

# Comprehensive Review of Bipolar Disorder : Etiology, Diagnosis and Treatment

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**Abstract:** *Bipolar disorder is a predominantly intermittent and chronic psychiatric condition that diminishes life expectancy, induces functional impairment, and disrupts social, occupational, and familial aspects of life. Various forms of bipolar disorder are acknowledged, encompassing both bipolar I and bipolar II disorder. Bipolar I is characterized by recurring episodes of depression and mania, whereas bipolar II disorder involves recurrent episodes of depression and a milder form of mania known as hypomania. The definition of hypomania has been a subject of debate since at least the 1970s, with discussions centering on its minimal duration, underlying criteria, and the requisite number of symptoms for diagnosis. Achieving an accurate depiction of hypomania is a pivotal diagnostic challenge. Emerging evidence supports the existence of a broad spectrum of bipolar disorders, and there is growing data substantiating the clinical validity of adjusting certain criteria for hypomania. These disorders significantly diminish psychosocial functioning and are associated with a loss of approximately 10–20% of potential years of life. The mortality disparity between individuals with bipolar disorders and the general population primarily results from elevated deaths due to cardiovascular disease and suicide. Bipolar disorder exhibits a high heritability, approximately 70%, and shares genetic risk alleles with other mental and medical conditions.*

**Keywords:** manic episodes, depressive episodes, Lithium, Manic, Mood stabilizers

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