

Analysis of schizophrenia, a mental disorder

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Information of Article	ABSTRACT
<p><i>Article history:</i> Received: 22 June 2026 Revised: 27 August 2026 Accepted: 29 September 2026 Online: 20 October 2026</p> <p><i>Keywords:</i> Schizophrenia, Mental health Mental illness. Bipolar disorder Risperidone, Apraprizole Spirituality, Dopamine, Serotonin</p>	<p>Schizophrenia is a mental disorder which is chronic (long time) and the person loses its ability to think and express its emotions in different situations. Lost in its own thoughts, social withdrawal, less praised, appreciated for his or her work, brain start sending wrong signal and the person see illusion that in real does not exist, hearing voices as auditory hallucination, seeing things that don't exists as vision auditory, smell bad with no one smelling same. It is the loss of ability of senses to work properly. It is the disorder of thoughts, expressing emotions and difficulty in acquiring knowledge and focussing on a goal. We created a Chabot, mentioning the process of schizophrenia, how it occurs and how we can keep ourselves fit from negative energy around us. It is a chat bot that works as an AI assistant that provides medicines, herbs related to illness and another chat bot that provides stress levels.</p>

1. Introduction

The **suprachiasmatic nucleus (SCN)**, located near the hypothalamus, contains circadian clock genes such as **CRY, PER, CLOCK, and BMAL1**, which regulate the sleep-wake cycle, hormone secretion, and feeding behavior [44]. Pain and pleasure can disrupt the SCN's rhythm, leading to disturbances in sleep, hormonal balance, and kidney or urinary function [44,45] Environmental factors such as **morning sunlight, fresh air, vitamin D, and low pollution** help synchronize circadian rhythms and promote overall health [43]. Essentially, both internal signals and external cues interact with the SCN to maintain optimal physiological cycles.

- **Epinephrine (adrenaline)** is produced by the adrenal medulla and triggers **fast fight-or-flight responses** during acute stress.
- **Cortisol** is produced by the adrenal cortex and manages **long-term, prolonged stress**, maintaining energy and alertness.
- **Adrenaline acts quickly**, while cortisol acts more slowly but lasts longer to cope with ongoing stress.
- **High blood pressure** can increase the intensity of acute stress responses, creating a feedback loop.
- **Dopamine motivates us, it always requires rewards, and learning new things is not only pleasure.**
- **Endorphins acts as pain relief and thus reduces stress. When dopamine and serotonin hormones are balanced it helps keep our mood stable, improves conc., and increases motivation.**
- **Without medicines it can be achieved by regular exercise, enough sunlight, good sleep, and healthy protein-rich foods.**
- Endorphins acts as pain relief and thus reduces stress. When dopamine and serotonin hormones are balanced it helps keep our mood stable, improves conc., and increases motivation.
- Without medicines it can be achieved by regular exercise, enough sunlight, good sleep, healthy protein-rich foods. **Chronic stress** with prolonged cortisol release can be harmful, whereas adrenaline is meant for short bursts.
- Overall, the brain and adrenal glands work together to manage **stress, reward, pain, and mood** through these hormones and neurotransmitters.

A mental disorder that continues for a long time can take the form of a serious mental health issue such as schizophrenia. Various factors can be the cause that includes environmental, biological, and psychological factors [14, 15, 17, 18]. Prolonged exposure to abusive language, stress, and improper food habits can worsen this disease [16]. A

person with schizophrenia may struggle with concentration, decision-making, and completing daily tasks, especially when overwhelmed with multiple responsibilities [15, 19].

When someone is unable to focus on their work or manage tasks effectively, it can lead to frustration, low mood, social withdrawal, and difficulties in professional life [14, 15]. They may face criticism from employers, or if they are business owners, their stress may negatively affect their employees. Prolonged mental distress can also increase the risk of developing other conditions such as depression or bipolar disorder [15, 17].

Delusion – a false belief held strongly despite clear evidence to the contrary.

Illusion – a misperception of a real stimulus, like a stick in water appearing bent.

Hallucination – perceiving something that isn't actually present, such as hearing voices when no one is speaking.

2. Predictive analysis of Schizophrenia

Schizophrenia affects daily activity with about three to seven persons suffering among 1000 people worldwide.

