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Neurobiology: Increase in violence in Pakistan and role of online medical care in its reduction

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Causes of increase in violence in a named society, apart from socio-political and economic reasons, will be examined in this study. One of the most important reasons for increase in levels of hostility in a society is prevalence of psychological depression among population, which can lead to violent behavior and cause physical harm to one or others, increase in suicidal tendencies and destruction of property. Increase and prevalence of internal medical diseases are one of the main causes of increase in depression, among which diabetes, hypothyroidism, vitamin D, calcium, and vitamin B12 deficiency, hypo and dyslipidemia can be mentioned. The main cause for increasing prevalence of depression in Pakistan can be attributed to: Rapid increase in spread of diabetes (mean prevalence 13.14%), which increased two times during a seven year period. Share of other illnesses contributing to depression can be summarized as follows: 20% to spread of diabetes in urban areas; 6.6% to spread of vitamin B12 deficiency; 84.3% to spread of vitamin D deficiency; 8.29% of subclinical hypothyroidism. In order to have more accurate results, further measurements of prevalence of functional vitamin B12 deficiency and calcium is recommended. By using online medical care system in Iran, it was found that 85% of people suffering from depression had at least one of the above mentioned causes, and after treatment symptoms of depression were noticeably reduced. At the end of this article there is an announcement for specialists in Pakistan and other countries, to adapt the online medical care system to their own circumstances.

Biography

Mahsa Houshdar is the CEO of Hooshdar Medical Technology, Iran. She is responsible in making a program will perform a process to get an acceptable result. She is also an excellent Web Designer with creative idea. She Performed the psychiatric and medical algorithm of the working system. She negotiated with technology research unit of Ministry of Health of Iran for presenting security consultant. She has Published her research results in Iranian and non-Iranian journals and presented the results in authentic congress.

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