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Sanjoy Mukerji

Kandivali Medical Association, India

BIOGRAPHY

Sanjoy Mukerji is a Gold Medallist and National and International Award-Winning Psychologist in Mumbai. He has done his Post Graduate Diploma in Psychological Counselling from the Institute for Behavioral and Management Sciences, India. Moreover, he has completed his Degree of Doctorate in Philosophy (Alternative Medicine) from the Indian Board of Alternative Medicines, established under the World Health Organization (WHO). His area of interest is in the field of Alternative Medicines.

help@drsanjoy.com

DEPRESSION TREATMENT WITHOUT MEDICINE

Although the vast majority of depressed people are treated with antidepressant drugs, such medications do not cure the underlying sadness, trauma and numbness that are true cause of the disorder. When the drug is taken away, the depression flowers again in most cases; there is a difference between feeling better and getting better. Author has developed a drug-free treatment for depression which we can call "Depression treatment without medicine". This is based on CBT and Indian wisdom amalgamated in meditation. Author has two tools, life or nature has given us; viz., our mind and our body. So, to treat depression without medicine, we need to do few things with our mind (internal) and few things with our body (external). It's a kind of Mind-Body Therapy, which teaches and trains patients to Mind Work (Internal) decide to defeat depression; Let go of the past by forgiving; Build self-esteem in the present; be hopeful regarding the future. Body work (Internal): Be social, have positive bonding; Take up some physical exercise; Get some exposure to sunlight; Love and enjoy your work; Enjoy your life, have fun. Just by understanding these points, nothing will happen. One needs to program one's mind and practice regularly with proper understanding. Even though it may take a little longer and requires more insight and courage, it is a more effective way to treat depression; especially from mild to moderate depression. Uncovering the inner hurt and releasing it, building self-esteem and being positive can even accomplish a lasting cure, which no drug can claim.