

How I Got Over the Perseveration Depression

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Short Communication

It is quite possible that a hypersusceptibility to the surround was transferred to me with my mother's genes, as torrents of emotions, caused by improper behavior of her colleagues and her mother-in-law, were typical for her. With age, her hypersusceptibility resulted in the need for psychologist's advice. Apart from problematic genes, my cerebration may have been affected by boxing in my student's years.

I had never suffered from the "obsession" with any thoughts, until one of my colleagues infringed my copyright. The case was not significant, so there was no need to appeal to court. Instead of that, I started to write reviews for his publications. I was writing my reviews during the entire Christmas holidays (ten days) and I was working twelve hours a day. I continued to write my reviews even when I went back to work. This was going on for several months. Once, at work, something "flashed" in my mind and my consciousness got impaired. I had to make great efforts to ensure that my actions were correct. My brain could not recreate during my sleep- it was working intensively instead. In the morning, I felt as if I had not slept at all. However, my thought was vigorously whirling at the same point. I was looking for the ways of getting rid of this condition and finally I came to a conclusion that I could control only my greeted teeth. Using this method, I was partially abstracting from my whirling thoughts.

Practicing primitive yogi's meditations in the morning played a big role in my recovery. First of all, I paid my attention only to my eyes, then only to my hearing and only then to my respiration, heart and brain. After that I did light exercises. While having a wash, I lowered my head into the cold water for twenty five seconds. Besides, there was one more important ingredient of my recovery - singing in the morning. Singing helped me stop "obsessing" with one particular thought, improved my mood and expanded the range of my thoughts. Nice music enhances the release of the neurotransmitter dopamine, known as the "happiness hormone". Reading belles-lettres, watching movies and recordings of the European World Cup also helped me settle my nerves. Another important factor in my recovery was my publications, which unveiled my opponent and blunted the problem of my copyright.

However, reducing my excitation level could not improve the brain function. I had almost no short-term memory and often faced the short-term loss of consciousness. Then I realized I needed to improve

my sleep. For better sleep I ventilated my bedroom before going to bed and two pills of glycine sublingually. Each pill of glycine (100 mg) contained 1 mg of water-soluble methyl cellulose and 1 mg of magnesium stearate. I had been using this medicine for three months until I learnt about the yogis sleeping method. Its main point was in the complete relaxation. First, lying on my back in bed, I closed my eyes and took three deep breaths with the 15 seconds interval after which I slowly breathed out through the greeted teeth. Then my thoughts turned to the foot and made it relax. Then my thoughts turned to the ankle and I made it relax, too. Gradually, I reached my head. After that I focused my closed eyes at the same point and began to imagine a green lawn. As a rule, I felt asleep during these sessions. Later I only needed to imagine a green lawn to fall asleep. Going to the toilet at night, I did not turn the light. However, if it interrupted my sleep, I held my breath to increase the concentration of carbon dioxide in my blood. Increase of the partial pressure of carbon dioxide slows the pulse and activates the brake substance of the cerebral cortex [1].

After boxing and intense preparation for the PhD examination I started to suspect that I had blood clots in one of the capillaries, which affected the normal cerebration. When I started to play the European football, the intense 90-minutes running once a week improved my brain function. So then, when I stopped playing football, I started to do the muscle-strengthening exercises if I were not at my farmland.

Coffee, which I drank with the ginger root, burdock and dandelion, rose hips and hawthorn in the morning, was very important for my rapid awakening and recovery. Sometimes, after a meal, I ate a mint leaf. In summer, while working at my farmland, I ate a few leaves of marjoram. My diet consisted mainly of vegetables, seasoned with curry sauce and fruits and nuts, improving the brain function [2]. It appears that fruit and vegetables intake, as well as physical exercises, interchanging with rest and sleep, can stimulate the formation of new neurons of stem cells in the hippocampus [3]. Now, by means of this technique, I can suppress my excitation, which causes cyclical thoughts, while physical exercises, coffee in the morning and the proper diet improve my brain function.

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