

MEETING ABSTRACT

Open Access

# Mental health: an Indian perspective

KA Kumar

*From* IndoSwiss Symposium on Cohorts and Biobanks (ISSCB)  
Trivandrum, India. 27-28 January 2012

In the Indian scenario, research in mental health is notably deficient, but available clinical and epidemiological data suggest a significant co-morbidity between mental diseases and cardiovascular diseases. Mental health problems do not have the precision of other biological sciences due to the complex phenotypes. In India the effects of culture and the transition in symptomatology of psychiatric patients are also important. Equally important are the family influences, traditional Indian herbal ethno-pharmacology and the community care perspective. The Indian systems of medicine give a lot of attention to visceral functioning and psychiatric research look into the metabolic substrate.

Published: 30 August 2013

doi:10.1186/1753-6561-7-S5-O19

**Cite this article as:** Kumar: Mental health: an Indian perspective. *BMC Proceedings* 2013 **7**(Suppl 5):O19.

**Submit your next manuscript to BioMed Central  
and take full advantage of:**

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at  
[www.biomedcentral.com/submit](http://www.biomedcentral.com/submit)



Correspondence: [drkakar@gmail.com](mailto:drkakar@gmail.com)  
Kerala Institute of Medical Sciences, Trivandrum, India



© 2013 Kumar; licensee BioMed Central Ltd. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/2.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.