

① Meaning
Mania :

An abnormally elevated Mental state -
(Happy, overjoyed, excited)

Characterized

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Characterized by Euphoria → state of intense excitement & happiness
Lack of inhibition
↓ sed Need for sleep.
Talkativeness
Risk taking
x
Irritability.

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Manic Episode is an abnormally elevated mood lasting for one wk followed by three of their symptoms.

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In Extreme cases Mania can induce hallucinations & other psychotic symptoms.

* Hallucinations

Experience of involving the apparent perception of something not present

that is not present

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It is accompanied by the overactivity of Noradrenergic transmission i.e. opposite of depression.

Etiology

It is induced by use of or abuse of stimulant drugs such as cocaine and amphetamines.

Pathophysiology :

1. Neurotransmitter theory

Dysregulation of b/w Excitatory & inhibitory
Neurotransmitter systems.

Excitatory : NA
DA, Glutamate & aspartate

Serotonin & GABA

Inhibitory :

2. Kindling theory :

Stressful situation leads to
the first episode whether
it is manic or depressive
As disorder progresses further episode,
may occur without any outside
triggers

3. Membrane Excitation Hypothesis : ① Abnormal Neuronal Ca & Na activity & abnormal homeostasis

Hypocalcemia → cause anxiety, mood
irritability, Mania
Psychosis & delirium

Ex

Ex Hypercalcaemia → depression
stupor & coma

② Extracellular & intracellular Ca
concentration may affect the synthesis
and release of NA, DA & serotonin
as well as neuronal firing.

Hypo & Hypercalcaemia

Diagnosis

③ YMRS

Young Mania
Rating scale

takes 15-30 min
to complete

Range from 0 to 60

① Mania Diagnosed by a psychiatrist

② Clinical Inventories / ^{YMRS} Scales may be used
to assess the patient's mental status
determines the presence & severity of

Mania ④. Score Range 13-19 minimal
20-25 Moderate
26-37 Severe
38-60 Mild.

Treatment

Lithium: One of the oldest drugs in treatment
of Mania

- will take 4 to 7 days to reach therapeutic
level in bloodstream

- Used in conjunction with antipsychotic drugs
or benzodiazepines to provide

→ Confused thinking
Reduced awareness

Immediate relief of Mania

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Carbamazepine

An anti convulsant drug used in conjunction with other mood stabilizing agents to treat bipolar patients who have not responded to lithium therapy

Valproate & Valproic acid are anti convulsant - used alone or in combination with Carbamazepine / Lithium

Clonazepam

Clozapine

Used to control Manic Episodes who do not respond to mood stabilizing drugs.

Prevention

Mania due to bipolar disorder is prevented through Education in the form of therapy / self help groups to train patients to recognize signs of Mania & to take active part in their treatment program.

Mood stabilizing

Drugs: Lithium
Carbamazepine
Lamotrigine
Valproate