Schizophrenia is currently diagnosed on the basis of symptoms and past history with no lab test available to conduct the test of mental disorders. Schizophrenia mental disorder is observed basically on the criteria set by **DSM-5** (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition) and **ICD-10** (International Classification of Diseases, 10th Revision) [1]. It is a very long treatment, complex and differs from one person to another as it depends on many factors, environments, life experiences and on any type of drugs consumed in the past [2]. Due to its similarities with other disorders like bipolar it is difficult to examine Schizophrenia illness.

People with Schizophrenia or cognitive defects often has poor memory, less concentration, can start laughing instead of feeling depressed, less IQ that altogether makes them unable to do anything in life.

Schizophrenia one cause is abusive language by others and so the cult organization does the same to break the homes and isolate them to take control of the members fully.



A. Widened ventricles in Schizophrenia patients B. normal person.

Bipolar I disorder involves depressive disorder and traits of Mania (high elevated energy, talkative, waking at night) [22].

Bipolar II disorder involves depressive disorder and hypomania [22], [23].

Depending on different cultures it may be high or less, for example China and South Africa have dizziness, headaches as symptoms and auditory hallucination is more in Turkish, and Dutch [30]. In Black women are more along with low income countries as compared to white [30].

Low level of neurotransmitters like noradrenaline (Norepinephrine) and Serotonin, glutamate, and GABA leads to depression [24], [25].

Adrenaline, also called epinephrine, releases due to fear, anxiety, or stress. Cortisol is in return to manage stress and to repair itself. However, exposure to prolonged or chronic stress can lead to excessive levels of cortisol, which can have harmful effects on the body [26].

If the mother is depressed during pregnancy it is more likely to pass the symptoms of depression to the child, if afterwards it may or may not pass [26], [27]. If cortisol levels are the same for mother and daughter then it can be genetic, if not it can be under environmental influence [27].

Ventral striatum, Prefrontal cortex, Amygdala, Orbitofrontal cortex, Anterior cingulate cortex, and Hippocampus are the areas of concern

with depression or Bipolar disorder [28], [29].

If the chStressors are linked to mood disorders. Prolonged mood disorder may lead to bipolar disorder or Schizophrenia [27]. For example If a child always get to hear negative words, left alone in friends circle and for a long time is more likely to get Bipolar and depressive disorder [27]. Child grown watching violence against mother or itself or someone in the family, or hearing abusive language or is genetics pass from generation to generation is more likely to get the Depressive and Bipolar disorder [27].

The optic nerve goes to the optic tract and from the optic tract to the Lateral geniculate nucleus that is the visual part of Thalamus and from the thalamus to the Primary visual cortex (calcarine sulci) in the right hemisphere [25]. Simple hallucination can be due to the primary visual cortex and complex hallucination (object and Face recognition) can be due to visual stream (dorsal stream) [25].

Functional MRI scan is based on Blood oxygen level with more activity red/ yellow (warmer colors), low activity like blue color (Cooler color) [33].

Table 1. Brain Region and Role it plays.

Experience	Brain Region	Role
Fear / "Black Shadow"	Amygdala	Triggers emotional fear
Repetition	Prefrontal cortex	Promotes acceptance of false narratives
Fade Memory	Hippocampus	Stores altered or selective memories

Some cult practices use black shadow to create fear; it can be rewired by exercises, saying to yourself you are strong, and safe. A repetitive word often creates hurdles in thinking, learning that is part of the pre-frontal cortex, it can be rewired by changing the thinking going practically to truth[34].

The dorsolateral prefrontal cortex (DLPFC) at the left hemisphere does thinking, a new learning job and is a conscious mind and part of the prefrontal cortex. It is referred to as the narrator too, the ego part of the brain like I do, and I did it[28].

The ventromedial prefrontal cortex is a protector, it causes fear, and it needs control, to remain safe. Amygdala creates fear, Hippocampus (memory), memory fades away. It is a subconscious part of the brain[28, 29].

Last layer is for self-awareness in the right brain, insula, and pineal gland may be of use.

Hearing loss and Schizophrenia is due to the malfunctioning of myelinated axon, reduction of myelinated sheath and white matters[29, 35].

There are four types of glial cell, astrocytes that acts as cleaner, oligodendrocytes and schwann cell that makes myelinated sheath in Central Nervous System (CNS) and Peripheral Nervous System (PNS). Myelinated disease can affect either oligodendrocytes like multiple sclerosis or Schwann cells, for example Charcott marie tooth [25].

