



Mental Health: From a Veterinarian Perspective

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But are humans the only ones who experience mental health issues, or do other animals also?

Being a veterinarian, it is essential to look at the health status of animals and equally important to look after their mental health.

Examining the physical well-being of animals is crucial for veterinarians, but maintaining the psychological well-being of animals is equally crucial.

As a veterinarian with a focus on veterinary physiology, I have studied animal behavior and behavioromics, which has led me to consider the mental health of animals suffering from psychological trauma, anxiety, depression, stress, distress, emotions, and mental disorders. This has also given me new perspectives on how to treat and care for the animal mind.

Being a veterinarian with a specialization in veterinary physiology, where I have been exposed to the behavior and study of animals, has made me think about the mental issues of animals suffering from anxiety depression stress, distress, emotions, psychological trauma, and mental disorders and has brought to light insights on how to care for and treat the mind of animal.

Carlo Siracusa teaches clinical behavior medicine as an associate professor at the University of Pennsylvania School of Veterinary Medicine where he believes that some mental health pathologies are due to emotional dysregulation. Studies have shown that rescue pets acquire antisocial behaviors after abuse and psychological trauma.

Not only in domesticated animals but also in wild animals, elephants are known to have exequies, and as many as 10 % of military dogs used in combat zones return home with signs of PTSD. Smaller animals are also thought to be more vulnerable.

Depression is one of the leading causes where they show some reduced attraction, sadness, and loss of appetite, whereas separation anxiety is another cause where they bark, scratch, and fear being left alone.

Nowadays, with this generation z, the world use of loud pop sounds has increased not only in generation z but also in social gatherings such as festivals. The use of DJs causes this nauseous anxiety; they show stress and hide from loud noises.

Not only humans but also pets, such as dogs and cats, also have this group with OCD. These symptoms include fixation on one activity, such as tail-chasing obsession with a toy. Dementia: Here, they show memory loss, confusion, and difficult movement.

A study showed that African gray parrots can be stressed in captivity, which does create curiosity in our minds. There has been one experiment where they have found in rats which has cholesterol level high when they been loved which has naturally created happy hormones which has decreased there levels of heart attacks in heart naturally.

Taking care of our pets' mental health is a priority, and we can do so by accurately assessing emotional or precisely evaluating an animal's emotional or effective condition, which serves as a funda-

mental cornerstone for conducting scientific inquiries concerning the mental health and overall welfare of animals.

Regular exercise, including daily walks, playtime runs, and jog agility training, which include stimulating their mental health, can improve obedience interactive feeding, which includes puzzle feeding, which will make them engage more in such activities. In addition, there are some play structures that are available in the market to make your animals more active, which is also good for their physical health.

Environmental enrichment makes their habitat complex so it will create a diverse environment to explore whenever possible. Do social interaction with your pets hide treats to discover which will create cognitive challenges teach your animals about positive reinforcement provide visual and auditory stimulus to engage the senses.

Socialization: gradual introduction to people will create a friendly environment so that they can interact with and ensure they are comfortable. Individuals with phobias use desensitization techniques to ensure that their pet has positive experiences with attractions.

Antidepressant medication - To administer this medication your pet should consult a veterinarian who is experienced in animal behavior studies. They will provide you with a more appropriate treatment. Most pharmacological drugs, including anxiolytic and antidepressants. However, they are taken when the pet is suffering from severe mental health issues. These measures can ensure their well-being.

The presence of an animal can have a very calming effect on our lives. We can also make them feel good by our love and affection toward them.