

People in Nepal are undergoing severe mental trauma: Dr. Sawant

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By Kinjal Shah



Dr. Vishal Sawant, a Mumbai-based psychiatrist who was a part of Indian relief team sent to Nepal on April 30 this year might be revisiting the country again, due to the recent earthquake that hit the country again on Tuesday. Dr Sawant is of the view that the health condition of these people has gotten worse.

"The people have been affected psychologically because of their sudden losses," said Dr. Sawant. He had returned to India on May 5 when another team was sent for the relief work. Currently he is in contact with a few doctors from the team presently in Nepal, and according to them, the condition has become worse. "The number of patients has increased due

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condition has become worse. The number of patients has increased due
to the most recent earthquake that hit Nepal. Many people who were
affected by the previous earthquake are again affected," said Dr. Sawant.

He also informed that the team is facing problems with relief efforts. "The
relief supplies did not reach their destination on the day of the earthquake
since the roads were blocked and transporting the supplies became
difficult," said Dr. Sawant.

During Dr. Sawant's visit, the doctors from the relief team treated people
in two groups. They had a base camp and a second small group of
doctors that visited affected people.

He treated about 400-500 people every day, but as time passed, the
number of patients visiting the camp reduced to 250-350.

Dr Sawant is the Head of Department of Psychiatry at Dr RN Cooper
Municipal Hospital at Juhu. He is also co-founder and director of Mind
Care Institute and Consultant Psychiatrist at Asian Heart Institute, Guru
Nanak Hospital and Dr. B. Nanavati Hospital.