A person can become mildly self-hypnotized by looking into a mirror for a long time or by being stared at by someone for a long period. Louis Wain was a famous painter in England in the early 1900s. He was known for painting cats with human-like features [36].

It is believed that he suffered from delusions and thought that electricity was being put into him from a movie theater. Some people suggest that spending a lot of time drawing cat eyes may have led him into a self-hypnotic state. Dr. Masaru Emoto, a Japanese researcher, claimed that continuously staring at water could change its molecular structure [36, 37].

difficulty sleeping, leaving the mind disturbed. To maintain balance, it is important to

3. Natural Healing

Sunlight, vitamin D, and fresh air can help improve health and awaken inner energy. They may also help people gain better control over their breathing and senses [38].

Dopamine and serotonin levels need to be balanced for mental and physical health. Low

serotonin can cause tiredness, fatigue, lack of hope, oversleeping, and low energy, often

bringing the mind disturbed. High serotonin can lead to excess energy, restlessness, and regulate how dopamine and serotonin are released in the body. Keeping the mind calm in every situation is essential for achieving this balance. Practices such as mindful breathing,

meditation, spending time in nature, and exposure to sunlight help stabilize these neurotransmitters, promoting a steady mood, inner calm, and overall well-being [24]. Natural healing can take time, as it varies from person to person, but it has no side effects.

It requires daily practice of meditation and exercise, along with supportive Ayurvedic medicines such as Brahmi, a brain tonic that helps improve memory. The sun nourishes us with energy and vitality, while the moon soothes us with its cooling calmness.

Since ancient times, it has been believed that drinking water charged under the

gentle moonlight, especially when kept in a copper vessel or silver glass, refreshes the spirit,

cools the mind, and restores inner harmony[38].

For good mental and physical health, dopamine and serotonin levels should stay balanced. Low serotonin can cause tiredness, low energy, hopelessness, and oversleeping. High serotonin can cause restlessness, too much energy, and trouble sleeping. Keeping the mind calm helps maintain this balance.

Practices such as deep breathing, meditation, spending time in nature, and getting sunlight can help balance these chemicals in the body. This may improve mood, bring inner peace, and support overall well-being [24].

Natural healing takes time because each person is different, but it is generally free from side effects. Daily meditation, exercise, and Ayurvedic herbs such as Brahmi, which is known to support memory and brain health, may help improve well-being.

The sun gives us warmth and energy, while the moon brings a sense of calm. Since ancient times, people have believed that drinking water kept under moonlight, especially in a copper or silver container, can refresh the body, calm the mind, and bring inner balance [38].

Traditional Beliefs and Scientific View

Traditionally, the moon is believed to keep us calm, as it contains low energy and thus creates a sense of peace and emotional balance. Scientists believe that moonlight comes from the sunlight refraction and is much less intense than direct sunlight. The feeling of relaxation may come from the calm surroundings at night, the cooler air, and the peaceful nature of the practice itself [4, 5].

Many traditions believe that water kept in moonlight takes in positive and calming energy. Drinking this water is thought to promote peace and relaxation. However, there is no scientific evidence that moonlight changes the properties of water. Still, drinking enough water and doing so with awareness can support relaxation and overall health [6,7].

Ayurveda says water stored in copper vessels (Tamra Jal) help maintain the body's natural balance. Proven by scientists that small amounts of copper exist in the water. Copper can help reduce harmful microbes and is needed for important body functions such as blood formation, enzyme activity, and brain function when taken in safe amounts [8,9,10].

At night, the sun's heat goes back, and the land cools faster than the sea, making air near the coast feel cooler [39]. Bright moonlight, especially during a full moon, can disturb sleep because its light may reduce Melatonin, the sleep hormone, causing a person to wake more easily [40]. Although the Moon's gravity causes higher tides near the sea, this has little effect on the air temperature [39]. In contrast, during a half moon, the dimmer light allows melatonin production to continue normally, helping the mind feel calmer and promoting better sleep [40].

Serotonin has a direct effect on synthesis of melatonin [24]. Low level means less melatonin release during night and no sleep [24]. Some intake of caffeine or sugar can also influence the release of melatonin [40].

4. Spiritual healing

Many philosophers and saints have given to the society a formula to have a better sleep and stress free hormone release cortisol, one mind needs to understand and nothing is permanent or happens with our wish [38]. Our diet reflects our mind about what we eat, think, and see. With a good diet, good thoughts, and a calm mind, we can conquer the world [38]. Stressful mind, anger mind will do more damage than doing any good [38].

