

# Bipolar disorder is Hereditary, but doesn't Guarantee Offspring's will for Sure Develop it

Jagriti Saha

Ravindra Nath Tagore Medical College, Udaipur, India.

## INTRODUCTION

An inherited illness is one that can be transmitted through genetic material, from a parent to offspring. Example of inherited disease is a type of breast cancer, doctors know precisely which gene causes the issue, and how prone is it to be passed along.

The specific genes related to bipolar disorder remains unknown, which makes it hard to clarify the specific mechanism of how the condition is passed on genetically. The main hypothesis is that few different genes add to bipolar disorder, each in a small way.

As per a clinical psychologist Aimee Daramus "Bipolar disorder works on something called a diathesis-stress model, which means someone inherits a greater likelihood of the disorder, but some sort of severe physical or mental stress can activate or trigger that tendency,"

A study published in Journal of Psychiatry and Neuroscience in 2012, states individuals who have one first-degree relation – like a parent or sibling – with bipolar disorder have a 15% to 35% more possibility of developing the condition. If an individual have two first-degree family members with bipolar disorder, their probability of having the disease increases to 75%.

According to Heathman individuals with bipolar disorder have around a 10% possibility of having offsprings with this disorder, as well. As per his observation, "most cases" of the condition occur in families where a relative already has bipolar – however not every one of them.

## Bipolar disorder risk factors

For bipolar disorder, apart from genetics other risk factors also needs to be considered alongside. These factors may be environmental and behavioral factors including:

## Substance abuse

The connection between liquor use or medication use and However studies shows substance abuse and bipolar problem can communicate with one another to worsen the symptoms. A report published in Bipolar Disorders journal in 2004 assessed 4,310 individuals getting treatment for bipolar confusion at Veterans Administration (VA) facilities. Scientists found that 25% of these patients had liquor use issue, 10.4% abused cocaine, and 4.4% mishandled opiates.

"A few medications are associated with a greater likelihood of developing bipolar, if the hereditary probability prevails," Daramus says. For instance, "Regular cannabis use before somebody's first mood episode is associated with a prior period of beginning."

## Biological factors

A review published in Dialogues in Clinical Neuroscience in the year 2008 focused at various studies about brain imaging in individuals with bipolar disorder and observed there may be structural differences in the brain of those individuals with bipolar disorder.

Specifically, in 2017 study published in Molecular Psychiatry journal found differences in the hippocampus, a part of the brain associated with memory and learning. Individuals with bipolar disorder have been observed with abnormal shapes and less volume in that area.

## Medical conditions

Many conditions are associated with bipolar disorder, like depression, anxiety, and PTSD. A 2018 paper published in the American Journal of Psychiatry observed 6,788 people who experienced substance-induced psychosis – a condition in which alcohol or drugs induces delusions or hallucinations in an individual— and observed 32.2% developed bipolar disorder or schizophrenia.

**Corresponding to:** Jagriti Saha, Ravindra Nath Tagore Medical College, Udaipur, India, E-mail: jagriti.saha24@gmail.com

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The exact relationship between bipolar disorder and other disorder remains understood, but individual who suffer from them should also know how to recognize symptoms of bipolar, and take treatment if they appear.

### **Childhood trauma**

According to study in the International Journal of Bipolar Disorders in 2016, experiencing trauma in childhood is associated with huge risk of developing bipolar disorder, which may involve:

- Sexual abuse
- unstable homely environment such as domestic violence or a mentally ill parent
- Physical abuse or neglect

Overcomers of childhood trauma have more extreme instances of bipolar than individuals who didn't have those encounters. The scientists aren't sure of what causes the connection, yet recommend that childhood trauma can influence the manner in which individuals react to stressors as grown-ups.