

## An Ethical Dilemma in the Treatment of Mental Illness in Psychosurgery

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### INTRODUCTION

Psychosurgery, also known as Neurosurgery for Mental Disorder (NMD), is a highly controversial and divisive topic in the field of mental health. The practice involves surgically altering the brain to treat severe mental illnesses such as Obsessive-Compulsive Disorder (OCD), depression, and schizophrenia. While some experts argue that psychosurgery can be an effective treatment option for certain patients, others raise concerns about the ethical implications of such a procedure.

On one hand, proponents of psychosurgery argue that it can be a life-changing treatment for individuals with severe mental illnesses that have not responded to other forms of treatment. For example, in cases of severe OCD, psychosurgery can be used to target the specific areas of the brain that are responsible for obsessive thoughts and compulsive behaviors. In some cases, this can lead to a significant reduction in symptoms and an improvement in quality of life.

Similarly, psychosurgery has been used to treat severe depression in cases where traditional therapies have failed. The procedure involves inserting electrodes into the brain and using electrical impulses to stimulate specific regions of the brain. This approach, known as Deep Brain Stimulation (DBS), has been shown to be effective in reducing symptoms of depression in some patients.

On the other hand, opponents of psychosurgery raise serious concerns about the ethical implications of such a procedure. One major concern is the potential for harm to the patient. Psychosurgery is an invasive and irreversible procedure that involves permanently altering the brain. While the procedure may be effective for some patients, it also carries significant risks, including infection, bleeding, and damage to surrounding brain tissue.

### DESCRIPTION

Another concern is the potential for abuse of the procedure. Psychosurgery has a dark history, with past abuses including the lobotomy craze of the 1940's and 1950's, in which thousands of

people underwent the procedure for a range of mental illnesses, often with disastrous results. While modern psychosurgery is more targeted and precise than in the past, there is still a risk of abuse if the procedure is not closely regulated and monitored.

Furthermore, psychosurgery raises important ethical questions about the nature of mental illness and the role of medical interventions in treating such conditions. Some argue that psychosurgery is an attempt to medicalize and pathologize what may be normal human experiences or reactions to life events. Others argue that psychosurgery is a form of coercion that takes away an individual's right to make decisions about their own treatment.

In my opinion, the ethical implications of psychosurgery are too significant to ignore. While I understand the potential benefits of the procedure for certain patients, I believe that the risks and ethical concerns outweigh these benefits. As a society, we must be cautious in our approach to psychosurgery and ensure that it is only used in cases where all other treatment options have been exhausted and where there is clear evidence that the procedure will be beneficial to the patient.

Furthermore, we must prioritize alternative forms of treatment for mental illness, such as psychotherapy and medication that do not carry the same risks and ethical concerns as psychosurgery. We must also work to reduce the stigma surrounding mental illness and increase access to mental health services, so that individuals can receive the care and support they need without resorting to drastic measures such as psychosurgery.

### CONCLUSION

In conclusion, psychosurgery is a highly controversial and divisive topic in the field of mental health. While some argue that it can be an effective treatment option for certain patients, others raise concerns about the ethical implications of such a procedure. As a society, we must approach this issue with caution and prioritize alternative forms of treatment for mental illness. We must also work to reduce stigma and increase access to mental health services, so that individuals can receive.

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**Received:** 01-Sep-2023, Manuscript No. IJSCP-23-22633; **Editor assigned:** 04-Sep-2023, PreQC No. IJSCP-23-22633 (PQ); **Reviewed:** 18-Sep-2023, QC No. IJSCP-23-22633; **Revised:** 25-Sep-2023, Manuscript No. IJSCP-23-22633 (R); **Published:** 03-Oct-2023, DOI: 10.35248/2469-9837.23.10.322

**Citation:** Sara A (2023) An Ethical Dilemma in the Treatment of Mental Illness in Psychosurgery. Int J Sch Cogn Psycho. 10:322.

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