It is universal law to not take anything that doesn't belong to us and return back to its owner. By accepting less and giving more and feeling more gratitude towards GOD (present in everyone) in some way we can feel lighter [38]. As explained, if we get to hear wrong words we should know the person is ill and the ill person is not in peace of mind and so we should not lose our control because of that person [38].

One if reacts as fire; we have to be cooler like water not fire that reduces us to ashes [38].

5. Use Cases

Suppose a child is walking when a dog suddenly approaches from the other side. Out of fear, the child runs back and, while running, falls on the road. The fallen child gets the help and the dog, becomes frightened, and runs away. How can this situation be described in terms of changes in energy levels and dog behaviour?

What effect or change is our body movement, breathing, posture that appears to be stress [26]. It is sensed by dogs with all these body posture and can lead dogs to be more active and attack. A normal person will get angry but will become normal but schizophrenia patients can become out of control and can worsen the condition that can stimulate the dog [35].

Normal or Schizophrenia patient

On approach or sense of any danger nearby, heart beat increases and there is release of adrenaline. Sensing power of the dog is high, it can understand body posture, signal and energy level so it can attack or chase. A normal child will get afraid but will resume but schizophrenia patients can be not present with reality or may be more angry [35].

When you hear repeated words in the mind, what does it mean? On approach or sense of any danger nearby, heart beat increases and there is release of adrenaline. Sensing power of the dog is high, it can understand body posture, signal and energy level so it can attack or chase. Normal children will get afraid but will resume but schizophrenia patients can be not present with reality situations or may be more angry [35].

When you hear repeated words in the mind, what does it mean ?

It can be normal or speech pattern or mind making it remember or rumination where thoughts are repeated in a loop [42].

Dopamine in the Brain

- Motivation
- Reward and pleasure
- Attention and focus
- Decision-making [24]

The Prefrontal cortex (front part of the brain) uses dopamine to control planning, impulse control, and rational thinking [28].

“If someone abuses you and you ignore them many times; later your mind keeps remembering and keeps internally reacting without patience, why does our brain bring that person's name and your words back ? How can a person control this ?”

Why This Happens in the Brain

1. Emotional tagging of the event
When someone says something hurtful, the emotional center of the brain — the Amygdala — marks the event as important or threatening [28].
2. Memory storage
The event gets stored in the Hippocampus along with the emotion [29].
3. Trigger from similar situations
When you later hear similar words or see the same person, the brain retrieves that memory automatically. This happens because the brain tries to protect you from past negative experiences.
4. Inner response or rumination
The thinking part of the brain — the Prefrontal cortex — starts replaying the situation, imagining what you could have said.

This repeated replay is called rumination [42].

5.1 Use Cases: Hospital Situation

Some people do not often visit doctors, and get irritated if they are forced or listening to loud sounds. How would an ordinary person behave?

They might feel stressed, uncomfortable, anxious, negative and irritated. Some people might become quiet and withdrawn, while others may show impatience or slight anger. However, most individuals are still able to control their behaviour, remain socially appropriate, and manage their emotions even if they feel internally uneasy [42].

5.2 Use Cases: CCTV Illusion vs Schizophrenia

Normal Person

- This is usually a visual illusion caused by low light and shadow.
- The brain tries to match unclear shapes with familiar patterns (human, dog, etc.) [25].
- After looking carefully or turning on more light, the person realizes it is just a CCTV camera.
- They can correct their perception once given evidence.

In the Schizophrenia Patient reaction will be same as it is misinterpretation but as its mental health issue they will be considered them only right in spite of having proof, it may be considered it was changed picture or someone watching them as their mind set is someone wants to harm them despite of any explanation [35]

5.3 Use Case: Interpretation of Facial Expression

Suppose a patient watches CCTV footage and one appears angry. Out of five, four interpret it as normal, and one thinks the person looks irritated. How can we describe it in term of patients and normal interpretation?

Normal Variation in Perception

- One person may see a neutral face.
- Another may see mild irritation.
- Someone else may sense anger.

This happens because:

- Humans interpret expressions based on personal experience.
- Mood and past memories influence perception.
- Video quality (lighting, angle) can affect interpretation [42].

Key Difference

- Normal person: May interpret differently but can accept other viewpoints and adjust their opinion.
- Patient with active psychosis: May hold a fixed belief, personalize it, or connect it to paranoid ideas, even when others disagree [35].

