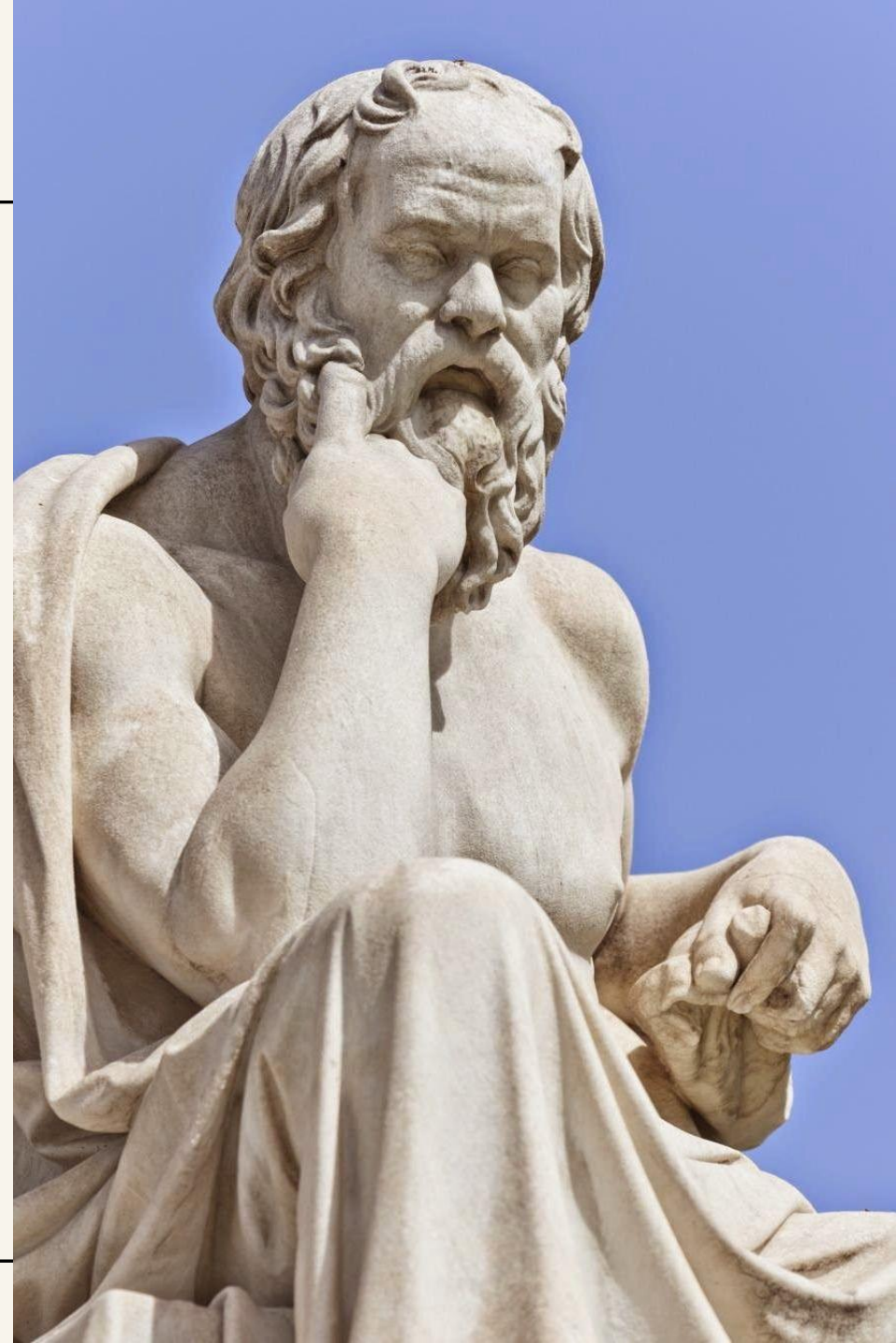
# GREEK MAGICO-RELIGIOUS MEDICINE

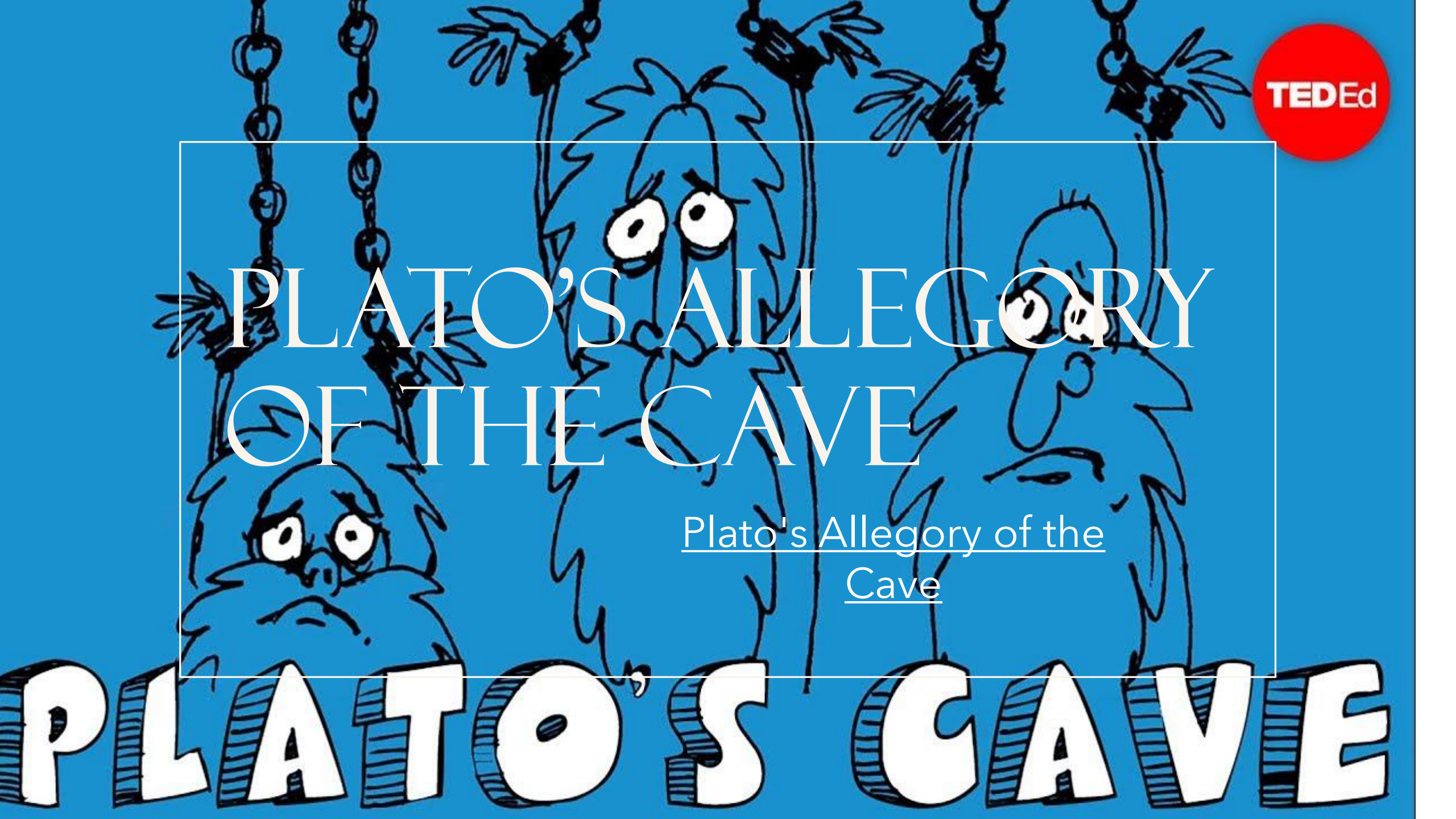
- Sickness was viewed as a disease that affected the human body. It was sent by the gods and spirits and as such early healers would do nothing to heal that area of the body, instead they would try to appease the gods.

