

Resolving the Relationship of Blood with Mental Disease

Upayan Ghosh*

Department of Biotechnology, KIIT School of Biotechnology (KIIT University), Odisha, India

EDITORIAL

Blood type has been related to a number of psychiatric illnesses, but the links are poor, and several other factors play a bigger role in deciding who gets sick. Nonetheless, the possibility of a correlation excites some researchers, who expect to one day discover the biological mechanisms that link blood molecules to mental wellbeing, potentially enhancing our understanding and treatment of the condition. People with the O blood type are more likely to suffer from depression and anxiety, and children with the O blood type are more likely to suffer from attention deficit disorder. Obsessive-compulsive disorder is more common in people with the A blood type, and attention deficit disorder is more common in children. Attention-deficit disorder may be less common in children with the B blood type. Care is tailored to a specific mental disorder, its seriousness, and what works best for you. A combination of treatments is always the most effective.

If you are with mental illness with controlled symptoms, primary care treatment may be sufficient. However, appropriate team approach is must to make sure all your medical, psychiatric and social needs. This is important especially for severe mental illnesses like schizophrenia.

According to a recent broad, long-term study, blood type can affect brain function as we age. People with the unusual AB blood group, which accounts for less than 10% of the population, are at a higher risk of developing cognitive disorders as they get older.

Follow-up studies are needed not only to confirm the blood type/brain function connection, but also to unravel the mechanisms behind it. In the meantime, those with AB blood need not be concerned about their potential cognitive abilities, she says, adding that a balanced diet, knowledge of our risk factors for heart disease and stroke, and daily physical and mental activity are likely to help all of our brains.

Correspondence to: Upayan Ghosh, Department of Biotechnology, KIIT School of Biotechnology (KIIT University), Odisha, India, Tel: +919348669829; E-mail: bobupayan@gmail.com

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