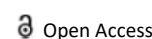




PERSPECTIVE



## Note on Bipolar Disorders and its Symptoms

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### Description

Bipolar disorder, often known as manic depression, is a mental illness marked by significant mood swings and abnormalities in sleep, activity, thinking, and behaviour. People with bipolar illness might experience moments of extreme happiness and vigour, as well as bouts of extreme sadness, hopelessness, and sluggishness. They normally feel normal in between such intervals. The highs and lows of mood may be thought of as two “poles” of mood, which is why it’s named “bipolar” disorder.

When someone with bipolar disease feels extremely exuberant and confident, they are said to be “manic.” Irritability and rash or risky decision-making are examples of these sentiments. Delusions (believing things that aren’t real and can’t be reasoned out of) and hallucinations (seeing or hearing things that aren’t there) affect about half of persons who are experiencing mania.

“Hypomania” refers to mania’s lesser symptoms, in which a person does not experience delusions or hallucinations and their severe symptoms do not interfere with their daily lives.

A person’s sentiments of melancholy or despair are referred to as “depressive.” Those symptoms are similar to those reported in major depressive disorder, sometimes known as “clinical depression,” which is characterised by the absence of manic or hypomanic episodes.

Depressive symptoms are more common in patients with bipolar illness than manic or hypomanic symptoms.

Bipolar disorder comes in a variety of forms, including:

Bipolar I illness is characterised by highly unpredictable behaviour, with manic “up” phases lasting at least a week or severe enough to necessitate medical attention. Extreme “down” episodes that last at least two weeks are also common.

Bipolar II disorder is similar to bipolar I illness in that it causes uncontrolled highs and lows, although it isn’t as severe.

Cyclothymic disorder is characterised by episodes of

manic and depressed behaviour lasting at least two years in adults and one year in children and teenagers. The symptoms aren’t as severe as they are in bipolar disorder I or II.

The terms “unspecified” or “other specified” bipolar disorder (formerly “bipolar disorder not otherwise specified”) are now used to describe situations in which a person has only a few of the mood and energy symptoms that define a manic or hypomanic episode, or in which the symptoms do not last long enough to be considered “episodes.”

Rapid cycling is a phrase used to characterise the course of disease in patients with bipolar I or II disorder. It is not a kind of bipolar disorder. It applies if you have four or more mood episodes in a year’s time. This form of sickness is more common in women than in males, and it can occur at any moment during the course of bipolar disorder. Rapid cycling is mostly caused by depression and is associated with a higher risk of suicidal thoughts or activities.

Misuse of drugs and alcohol can lead to more episodes in any form of bipolar illness. Bipolar disorder and alcohol use disorder, referred to as “dual diagnosis”, necessitates the assistance of a specialist who can manage both conditions. The dramatic periods of high and low moods in bipolar illness do not follow a regular pattern. A person may experience the same mood state (depressed or manic) several times before shifting to the opposing mood. These episodes might occur over a period of weeks, months, or even years.

It varies in severity from one person to the next, and it can also change over time, becoming more severe. The term “The Highs” is used to denote mania. Excessive joy, optimism, and anticipation. In an instance, mood shifts from pleased to angry, irritated, and violent. Restlessness, Poor attention and rapid speaking, Increased energy and a reduction in the need for sleep, Exceptionally strong sex desire, Making great and improbable plans, Making a wrong decision, Abuse of drugs and alcohol, Sleep is not required as much, decreases in appetite. A greater sense of self-assurance and happiness is the ability to be easily distracted.