



# Get the Best Schizophrenia Treatment in Delhi





Schizophrenia is a complex mental health disorder characterized by symptoms that affect a person's thinking, emotions, and behavior. It often starts in early adulthood but can develop at any stage of life. People struggling with schizophrenia might find it difficult to think rationally and experience things like hearing strange noises or having bizarre beliefs.

Are you or your loved one is seeking the most effective and **best schizophrenia treatment in Delhi?** If yes, you can begin your recovery journey with Sharda Psychiatric Clinic. We have a team of experienced psychiatrist and psychologists to treat schizophrenia. We understand the unique challenges posed by schizophrenia, and we are committed to providing you with the best treatment possible.

### **Common Symptoms Of Schizophrenia**

If someone is struggling with schizophrenia, then he or she may experience the following symptoms. The symptoms are categorized into three main groups: positive, negative, and cognitive symptoms.

#### **Positive Symptoms:**

- **Hallucinations:** False perceptions involving hearing, seeing, feeling, smelling, or tasting things that are not present.
- **Delusions:** Strongly held false beliefs that are resistant to reason or contradictory

evidence.

- **Thought Disorders:** Disorganized thinking that could be reflected in speech and people might find it difficult to communicate their thoughts.

#### **Negative Symptoms:**

- **Flat Affect:** Reduced emotional expression, including facial expressions, tone of voice, and body language.
- **Social Withdrawal:** Difficulty establishing and maintaining relationships, leading to social isolation.
- **Anhedonia:** This includes the reduced ability to experience pleasure in daily activities.

#### **Cognitive Symptoms:**

- **Impaired Executive Function:** This includes difficulty with planning and completing tasks.
- **Memory Impairment:** Challenges with working memory and overall cognitive function.
- **Comprehension:** A patient might find it difficult to comprehend information for a longer time.

### **Schizophrenia Treatment and Therapies**

Dr. Atmesh provides the **best schizophrenia treatment in Delhi** with the following medications and therapies:

- **Medications:** The patient is treated with the help of medications like antipsychotics.
- **Psychosocial Rehabilitation Program:** Under this, the patient is trained to improve his everyday functioning and live a better quality of life.
- **Social Skills Training:** It is a therapeutic approach to improve the interpersonal and communication skills of patients struggling with schizophrenia.
- **Family Counseling:** The patient family is educated on schizophrenia and ways to manage it.
- **Cognitive Behavior Therapy (CBT):** It is a talking therapy that helps patients deal with the condition by changing the way they think and behave.
- **Hospitalization:** This is considered when the patient is showing severe symptoms of schizophrenia.

## Ready to Begin Your Recovery? Connect with Us!

Connect with Sharda Psychiatric Clinic and get the **best schizophrenia treatment in Delhi** with Dr.Atmesh and his trained and certified team. Schedule a consultation with our clinic and commence your journey towards a renewed life. Let our team guide you towards a brighter and balanced future free from the challenges of schizophrenia.

