

Hello this is Ridhima Shirodkar from Government College of Arts,

Science and Commerce. Khandola and today we will be trying to

understand psychological disorders. The module name for

today's historical views, views of abnormality during the Middle

Ages. The outline of this module would be later Greek and Roman

thought views of abnormality during the Middle Ages, mass,

madness, exorcism and

witchcraft. At the end of this module you should be able to

describe treatment approaches to mental disorders in the Middle

East. Explain the views of abnormal behavior in Europe

during the Middle Ages. Explain the phenomena of mass magnets

and its causes.

So let's look at the later Greek and Roman thought. So hypocrites

work. Hypocrites was the father of modern medicine and he came

up with the humoral theory. His work kind of continued towards

in the Greek and in the among the Roman physicians who were

there at that point of time, in Alexandria, Egypt, medical

practices developed, overdeveloped or very high level

and temples were dedicated to Saturn, which became first rate

sanatoria. Now over here the patients or the people having

the so-called abnormal behavior, they were treated with a lot of

kindness and respect where the

surroundings were pleasant. The patients could go for a walk

around the Nile River and there was massage. There were dances.

Therapeutic measures were like diet etc. However, apart from

this, in certain cases bleeding, purging, mechanical restraints

were still there. So even though most of the patients were

treated in a very humane and respectful in a kind manner, yet

to a certain extent bleeding, purging, and other such methods

were also used.

Let's look at Galen. Galen by himself made a number of

original contributions concerning the anatomy of the

nervous system based on dissection of animals at that

point of time, dissections of human bodies in autopsies was

not the thing and not the norm. So a good kind of dissected

animals, and he gave us a lot of information about the nervous

system of animals. Now he was the first one who said that

psychological disorders could either have physical causes,

or mental causes. OK, now this again is a very great claim

to make at that point of time, because with this comes the

treatments which can differ then. So he said that causes of

psychological disorders could be something like someone has

injured his or her head, or because of excessive use of alcohol or shock or fear. The stage of adolescence, menstrual changes, economic issues, disappointment in love. So here we are seeing somebody who's actually pointing out that.

Psychological disorders do not only have physical but also mental or psychological causes.

Now at that point of time, the Roman physicians who are there, they use the principle of contrast contrarius. So I'm saying it again, *contraires contrarius*. It basically means opposite by opposites. Now, in this particular treatment, what they did is that they kind of took opposites together, so the patient was given chilled wine when they sat in a hot bath. So these are ways and basically keeping patients very comfortable and very peaceful, so that they will not have any sort of breakdown. So the Roman physicians at that point of time did believe in pleasant physical therapies for.

Treatment. Now let's look at the

Middle Ages. Now, during the Middle Ages, which we're looking at 500 to 1500 AD, the Middle East, which was there was quite forward and quite advanced by Islamic countries were very,

very advanced in their understanding of mental illness.

So the first mental hospital was established in Baghdad and this was followed by Damascus and Aleppo. The patients over here received quite a good good and Human treatment. You can say now at that point there was Avicenna. Avicenna was from Persia, and he was considered to be the Prince of Physicians. Now he wrote a book. Called as a Canon of medicine, which is the most widely written book and widely studied. Studied book I mean?

Oh, he frequently referred to hysteria, epilepsy, manic reactions in his particular book. To give you an example, there was a certain Prince at that particular point of time who basically had this delusion that he was a cow. So here's to more like a cow, and there was a time when he just sat in a particular area without eating or drinking. Saying that I'm a cow and someone should come eat me, make steak out of me and I should be dead. So at that time, Allison, I was called in and I said I was asked to cure him so I wasn't asked for this so called man who thought he was a cow to come. And he told him that you are too thin and you cannot be slaughtered because there won't be flesh. Eventually this man started believing it and eating food and after the

nourishment reach his brain he kind of cured. He was cured. So

Avicenna was given a lot of importance at that point of

time. In Europe, however, scientific inquiry was in

abnormal behavior was quite limited, so we're seeing them

the Middle East area advanced, but you're up. The scientific

inquiry was not as great. Middle Ages in Europe were devoid of

scientific thinking and human treatment for those with mental

illness, and the main cause, they said for mental illnesses,

supernatural power, possessions, spirits and things like that.

No, at that point of time in Europe there was this concept of

mass madness. What is mass madness? It is a widespread

occurrence of group behavior disorders that was apparently

cases of hysteria, so this was seen in the latter half of the

Middle Ages. In Europe, for example, in Italy the concept

was called tarantism, which is an uncontrollable urge to

dance. So there was a dancing mania and it was said that this

was caused because of the bite of a spider called a

tarantula. This spread to Germany. It was called a St.

Vitus dance, so these were also called mass madness episodes

of hysteria and in rural areas there was something called as

lycanthropy where people started believing that they had turned

into Wolves. OK, so if you look at the picture of a Wolf, the Wolf has got fur so there was this one man and around 1540 where this man thought that his if you look at your skin your skin is smooth. Here he felt that his skin was reversed and the hair of the Wolf is gone behind and this versus other side of the wolfskin because he believed that he is a Wolf.

In order to cure him, they started amputating his extremities and of course this poor man died. So this was one sort of mass madness which we see happening in rural areas.

Going back to this today or in the latest time in 1990 in Nigeria, there was this concept of coral which came up KORO where male started fearing that they have lost their genitals.

Now if you go back psychologically they it can be said that the males were having a kind of a self esteem issue because women were becoming more educated and doing better in life so the males were getting threatened. So even till 1990 this phenomena of Cora was seen.

In the Middle Ages in Europe, management of the mentally disturbed was left largely to the clergy. So the monasteries which were there they served as refuges and places of confinement during the early part of the medieval period. The

mentally disturbed well for the most part, treated with considerable amount of kindness, so it's not like they were not treated well, but there was no cause for this reason for this mental disturbance, they just felt that it is some supernatural cause, and so the treatment was also like that.

The treatment basically considered of holy water sanctifying ointment, breath or spittle of the priest. The touching of relics, visits to holy places. And my life forms of exorcism until very recently that a particular news channel had kind of.

Told an you know expressed about a mother who was trying to cure her four year old daughter of autism in this claim to cure her daughter of autism. She kind of was, you know, trying to put her in holy water or water to get the spirit out and in the bargain the daughter had died. So the four year old was a subject to exorcism. At this time there was something called as witch hunting or people with mental illness were accused of being witches and were punished and killed, so they were not trying to understand that a person who was behaving differently had some sort of her illness, just like a physical illness. So these people were considered to be witches. But

however, or today, like you know, with more recent interpretation, this thing with question to a great extent. So through this particular module, we've tried to understand how mental illness was seen in the medieval times where bugged out and places in the Middle East were much more. Advanced but Europe science, science and scientific inquiry was not as advanced. We also saw the concept of mass madness, where we saw tarantism. St. Vito's lycanthropy, we saw witchcraft where people were considered to be witches, and they were kind of killed and then we see how today this is not the reality where people actually questioning such practices. So hope through this module will be you've been able to figure out and understand how abnormality was viewed during the Middle Ages. Thank you.