

# Impact of Mental Asylums in India's Mental Health Crisis: A Systematic Review

Gracy Michael Marian<sup>1</sup> and Dr. Tulsi Shringi<sup>2</sup>

<sup>1</sup>Department of NURSING, Shri Jagdishprasad Jhabarmal Tibrewala University, Jhunjhunu Rajasthan, India

<sup>2</sup>Department of NURSING, Shri Jagdishprasad Jhabarmal Tibrewala University, Jhunjhunu Rajasthan, India

**Abstract:** *This article provides a comprehensive overview of the state of mental health in India today, highlighting the challenges faced, the ongoing initiatives, and the possible future directions for improving the delivery of mental healthcare. In India, mental health conditions include depression, anxiety disorders, bipolar disorder, schizophrenia, and drug use disorders are very common. Individuals, families, and society at large bear a tremendous price when it comes to mental health issues. They have detrimental effects on functioning, a reduction in life quality, and significant social and economic ramifications. Many social and cultural factors, including as stigma, discrimination, gender inequality, poverty, rapid urbanisation, and cultural perspectives on mental illness, make addressing mental health concerns more challenging. Access to mental healthcare is seriously threatened by the persistent gaps in the availability and quality of mental health treatments as well as the shortage of mental health professionals, especially in rural areas. Inadequate infrastructure, ignorance, and integration into primary healthcare systems all impede access to quality care. The founding, operation, and developmental history of mental asylums in India are examined. The discourse centres on the drawbacks and challenges associated with mental asylums, including the need for substitute approaches to mental health care, stigma, violations of human rights, absence of human-centered approaches, and care quality*

**Keywords:** community participation, policy reforms, access to care, challenges, India, mental health

## REFERENCES

- [1]. Ahmedani BK: Mental health stigma: society, individuals, and the profession . J Soc Work Values Ethics. 2011, 8:4-1-4-16.
- [2]. Caulfield A, Vatansever D, Lambert G, Van Bortel T: WHO guidance on mental health training: a systematic review of the progress for non-specialist health workers. BMJ Open. 2019, 9:e024059. 10.1136/bmjopen-2018-024059
- [3]. Daund M, Sonavane S, Shrivastava A, Desousa A, Kumawat S: Mental hospitals in India: reforms for the future. Indian J Psychiatry. 2018, 60:S239-47.10.4103/psychiatry.IndianJPsychiatry\_434\_17
- [4]. Diminic S, Carstensen G, Harris MG, et al.: Intersectoral policy for severe and persistent mental illness: review of approaches in a sample of high-income countries. Glob Ment Health (Camb). 2015, 2:e18.10.1017/gmh.2015.16
- [5]. Give C, Ndima S, Steege R, et al.: Strengthening referral systems in community health programs: a qualitative study in two rural districts of Maputo Province, Mozambique. BMC Health Serv Res. 2019, 19:263. 10.1186/s12913-019-4076-3
- [6]. Gupta S, Sagar R: National Mental Health Policy, India (2014): where have we reached? . Indian J Psychol Med. 2022, 44:510-5. 10.1177/02537176211048335
- [7]. Hossain MM, Purohit N: Improving child and adolescent mental health in India: status, services, policies, and way forward. Indian J Psychiatry. 2019, 61:415-9.10.4103/psychiatry.IndianJPsychiatry\_217\_18
- [8]. India state-level disease burden initiative mental disorders collaborators: The burden of mental disorders across the states of India: the Global Burden of Disease Study 1990-2017. Lancet Psychiatry. 2020, 7:148-61. 10.1016/S2215-0366(19)30475-4

- [9]. Jain A, Mitra P: Bipolar Disorder. StatPearls [Internet]. StatPearls, Treasure Island (FL); <https://www.ncbi.nlm.nih.gov/books/NBK558998/>;
- [10]. Laws and Regulations. (2023). Accessed: June 9, 2023: <https://www.samhsa.gov/about-us/who-we-are/laws-regulations>.
- [11]. Malhotra S, Shah R: Women and mental health in India: an overview . Indian J Psychiatry. 2015, 57:S205-11. 10.4103/0019-5545.161479
- [12]. Math SB, Basavaraju V, Harihara SN, Gowda GS, Manjunatha N, Kumar CN, Gowda M: Mental Healthcare Act 2017 - aspiration to action. Indian J Psychiatry. 2019, 61:S660-6.10.4103/psychiatry.IndianJPsychiatry\_91\_19
- [13]. Math SB, Gowda GS, Basavaraju V, et al.: Cost estimation for the implementation of the Mental Healthcare Act 2017. Indian J Psychiatry. 2019, 61:S650-9.10.4103/psychiatry.IndianJPsychiatry\_188\_19
- [14]. Mental Health in Emergencies . (2023). Accessed: June 9, 2023: <https://www.who.int/news-room/fact-sheets/detail/mental-health-in-emergencies>.
- [15]. Mishra A, Mathai T, Ram D: History of psychiatry: an Indian perspective. Ind Psychiatry J. 2018, 27:21-6. 10.4103/ipj.ipj\_69\_16
- [16]. Murthy P, Isaac M, Dabholkar H: Mental hospitals in India in the 21st century: transformation and relevance. EpidemiolPsychiatr Sci. 2016, 26:10-5.10.1017/S2045796016000755
- [17]. Pandya A, Shah K, Chauhan A, Saha S: Innovative mental health initiatives in India: a scope for strengthening primary healthcare services. J Family Med Prim Care. 2020, 9:502-7.10.4103/jfmpc.jfmpc\_977\_19
- [18]. Raju NN: Psychiatry training in India. Indian J Psychiatry. 2022, 64:433-9. 10.4103/indianjpsychiatry.indianjpsychiatry\_649\_22
- [19]. Singh OP: Closing treatment gap of mental disorders in India: opportunity in new competency-based Medical Council of India curriculum. Indian J Psychiatry. 2018, 60:375-6.10.4103/psychiatry.IndianJPsychiatry\_458\_18
- [20]. Srivastava K, Chatterjee K, Bhat PS: Mental health awareness: the Indian scenario . Ind Psychiatry J. 2016, 25:131-4. 10.4103/ipj.ipj\_45\_17
- [21]. Stigma, Prejudice and Discrimination Against People with Mental Illness . (2023). Accessed: June 9, 2023: <https://www.psychiatry.org>.
- [22]. Trivedi JK, Sareen H, Dhyani M: Rapid urbanization - its impact on mental health: a South Asian perspective. Indian J Psychiatry. 2008, 50:161-5.10.4103/0019-5545.43623