

*Commentary***A general view on post-traumatic stress disorder****Siglow Javier\***

Department of Psychiatry, College of Medicine, Korea University, Seoul, Republic of Korea.

Accepted 16 December, 2021

**DESCRIPTION**

PTSD is a mental health condition that affects people who have been through a traumatic, frightening, or hazardous incident. It's natural to feel terrified during and after a traumatic experience. Fear triggers a series of split-second changes in the body that help the body protect itself or escape harm. PTSD is a mental and behavioral illness that can develop as a result of being exposed to a traumatic incident, such as sexual assault, warfare, automobile collisions, child abuse, domestic violence, or other life-threatening situations. A mental disorder is a pattern of behavior or thought that causes significant suffering or affects personal functioning. It is also known as mental illness or psychiatric problem. These symptoms can be persistent, relapsing, and remitting, or they can appear infrequently. Many diseases have been recognized, each with its own set of indications and symptoms. Such illnesses can be diagnosed by a mental health professional, usually a clinical psychologist or psychiatrist. Dysfunctional conduct is a behavioral trait associated with people who have rare or dysfunctional diseases. When behavior is unconventional or out of the ordinary, comprises of unwanted behavior, and results in impairment in the individual's functioning, it is deemed abnormal. And Individuals, organisms, systems, and artificial entities engage in a variety of activities and mannerisms within a given context, which is referred to as behavior. Other systems or organisms, as well as the inanimate physical environment, can be included in these systems. It's the systems or organisms calculated response to numerous stimuli or inputs, whether internal or external, conscious or subconscious, overt or covert, voluntary or involuntary.

A disease is an abnormal condition that affects the structure or function of an organism's entire or portion of its body without being caused by external harm. A structure is a collection of interrelated elements of a material entity or system, or the object or system as a whole. Man-made objects such as buildings and machines, as well as natural objects such as biological organisms, minerals, and chemicals, are examples of material structures. Abstract structures include data structures in computer technology as well as a musical form. A hierarchy (a series of one-to-many interactions), a network with many-to-many links, or lattices with connections between components that are spatially nearby are all examples of structures. A system is made up of interconnected or interacting pieces that work together according to a set of rules to form a logical whole. The limits, structure, and purpose of a system are stated and expressed in its operation, which is impacted by and surrounded by its environment. Systems theory and other systems sciences are concerned with the study of systems.

The final verdict was symptoms of PTSD, symptoms such as are a mental health illness brought on by watching or experiencing a horrific incident. Uncontrollable thoughts about the event, flashbacks, nightmares and intense anxiety are all possible symptoms. Finally, PTSD can impact a wide range of persons. This is a fairly prevalent illness and many more people than we may realize suffer from it these days. Each symptom and indicator of PTSD may differ from one person to the next. Reliving a traumatic event through flashbacks, dreams, or nightmares is one of the signs and symptoms that someone with this disease may experience. There is no upper age limit for PTSD.

---

\*Corresponding author. Siglow Javier, E-mail: [JavierSiglow022@gmail.com](mailto:JavierSiglow022@gmail.com).