5.4 Use Case: Anger in Normal vs Schizophrenia

Use cases: A person gets angry being normal and schizophrenia patients too get angry, how normal person behaviour can be defined?

Emotions need to be out, it is normal to get angry whether it's a schizophrenia patient or normal.

Common point:

- Anger is common in humans with experience showing increased heart rate, increased voice volume and strong reaction.

Difference:

- A person with active schizophrenia (especially during psychosis) might become angry due to distorted perceptions, delusions, or hallucinations [35].

Dopamine in the brain is about salience, reward, and learning, not just pleasure [24].

- Negative words or loud voices are stressful stimuli, not rewards.
- In response, dopamine signalling in the mesolimbic pathway can spike abnormally, because the brain tags these stimuli as “important” or threatening [28].
- This can cause:
 - o Anxiety
 - o Irritability
 - o Hyperawareness of sound
 - o Sometimes misinterpretation of neutral stimuli as threatening

In people vulnerable to Schizophrenia, this can exacerbate positive symptoms (like hearing voices) because the brain over-tags stimuli as significant [35].

- Normal: Walking while thinking, smiling, or talking internally — but knowing the thoughts are your own and staying aware of surroundings.
- Abnormal: Hearing voices as if they are external, losing awareness of reality, and being unable to recognize thoughts as self-generated [35].

5.5 Effect of Nicotine and Alcohol

Nicotine and Alcohol both are external dopamine spikes that trigger the release of dopamine in large amounts [24].

Over time:

1. The brain becomes dependent on external spikes.
2. The natural cycle of dopamine get less active or responsive.
3. The prefrontal cortex can no longer regulate behaviour in a correct manner. [28].

This activities results in:

- Poor self-control
 - Difficulty concentrating
 - Impulsive actions
 - Low motivation
-

5.6 Energy and “Weakness” Feeling

The prefrontal cortex becomes weak in thinking or doing any task as the neural circuit can’t control signals and dopamine release is irregular [26].

Person affected can experience

Low working capacity

Stress level increase

Mental fatigue

A person may feel low energy or weakness because of neurochemical release effects and less oxygen level.

Oxygen in the Brain

The brain normally keeps oxygen levels very tightly regulated through blood flow.

However:

- Chronic smoking can reduce oxygen delivery because carbon monoxide in smoke reduces oxygen transport.
- Alcohol and substance misuse can also affect brain metabolism.

So indirect effects on oxygen supply may occur, but the main issue is dopamine imbalance and reduced prefrontal cortex control.

“If a person sees a passer by who looks irritated, makes faces, or looks at the things one has purchased, is it normal or the person may be having a mental illness ?”

Possible Reaction

Schizophrenia symptoms may appear as people are mocking them, and are irritated in their presence. May attach special meaning to normal actions

For example, if someone looks at them with intentions and some message to them.

Key Idea

This can happen because the brain may assign too much importance (salience) to ordinary social cues, causing misinterpretation of neutral situations [35].

Medication Mechanism

Proper statement:

Aripiprazole partially blocks dopamine overactive secretion in the mesolimbic pathway.

- If dopamine is too high (like in the mesolimbic pathway in psychosis) → it reduces the effect.
- If dopamine is too low (like in some other brain areas) → it can mildly stimulate the receptor.

So it acts like a dopamine stabilizer, not a full blocker [24].

In Schizophrenia the mesolimbic pathway (where dopamine may be overactive and cause positive symptoms):

Aripiprazole:

- Competes with dopamine
- Activates the receptor less strongly than dopamine
- Overall effect → lowers excessive dopamine signaling

That helps reduce:

- Hallucinations

Why it is different from older drugs

Older antipsychotics:

- Fully block D2 receptors
- Higher risk of side effects

Aripiprazole:

- Partially stimulates while reducing excess
- Lower risk of prolactin increase
- Lower risk of heavy sedation
- Lower risk of movement side effects (compared to strong blockers)

6. Migraine

A Migraine is a more severe neurological condition than a normal headache. It involves abnormal brain activity affecting nerves and blood vessels [25].

