"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.

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