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- BC stands for 'Before Christ'
  - BCE - 'Before Common Era' ( A secular alternative)
  - CE - 'Common Era'
  - Equivalent to AD - Anno Domini)

# ANCIENT GREEK PHILOSOPHERS

- Socrates, Plato and Hippocrates
- Socrates (470-299BCE) limited written text, but perhaps the most famous philosopher.
- Plato (428-348 BCE) The Logistikon, The Epitumetikon and Thumoeides.
- Hippocrates (460-370 BCE). Founder of modern medicine.
- Aristotle (384-322 BCE) further developed the humoral theories.



A cartoon illustration of three prisoners in Plato's Allegory of the Cave. They are sitting on the ground, chained by their necks to a low wall. They are looking at shadows on the wall. The background is blue with black outlines of the prisoners and the chains. The title "PLATO'S ALLEGORY OF THE CAVE" is written in large, white, serif font across the center. Below it, the subtitle "Plato's Allegory of the Cave" is written in a smaller, white, sans-serif font. At the bottom, the words "PLATO'S CAVE" are written in large, white, block letters with black outlines.

# PLATO'S ALLEGORY OF THE CAVE

Plato's Allegory of the  
Cave

PLATO'S CAVE

WHAT IS YOUR  
UNDERSTANDING  
OF EPILEPSY?



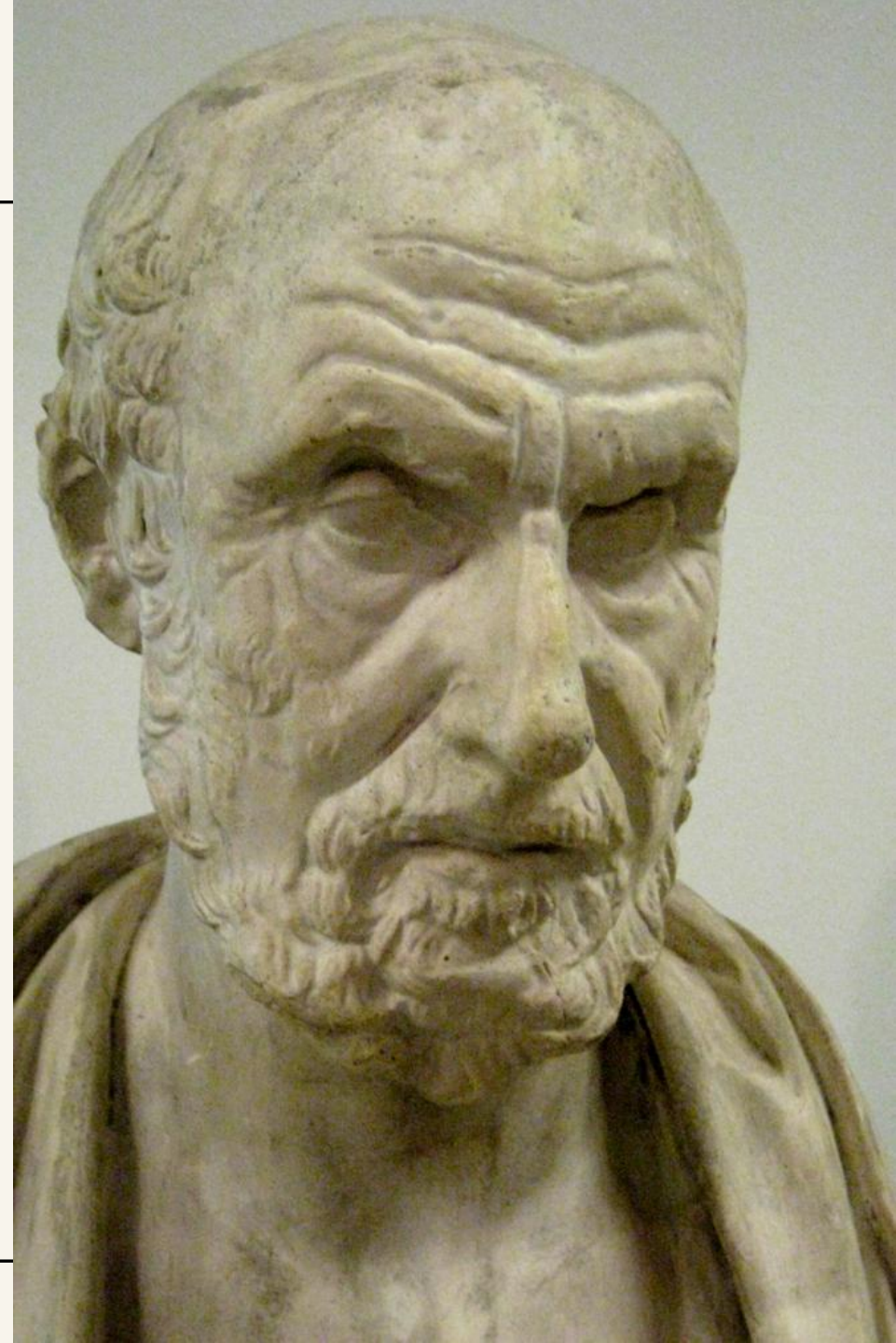
## EARLY GREEK UNDERSTANDING OF EPILEPSY

- In ancient times, Epilepsy was viewed as a visible illness.
- In ancient times it was seen as a miasma or an unpleasant smell or vapour.
- Believed to be a mist that had been draped over the individual by the gods.



# SACRED DISEASE AND HIPPOCRATES

- In 400BC Hippocrates sought to prove that madness and other illnesses were caused by illness within the body, rather than the ill favour of the gods.
- 5th Century BCE 'The Sacred Disease' – Epilepsy
- The Hippocratic writings were to have a huge influence on the development of medicine even into the 19th century.