Symptoms:

- Severe throbbing pain (often one side of the head)
- Nausea or vomiting
- Sensitivity to light and sound
- Visual disturbances (flashes, zig-zag lines) called Migraine Aura

Common triggers:

- Stress
- Lack of sleep
- Hormonal changes

Possible common factors

The migraine-like symptoms and visual sensitivity can be Vata or Pitta imbalance. Brain neurotransmitters Both conditions involve imbalance in chemicals like Dopamine and Serotonin.

1. Brain signaling changes
Abnormal communication between brain regions can contribute to both Migraine and schizophrenia symptoms.
2. Stress and sensory sensitivity
Stress, sleep problems, and sensory overload can trigger migraines and may also worsen symptoms in schizophrenia.

Important point

- Migraine does NOT cause schizophrenia.
- Schizophrenia does NOT directly cause migraine.

They may simply share some brain pathways and risk factors.

Migraine and schizophrenia are different disorders, but they may be related because both involve changes in brain chemicals like dopamine and serotonin and altered brain signaling.

Eye pain can stimulate during Migraine conditions or other factors because nerves around the eyes are connected to head pain pathways.

Common triggers include:

- Eye strain due to watching TV for long time, computer or mobile, and reading in very dim light
- Bright light – sunlight or strong artificial light
- Lack of sleep
- Dehydration
- Hormonal changes during menstruation

- Sinus pressure from a cold or allergy
- Stress and tension

The nerve often involved in migraine head-eye pain is the Trigeminal nerve [25].

Key Points

1. Early vs. Late Onset

- Early onset (teens to 30s) is **most common** and often hormonally or genetically influenced.
- Late-onset (40s+) is less common but can appear due to hormonal shifts, thyroid issues, or lifestyle changes.

2. Triggers Are Consistent Across Ages

- Stress, dehydration, poor sleep, and certain foods can trigger migraines at **any age**.
- Dopamine and serotonin fluctuate temporarily during attacks but **do not indicate psychiatric disease**.

3. Red Flags

- If migraines **start suddenly after 50–60 years** or are **very severe or unusual**, a **neurological check** is recommended to rule out other causes.

7. Chat Bot Assistant

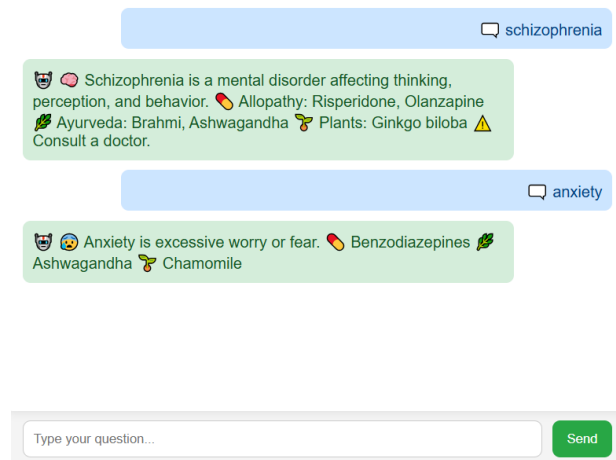


Fig 1 : Chat Bot Assistant

Question and answers are stored as data.json files. Front end uses index.html, app.js in public, and Backend is stored as server.js files and is deployed in render [3,21].

The stress app is a tool that takes your weight, height, sleep hours, working hours, AI face detection and lets you know the stress level and one has to change the daily routine one has been doing [46].

Commands to make an app

flutter clean

flutter pub get

flutter build apk

This project is built based on AI mental health and its use is to provide information about schizophrenia, depression and anxiety. Once the user inputs the disease the chatbot that uses machine learning tries to match keywords that predict answers or information related to disease. It acts as a support tool and uses better AI models and techniques.

Another app Stress AI pro is created with the help of flutter that works on basic daily activities like whether the person smokes, drink, blood pressure etc and then gives the scoring of stress based on input.

8. Data Analysis

Based on input of data collected from National mental Health survey Schizophrenia, Depressive disorder, Stress related disorders are more at the age of 40-49. The area where more people are affected is the Urban metro [47].

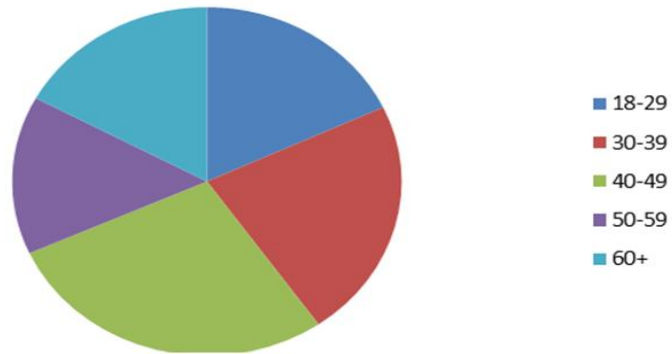


Fig 2. Prevalence rate of Schizophrenia at the age of 40-49 more [47].

