

# Understanding the Symptoms of Schizophrenia

V. Anantha Panamanabhan

Consultant, General Medicine, No.9 , NGGO Colony,  
Suleswaranpatti P.O, Pollachi, Tamil Nadu, 642006, India

**ABSTRACT:** *In this brief work, the distinction between schizophrenic and Seers, Risis, and janis has been compared. Also, it is emphasized that yoga, breathing and meditation cure schizophrenia to certain extent.*

**KEYWORDS:** *Schizophrenia, Symptoms, Distinction between Janins and schizophrenic people*

## INTRODUCTION

Schizophrenia is a chronic brain disorder that affects about one percentage of the population. When schizophrenia is active, symptoms can include delusions, hallucinations, trouble with thinking and concentration and lack of motivation.

The modern psychology as a science describes schizophrenia as a brain or mental disorder. It suggests no permanent cure to this disorder, though it can be managed and treated.

Plenty of literatures are available on the topic what is schizophrenia and about the symptoms of schizophrenia. In the quoted article the author Raman Parekh MD MPH gives us a list of symptoms for schizophrenia. In simple words positive psychiatric symptoms are hallucinations such as hearing voices, paranoid delusions and exaggerated or distorted perceptions grief and behavior. Negative symptoms are the loss of decrease in the ability to initiate plans, speech, and express emotion of pain pleasure. Disorganization symptoms are confused and dis-ordered thinking and speech trouble with logical thinking and sometimes bizarre behaviors of abnormal movements. Impaired cognition are problems with attention, concentration, memory and declining educational performance.

Again, in his article, "Schizophrenia and the epistemology/doctor Hanne Pickard, Oxford center for neuro ethics and all souls college, university of Oxford says that schizophrenics disown not only thoughts but also impulses and feelings.

Yes. Schizophrenic people often complain that someone causes or induces thoughts inside their mind- like way. They hear a sound straight to their brain, which is not there. They see unreal illumination, illusions etc. They often complain that somebody disturb them or ordering them. And some complaints that they are being observed by some external people or sources.

Also in their paper, schizophrenia consciousness and the self-authors Louis Gass and Joseph Barnes describe the same symptom as positive, negative dis organizational system. Withdrawal from

social activities, less interest etc. is well-known symptoms for schizophrenia.

So, hearing the voices which are not there and seeing images or illuminations which are not there are being considered a symptom for schizophrenic diagnosis.

What causes that voice? What is heard, what is not heard- the scientific community, the medical community are not having a clear cut answer. They simply say that it is not known. Simply it throws the burden of the cause to the genetics. So, the causes for schizophrenia are mainly two: 1) Hereditary; 2) Environment.

## Maya

In this paper, we are going to discuss the correctness of the symptoms that is any voices and seeing visions which are not there. One can realize such experiences in other conditions too. Schizophrenic people experience certain symptoms like hearing voices etc. No doubt, they need medication and other therapies like yoga, meditation etc.

Again all the people who are experiencing the symptom are not schizophrenic. So, the converse is not true. Our argument is the scientific analysis regarding hearing voices etc. is insufficient as on date. Whereas in spiritualism, the cause for extra ordinary voices and visions has been stated as Maya. There are so many kinds on levels of Maya. Example: A statement describes that the entire external universe is Maya. Here, the word Maya is having a different meaning. Simply, the word gives us the meaning of impermanency.

On the other hand the statement that the causes for illusions, delusions and hallucinations that one feels inside his mind is Maya. In this statement, the term Maya is having a different meaning. It means a seat in everyone's inner mind. It is nothing doing with impermanency.

Thoughts arise from this base causes illusions etc. To overcome this kind of Maya, the subject need to practice prudence etc. Before explaining this statement, the author of this paper wishes to give a list of groups of persons who are feeling same kind of symptoms like schizophrenia.

---

Correspondence regarding this article should be directed to:  
anant.primes2015@gmail.com

The other circumstances in which one can experience unreal voices etc. or 1) While on deep prudence; 2) While on deep thinking philosophically; 3) While on involving in creative activities; 4) While on making inner mind travels spiritually

These people are not schizophrenic. They are yogis, philosophers, poets, scientists, spiritual people and Janis.

The rise of the inner mind is the common function for these groups of people and schizophrenic. But, the stimulus varies. While on prudence, like tapas, yoga, meditation etc. the subject goes into his/her inner deeper mind to hear the voices of his/her own mind and wish to obtain wisdom thereby.

As per Vedanta philosophy the “yogi wishes to go beyond Maya state of mind.” Indian yogis all these beyond Maya state, as Nirvigalpa Samadhi. Science does not have an equivalent term for this state but properly described life at a highest resolution.

So, the four types of people hearing voices etc. are considered as miracles or attainments. Definitely, these people’s experiences should not be considered as dis-orderly behaviors etc.

The yogi etc. wishes to throw away the un-warranted records which reside in their mind. This extra ordinary experience sometimes experiences help them to attain their goal in their spiritual life. Again, these group of people never wish to disown their thoughts though they wish to wither away unwarranted thoughts and to act with their mind [To them, thoughts are not mind].

The thoughts rise after this experience contains creativity and Jana. Sometimes, they may hear ASARARI too.