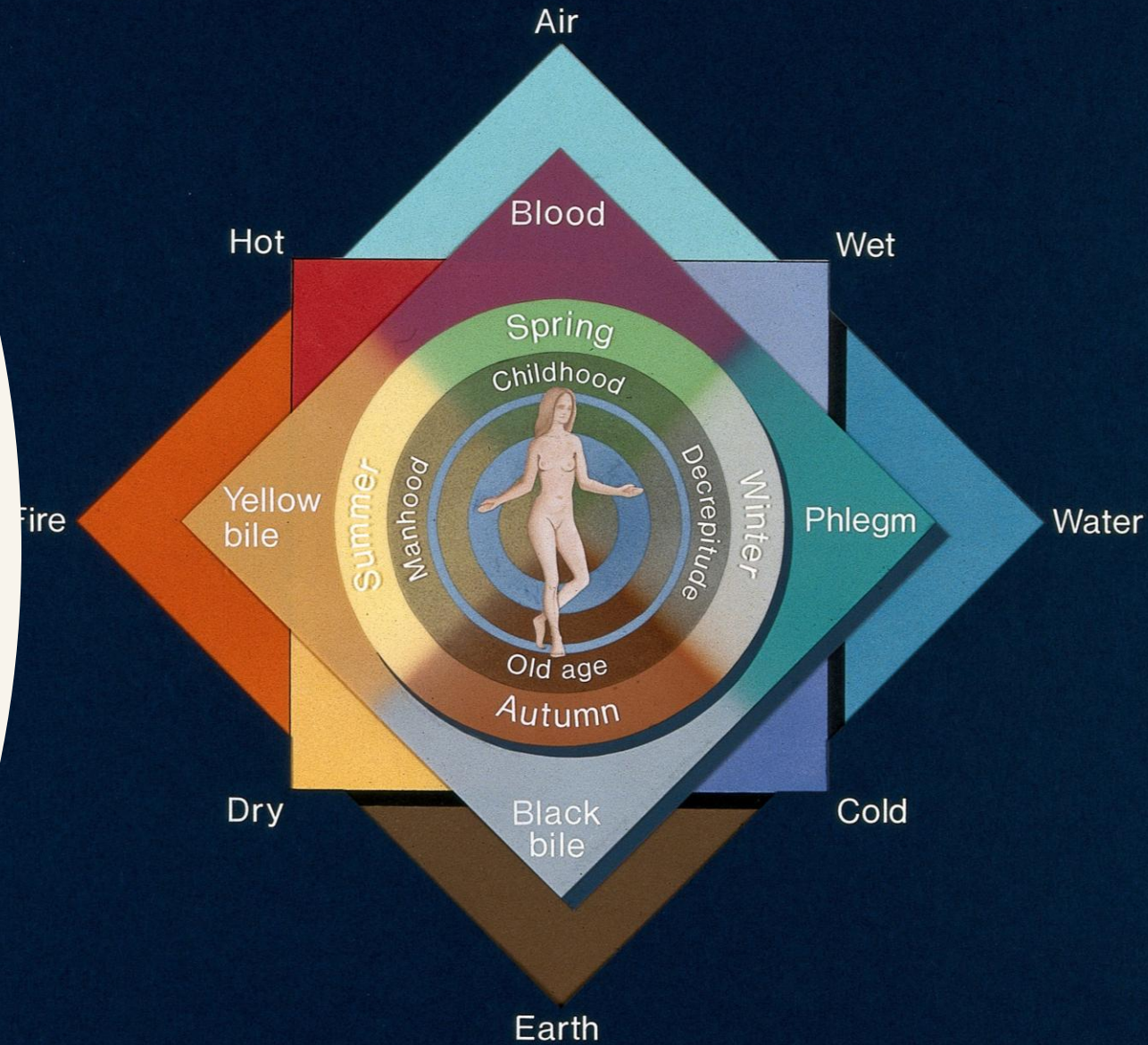
## SACRED DISEASE

- Hippocrates was critical of the methods used to treat and cure, believing "witch-doctors, quacks and charlatans" were calling upon the gods for a quick heal to screen their own failure to give appropriate and adequate treatment invoking a divine element to hide their inadequacies.



# THE HIPPOCRATIC CORPUS – THE FOUR HUMOURS

- The concept of the Four Humours was introduced by Greek physicians around 6th and 4th centuries BCE.



## BRIEF INTRODUCTION TO THE FOUR HUMOURS

Each of us have four basic elements within the body:

Blood, Phlegm, Yellow Bile and Black Bile.

Each is fighting for supremacy within the body

When one of these elements becomes elevated it will give rise to different temperaments, illnesses and conditions.



# THE FOUR HUMOURS

- Blood makes the body hot and wet
- Phlegm makes the body cold and wet and is made of secretions such as sweat and tears
- Yellow bile makes the body hot and dry
- Black bile makes the body cold and dry and is found in the spleen, dark stools and blood.
- When a person is in good health, all four aspects are in harmony with each other. Pain and illness is caused if one of these elements is either defective or in excess



# THE SACRED DISEASE AND HIPPOCRATIC IDEAS

- According to the Hippocratic texts, disease is caused by both internal (diet, exercise, age, constitution) and external (wind changes, climate, external temperature) conditions.
- Epilepsy was specifically caused by weather conditions such as too much warmth, too cold or winds.
- Hippocrates suggested that the cure for Epilepsy would be found if the physician was able to balance out these conditions.



# MADNESS

- Believed to be caused by an imbalance of the humours:
- Nightmares and night terrors caused by too much blood in the body (warming the brain)
- An individual who was too quiet had too much phlegm
- Those that are fidgety and can't keep still, shout, or up to no good have too much bile
- And those who are low in mood are melancholic, which derives from the Greek meaning black (melan) and bile (chole).



