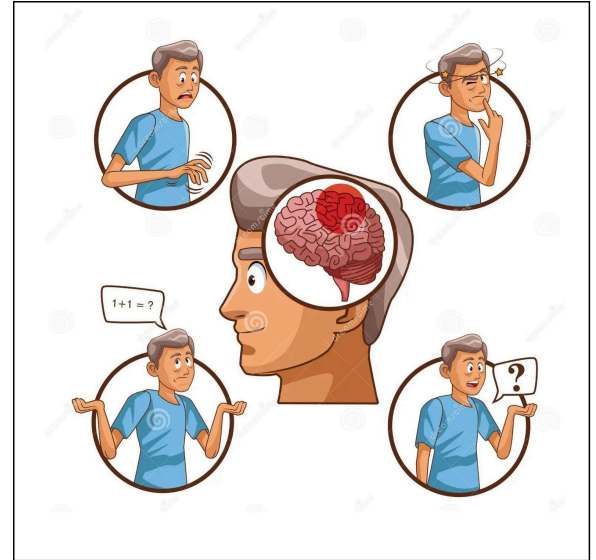


Neurological disorders are medical conditions that disrupt the normal nervous system, including the brain, spinal cord, and nerves. These disorders can arise from structural, biochemical, or electrical abnormalities in the nervous system.

The nervous system controls and coordinates all bodily activities, including movement, thought processes, emotions, and sensory experiences. Any damage or dysfunction in this system can lead to neurological issues and significantly impact an individual's quality of life if left untreated.



## How prevalent is it?

Neurological disorders are among the leading contributors to the burden of disease in India. The overall prevalence of neurological disorders can reach as high as 2,400 cases per 100,000 population.

## The most prevalent neurological disorders include:

- **Alzheimer's disease:** Alzheimer's is a progressive neurodegenerative disorder and the leading cause of dementia. It is marked by memory loss, cognitive decline, and behavioural changes.
- **Parkinson's disease:** Parkinson's is a neurodegenerative condition primarily affecting movement. It is characterised by tremors, rigidity, and bradykinesia (slowness of movement), resulting from the loss of dopamine-producing neurons in the brain.
- **Epilepsy** is a neurological disorder involving recurrent seizures due to abnormal electrical activity in the brain. Seizures vary in type and severity, often requiring anti-epileptic medications for management.
- **Migraine** is a chronic neurovascular condition classified as a neurological disorder. It is characterised by recurrent, often unilateral (one-sided), severe headaches that may be accompanied by symptoms such as photophobia (sensitivity to light), phonophobia (sensitivity to sound), nausea, and vomiting.
- **Stroke** occurs when the blood supply to part of the brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients.

Strokes are either due to blockage or due to bleeding. It is very important to know the signs of a stroke and get immediate medical help and prevent lasting damage.

## Who is at risk?

Certain populations may be more vulnerable to neurological disorders:

- **Age:** Older adults are at higher risk for neurodegenerative diseases like Alzheimer's and Parkinson's.
- **Genetics:** Individuals with a family history of neurological disorders may have an increased predisposition to developing similar conditions.
- **Chronic health conditions** such as diabetes, high blood pressure, and cardiovascular diseases.
- **Unhealthy lifestyle factors** include poor diet, physical inactivity, smoking, social isolation, and unmanaged depression.

## Common Symptoms

Neurological symptoms vary based on the type and severity. Some conditions affect only one bodily function or part of your body, while others can affect several.

## Common symptoms of neurological disorders include:

- **Muscle movement:** Weakness, stiffness, tremor, spasms, paralysis, coordination challenges, falls.
- **Sensitivity changes:** Numbness, tingling, hypersensitivity to touch and temperature, loss of feeling.
- **Changes to your senses:** Vision loss, double vision, ringing in your ears, hearing loss, loss of smell and taste, hallucinations, vertigo and loss of balance.
- **Sleep problems:** Difficulty falling asleep, daytime sleepiness, uncontrollable movements during sleep, loud snoring.
- **Consciousness changes:** Fainting, seizures, coma.
- **Cognitive impairment:** Confusion, memory loss, trouble with concentration, learning or processing information, mood changes.
- **Speech and language difficulty:** Slow speech, slurred speech, difficulty swallowing.
- **Pain:** Headache, back pain, neck pain.

Some symptoms of functional neurologic disorder, particularly if not treated, can result in substantial disability and poor quality of life.

## Diagnosis

Diagnosing neurological disorders can be challenging due to overlapping symptoms and the complexity of the nervous system. Advanced imaging techniques like MRI and CT scans, along with tests like EEG, are used to aid diagnosis. Despite these tools, some conditions remain undiagnosed or misdiagnosed.

## Treatment

Treatments vary widely and often involve medications to manage symptoms, neurorehabilitation, and lifestyle changes. Some conditions may require surgery or specific diets. Treatment plans often focus on managing symptoms and slowing disease progression rather than reversing the condition.

## Reversibility of Neurological Disorders

Most neurological disorders cannot be fully reversed, though some symptoms can be managed effectively. Early intervention and treatment can improve outcomes.

## Reducing the Risk of Neurological Disorders

- Engage in regular physical exercise throughout the day, not just in short bursts, to maintain brain and overall body health.
- Stay socially engaged by making friends, interacting often, and avoiding isolation or repetitive negative thoughts.
- Monitor and control chronic health conditions like hypertension, diabetes, and high cholesterol with regular check-ups and disciplined medication adherence.
- Maintain a healthy diet low in saturated fats and sugar, and rich in green leafy vegetables, fruits, and antioxidants (like turmeric, amla, and drumstick).
- Eliminate unhealthy habits, especially smoking and excessive alcohol consumption, as these increase risk.
- Get adequate sleep every night, practising good sleep hygiene to allow the brain to clear harmful proteins and consolidate memories.

- Use seat belts and helmets, and avoid using phones while driving to prevent head injuries, which can increase neurological risk.
- Practice yoga, pranayama, and meditation for stress management, resiliency, and improved brain health.
- Explore cognitive activities and hobbies such as reading, writing, learning languages, and creative pursuits, keeping the mind engaged and active.

### **To Know More:**

- [Do not Ignore Signs of Dementia](#)
- [Alzheimer's- Spotting Warning Signs Early](#)
- [Migraine: Causes, Symptoms, and Care](#)
- [Stroke: How to Detect and Respond](#)