

A PRESENTATION ABOUT
**THE DEVELOPMENT OF OUR
UNDERSTANDING OF
MELANCHOLY/DEPRESSION**

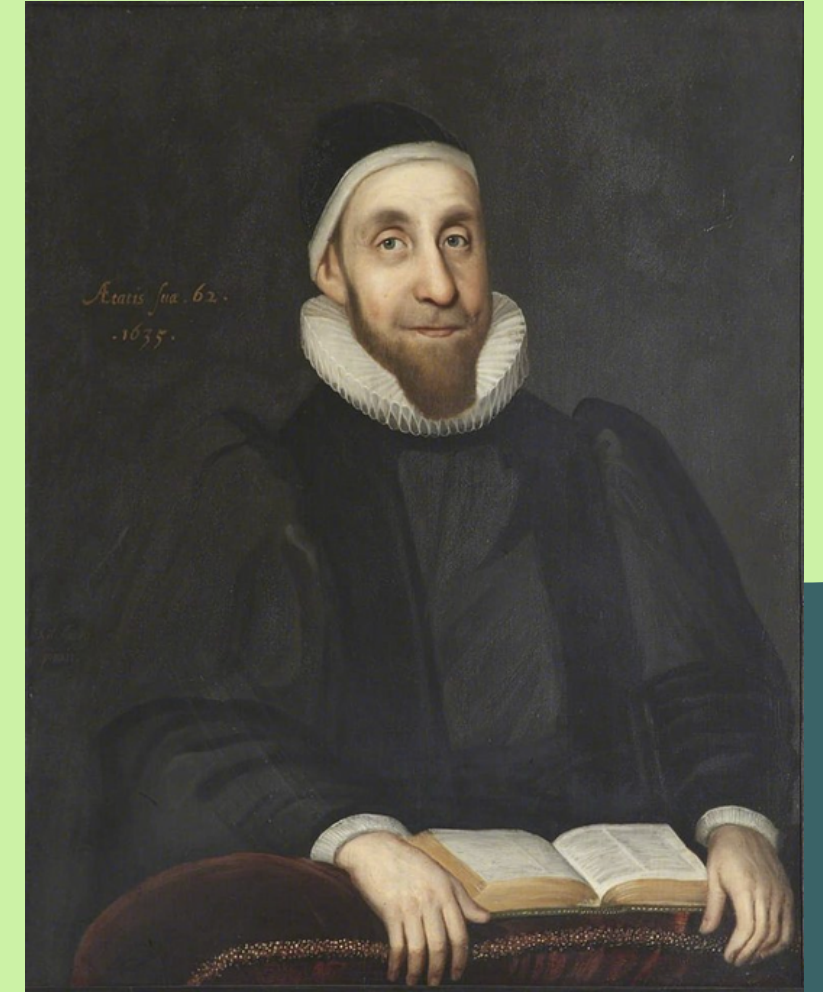
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17TH CENTURY

"MELANCHOLY IS A DOTING OR
DELIRIUM WITHOUT A FEVER WITH
FEAR AND SADNESS"

MELANCHOLY WAS CONSIDERED
TO BE CAUSED BY A BUILD UP OF
'BLACK BILE' IN THE BODY



CURES: EATING NATURAL LAXATIVES, HAEMORRHOIDS

ST JOHN'S WORT CONSIDERED 'PARTICULARLY BENEFICIAL'

18TH CENTURY MELANCHOLY & MANIA

MANIA WAS THE OPPOSITE DISORDER OF MELANCHOLY CAUSED BY WASTING OF THE HUMORS AND BY A GENERAL ARIDITY IN THE ENTIRE ORGANISM"

MELANCHOLY & MANIA NOW CLASSSED AS SYMPTOMS OF BIPOLAR DISORDER



19TH CENTURY HYSTERIA & HYPOCHONDRIASIS

BELIEVED TO BE CAUSED BY SHATTERED NERVES IN THE BODY

THE RISE OF THE 'NERVOUS BREAKDOWN' TREND

HYPOCHONDRIASIS NOW KNOWN AS A MOSTLY HARMLESS HEALTH
ANXIETY

HYSTERIA STILL AWAITS A SATISFACTORY PSYCHIATRIC OR
NEUROLOGICAL EXPLANATION



19TH CENTURY MELANCHOLY AS PSYCHALGIA

“CHRONIC PAIN THAT LACKS ANY PHYSICAL ETIOLOGY, AND IS BELIEVED TO BE A RESPONSE TO PSYCHOLOGICAL NEED OR DISTURBANCE”

SUPPORTED BY YOGIC/AYURVEDIC
PHILOSOPHY

TRAUMA/NEGATIVE EMOTIONS
STORED AS PAIN & DISCOMFORT
IN DIFFERENT AREAS OF THE BODY



**1900S-
HYDROTHERAPY:
TREATMENT BY USING HOT OR COLD WATER.
COLD OR HOT RAGS REWRAPPED IN RUBBER.
BATHING THAT WOULD LAST DAYS ON END WHILST
BEING RESTRAINED.
SHOWER WHERE THE PATIENT WAS CONTINUOUSLY
SPRAYED WITH ICE COLD WATER.**



**STERILISATION:
STERILISATION IN WOMEN TO STOP PRENATAL
DEPRESSION.
STERILISATION TO STOP THEM FROM GIVING BIRTH
TO SOMEONE WITH THE SAME DISEASE.
TO PROTECT UNSTABLE WOMEN FROM UNWANTED
PREGNANCY.
EUGENIC STERILISATION.**



**MALARIA FEVER THERAPY:
WAGNER-JAUREGG (1927) NOBEL PRIZE FOR
MALARIA FEVER TREATMENT.
PERMANENT SOLUTION TO MELANCHOLY, HYSTERIA
AND HYSTERICAL ATTACKS.
HIGH MORTALITY RATE, 180 PEOPLE DIED FROM
TREATMENT.**



**1930S-1960S:
ELECTROSHOCK THERAPY;
COMMONLY USED FOR THE SEVERELY DEPRESSED.
“CURED DEPRESSIVE STATES”
WOLFGANG AND TILLOTSON 52% THERAPY
ACHIEVEMENT RATE.
BRAIN DAMAGE AND MEMORY LOSS FROM
TREATMENT.**



LOBOTOMIES:
BRAIN SURGERY REMOVING THE PREFRONTAL LOBE.
WIDESPREAD TREATMENT FOR THE DEPRESSED.
PREFRONTAL LOBE = EMOTION REGULATOR.
MANY PATIENTS FOUND TO HAVE BRAIN DAMAGE,
MEMORY LOSS AND SEIZURES.

**LATE 1900S TO MODERN DAY:
DRUG THERAPY;
ANTIDEPRESSANTS (SSRIS) SEROTONIN REUP
TAKERS.
INCREASE SEROTONIN HORMONE.
1-4 WEEKS TO WORK.
SIDE EFFECTS.
OFTEN ACCOMPANIED BY OTHER THERAPIES.**

CBT:
COGNITIVE BEHAVIOUR THERAPY.
ROOT OF THE ISSUE RESOLVED.
OFTEN USED FOR DEPRESSION AND GENERAL
ANXIETY DISORDERS.
MOST ETHICAL THERAPY.

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