

MENTAL HAZE, ITS IDENTIFICATION, CONSEQUENCES AND TREATMENT VIA PSYCHOTHERAPY

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ABSTRACT

In our daily life we feel that many times we are not able to think very clearly. Our ability to complete mental tasks are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. If such type of mental impairment or Haziness is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by the proper counseling of the candidate. The current work aims to discuss how such kind of psychotherapy is useful for treatment of the candidate.

Key Words : Mental Haze, Teacher

INTRODUCTION

Brain fog can be defined as “a stage of mental confusion, detachment and forgetfulness”. Sometimes it is described as an unpaired mental state and inability to concentrate. Causes of brain fog is not clear yet many hypotheses tried to explain the causes. (R. Atkins, 1894). The main reason of brain fogging include missing night sleep, imbalance in neurotransmitter (brain hormone), impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of mental clarity. Moreover, it is reported in the literature that propagation of electrical impulses in the nerve cells that constitute the brain may be also the reason. Other causes include insufficient sleep, over consumption of alcohol, illicit drug use, mental exertion, emotional stress, long term disease.

The symptoms of brain fogging are not clear too (M. Basavanna2000). However, the assumed hypotheses suggest person suffering from brain fogging may have following symptoms: forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. Many people may experience a sensation of brain fogging. In the patient’s own words they say that they are feeling “foggy” One sufferer expressed that “I thought it become misty”. So we can conclude that Brain fog is majorly subjective and cannot be clearly measured to isolate a specific abnormality and imbalance.

BRAIN FOG CAUSES

Symptoms of brain fog can also be seen in certain neurological condition. Brain fog is common with using certain drug and hence known as iatrogenic cause.

INSUFFICIENT SLEEP

Sleep is important for physical, mental and social well being .there are host of ombalances that arise with inadequate sleep. The period of time during which we sleep is essential a recharging session .Hence inadequate sleep will lead to brain fog, which is described as morning fuzzy feeling.

ALCHOL OVERINDULGENCE

Excessive alcohol can impair brain functioning. Chronic alcoholism can cause permanent damage to the brain.

ILLCIT DRUG USE

Drugs like cocaine, MDMA and heroine causes bursts of neurotransmitter section .This impairs the normal brain functioning despite the euphoria making a person think that their brain function has improved.

MENTAL EXERSION

Any prolonged or strenuous mental activity that the above the norm coupled with physical fatigue may lead to brain fog. **(Deak MC, Stickgold R 2010)**

EMOTIONAL STRESS

Prolonged Emotional stress like marital process or sudden shock like death of loved ones and the accompanying grief can lead to brain fog. **(Bou-Holaigah, Rowe PC, Kan J, Calkins H 1995)**

- Brain fog symptoms : Sleep apnea
- Post traumatic stress disorder (PTSD)
- Liver disease

- Hypothyroidism
- Heart failure
- Depression
- Anemeia
- Brain disease like Alzheimer's disease ,Creutzfeldt-Jakob disease, Parkinson's disease
- Encephalitis
- Diabets mellitus
- Heavy mental toxicity

Remedy for morning muzzy feeling (foggy mimd, groggy).

There are different terms to describe brain fog. Lightheadedness or confusion, difficulty in concentrating or reasoning ,Hence there is no single word to describe this sensation accurately .Often we used different terms like muzzymor groggy feeling or a foggy mind.

A GOOD NIGHT SLEEP EVERYDAY

7-8 hours of uninterrupted sleep everyday around the same time prevents from brain fogging sleep ensures that you are physically and mentally refreshed.

There are some remedies for sound sleep:

Avoid Nighttime Disturbance –Here are few tips to avoid nighttime Disturbances:

- Ensure that we are sleeping in a quiet and cool environment.
- Bedding and sleeping cloths should be comfortable .
- Prevent waking at night to urinate (Nocturia): Empty your bladder completely before bedtime and keep the fluid intake to a minimum about 2 to 3 hours before sleeping .

Sleeping Pills may be the cause: Sleeping Pills may cause :Sleeping tablets is one such drug which causes morning grogginess. It will generally be worse

if you also use other sedatives or narcotic prescription medication like opioid painkillers.

Do not depend upon stimulants : It is said that "what goes up must come down".

Same goes with mental and physical state when you use stimulant.

Nicotine and caffeine may give you a short time boost but it is not the solution for the morning muzzy feeling infact it may worsen the problem.

Use an anti- snore Pillow: Snoring is one of the following which can affect sleep. Use an anti – snore pillow even if you are not snoring these pillow even if you are not snoring these pillow can help in maintaining airways which may assist to some extent to mild sleep apnea.

Consider a mild-day nap: If you did not have 7 hours of sleep receeding night then go for short power naps.

Drink more water during the day: The muzzy or graggy feeling can always help in recovering from muzzy feeling.

Water is not only the solution .Water with electrolytes like oral Rehydration solution (ORS) can be the best source for rehydration.

Eat a good breakfast: Breakfast is the most important meal of the day .it provides fuel to get through the day.

CONCLUSION:

Brain fogging is one of the serious health related issue in human being. This is a typical state of mental confusion, detachment and forgets fullness. However, the symptoms cause and cure is still not

well known. The current work discusses about the causes, symptoms and the cure of brain fogging in humans. Insufficient sleep, excess drug usage, over consumption of alcohol, emotional stress, mental exertion and long term disease are found to be the main reason for brain fogging. The person having such state of mind may have any of the these symptoms such forgetfulness, poor memory with recalling past events, difficulty in concentrating slowness with decision making and learning new things, confusion, mixing up words or forgetting words, easily mental fatigued with moderate mental activity. The current study suggests the best cure for brain fogging is the proper counseling of the candidate. The counselor may be their parents, teachers, elders or friends.

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