

# DELAYED TOXICITY OF PSYCHOTROPIC DRUGS

1. Most of the psychiatrists are unaware as to what is a perfect mind since they are taught only to diagnose an abnormal or imperfect mind. We all are well aware that there are countless or squillion human minds across the globe which are normal or even brilliant. The question then arises as to what actually is a perfectly normal human mind!
2. To my humility the answer to the puzzle seems to be that a perfect human mind is evermore balanced and prudent, thereby taking all decisions even under most stressful circumstances coolly and thoughtfully using prudence and foresight and the likely consequences therein. It never wavers even under most trying conditions and offers convincing solutions to all intricately mangled dilemmas and problems.
3. Most of the medical doctors are unaware of the signs and symptoms of psychotropic drugs. I too am a postgraduate doctor with almost 58 years of experience in medicine but until three years ago was unaware of it. To expaciate, while going through various medical examinations myself, it is suffice to say that the drugs cause delayed toxic symptoms. The delayed toxic symptoms caused by the psychotropic drugs are still a matter of conjecture and neither the examiner nor the examinee is still aware as to what they actually are.
4. To elaborate on the nonplussed issue here is my personal experience as regards the toxic signs and symptoms which I have not only undergone but also courageously endured for almost ten years. Of course I don't rule out the acumen of the neurophysicians who may be aware of some of the signs and symptoms. However I am not confident whether they know the actual expanse of the problem. As such for the benefit of the fraternity as well as the unfortunate patients here is a firsthand account of the morbidity. Please read as under.

5. In the year 2010, I was deceitfully forced to ingest the psychotropic drugs for reasons known to my perpetrators. I dare earnestly confess that like all other medical doctors, excepting the neurophysicians, I too was unaware of the least known delayed toxic symptoms of these drugs. My ordinariness do humbly try to make the global medical fraternity aware all about it. Now on further research deserves to be carried out based on my experiences on the vexacious bugbear. So far my knowledge on the delayed side effects of these drugs was only limited to saying that that “these drugs can cause delayed toxic effects”. He same was good enough to passing various medical examinations. As I was well aware that neither I nor the concerned examiner knew what they exactly and actually were? Here I write my experiences having suffered with them long enough. To describe them serially they are as follows. Though I was well aware about the delayed side effects of these medicines but like all other medical professionals I actually did not know what exactly they were? The drugs were prescribed by well experienced doctors so believing them I ingested them in good faith, though only for three plus months. Please further your knowledge as under.

- a) In late 2010 I started ingesting the drugs. Within a week following their ingestion I developed pustules inside the nostrils and upper lips along with rosacea acne all over the abdomen. I took symptomatic treatment for the same prescribed by the dermatologist. Though I got suspicious but as I did not know about the actual signs and symptoms of side effects, I continued with the treatment as beforehand I was not warned by the treating doctor about it. Soon I developed allergic conjunctivitis in both eyes. Which responded to conventional treatment.
- b) Thereafter having got scared my wife worriedly tried to consult the treating doctor on his mobile who was located in a faraway city as regards further advice. Unfortunately he did not respond. Terrified of further consequences within three plus months I on my own tapered the drugs in view of ‘cold Turkey’ response.
- c) While I still was unaware of these delayed toxic effects I noticed my saliva had become thin and copious and I developed drooling.

- d) Frequent allergic as well as infective conjunctivitis became a commonplace. For which I consulted the eye specialist in MH Jabalpur. Who diagnosed it as an “Allergic Conjunctivitis”. I took conventional treatment for several weeks. When I did not recover I suspected it to be the delayed poisonous effect of psychotropic drugs and suggested the same to him about my past history. It seemed he too was unaware of it and reassured me about the condition of my eyes. When even after taking treatment for almost two months I did not recover, I was told that I had to live with ‘Dry Eyes’ for life. The only remedy available was to regularly instil carboxymethyl cellulose \lubricating eye drops regularly and frequently. In 2016 while we were in Nagpur, Central India my wife forced me to consult a private practitioner ophthalmologist. Who after examining me advised to go to a neurologist?
- e) On 31<sup>st</sup> March 2016, I visited a neurologist who took my complete medical history and diagnosed me to be suffering from ‘Delayed Toxicity of psychotropic drugs’ administered to me in 2010. He prescribed me drugs to cure it not being able to assure as to how long it would take to get cure. He further found me to be having dyskinesia of tongue and facial muscles. Soon I also noticed that I had developed disarticulation of speech and thinning and drooling of saliva. Other side effect is that I have not slept properly and comfortably for the last ten years for not more than 3-5 hours. At times I have gone through the misery of insomniac nights all alone in my sufferance.
- f) For the last two years I am undergoing treatment by the neurophysician Army R&R Hospital Delhi Cantt. He too cannot assure me about my likely future. I fear that my problems are irremediable.
- g) I do hereby submit that I had been a fairly successful postgraduate doctor of long standing. As the saying goes ‘a doctor never retires’. I have my worst fears that have become redundant prematurely as a doctor? Or have a few ignoramus mooncalves become a Frankenstein’s Monster for their own fraternity

The above 'write up' is submitted herewith to enlighten the medical fraternity about the so far least known topic of psychotropic drugs delayed toxicity.

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