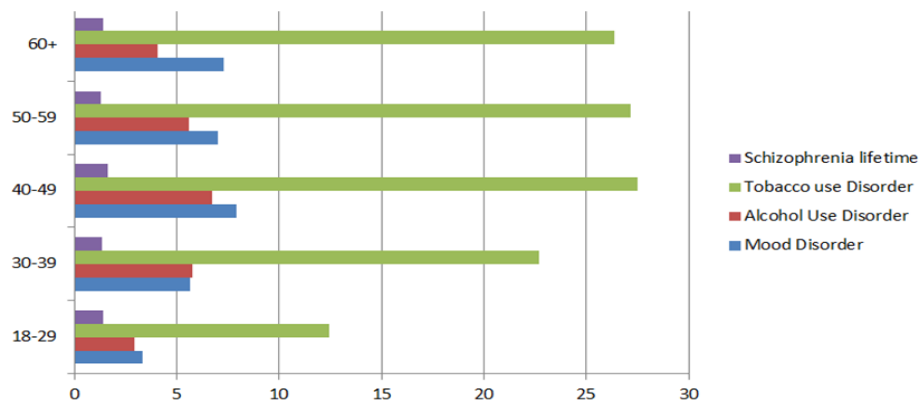


Fig 3. Line graph that shows Prevalence rate of Mood disorder, Schizophrenia lifetime, Tobacco use disorder, and Alcohol use Disorder.

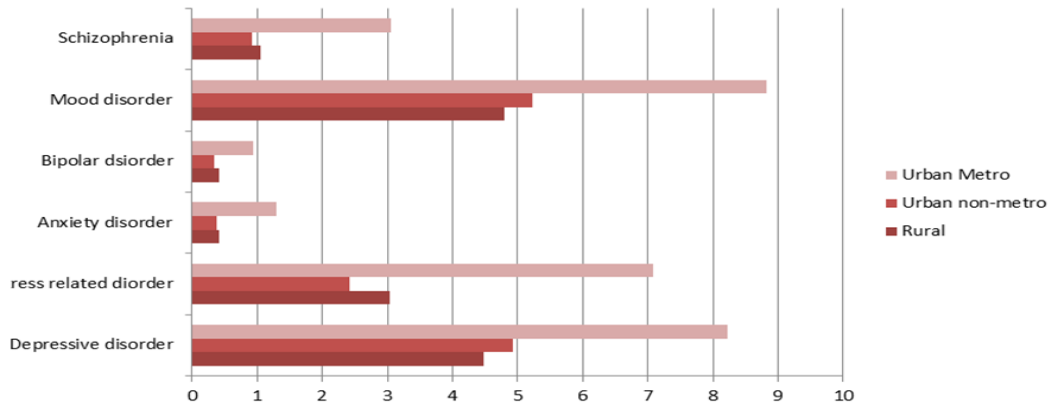


Fig 4. Line Graph that shows people living in Urban Metro has more disorders

9. Conclusion

Schizophrenia is a mental illness with continuous flow of dopamine, some refer to repetition of words, abusive language. The body always needs pleasure and when exposed to pain it shifts towards pleasure and rewards. It is just like how fat accumulates in our body and we gain weight when taken in maximum amount. Negative energy suppresses our own thoughts. FMRI scans always show less oxygen level towards the prefrontal cortex and maximum towards other parts of the brain like auditory means hearing sound, hallucination, etc. AI chat assistants, provides support, awareness and understanding of Schizophrenia and a way to talk to the patients.

Continuous or repeated rejection creates emotional stress, which over time may increase the risk of developing mental health problems such as anxiety or depression. A balanced life is essential for mental and physical well-being including a balanced diet, and can suffer pain along with pleasure.

Our body can't always eat sweets, it needs a variety of tastes, including sour, or bitter just like successes and failures. Small tasks such as making a space, focus, small joys, and making use of a positive language can reduce stress, promote emotional health, and help manage negativity over time. Controlling our breath, emotions can overcome our illness.

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