As per karma philosophy, these voices are related to some prior birth memory or feelings. So, the spiritual people call this state as vasanas. But we cannot find any scientific record to this philosophy. The way of understanding what is mind by spiritual people is somewhat different from scientific thinking. Yogis and Janis travels inside their mind in search of light whereas the schizophrenic with their broken mind lives in darkness. The minds of Janis is highly integrated one, it is not a broken mind. Some of the Janis wish to serve the society whereas the abnormal people wishes to withdraw from the society. The Janis expands their mind up to the bound of the universe. Whereas, the disorderedly people shrinks their mind and lives in their own jail.

The risky people who may caught schizophrenia are the people who live in loneliness and who might have faced severe tragedies in their personal life. High order indebtedness yet another cause. To correct this default, we suggest the following remedies: 1) Correct medication; 2) A good understanding on life both psychologically and philosophically; 3) A good systematic yogic practice and meditative and breathing practice.

## **Yoga, Breathing and Meditation Techniques for the Treatment of Schizophrenia**

Schizophrenia is one of the most severe mental disorders. Yoga as a therapy has proven to be effective as a sole or additional intervention in psychiatric disorders such as depression and anxiety. Recently, there has been significant interest in the application

of yoga therapy in psychosis and schizophrenia (Behere et al., 2011; Duraiswamy et al., 2007; Duke Program on Teaching Evidence-Based Practice, 2011; Sondik, 2016; Tschoner et al., 2007; Tsui, 2012; Vancampfort et al., 2011; Xie et al., 2006).

Yoga, breathing and meditation techniques are widely accepted not only for well-being but also for the treatment of various diseases. It is well known that the national institute of health of USA [NIH] recognized journals [PubMed Journals] which publish articles on yoga, breathing and meditation.

Schizophrenia itself hampers the physical activity of a patient. Along with it, use of treatment medication may lead to other health issues such as obesity, type 2 diabetes and heart diseases. Chemical imbalance in the brain is thought as a major probable reason for the occurrence of schizophrenia. Relapses and commonly seen, even with patients on medication.

One of the significant benefits of yoga is an increase in body awareness and achievement of state of self realization. This helps the schizophrenic patients to distinguish the reality from delusion, hallucination and negative thought. Relaxation techniques such as deep breathing and meditation help reduce stress. This harms down the mind and brings the body back into a state of balance.

Physiologically, it seems that there is an overreaction of the neurotransmitters in the brain at the synapse highlighted by an imbalance of chemicals, mostly hormones in the blood, adrenalin, lucine, serotonin and catholic are possibly four such chemicals.

Schizophrenia cannot be diagnosed in a laboratory test. Drugs used in the treatment of schizophrenia do not yield satisfactory results. Negative and cognitive symptoms almost always remain nonresponsive.

Obesity and metabolic system syndrome coexist with schizophrenia with or occasionally even without concurrent drug therapy. Patients develop endocrinal and menstrual dysfunctions as a result of drugs.

## **CONCLUSION**

- 1) Illusions, delusions etc. are caused by maya. Though there is no scientific literature for this statement spiritual literatures are there.
- 2) Janis, yogis etc. are not schizophrenic.
- 3) Though schizophrenia cannot be cured completely, but it can be managed by proper treatment and yoga therapies already stated.
- 4) No jani etc. should be diagnosed as schizophrenia but just because of the common symptoms. That is the very purpose of this paper.

## **REFERENCES**

- Behere, R.V., Arasappa, R., Jagannathan, A., Varambally, S., Venkatasubramanian, G., Thirthalli, J., et al. (2011). Effect of yoga therapy on facial emotion recognition deficits, symptoms and functioning in patients with schizophrenia. *Acta Psychiatr Scand*, 123(2):147-5.
- Duraiswamy, G., Thirthalli, J., Nagendra, H.R., & Gangadhar,

- B.N. (2007). Yoga therapy as an add-on treatment in the management of patients with schizophrenia: A randomized controlled trial. *Acta Psychiatr Scand*, 116: 226-232.
- Duke Program on Teaching Evidence-Based Practice. (2011). Introduction and background to EBM. <https://www.ncbi.nlm.nih.gov/pmc/articles/P9C3410202/>
- Sondik, T. (2016). Yoga Therapy for Schizophrenia. *Yogamate*.
- Sondik, T. (2016). Yoga Therapy as an important treatment component for Schizophrenia. *Yogamate*.
- Tschoner, A., Engl, J., Laimer, M., Kaser, S., Rettenbacher, M., Fleischhacker, W.W., et al. (2007). Metabolic side effects of antipsychotic medication. *Int J Clin Pract*, 61: 1356-1370.
- Tsui, M.C.M. (2012). Review of the Effects of Yoga on People with Schizophrenia. *J Yoga Phys Therapy*, 1(1): 1-4.
- Vancampfort, D., De Hert, M., Knapen, J., Wampers, M., Demunter H, Deckx, S., et al. (2011). State anxiety, psychological stress and positive well-being responses to yoga and aerobic exercise in people with schizophrenia: A pilot study. *Disabil Rehabil*, 33: 684-689.
- Xie, J., Lin, Y., Guo, C., & Chen, F. (2006). Study on influences of yoga on quality of life of schizophrenic inpatients. *J Nurs*, 13: 9-11.