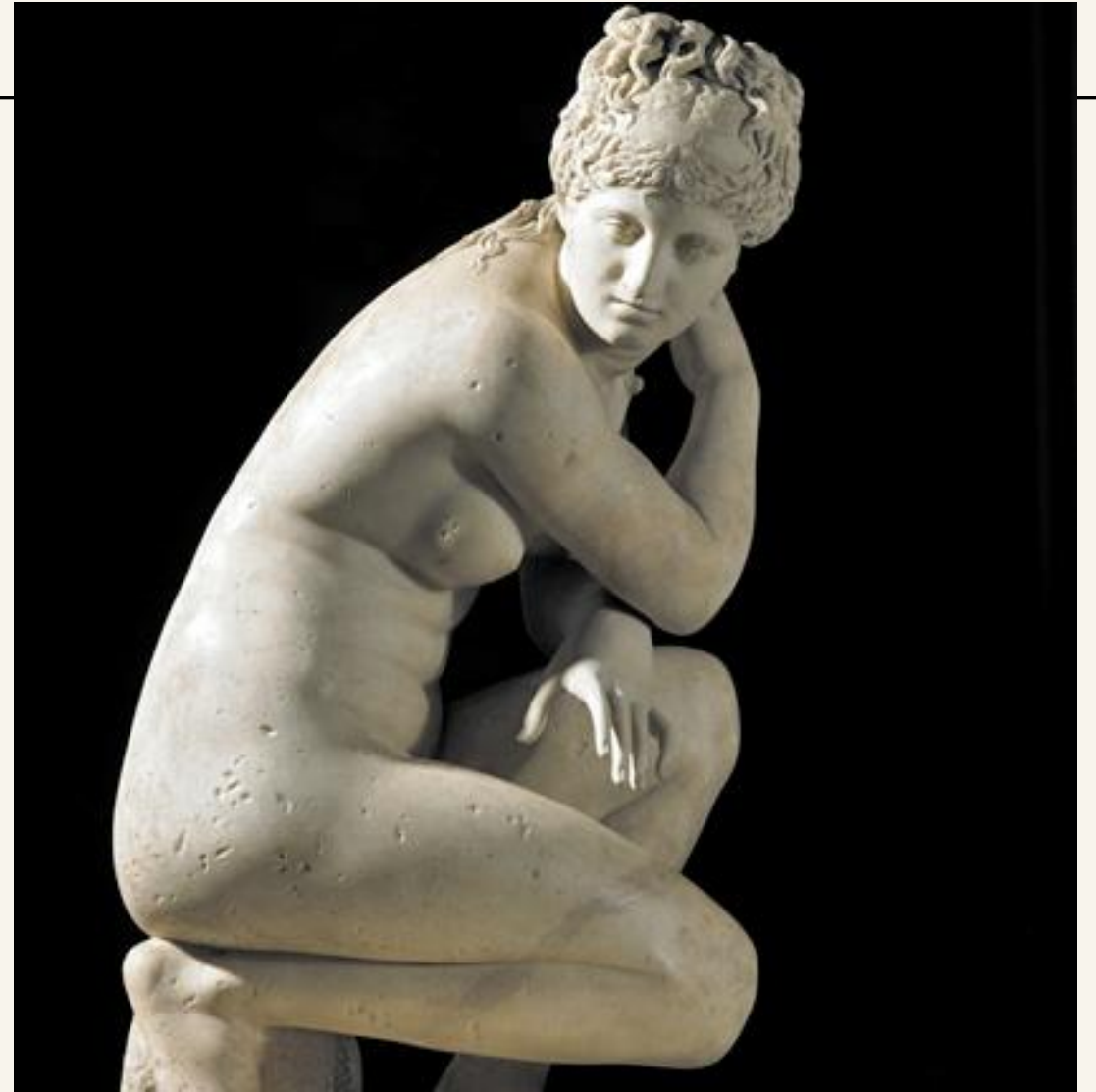
## CONSIDER.....

- The Greeks even had ideas about women's 'problems' and hysteria!
- Spend a few minutes, just considering what you know about a woman's monthly cycle, pregnancy and menopause and how it might affect the temperament of a woman!
- Give yourself about five minutes to reflect on this one.



# HYSTERIA – THE FEMALE DISORDER!

- According to Hippocratic text "the womb is the origin of all diseases".
- Puberty, pregnancy, menopause, suppressed menstruation all have the potential to cause problems for the female. The internal equilibrium is set off balance, thus causing a variety of complaints.
- It was these ideas that were taken up by Galen and later moved into Western ideas about medicine.



The background of the slide features several bundles of dried herbs, including lavender and rosemary, tied with white string and hanging against a light-colored wooden plank wall. The herbs are slightly out of focus, creating a soft, naturalistic backdrop for the text.

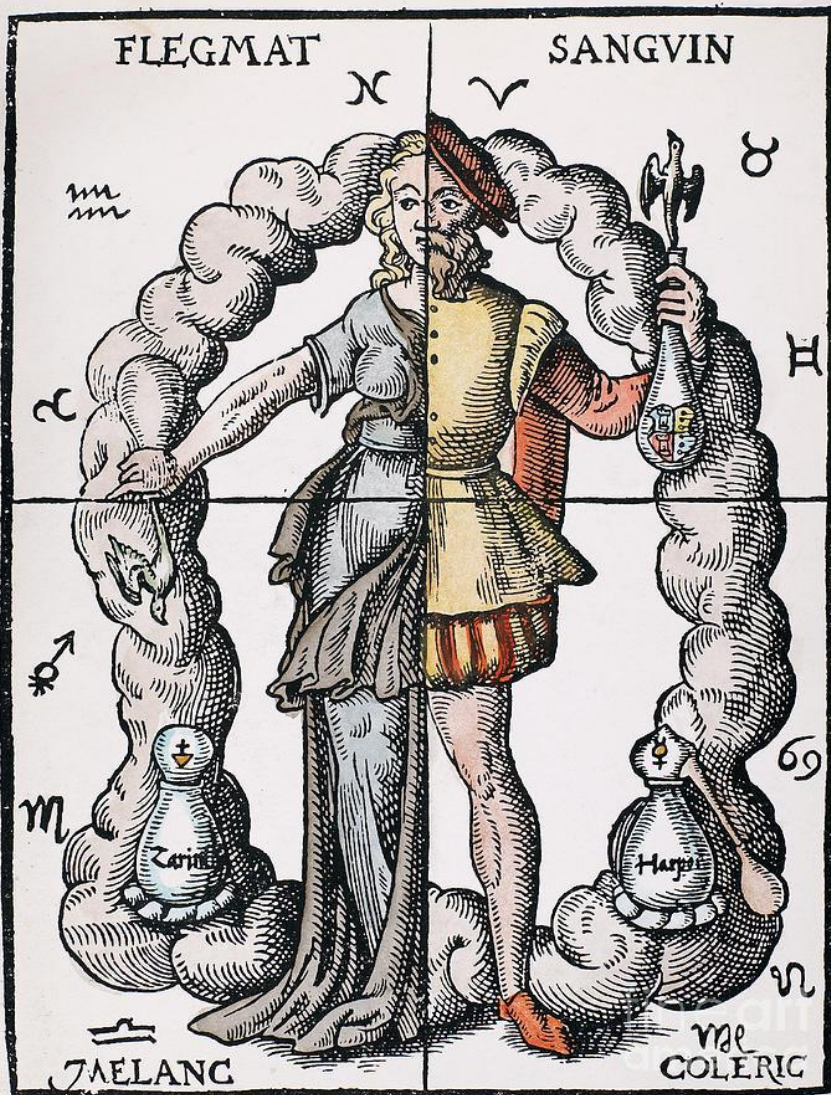
# TREATMENTS FOR MADNESS

- A table of mental health conditions and treatments that were suggested by the Greeks is available on Moodle.
- Tyson, P., Khanam Davies, S. and Torn, A (2020) Madness. History, Concepts and Controversies. Oxon: Routledge.

