

Depression is one of the terms that describe patient or impatient conditions overcome by the almost permanent feeling of sadness, tightness of the chest, and the desire to cry. Causes of Depression There are many factors that affect the emergence of depression, including heredity, some organic diseases such as stroke, paralysis of the thyroid, and some drugs taken by the patient that makes the person feel depressed, in addition to several psychological and social factors play the largest role in the emergence of symptoms of depression, such as the loss of a lover, and the occurrence of certain economic conditions, and the consumption of alcohol, as well as imbalance in the balance of neurotransmitters; as studies have shown that the lack of some chemicals in the brain and nerves such as serotonin have an effect on the appearance of depression, so researchers are now seeking to focus on drugs that help treat depression. Treatment of depression There are many methods to treat depression such as: psychotherapy, behavioral, cognitive, as well as drug therapy, especially modern drugs that treat depression. It affects females more than males. The rate of infection among females is 20% where males is 12%. There are many symptoms that appear on a person with severe depression, including: the almost continuous feeling of severe depression, feeling tightness in the chest, as well as the feeling of permanent sadness and the desire to cry at any time, and the reluctance to talk to other people, and the sense of loneliness and isolation, less interest in enjoying daily activities such as: work, or practice hobbies and activities. – The constant feeling of tiredness that drives you not to practice daily activities – Feeling insomnia and inability to sleep. – Feeling of tension In addition to the slow and irritable psychological and motor chronic headache. – Chronic lower back pain, irritable bowel syndrome. These medicines are safe, have little side effects on their users, and are not addictive. There are other symptoms of depression like: – Feeling too large guilty, self-contempt and loss of confidence. Many of the chronic conditions have been cured. There are many people who suffer from depression weather male or female . – Lack of ability to think and focus in addition to the inability to make a decisions. – Chest pain. The effect of these drugs appears after at least two weeks, and the treatment period may last for .one year or more