Short Article

Human Suicide, Management Landscape

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Abstract

Suicide is still a biologically mystery process with a high rate of human mortality. External and internal stresses may drive human suicide behavior. Clinical suicide prevention and treatment are ever-growing. Bridging the gap between molecular basis and psychiatric intervene has great medical or pharmaceutical importance. Final medical success (molecular targeting and curative therapies) in the clinic will ensure high-quality pharmaceutical utility in the clinic.

Keywords: Human suicide, Neurobiology, Modern technology, Suicide prediction

Introduction

Global suicide death is huge (outnumber the death of war and homicide) [1]. Approximately 2% of human mortality is accounted among all episodes of suicide behaviors [2]. However, the incidence of suicide-induced death (SID) is not average distributed. These kinds of epidemic information and stress should be analyzed. General picture of biomedical study of suicide pathogenesis and intervention is depicted in early [3-8]. It contains different strategies and methods. Guideline for new diagnosis, technology and therapeutic selection can be updated.

Medical Causalities

Early clinical evidence suggests that external and internal risk factors or stresses may drive human neuropsychiatric consequences and suicide behavior. However, an accumulated data suggests that human suicide behavior is not an absolutely impulsive act or behaviors. It is possibly a disease-related. After two decades of hard work, association began to emerge between suicide behaviors and different types of human mental diseases [9-13]. To attain a goal of high-quality suicide management, external stresses, pathogenesis cascade and therapeutic targets should be targeted.

Patho-therapeutic Mechanisms

Currently suicide ideation is a common feature of all human population. As a result, this public health burden needs to be overcome as early as possible. Since human mental health problems show many identical signs in suicide patients, molecular mechanisms between different psychiatric diseases and suicide ideations should be promoted [14-18].

Different types of management strategies in the clinic are listed as:

- Education for students, teachers or clinicians [19]

- Stress response mechanisms

- Diathesis and prevention

- Cognitive-behavioral therapy (CBT)

- Restriction for lethal means

- Anti-psychiatric agents

- Drug treatments

- Traditional medicine (herbs) [20]

- Treatment of co-morbid [21]

- High-quality nursery [22,23]

Currently, the widest used drugs for suicide are ketamine, lithium and clozapine [14]. The effect of ketamine is acute and short. It commonly treats patients in suicide ideation. Its treatment is commonly through injections and responses are quick. Since most psychiatric diseases are chronic diseases, curable therapeutics against mental disorders is still a medical dream. It also affects the high-quality of suicide prediction and prevention [24-30].

Future Direction

According to law of traditional Chine medicine (TCM), human illness is caused by emotional instability and angry. The hidden molecular aberrant in human is not enough to create a disease or suicide behaviors. In context of Chinese medical book, there are recorded of "disease is caused by psychiatric health problems", "angry will be a major risk factor for different disease emerge", "angry" is the main source of most diseases. Comedy, music or sports may alleviate suicide behaviors in the clinic.

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