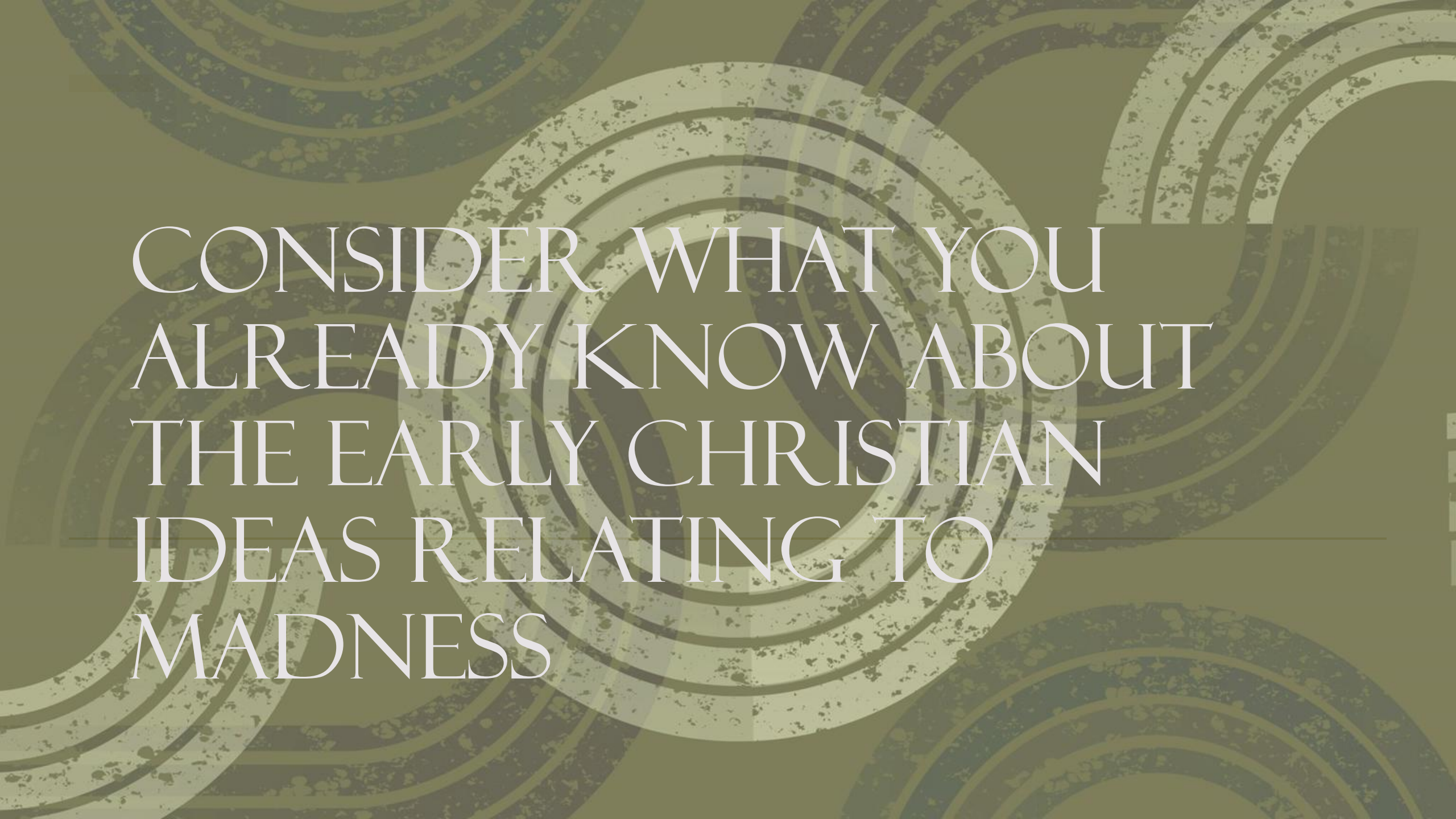


# FOUR HUMORS ACTIVITY

# GREEK INFLUENCES ON MODERN UNDERSTANDING



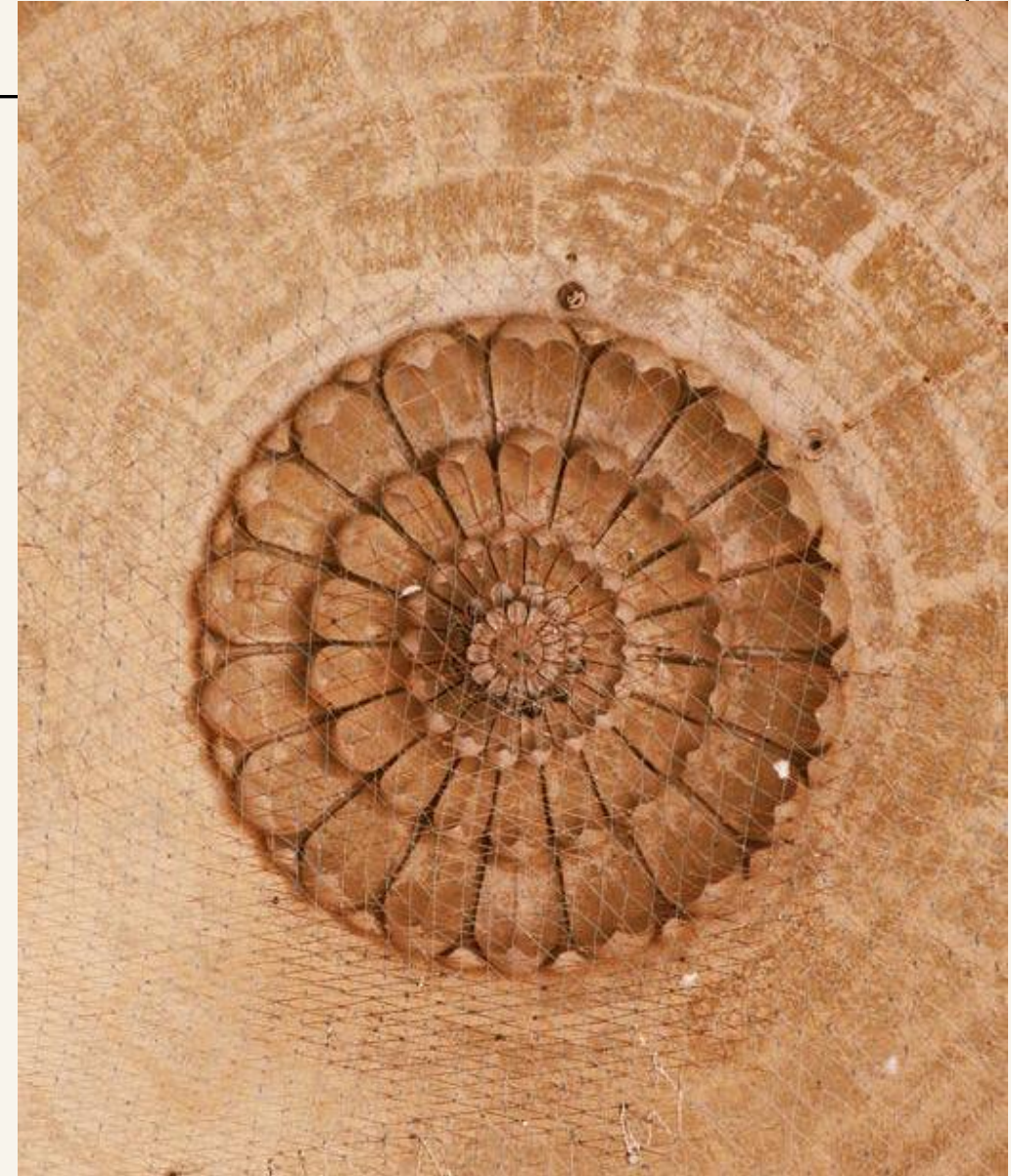
- Greek philosophy and Western European medicinal understanding (14th century – 19th century).
- Ideas of Freud
- Distinct symptoms and treatments for different psychological disorders
- Galen

