

Overview on Neurological Disorders

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Introduction

Abnormal condition of the nervous system is known as neurological disorder or disease. These may affect the brain as well as the spinal cord and body nerves. A billion people globally are believed to be affected by neurological diseases and their consequences. These diseases affect people of all ages and live in all parts of the world. Increased life expectancy and decreased fertility have resulted in a generational shift from increasingly young populations to elderly and ageing populations, resulting in an uptick in neurological disorders. As a result, several low-income countries are dealing with the dual challenge of high infection rates — including those that cause neurological conditions (e.g., HIV and malaria) — and rising rates of noncommunicable diseases. The number of people suffering from neurological disabilities is expected to rise dramatically in the coming years [1].

Some neurological disorders are common like dementia, epilepsy, headache disorders, multiple sclerosis, neuroinfections, neurological disorders associated with malnutrition, pain associated with neurological disorders, Parkinson's disease etc. In these some disorders can be treated with simple medication if diagnosed in early stage. Whereas, many are rare such as Alpers' Disease, Alternating Hemiplegia, Ataxia Telangiectasia, Batten Disease, Cerebral Gigantism, Dancing Eyes-Dancing Feet Syndrome, Dentatorubral Atrophy, Hemiplegia Alterans, Kinsbourne syndrome, Melkersson-Rosenthal syndrome [2].

Below are the common causes for neurological disorders

- Lifestyle-related causes
- Infections
- Genetics
- Nutrition-related causes
- Environmental influences
- Physical injuries

Some symptoms that may occur with neurological disorders are appended below.

- Altered smell or taste
- Burning feeling
- Confusion or cognitive changes
- Fainting, lethargy, or change in your level of consciousness
- Involuntary muscle contractions (dystonia)
- Loss of balance
- Muscle weakness
- Numbness
- Pain from an origin that does not usually cause pain or that follows the course of a specific nerve
- Paralysis or inability to move a body part

- Pins-and-needles (prickling) sensation
- Sensitivity
- Tingling

Following are the serious complications that may happen because of neurological disorders.

- Amputation
- Paralysis or inability to move a body part
- Permanent nerve damage
- Permanent physical disability
- Permanent or chronic pain
- Poor quality of life
- Sleep disorder
- Spread of cancer
- Spread of infection [3]

Conclusion

This study provides health providers and planners with the information they need to determine the burden of neurological conditions in their country and take corrective measures. If the following guidelines are to be effective, they must be adopted across a broad variety of industries and disciplines. Most of the effectiveness of a country's public health programmes is determined by the level of government commitment it receives. Decision-makers' support is needed not only to guarantee adequate resources and appropriate laws and regulations, but also to give preventive activities more authority and prominence in the public consciousness. The introduction of global and local programmes and projects aimed at health providers, general practitioners and primary care doctors, public health experts, neurologists, health managers, health economists, the media, and the general public is needed to increase public and clinical understanding of public health implications of neurological disorders. An integrated infrastructure of primary health care, including secondary and tertiary care centres, doctors, and clinicians, is the most promising solution for reducing the prevalence of neurological diseases in developed countries. Primary treatment is the first point of contact with the vast majority of patients needing medical help, and for many, it is their only choice.

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