

## POS-Psychoorganic Syndrome

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Psychoorganic syndrome is also known as organic psychosyndrome. It is a progressive disease comparable to dementia. It consists of psychopathological symptoms which are caused by brain disorders which involves in reduction of memory and intellect. Psychoorganic syndrome occurs in atrophy of brain, and mostly during senile and presenile age (e.g. senile dementia, presenile dementia, Alzheimer's disease). There are several causes, like CNS damages to traumatic brain injury, cerebrovascular diseases, intoxication, exposure to organic solvents such as toluene, tumors, chronic metabolic disorders, encephalitis, and abscesses of the brain, also be found in case of diseases accompanied by convulsive seizures. Psychoorganic syndrome occurs at any age but is most pronounced in elderly presenile and senile age. Depending symptoms of psychoorganic syndrome are differently expressed.

The reported psychological symptoms include

- Loss of concentration and memory
- Emotional liability
- Clinical fatigue
- Long term depression
- Severe anxiety
- Reduced ability intellectually

### Cause of the disease

Psycho-organic syndrome is typically diagnosed in individuals following 5–10 years of consistent exposure to chemicals like xylene, toluene, and styrene, which are generally found in paint, plastic and degreasing products. Patients work history and environment must be evaluated to organic chemicals for exposure. A traumatic brain injury also leads to POS. Consistent intoxication (i.e., excess alcohol and drugs usage) because of a lesion in the brain, and it leads to POS.

### Mechanism

Psychoorganic syndrome is a combination of many symptoms

caused changes in the brain by organic. The particular component of the solvents causes neurological disorder and is difficult to isolate due to expose of many compositions, grades, and purity of solvents. At the initial stage, asthenia is prevalent and the progress of the disorder is slow. Acute onset is diagnosed when a great amount of psychological symptoms surface. The last stage of this disorder is made up of numerous disorders, like dementia, Korsakov's syndrome, and includes severe personality change such as depression, anxiety, memory loss, and drastic change in intellect. Level of kindness, happiness, and insight are greatly affected in the final stage.

Although the exact mechanisms that solvents have on the nervous system are not fully understood, the metabolisms of the solvents in the body that turn them into toxic intermediates are important. Some evidence shows that genetic polymorphisms affect the activity of metabolic enzymes that metabolize foreign chemicals.

### Diagnosis

ECHO, EEG, CT-San, and X-ray are the tests of the brain. Neuroimaging detects a cardiovascular subcortical or cerebral atrophy alteration which helps to psychoorganic syndrome. Strong CNS lesions are detected in POS patients. Diagnosing of POS is ongoing and developing in psychiatric and medical industry. Exact diagnosis is difficult due to many symptoms mirroring other psychological disorders in the older aged patients.

### Treatment

In medical diagnosis, therapy begins to treat the disorder. Thereafter, psychiatric medication is used a secondary step in treatment. Medications include antidepressant, antipsychotic or sedation-inducing, varies on the patient's severity. Treatment of psychoorganic syndrome is directed as the main disease. Nootropics like piracetam, have had positive effects on patients. Antioxidants, vitamin therapy, cerebroprotective and neurotropic have found to be more effective and put on repeated course.

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