The background features a complex, abstract pattern. It consists of several overlapping concentric circles in shades of olive green and brown. In the center, there is a cross-like shape formed by the intersection of these circles, creating a textured, almost wood-grain-like appearance. The overall effect is a layered, organic design.

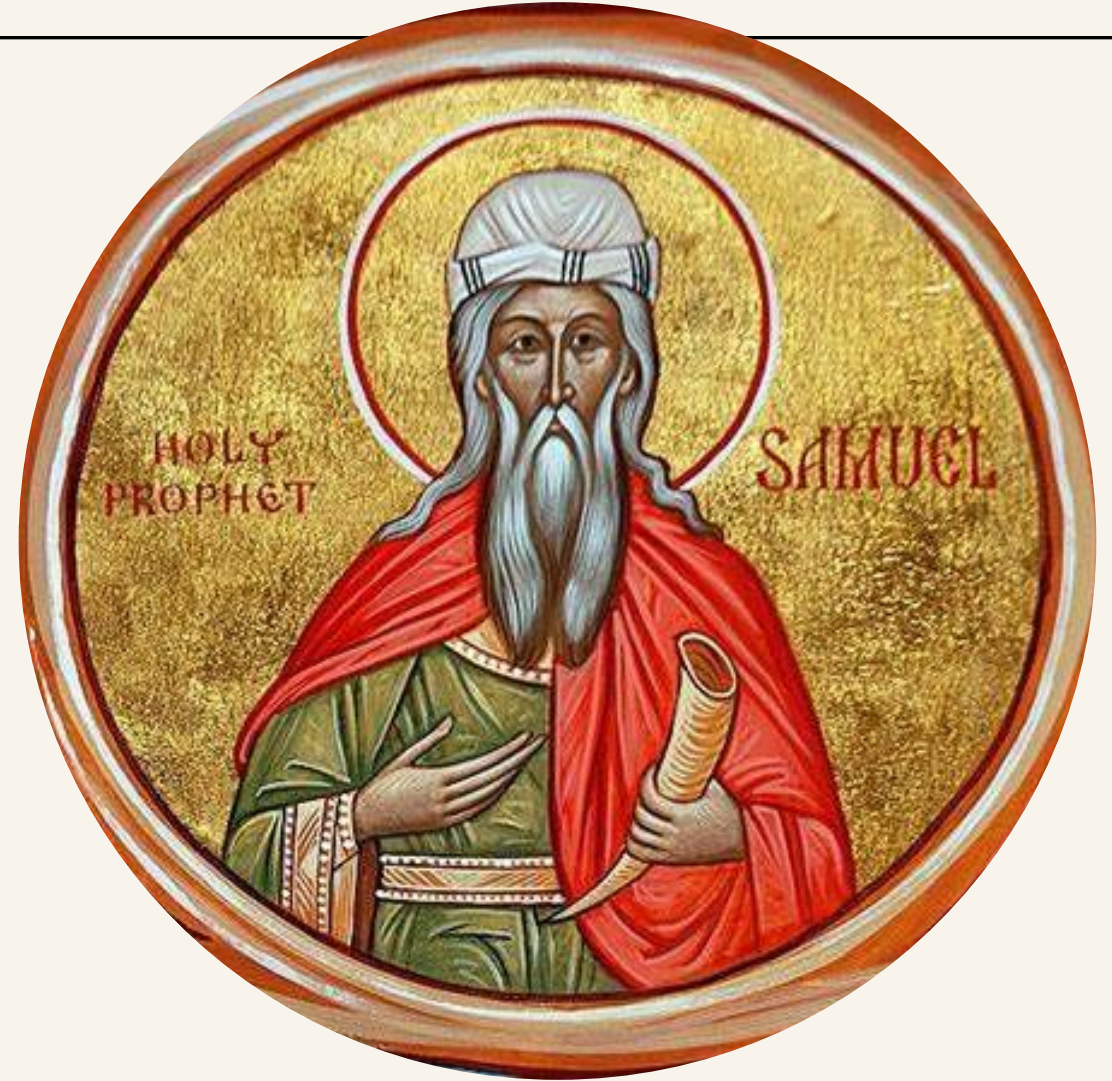
CONSIDER WHAT YOU  
ALREADY KNOW ABOUT  
THE EARLY CHRISTIAN  
IDEAS RELATING TO  
MADNESS

# KING OF ISRAEL AND PROPHETS

- Hebrew teachings in the Old Testament of the Bible demonstrate that the earliest perceptions of madness were that it was sent by God.



- Prophets, those who hallucinated or spoke of prophetic dreams - Messengers of God
- Viewed with suspicion and put to death?



# STORY OF SAUL

- Saul was the first King of Israel - 1,000 years BC.
- The story endeavours to tell of Saul, not listening to the prophet Samuel, disobeying and falling out of favour with God.
- As a result of God's displeasure Saul was tormented by a demon/evil spirit, which eventually led to suicide.

