

Mania/Hypomania

Hypomania and mania share symptoms. Hypomania does not cause as severe disruption in the patient's life as mania does and lasts for a shorter duration. People who are high or elated feel exceptionally self confident, excited and happy, though at times they suffer from mood swings and become irritable. They feel full of ideas, energy and may take on new interests and activities. They lose their inhibitions and often divulge in risky behaviours like going on spending sprees and having sexual encounters which they might regret later. Their need for sleep decreases and they are easily distractible.

People with mania if not treated may go on to develop full-blown mania. Manic episode is more severe and affects patient's personal, occupational and social life. Patients may also develop psychotic symptoms.

Some times episodes of hypo/mania alternate with periods of depression so people experience extremes of mood, low as well as high. This is known as bipolar affective disorder.

It is helpful to be aware of the sign of relapse so that illness is picked up in its early stages. Disruption of the sleep pattern is one of the earliest signs.

Maintenance treatment is with mood stabilizers like Lithium or Sodium Valproate, which help to keep the mood stable. Acute episode of mania are treated with antipsychotics like Olanzapine.

Talking therapies like cognitive behaviour therapy can help recognize symptoms of their illness and also helps to keep symptoms under control.

Organizations:

The manic depressive fellowship

National debt line