

## P02-266 - A TRUE PHILOSOPHICAL APPROACH MAY LEADS TO A NEW INSIGHT IN THE RESEARCH & TREATMENT OF PSYCHIATRY

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**Introduction:** Philosophy is the ancient discipline that could answer the questions relating to human sufferings, their causes or a remedy. Doctors in dictionary meaning stands for a learned person. A psychiatrist may mean a more learned person on the matters of happiness or peace in mind or disturbances in the emotional sphere of a person, the cause of his behavioral disturbances.

**Objectives:** Psychiatry in future will traverse faraway from patienthood to personhood. It will be more person concerned, well person in some transient emotional crisis or a relationship conflict in a couple or a fear in mind in a teenager before examination or a person incapable of sustaining meaningful interpersonal-relationship. It will move from the tiny clinic & will fly like a dynamic butterfly to sit besides the emotionally upset person.

**Aims:** A noble amalgamation of past philosophical master's teaching and the knowledge of our neurotransmitter imbalance may come out with a suitable blend that might be sustainable to remove the misery of mind in a less costly way.

**Methods:** Time tested some philosophical ideas may be analysed with our objective of blending.

There were Hedonistic or pleasure seeking school or school of dispassionate.

In 2500BC BUDDHA pointed, "Middle path is the best path". (among sacrificing in totality or total pleasure seeking senses.)

Buddha's 4 noble truths, that there is misery & sufferings, there is causation for sufferings, there is way to stop sufferings, & that is possible points towards aetiology of passion and attachment as the cause of mental disorders.

**Conclusion:** Philosophical amalgamation in psychiatry will open newer avenues.