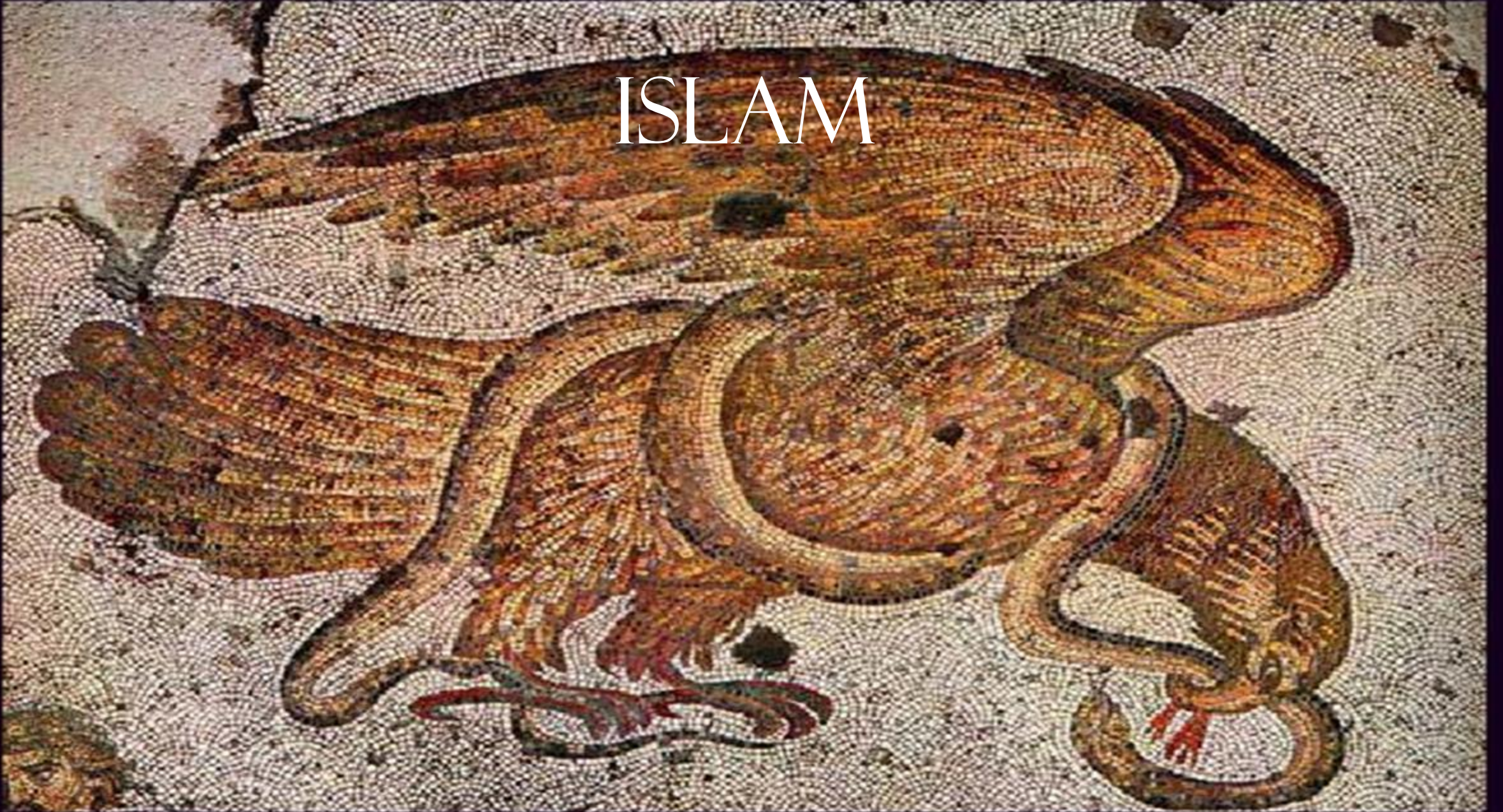


# EVIL SPIRITS AND MADNESS

- The idea that madness was caused by God's displeasure and was an invasion of the body by evil spirits continued well into the 17th Century.



ISLAM



# EARLY ISLAMIC UNDERSTANDING OF MADNESS

- There was a strong belief in spirits and spells and the need to placate the *jinn* (demons)
- Like Christian beliefs, early Muslims believed that madness was caused by a supernatural being – jinn.

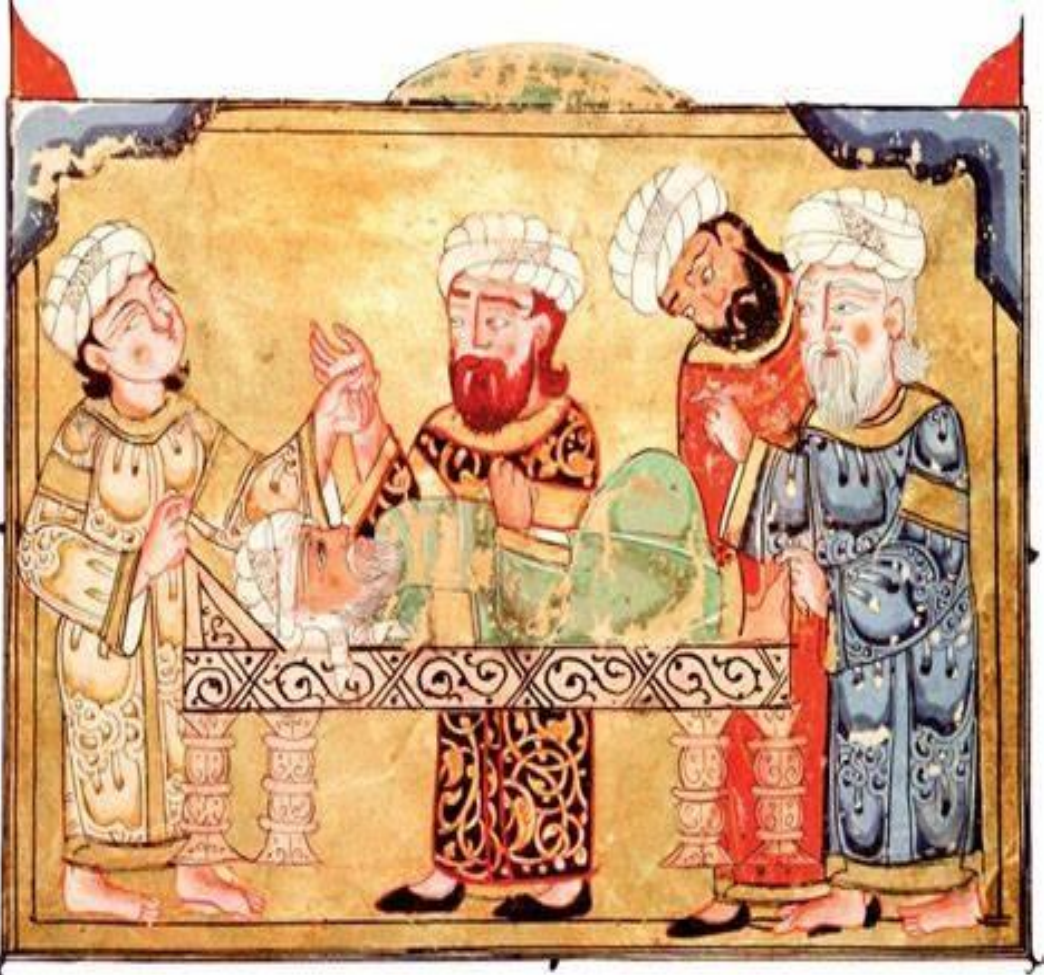


# TURBULENT TIMES



- The years between 250BC and 1500AD were years of upheaval and frequent wars between opposing sides
  - Persians and Romans
  - Christian Constantinople and the Ottoman Turks
  - Christians and Arabs

# INFLUENCE OF GALEN ON ISLAMIC PHYSICIANS



- Some of the manifestations of madness that we are familiar with today were recognised and explored by Galen:
- Hysteria, epilepsy, mania and melancholia
- Islamic physicians were heavily influenced by his teachings and also believed that a physiological disturbance was what caused mental instability.
- Melancholy or other such mental illnesses were attributed to:
  - Excess eating or drinking
  - Temperament from birth
  - Too much or too little exercise
  - Irregular bowel movement
  - All attributed to excess black bile in the body.

