

Rapid Cycling Bipolar Disorder Causes, Symptoms-An Overall Review?

Rajesh Runja*

Department of Pharmacy, Bombay College of Pharmacy, India

INTRODUCTION

Bipolar illness, a mental health disorder characterised by variable moods and energy levels, including highs (manic episodes) and lows (depressive episodes), affects about 2.8 percent of adults in the United States [1]. Mania, hypomania, depression, or mixed states may be experienced by people with bipolar illness [2].

Rapid cycling is a subtype of bipolar illness that is defined by a series of discrete mood episodes that occur over the course of a year. Moods can change dramatically over the course of hours, days, or months. It can occur with either kind of bipolar disorder (bipolar I or bipolar II).

SYMPTOMS

Rapid cycling is a bipolar illness symptom in which a person goes through at least four episodes in a 12-month period [3]. Almost half of all bipolar illness patients will experience rapid cycling at some point in their lives [4]. It is normally only transient, but it can last for a long time. The symptoms of rapid cycling bipolar illness are similar to those of mania or depression. Mania is defined by [2] in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), a manual used by mental health professionals to diagnose mental illnesses.

- Irritability, euphoria, or a heightened mood
- inflated self-esteem and grandiose thoughts
- Racing thoughts
- Excessive and rapid talking
- Distractibility
- Reduced need for sleep
- Increased goal-oriented activity (socially, at work, or sexually); or bodily restlessness
- Impulsiveness and dangerous behaviours
- Delusions and hallucinations in severe situations.

Hypomania has symptoms that are similar to those listed above. The strength of symptoms is what distinguishes mania from hypomania. Hypomania is a milder form of mania. Hypomania is also associated with a lack of delusions and hallucinations [2]. Depression can appear in bipolar disorder in the following ways [5]:

- Sadness, hopelessness, pessimism, and anxiety emotions
- Significant changes in eating
- Changes in sleeping patterns
- Lack of energy or lethargy
- Loss of interest in daily activities or activities that once brought pleasure
- Physical restlessness or slowed movement
- Feelings of worthlessness or excessive guilt
- Difficulty concentrating
- Suicidal Thoughts

CAUSES

In bipolar disorder, the cause of fast cycling is uncertain. However, research has revealed other elements that may play a role, such as:

Antidepressants: Taking antidepressants might lead to mood swings and fast cycling.

Thyroid problems: An underactive thyroid could indicate that the body isn't creating enough hormones. Thyroid disorders can cause major changes in mood, such as depression or, in some circumstances, mania, according to one study looking into the link between thyroid dysfunction and bipolar disorder.

Circadian rhythm: Changes in this normal biological mechanism (the body's internal clock), which regulates vital activities such as heart rate and metabolism, might affect rapid cycling by affecting sleep. Sleep deprivation can cause and increase (worsen) symptoms of bipolar disorder, whereas good sleeping habits can help alleviate symptoms [4].

Rapid cycling in bipolar disorder can impact the trajectory of the illness, according to a review of evidence. Rapid cycling has been associated with a longer duration of debilitating symptoms and cycling, as well as an increase in suicidal thoughts and acts.

DIAGNOSIS

The DSM-5 criteria are used to diagnose bipolar disorder, with at least one manic episode for bipolar I disorder and a hypomanic episode for bipolar II disease as the predominant component. An interview or test is used to obtain this information. When a patient has at least four distinct mood episodes in a 12-month period, a mental health practitioner may assign the specifier of rapid cycling.

*Correspondence to: Rajesh Runja, Department of Pharmacy, Bombay College of Pharmacy, India, E-mail: rajesh40gupta@gmail.com

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Each episode should be separated by a period of remission or transition to a different condition. For example, a person may have a depressive episode, followed by a time of mania, then another bout of depression, followed by another period of mania all within the same year. When a person with bipolar illness is diagnosed with rapid cycling, the patient and their healthcare practitioner can work together to develop a treatment plan that meets the patient's needs.

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