

Essay

Modern Human Being Perspective from Psychiatric Diseases

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SUMMARY

Science tells facts using evidence that can be tested or verified with repeatable manners. However, subjective concepts like psychiatric definitions are only from physician's subjective labeling on patient's behavioral changes. Is there any robust evidence to these overlapping behaviors of defined psychiatric disorders? When behavior was considered as the evidence of scientific definition, we modern human beings are cheating ourselves through changing the basic concept: evidence is the physical object that can be detected or proved using definitive methods. The de facto situation for us today is how we can face challenging topics like death, life, and our human being ourselves. Even we have substantially developed technologies, and theoretically get advanced on some fields, but we still cannot answer these subjective questions mentioned above, those we intentionally avoid to doing in-depth studies. We need to do reconsideration about these unavoidable topics seriously. Do not have science mask our eyes. ■

KEYWORDS Subjective definition; Technology; Science; Human being; Behavior

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The psychiatric industry would have us believe that a psychiatric disorder is a disease, as the same way cancer is, or heart disease. But this is simply not true.

Heart disease results in deterioration of tissue and can be seen on medical detection techniques. Cancer is seen in blood tests and can be studied under a microscope. If you have measles blood tests will show what is attacking you in the blood stream. If you have diabetes you will see from laboratory tests that your insulin levels are low. So, what kind of scientific tests are used for psychiatric diseases? None, only a subjective checklist is used. There is no laboratory test to see if a person is ADHD or schizophrenia. There are no blood tests or X-ray. It is all in the subjective mind of the psychiatrist as to what he labels one.

How, then, do these disorders get turned into diseases? They are made up simply by a show of hands at a psychiatric convention. It is no more sophisticated or scientific than that. If the child avoids or dislikes school work or homework, does not seem to listen, loses things like pencils or toys, he can be labelled ADAD. Or, if a person has fear of social situations like a party or public speaking, avoids social situations, he can be labelled with social anxiety disorder. Or, if you have inflated self-esteem, more talkative than usual, fatigue, you can be labelled as bipolar.

People do get depressed, and shy, and maybe cry at times, but does this really make them diseased? If not, then why does the pharmaceutical psychiatric industry insist on labelling these people this way? Would it have anything to do with the trillions of dollars that the industry makes through this labelling? Psychiatric diseases are not proven. When psychiatric authorities labelled runaway slaves from the south of USA with drapetomania, a psychiatric disease that means runaway slave, it was a stigma of a disease. The slaves were not running away to freedom but were given this disease name as means to control them. This was a legitimate diagnosis, just like attention deficit disorder is. And if women were foolish enough to rebel against men, then they had the dreadful disease called hysteria, which was due to their wandering womb. None of these diagnosis were ever diseases. Nor is ADHD, which is about behavior-related symptoms. Behavior is not a disease. Nor is misbehavior. This is not what diseases are. The cure for runaway slaves, was for them to be punished until they fall into that submissive state which was intended for them to occupy. The physician who invented this disease, Samuel Cartwright, also prescribed, "whipping the devil out of them" as a "preventative measure." Labeling someone diseased because of behavioral speculation is not science.

Anatomically modern humans evolved from archaic humans in the Middle Paleolithic, about 200,000 years ago. The emergence of anatomically modern human marks the dawn of the species Homo sapiens, i.e. the species of Homo sapiens to which all humans alive today belong.

The oldest fossil remains of anatomically modern humans are the Omo remains found in modern-day East Africa, which date to 195,000 years ago and include two partial skulls as well as arm, leg, foot and pelvis bones. Other fossils include the proposed Homo sapiens idaltu from Herto in Ethiopia that are almost 160,000 years old and the Skhul hominids from Israel, which are 90,000 years old. The oldest human remains from which an entire genome has been extracted belongs to Ust'-Ishim man, who lived about 45,000 years ago in Western Siberia. Behavioral modernity a suite of changes in Homo sapiens behavior and cognition including abstract thinking, deep planning, symbolic behavior (e.g. art, ornamentation and music), exploitation of large game and blade technology is evident from around 40,000–50,000 years ago and may have emerged abruptly then or may have arisen through gradual steps. However, it can and has been argued that Homo sapiens have been fully capable of modern behavior from the time they first evolved.

MEANING, PURPOSE AND EXISTENCE

An often asked question is "What is my purpose in life: why am I here?" People want some sort of meaning and purpose to their existence and often look to religion to provide it. That is pure laziness. The Universe assigns you no meaning. The Universe assigns you no purpose. The Universe does not care why you are here. The Universe doesn't give a damn because the Universe can't give a damn in the exact same way as a rock can't give a damn about you and your quest. The cosmos does not tap you on the shoulder or bring down from on high Ten Commandments style and tell you why you are here and what your purpose and meaning is. If you have meaning or purpose in answer to why you are here it is because you yourself have assigned yourself purpose and meaning, albeit perhaps via the nurturing of others like parents, teachers, your spouse, etc.

Sometimes you have new thought, an idea, or eureka moment, but it is not gutsy enough to expand into a reasonable length of article or essay. So, here is a potpourri of thoughts on life and the human universe (even if not quite everything therein) that is too good not to record, but with not enough meat available to flesh out.

DEFINITION OF LIFE

There are probably as many different definitions of "what is life?" as there have been and are biologists, life scientists, naturalists and philosophers, etc. Most centers on or around concepts like growth, reproduction, response to stimuli, metabolism, violations of the second law of thermodynamics (entropy), and related similar ilk.

DEATH

Death is not something to be afraid of. You experience dying, but not death since once dead, you have no existence and you need to have an existence, you have to be alive, in order to experience something, anything, even death. So you never experience death, only that up to but not including death.

While it is true that some of the other primates can walk upright on two legs some of the time for brief intervals, only a bipedal human can climb up or down a staircase while balancing a tray in one hand while thinking of something else, like sex and not fall over. Only a bipedal human, relative to our primate cousins, can maintain balance while dancing or playing sports that require quick and rapid changes in direction. But a bipedal stance is almost akin to balancing a straw on its end. ■

HUMAN SPECIES

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