

Ever feel like your body's out of whack? It could be nervous system dysregulation

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March 10, 2024



How does nervous system dysregulation manifest? (Source: Freepik)

Our nervous system is the body's control centre, constantly working behind the scenes to keep everything running smoothly. But sometimes, things go haywire. Enter nervous system dysregulation, a condition that can leave you feeling utterly out of whack.

Whether you're dealing with unexplained fatigue, chronic pain, or emotional rollercoaster rides, understanding nervous system dysregulation could be the key to feeling like yourself again.

Dr Nikhil Chamankar, neurosurgeon at Adhikari Lifeline Multispecialty Hospital, Palghar, helped us understand nervous system dysregulation, its potential causes, and the signs that might indicate you're experiencing it.

Nervous system dysregulation describes a malfunction in how **your brain** and spinal cord communicate with the rest of your body, he said, adding that this can be caused by various factors, including strokes, tumours, infections, birth defects, or diseases affecting the protective covering of nerves.

Understanding its potential causes and signs is crucial for seeking help and regaining control.

How does nervous system dysregulation manifest?

So, how does nervous system dysregulation manifest? In the brain,” says Dr Chamankar highlighting that the impact varies depending on the location of the dysfunction.

“When **the brain is affected**, symptoms like headaches, vomiting, drowsiness, or weakness on one side of the body can occur. Speech difficulties, vision problems, and even seizures might also be present. If the problem lies in the spinal cord, weakness in limbs, tingling sensations, and issues with bladder or bowel control may arise,” he explained in an interaction with indianexpress.com.

Recognising the signs and seeking help

Experiencing any of these symptoms shouldn't be taken lightly. “If you experience any of these symptoms,” emphasised Dr Chamankar, “it's crucial to seek medical attention promptly.”

Early diagnosis is key to receiving proper treatment and **managing the condition** effectively, he added.

Treatment and management

Dr Chamankar elaborated, “Rehabilitation and physiotherapy are essential for recovery and regaining independence.” However, it's important to remember that the extent of recovery is individual-based. Some people may experience a full recovery, while others may require ongoing management and support to maintain a good quality of life.

Living with a nervous system dysregulation can be challenging, but with proper diagnosis, treatment, and management strategies, it's possible to regain control and improve your well-being. If you suspect you might be experiencing symptoms, remember – seeking medical attention is the first step towards feeling like yourself again. Early detection and proper treatment can make a significant difference in regaining control of your well-being.

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