A Short Note on Bipolar Disorder

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Bipolar disorder, once known as manic-depressive psychosis, could be a psychological state condition that causes extreme mood swings that embody emotional highs (mania or hypomania) and lows (depression). When you become depressed, you'll feel unhappy or hopeless and lose interest or pleasure in most activities. Once your mood shifts to mania or hypomania (less extreme than mania), you'll feel euphoriant, packed with energy or unco irritable. These mood swings will have an effect on sleep, energy, activity, judgment, behavior and therefore the ability to assume clearly. Episodes of mood swings could occur seldom or multiple times a year [1].

Symptoms

There are units many forms of bipolar and connected disorders. They'll embody mania or hypomania and depression. Symptoms will cause unpredictable changes in mood and behavior, leading to vital distress and problem in life.

1. Bipolar I disorder. You've got had a minimum of one frenzied episode which will be preceded or followed by hypomanic or major depressive episodes. In some cases, mania could trigger an opening from reality (psychosis).

2. Bipolar II disorder. You've got had a minimum of one major depressive episode and a minimum of one hypomanic episode, however you've got ne'er had a frenzied episode.

3. Cyclothymic disorder. you've got had a minimum of 2 years — or one year in kids and teenagers — of the many periods of hypomania symptoms and periods of depressive symptoms (though less severe than major depression).

4. Other sorts.

These embody, as an example, bipolar and connected disorders elicited by sure medication or alcohol or thanks to a medical condition, like adenosin, sclerosis or stroke. Bipolar II disorder isn't a milder style of bipolar I disorder, however a separate designation [2]. Whereas the frenzied episodes of bipolar I disorder may be severe and dangerous, people with bipolar II disorder may be depressed for extended periods, which may cause vital impairment. Although manic depressive illness will occur at any age, generally it's diagnosed within the adolescent years or early 20s. Symptoms will vary from person to person, and symptoms could vary over time.

Mania and hypomania

Mania and hypomania area unit 2 distinct forms of episodes, however they need constant symptoms. Mania is additional severe than hypomania and causes additional noticeable issues at work, college and social activities, in addition as relationship difficulties. Mania may additionally trigger an opening from reality (psychosis) and need hospitalization [3]. Both a frenzied and a hypomanic episode embody 3 or additional of those symptoms:

1. Abnormally upbeat, high-strung or wired
2. Increased activity, energy or agitation
3. Exaggerated sense of well-being and sureness (euphoria)
4. Decreased want for sleep
5. Unusual garrulousness
6. Racing thoughts
7. Distractibility
8. Poor decision-making—as an example, happening shopping for sprees, taking sexual risks or creating foolish investments

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