

## "Of Psychosis" - A Poem by Dr Javed Latoo

This poem was written with the intention of increasing awareness of psychosis amongst the medical fraternity and general public. It is written in jargon free English language and highlights the important features of this medical condition.

When our beautiful mind feels all muddled up and  
 Ripe with a tendency to draw bizarre conclusions;  
 Hearing or seeing imaginary things as in a dreamland  
 Experiencing unreal things like unwanted intrusions.

When we worry about other people's intentions  
 Suspicious of being followed stirs waves of stress;  
 Carrying a tempest of troublesome mental tensions  
 Due to a belief that others are talking about us.

Stress of preoccupation with an unfounded belief  
 Of not being in control of our mind and body;  
 Worrying about being controlled invokes a great grief  
 Making us anxious and suspicious of everybody.

Holding an inflated view of being able to communicate  
 With God, aliens and royalty with a pleasure;  
 Insisting to possess powers to heal, and elucidate  
 Being royal with an ability to control the weather.

Being blissfully ignorant of lack of motivation, idleness  
 And apathy during the spring of our lives;  
 Often ignoring our daily personal cleanliness  
 With no interest to tidy up due to the lack of strives .

Soiled and too weary by the lack of enough sleep  
 Grief of our favourite food not appealing anymore;  
 Our neglect may even turn a house into a trash heap  
 With a brain too bewildered to focus furthermore.

This muddled state of mind is an illness called psychosis  
 Not a curse or black magic or witchcraft; beware  
 This is a temporary phase rather than an eternal stasis  
 Treatment is available instead of never ending despair.

### Author Details

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