

## EXPERT MENTAL HEALTH OPINION

Patient Name: ABC

Age / Sex: 42 / M

### 1. Your Concern, In Your Own Words

“Pichhle kuch saalon se ghabrahat aur bechaini baar-baar hoti hai. Hamesha dar aur tension ka ehsaas bana rehta hai. Kabhi dhadkan tej ho jana, sir bhaari lagana aur bheed ya crowded jagah par jane se ghabrahat kaafi badh jaati hai.”

### 2. My Initial Clinical Impression

Aapke bataye hue symptoms aur available history ko dekhte hue, Generalized Anxiety Disorder (GAD) with agoraphobia ke features ek important clinical possibility lagti hai.

- GAD: Rozmarra ki baaton aur situations ko lekar excessive worry ya tension, jise control karna mushkil ho sakta hai.
- Agoraphobia features: Bheed, public transport (train, bus etc.) me, open or enclosed spaces me ya ghar se door akele jane me mein significant fear/discomfort, khaas taur par jab waha se bahar nikalna difficult lage.
- Yeh initial clinical impression hai. Final diagnosis ke liye detailed psychiatric history, relevant questionnaires aur clinical assessment zaroori honge.

### 3. Why These Symptoms Can Happen

Anxiety sirf “mann ka darr” nahi hota. Jab brain ka threat-response system baar-baar activate hota hai, thoughts ke saath body mein bhi real physical symptoms aa sakte hain.

|             |                                                                                                                 |
|-------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Mind</b> | Constant alertness, overthinking, fear, restlessness ya excessive worry.                                        |
| <b>Body</b> | Fast heartbeat, muscle tension, heaviness in the head, sweating, stomach discomfort, acidity or breathlessness. |

Important: Yeh symptoms real hain aur aapki “weakness” ka sign nahi hain. Anxiety disorders treatable medical conditions hain.

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### 4. A Clearer Path Forward

Treatment ka pehla step diagnosis ko carefully samajhna hai. Uske baad treatment aapke symptoms, severity aur day-to-day functioning ke hisaab se personalise kiya jaata hai.

#### Step 1 — Assessment

Detailed history, symptom pattern, triggers, avoidance, sleep, physical symptoms aur daily functioning ko review kiya jayega.

#### Step 2 — Personalised Plan

Therapy, medication, ya dono ka combination—jo clinical assessment ke baad suitable ho—consider kiya ja sakta hai.

### Possible Treatment Approaches

- Cognitive Behavioural Therapy (CBT): Anxiety-provoking thoughts aur avoidance patterns ko identify karke healthier coping strategies develop karna.
- Medication: Kuch patients mein medicines anxiety symptoms ko reduce karne aur recovery ko support kar sakti hain. Choice aur duration individual assessment par depend karte hain.
- Combined care: Significant symptoms ya clinical need ke situations mein therapy aur medication dono ka role ho sakta hai.

### 5. A Word of Reassurance

Anxiety disorders common hain aur effective treatment available hai. Aapko in symptoms ke saath akela struggle karna zaroori nahi hai. Sahi assessment aur structured care ke saath functioning, confidence aur quality of life mein meaningful improvement possible hai.

#### Remember

Recovery ek process hai. Improvement ka pace har person mein alag ho sakta hai, lekin consistent treatment aur follow-up progress ko support karte hain.

### 6. Your Recommended Next Step

Ek detailed psychiatric consultation recommended hai. Symptoms ki duration, severity, triggers, avoidance patterns, medical history aur daily functioning ko systematically review karke aapke liye ek clear, personalised management plan discuss kiya ja sakta hai.

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### 7. Practical Self-Care While You Seek Help

Self-care professional treatment ka replacement nahi hai, lekin daily routine mein chhoti, consistent changes anxiety ko manage karne mein support kar sakti hain.

|                                |                                                                                                                                                   |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Breathing Practice</b>      | Roz 5–10 minutes slow, comfortable diaphragmatic breathing practice karein. Aim relaxation hai, forceful deep breathing nahi.                     |
| <b>Move Your Body</b>          | Most days 20–30 minutes brisk walking, stretching, yoga ya another comfortable activity include karein.                                           |
| <b>Sleep Routine</b>           | Sone aur uthne ka time relatively consistent rakhein. Bedtime ke aas-paas excessive screen use aur stimulating content kam karein.                |
| <b>Caffeine &amp; Nicotine</b> | Agar chai/coffee ya nicotine se ghabrahat ya palpitations badhte hain, to intake gradually reduce karna helpful ho sakta hai.                     |
| <b>Mindful Pause</b>           | Din mein kuch minutes present moment par attention laayein—breathing, sounds ya body sensations ko simply observe karein.                         |
| <b>Gradual Engagement</b>      | Anxiety ki wajah se har uncomfortable situation ko permanently avoid na karein. Treatment ke saath gradual, planned exposure useful ho sakta hai. |
| <b>Stay Connected</b>          | Trusted family member ya friend se baat karein. Support lena weakness nahi hai.                                                                   |
| <b>Healthy Routine</b>         | Regular meals, adequate hydration aur balanced nutrition ko priority dein; excessive oily/spicy foods acidity ko worsen kar sakte hain.           |

When to seek urgent help: Agar symptoms rapidly worsen hon, severe physical symptoms ho rahe hon, ya aap khud ko unsafe feel karein, to nearest emergency service/hospital se immediately contact karein.

# Dr Shovan Chakraborty

Senior Consultant Psychiatrist

MD Psychiatry • DNB Psychiatry • PDF (OCD)



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### 8. About Your MindMonks Psychiatrist

Dr ShovanChakraborty is a Senior Consultant Psychiatrist with qualifications in MD Psychiatry, DNB Psychiatry and PDF (OCD & Related Disorders). His clinical work focuses on evidence-based psychiatric assessment, psychotherapy-informed care and personalised treatment planning across a broad range of mental-health concerns, with particular interest in OCD and related disorders.

MindMonks brings together Psychiatry, Psychotherapy and Mental Health education with a simple goal: to make scientifically informed mental-health care more understandable, accessible and compassionate.

### 9. Important Medical Disclaimer

Yeh report aapke dwara share ki gayi information aur available clinical details ke basis par tayyar ki gayi hai. Iska purpose symptoms ko better understand karne aur next steps clarify karne mein help karna hai. Yeh in-person psychiatric consultation, complete clinical examination, investigations, emergency care ya final diagnosis ka substitute nahi hai.

Diagnosis aur treatment plan detailed clinical assessment ke baad hi confirm kiya jana chahiye. Medicines ko apni marzi se start, stop ya change na karein. Agar symptoms severe ho jaayen, functioning mein major deterioration ho, ya aapko khud ko unsafe feel ho, to urgent professional/emergency help lein.

|                                                            |                                      |
|------------------------------------------------------------|--------------------------------------|
| Date: _____                                                | Patient: xxxx                        |
| Doctor: Dr Shovan Chakraborty                              |                                      |
| Qualifications: MD Psychiatry • DNB Psychiatry • PDF (OCD) | Designation: Consultant Psychiatrist |
| Signature: _____                                           | Registration No.: _____              |

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