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## **BIPOLAR DISORDER**

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#### **Over view:**

Bipolar, also known as manic depressive disorder is a serious illness that can lead to risky behavior, damaged relationships and careers, even suicidal tendencies. It is characterized by extreme changes in mood from mania to depression. Between these mood swings, a person with Bipolar disorder may experience normal moods

"Manic" describes an increasingly restless, energetic, talkative, reckless, powerful, euphoric period. Then, at some point, this high-flying mood can change into irritation, confusion, anger, feeling trapped. "Depression" describes the opposite mood sadness, crying, sense of worthlessness, loss of energy, loss of pleasure, sleep problems. But because the pattern of highs and lows varies for each person, bipolar disorder is a complex disease to diagnose.

Although bipolar disorder more commonly develops in older teenagers and young adults, it can appear in children as young as 6. Young children in a manic phase might be more irritable than adults; they may be more likely to have psychotic symptoms, hearing and seeing things that aren't real. During a depressive episode, they might be more likely to complain of physical symptoms, like aches and pains.

#### **Signs and symptoms:**

The primary symptoms of bipolar disorder are dramatic and unpredictable mood swings. The illness has two strongly contrasting phases.

##### **In the manic phase**

- Excessive talk; racing thoughts
- Inflated self-esteem
- Unusual energy; less need for sleep
- Impulsiveness, a reckless pursuit of gratification -- shopping sprees, impetuous travel, more and sometimes promiscuous sex, high-risk business investments, fast driving
- Hallucinations and or delusions (in cases of bipolar disorder with psychotic features)

##### **In the depressive phase:**

- Depressed mood and low self-esteem
- Low energy levels and apathy
- Sadness, loneliness, helplessness, guilt
- Slow speech, fatigue, and poor coordination
- Insomnia or oversleeping
- Suicidal thoughts and feelings
- Poor concentration
- Lack of interest or pleasure in usual activities

#### **Diagnosis:**

A bipolar disorder diagnosis is made only by taking careful note of symptoms, including their severity, length, and frequency. Detailed history taking is the key in this case. Personal history, family history questions about symptoms, including how long they last and how frequently they occur. Other questions will focus on reasoning, memory, ability to express oneself, and ability to maintain relationships all help in coming to a conclusion.



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### **Homeopathic Approach:**

Homeopathy offers very good treatment possibilities for bipolar with good results. There are large numbers of medicines which can be used and the selection of medicine depends not just on the symptoms but also on the cause. The success of treatment in such cases often depends on the ability of a homeopath to find the cause. The selection of medicine depends a lot on it. Like all psychological disorders, depressive illness also requires good case study and continuous monitoring by a competent homeopath. One should not try any form of self-medication. In qualified and experienced hands homeopathy offers good prognosis in this condition.

Some of the commonly indicated medicines are anacardium, ignatia, stramonium, hyocymus, and belladonna.

**Resources:** Web MD

**DISCLAIMER:** The information provided is for educational purposes only. It is not meant to diagnose or treat any health condition and is not a replacement for treatment by a healthcare provider.

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