

NEUROLOGICAL DISORDERS: DIAGNOSIS AND TREATMENT

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Abstract: Diseases of neurology are disorders of the central and peripheral nervous system. Depending on the severity of the ailment, it can lead to dangerous consequences including disability and sometimes death. Diagnosis of neurological diseases, as well as their prompt treatment, is the task of a neurologist, who selects methods of therapy depending on the symptoms and individual characteristics of the patient.

Key words: nervous system, neurological diseases, genetic factors, children.

Introduction. The human nervous system is divided into central nervous system (CNS) and peripheral nervous system. The former includes the spinal cord and brain, while the latter is responsible for the supply of nerves and, as a consequence, the unified communication between tissues and organs. Neurological pathologies disrupt the work of all structures of the body and can cause disability in both children and adults. Currently, more than 5 thousand diseases are known. Depending on the causes, they are as follows:

Infectious. Caused by viruses, bacteria, fungi. Can also be provoked by internal parasites. Violations affect the work of the CNS, causing its defeat (malaria, encephalitis and other similar diseases)

Genetic factors. Can be caused by mutation of certain genes, due to metabolic disorders, or be associated with chromosomal abnormalities. There is also a hereditary predisposition, for example, epilepsy or Alzheimer's disease.

Traumatic. In this case, disorders of the nervous system departments are caused by external factors. These are injuries to the spinal cord, concussions.

Tumor. Caused by tumor growth in the internal cavities. Benign and malignant neoplasms proliferate, causing pressure on the tissues, becoming the cause of pathologies.

Vascular. Are a consequence of an improper blood supply, leading to nutritional deficiencies. If the pathology is ignored, the lack of treatment can cause a stroke.

Toxic. Caused by ingestion of poisons and toxins, including alcohol, drugs. Can be provoked by uncontrolled intake of medications, as well as pathologies of the kidneys and liver. An example of the disease is toxic encephalopathy.

Autoimmune. A characteristic example of this category is multiple sclerosis. The disease develops due to failures in the immune system, which lead to the destruction of healthy cells and tissues.

Causes of the disease

The reasons for which this or that neurological pathology can develop are numerous, so their complete enumeration will take too much time. Nevertheless, there are the most common culprits of such disorders. These include poor heredity, when the disease passes from the older generation to the younger, hormonal imbalance, as well as injuries received at different times. Provoke the ailment are capable of chronic diseases, improper functioning of internal organs. Risk factors include various experiences, stressful situations, fatigue, as well as sedentary lifestyle. Another reason that increases the risk of developing the disease is an unfavorable environmental situation. In addition, the cause of neurological disorder can be improper nutrition, lack of a measured rhythm of life, lack of fresh air.

Symptoms of neurological diseases

The disease is often called insidious, because for a long time it can not report itself, manifesting itself only in the form of minor symptoms characteristic of a number of disorders. A person can suffer from headaches, notice deterioration of memory, increased anxiety or emotionality. In addition, pathologies of the nervous system can indicate sleep disorders, difficulty concentrating, flies in front of the eyes. In addition, alarming symptoms include dizziness, recurrent fainting, loss of concentration.

Any of these symptoms, if they make themselves known regularly, is a reason to contact a neurologist. It is important to realize that in the early stages it will be much easier to restore health, and attempts at self-medication will turn out to be a waste of time and worsening of well-being. Especially dangerous is the uncontrolled intake of various drugs that promise to cope with unpleasant sensations. Since the same symptom is often associated with different diseases, incorrectly selected remedy, instead of recovery, will lead to irreparable consequences.

To make an accurate diagnosis, laboratory diagnosis of neurological diseases is used. It includes the collection and study of blood, cerebrospinal fluid, as well as research on high-precision equipment. Such a technique has no contraindications and can be applied even to small children.

Most often used methods of diagnosing neurological diseases, carried out with the help of radiation, electrowave and ultrasound studies. The use of X-rays, computed tomography allows you to identify congenital defects, detect injuries affecting the nervous system, detect abnormalities in the functioning of the spine, various neoplasms. In case of stroke, patients are prescribed MRI, since with its help the doctor gets the opportunity to see all the changes occurring in the spinal cord and brain.

Ultrasound diagnostics is prescribed for newborns. The study is completely safe and has no side effects. However, since with age the bone tissue becomes denser, it is not prescribed for children over a year old. Also used to detect pathologies are electroencephalography, which allows you to assess the activity of the brain, and ultrasound with the Doppler effect, thanks to which the doctor in real time sees all the parameters of blood flow.

Recommended medications

Successful neurological treatment depends on how timely the disease was identified and how quickly the person began therapeutic procedures. Operative medical intervention, carried out at an early stage, allows you to restore health. In severe cases, the patient may be sent to a hospital to constantly monitor his condition.

Doctors prescribe drugs with the help of which neurological pain is treated, unpleasant sensations are controlled. Antiviral and antibacterial agents, analeptics and other means suitable in a particular case

may also be prescribed. There are also drugs available for purchase without a prescription, but before their use it is recommended to consult with the attending physician. Such drugs include:

Tenoten. It is used as part of a complex therapy. Allows you to cope with neurological disorders caused by stress, fatigue, increased nervous excitability. Effective in the appearance of psychosomatic diseases, neurological disorders.

Magnesium B6. Biological supplement allows you to support the body during periods of increased stress, provides the right amount of magnesium and vitamin B6. Before use, it is recommended to consult a doctor to make sure that it is necessary to take the complex.

Afobazol. The drug is effective for anxiety disorders, sleep disorders, somatic, autoimmune diseases, if symptoms of anxiety, stress are present. Despite the fact that in pharmacies it is released without a prescription, it is undesirable to use it without consulting a doctor.

Novo-Passit. This remedy, with a calming effect allows you to cope with insomnia, headaches, anxiety disorders. It is not used for the treatment of children under 12 years of age.

Conclusions: Thus, the Diseases that the science of "Neurology" studies are recognized as the most common in the world. They do not depend on age and gender, negatively affect the immune, endocrine and cardiovascular system, fraught with severe complications. The role of the science of "Neuroscience" is to prevent these diseases. Or at least to stop their development, to provide a better quality of life.

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