

**P03-03 - IMPROVEMENT IN QUALITY OF PSYCHIATRY RESEARCH & TREATMENT IN EUROPE SHOULD FOCUS ON YET NEGLECTED ARENAS & SHOULD BE HOLISTIC**

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**Introduction:** Future research & treatment, as aspired by a psychiatrist from a developing country should address not only the Biological or pharmacological way cure only, where ultimately drug maintenance remains an obligatory factor for long time. It should blend Psych-analysis in a modern way & other therapies, those were shown in past by the legendary European Psychiatrist, specially from German, France & Austria etc. in a way to obtain a change in the person.

**Objectives:** Mission should be kept also to amalgamate the spiritual depth, Indian & other Asian Philosophers' view on mind distress & their way to conquer the mind through Meditation. Attachment was viewed by Buddha or other Hindu philosophers as cause of misery & their advocacy of dispassion/meditation practice should be viewed in modern light.

**Aims:** Ultimately lowering the sufferings of the mentally ill in efficient & in best economic way without not adding adverse effects will be there.

**Methods:** Problems those are to be addressed with special emphasis are Adolescent & child mental & behavioral disorder, the gigantically fast growing mental illnesses of geriatric population, those of Women's Mental health problems like, post-partum, intrapartum & menopausal phase & premenstrual Dysphoria. Stresses in working class women, alone women or deserted women's mental health issue needs new research.

A suitable less harmful mood disorder in early stage of pregnancy, in lactating period, or a suitable regimen in acute depressive phase of BPMD with suicidal urges, or in mixed & non classified stages of BPMD could be elaborated.

Apart from Lithium & Clozapine other drugs is to be hunted with proven anti-suicidal property.

**Conclusions:** Excellent is scope.