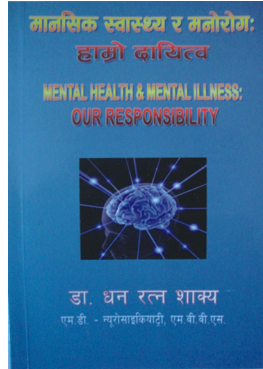


■ Book Review

Mental Health & Mental Illness: Our Responsibility

M Bhadra

AMDA Nepal- Primary Health Care Project for Bhutanese Refugees, Damak, Jhapa



Author: Dr Dhana Ratna Shakya

I recently had the opportunity to come across a book titled, 'Mental health and mental illness: Our Responsibility' authored by Dr. Dhana Ratna Shakya, MD; who is currently working as an Associate Professor of Psychiatry in B. P. Koirala Institute of health Sciences, Dharan, Nepal. This book is the tenth in his 'client counselling series'. I have really enjoyed reading Dr. Shakya's book Mental Health & Mental Illness: Our responsibility. This book has been primarily published as a reference book for health professionals and medical professionals, but like Dr. Shakya's other books, it will be useful for a wide range of readers including patients and their families.

This book will be useful in bridging the gap that exists due to the scant availability of mental health resources and written materials in an easily accessible Nepali language. As a public health professional, what I looked for in Dr. Shakya's book was simple information on Mental Diseases and a realistic approach to dealing with such cases from a public health perspective. It will suffice to say that, this book is comprehensive, simply expressed yet able to capture and retain the reader's attention. I have in the past recommended Dr. Shakya's other publications as reference material for the paramedical and medical staff at AMDA Nepal- Primary Health Care Project for Bhutanese Refugees (PHCP for BR. His latest publication, "Mental Health & Mental Illness: Our Responsibility", will definitely find itself an important component of the PHCP for BR libraries. Dr. Dhana's works have been very much appreciated from within the AMDA PHCP for BR family. The staffs find his books relevant and appropriate for a primary health care setting. As stated by the author, it will similarly be useful to all health professionals and medical students.

In 40 chapters, the author has ably covered the major areas of mental health and mental illness, including information about Nepalese mental health scenario. There is no doubt about the technical expertise and vast professional experience that fuels the know-how and contents of Dr. Shakya's books. His books are a boon to the Nepali medical and paramedical community because they are easy to understand, easy to follow and in Nepali so it makes the contents accessible to all who know Nepali.

मानसिक स्वास्थ्य विना स्वास्थ्य अघुरो, मानसिक स्वास्थ्य र मनोरोगबारे सुसुचित हुन सबै चिकित्सक, चिकित्साशास्त्रका विद्यार्थी र आम मानिसले कम्तिमा एकपटक पढ्नैपर्ने पुस्तक

I look forward to reading more of Dr. Shakya's works and wish him the best in his future endeavours.

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