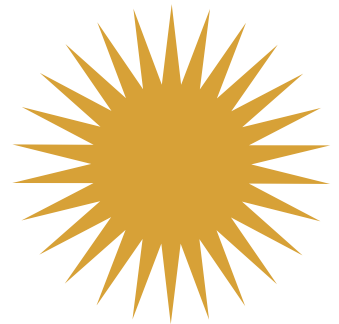


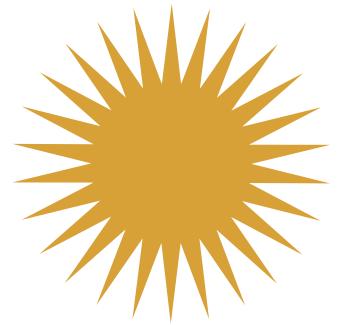
Understanding the Causes of Anxiety



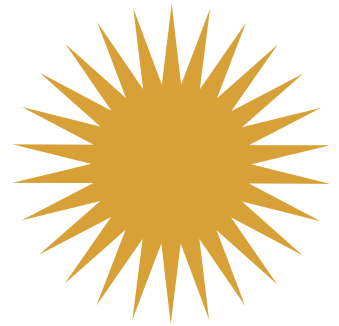
ANCIENT GREECE



Black bile: Hippocrates and Galen believed that an excess of black bile can cause mental disturbance



Foods that can trigger anxiety: lentils, beef, pork, aged cheese and dark wine



Seasonal or climate changes: autumn or dry and cold cities



16th to 17th century

Satanic influences, witchcraft
or divine punishment for sin

Galen's theory on the black
bile was still used by doctors
as an explanation for
anxiety

18TH CENTURY

Modern luxury:
-high living causing mental exhaustion

Jangling of the nerves
-confusion of the animal spirit



Speed of life:
was breaking down the human brain

19th century

Existential anxiety:
-the weight of making choices in a modern
world





Psychoanalytic:

- repressed libidinal energy
- unconscious childhood conflicts



Biochemical:

- chemical imbalances and genetic predispositions



Cognitive-Behavioural:

- overthinking

20th century to today

References

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Scull, A. (2015). *Madness in civilization : a cultural history of insanity from the Bible to Freud, from the madhouse to modern medicine*. Thames & Hudson.

AI acknowledgement

I used Gemini to search books , I used the prompt: recommand me books on anxiety from the ancient greece to today

Notes

In the same time, doctors still relied to Galen's humoral theory, specifically the black bile.

18th Century

By the 18th century, anxiety started to ~~move~~ move away from the ancient humoral theory of black bile and changed it to a physical disease of the nervous system.

Modern Luxury:

Dr. George Cheyne argued that the Britain's rising wealth led to high living, causing mental ~~exhaustion~~ exhaustion followed by The Spleen or The vapours.

Jangling of the Nerves: jangling or confusion of the animal spirits, as they traveled through the nerves to the brain

19th century

Speed of life -> was breeding down the human brain

Existential Anxiety - Philosopher argued that anxiety was not a disease but the results of the "dizziness of freedom" the weight of having to make choices in a modern life.

20th Century to today

- Psychoanalytic
Sigmund Freud argued anxiety was caused by repressed libidinal energy

The word "anxiety" does ~~not~~ appear in ~~the~~ medical and philosophical text books before the 20th century, but it was almost never used as a standalone diagnosis. Instead it was used as a symptom ~~in~~ within larger conditions like Melancholy or The Spleen ~~or~~ Neurasthenia.

Ancient Greece:

Humor imbalance

Hippocrates and Galen believed an excess of black bile or a boiling of heat in the heart caused mental disturbance (Greek word for anxiety meant to choke)

They also believed that some foods can trigger anxiety. Physicians warned against

excessive consumptions of lentils, beef, pork, aged cheese and dark wine. This were believed to thicken the blood and increased the black bile.

Another cause was considered to be seasonal changes, ~~autumn~~ or climate changes.
(Autumn and cold or dry cities)

16-17th century

In the early modern era, anxiety was a combination between supernatural and the Humoral theory.

Anxiety and despair were often attributed to satanic influences, witchcraft or divine punishment for sin.

Søren Kierkegaard

and ~~an~~ unconscious childhood conflicts.

- Cognitive Behavioral: in the 1960 to 1980, Aaron Beck proposed that anxiety is caused by overthinking.
- Biochemical: Modern medicine focuses on the chemical imbalance and genetic predisposition.