# TREATMENT OF THE INSANE

- Supplied with food twice a day
- Some hospitals provided musicians and singers to cure the insane patients
- Some of the more violent patients would be confined to 'gloomy cells' others would be allowed to move around the hospital and take in the hospital grounds, which were often well furnished and well maintained.
- Medicine might be simple or complex compounds and were provided by the attendants of the sick



# TREATMENT OF THE INSANE

- Beatings
- Baths
- Fomentations (usually to the head)
- Massage
- Blood letting
- Cupping
- Medicines: suppressants and stimulants
- The purpose of all these treatments was to increase the moisture within the body to inhibit the drying effect of the black or burnt bile.

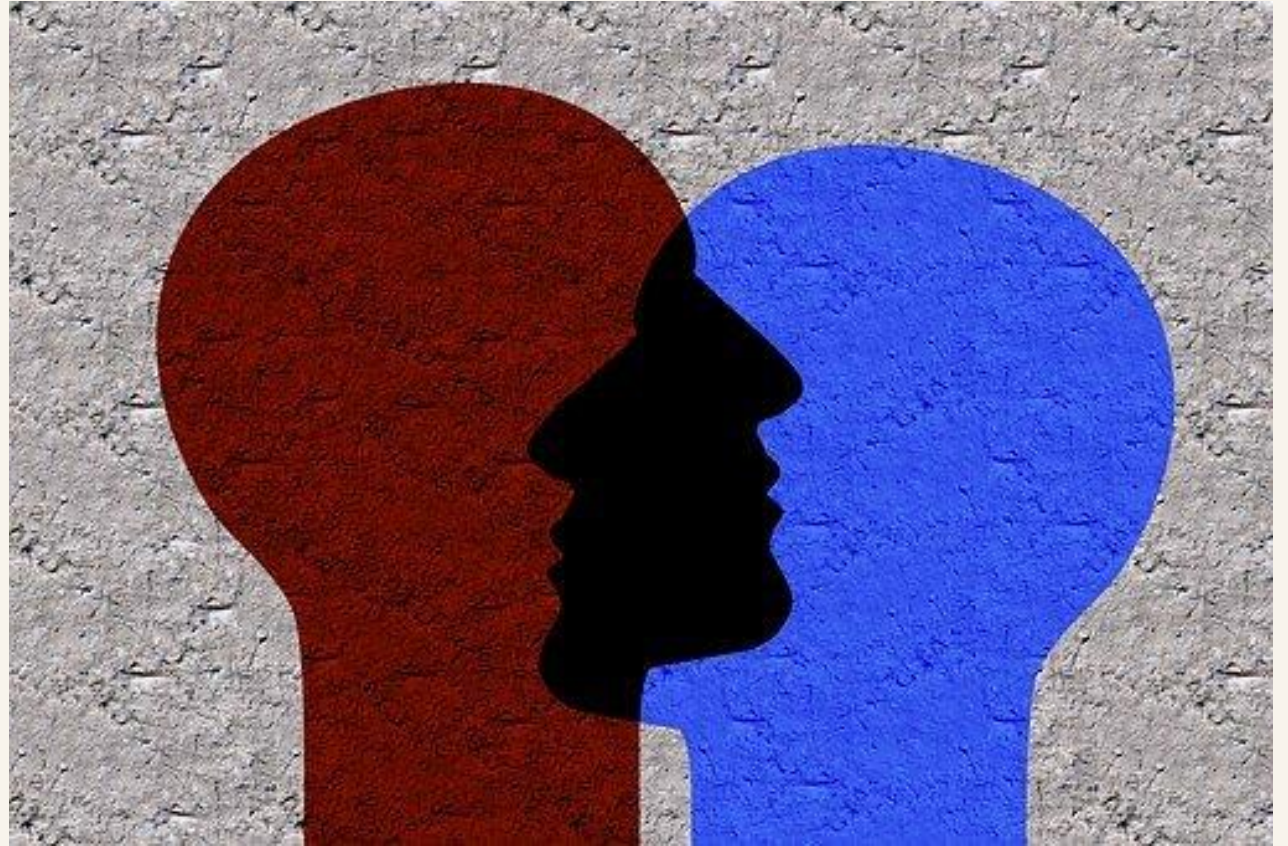


# Historical Explanations of Madness

| When/Who      | Cause                               | Treatment                                      |
|---------------|-------------------------------------|------------------------------------------------|
| Prehistoric   | Evil spirits/ pressure in the brain | Trepanation                                    |
| Early Egypt   | Loss of status                      | Talking it out, religion, status               |
| Old Testament | Despair/incorrect thinking          | Faith                                          |
| Aechylus      | Demons                              | Exorcism                                       |
| Socrates      | Heaven sent                         | None- it is a blessing!                        |
| Aristotle     | Melancholia                         | Abstain from excess: diet and exercise         |
| Celsus        | Madness is madness                  | Entertaining stories, diversion and persuasion |
| Galen         | Function of the brain               | Confrontation, humour, exercise                |

# WHAT IS MADNESS?

- Is madness a social construct or a medical decision?



## How have Attitudes toward Mental Health Changed?

- ❖ Ancient Hebrew texts suggested that ‘disease of the mind’ was punishment from the Gods (1000-300 BC) Through to the Middle ages- Illness seen as God’s punishment and the result of evil spirits entering the soul. Religion dominated and the Priest was significant in terms of treating illness.
- ❖ Hippocrates (Circa 460-377BC) Attributed illness to an imbalance of four circulatory bodily fluids called ‘Humours’: Yellow bile; Phlegm; Blood and Black bile. “It is more important to know what sort of person has a disease, than to know what sort of disease a person has.”
- ❖ Galen (Circa AD 129-199) considered a physical basis for all ill health - Mind and Body are inter-related
- ❖ Asylum Movement - The ‘Mentally ill’ are presumed to be unpredictable and need to be locked away from society and quarantined
- ❖ Since 1970s, there has been a move away from an asylum-based system to Community Care.

# MENTAL HEALTH



WHAT HAS CHANGED?

What has changed is the application of scientific principles to the human art of discourse.

The development of neuroscience and neurobiology provides us with a deeper understanding of the function of the brain

Psychopharmacology



Psychopathology

