



Neurobiology of bipolar disorder

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Abstract

Timely diagnosis and efficient management of bipolar disorder is still a difficult task. Despite increased understanding about the neurobiology of bipolar disorder its diagnoses and management still remains challenging. Bipolar disorder has been associated with other psychiatric as well as physical comorbidities like that of ADHD, substance abuse, anxiety disorder, and also DM, hypertension and immunological disorders interfering with the diagnosis and treatment causing Increased morbidity, mortality and suicide risk are the challenging issues in bipolar disorder. Considerable medical comorbidities also factor to reduce life expectancy. For a considerable amount of time, neurobiological theory of bipolar disorder was dominated by monoamine theory and the abundance and depletion of these neurotransmitters decided the polarity and the presentation of the bipolar disorder. But many observations and research revealed that only neurotransmitter theory is not adequate to explain bipolarity. Use of different pharmacological agent belonging to entirely diverse pharmacological group of molecule (Lithium, valproate, carbamazepine etc.) lead on to speculate that there may be something more than just the prevailing theories. That lead on to explore bipolar disorder on a genetic, radio imaging, biochemical, cellular, and molecular level. Apart from that, its comorbidity with different psychiatric and physical illnesses also opened door for exploring bipolar disorder and its connection with various neuro humeral factors. As the findings of the studies unfolded, neurobiological, bipolar disorder is not the same but the cluster of different conditions sharing some common and some different attributes. This also changed the treatment strategies of bipolar disorder. Current studies on cellular and molecular level have provided different perspective on bipolarity. There is a Need for dynamic change the way we diagnose and treat bipolar disorder. This presentation will focus on the neurobiological aspect of bipolar disorder.

Biography

Pushpa Prasad Sharma is Professor and Head of Department in KIST Medical College, Nepal. Over 30 years of national and international experience in mental and global health. Expertise in mental health programme start-up and development, organizational effectiveness, policy analysis, participatory training, quality improvement and assurance, clinical governance and programme review and evaluation. Wide range of experience as a Consultant Psychiatrist and for projects on health reform, health systems strengthening, civil society action and capacity building. I am the founder chairperson of this organisation established in 2002. I am the founder President of this organization established in 1995 in Doti district.

