
BOOK REVIEW

A Decade of NIMHANS (National Institute of Mental Health and Neurosciences, Bangalore 560 029) 1986, pp. 94, Price: Not given.

"A decade of NIMHANS" is a publication of the National Institute of Mental Health and Neurosciences, Bangalore, detailing the development of the institute over the decade since its formal inauguration on 14 February 1975.

The Institute is well-recognised as a centre of excellence in the country in the areas of Clinical Service, training and research in the fields of Mental Health and Neurosciences and the report provides factual data that support this recognition.

Ten new departments have been added during the decade, and these include: Neurophysiology, Psychopharmacology, Neurovirology, Cytogenetics and Department of Speech, hearing and language. Among the new, special clinical services commissioned, should be mentioned: The community mental health unit which has primarily addressed itself to the question of delivery of mental health services to the rural population, through the doctors and health workers of the primary health centres.

The department of speech, hearing and language provides clinical services to those disabled in the areas of speech, hearing and language.

The intensive respiratory unit established by the Neurology Department in collaboration with the Department of Neuroanaesthesia, makes possible emergency treatment of Neurogenic respiratory disorders. A department of Paediatric Neurology working in close conjunction with the department of child Psychiatry has been started. Plans are underway to set up a "Stroke Unit" in collaboration with the department of Neurosurgery and Neuroanaesthesia. With the establishment of the Doppler Ultrasonography laboratory, it has become possible to detect Stenotic

and occlusive lesions by a non-invasive method. Facilities for Microneurosurgery and Stereotaxic Surgery have been introduced.

The Cytogenetics laboratory is providing diagnostic services for the referrals from Mental Retardation Clinic and other familial neuropsychiatric disorders.

The institution conducts post-graduate training programmes in Psychiatry, Clinical Psychology, Psychiatric Social work, Psychiatric Nursing, Neurophysiology, Neuronursing and Biophysics. The Community Mental Health Unit conducts training programmes for doctors and health workers of the Primary Health Centre and for general practitioners. A school for Mental Health Programmes has been organised for sensitizing teachers to the mental health problems of children and training them to handle them at their level.

The Institution has been active in the field of research, and the Staff Members have an impressive list of scientific publications at home and abroad, to their credit. Some of the research projects that need mention are: Effects of malnutrition on Brain Development; Physical, physiological, biochemical and psychological aspects of the effects of Yoga; ICMR Collaborative study on epilepsy; ICMR Collaborative study on severe mental morbidity; evaluation of the training programmes of PHC personnel, Biochemistry of affective disorders and preliminary enquiry into Near-Death experience and other paranormal abilities, value of Ayurvedic treatment modalities in the treatment of Schizophrenia and anxiety state.

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