

Mechanisms Involved in Bipolar Disorder

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Description

Bipolar disorder, also known as manic depression, associated with mental health condition that leads to extreme mood swings like emotional highs (hypomania or mania) and depression. These mood swings can disturb energy, sleep, activity, behavior, judgment and the not able to think clearly. There are 4 many types of bipolar disorders like bipolar I disorder, bipolar II disorder, cyclothymic disorder, and other types. In bipolar I disorder we experience hypomanic or major depressive episodes. In bipolar II disorder, we experience depressive episode and at least one hypomanic episode, cyclothymic disorder associated with hypomania symptoms and periods of depressive symptoms and other types include bipolar and related disorders induced by certain drugs or alcohol and medical disorders. It can occur in any age but mostly seen in the teenagers below 20 years. The symptoms may vary from individual to individual it can change in overtime period.

Mechanism of bipolar disorder

There are two distinct types of experiences, mania and hypomania mania is more difficult than hypomania. The symptoms include distractibility, racing thoughts, unusual talkativeness, exaggerated sense of well-being and self-confidence (euphoria), increased activity, energy or agitation, abnormally upbeat. A main depressive episode cause symptoms like weight loss, weight gain, fatigue, feelings of worthlessness, attempting suicide. Signs and symptoms of bipolar I and bipolar II disorders may contain other features, such as anxious suffering, melancholy and other.

There are four stages of mood experiences in bipolar disorder mania, hypomania, depression, and mixed experiences. Each experience has unique symptoms it varies from stage to stage. Neuroimaging and postmortem are mostly found abnormalities in variety regions of brain, and most commonly found in implicated regions like ventral prefrontal cortex and amygdala. Dysfunction in

sensitive paths located in these regions has been considered as a mechanism for bipolar disorder. Mostly bipolar disorder develops during teenage or early adulthood. Bipolar disorder usually needs lifelong treatment and cannot cure on its own. It was mainly associated with just like blindness or multiple sclerosis. The people with this disorder may trouble with short-and long-term memory loss, over thinking. Counseling, cognitive behavioral therapy can help patients to manage their symptoms and improve their health. Research has recognized a strong genetic relationship in people with the disorder. Medicines for bipolar depression, Fluoxetine combined with olanzapine, quetiapine fumarate (Seroquel), lurasidone (Latuda). Mood stabilizers include lithium (Lithobid), valproic acid (Depakene), divalproex sodium (Depakote), carbamazepine (Tegretol, Equetro, others) and lamotrigine (Lamictal). Antipsychotics investigation suggests that CBD has the possible to decrease pain, reduce inflammation, boost the immune system, recover sleep, and alleviate the symptoms of anxiety and depressive disorders, like as bipolar affective disorder. Eating a balance of protective, nutrient-dense foods. The foods that help to manage this disorder are fresh fruits, vegetables, legumes, whole grains, lean meats, cold-water fish, eggs, low-fat dairy, soy products, and nuts and seeds. By educate yourself one can recover from this disorder as soon as possible.

Conclusion

Bipolar disorder is a common psychiatric disorder characterized by mood instability and cognitive deficits, especially during mood incidents. Abnormalities within the ALN and related brain regions appear to be involved in the neurophysiology of bipolar disorder.

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