FREE LIVE WEBINAR · 02

Understanding Bipolar Disorder

Big highs, deep lows, and how life can become steady again



Bharosa 90-Day Bipolar Balance Program

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

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Meet Your Doctor

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Neuro Psychiatry Hospital



Dr. Uday Kiran

Founder & CEO, Bharosa

MBBS, MD Psychiatry

Osmania Medical College, Hyderabad

Founder & CEO

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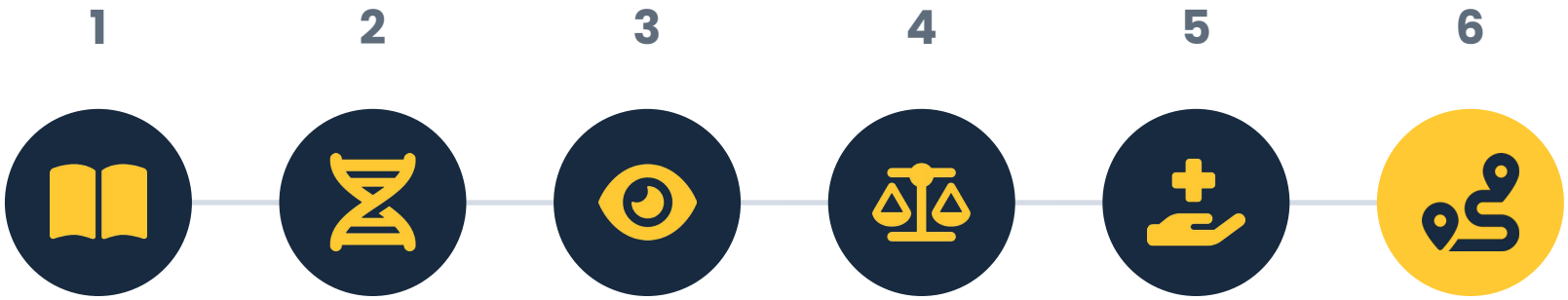
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

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Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

What Is Bipolar Disorder?

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A brain illness where mood swings to extreme highs (mania) and lows (depression) for weeks



Bipolar I

At least one full manic high, often with lows too



Bipolar II

Milder highs (hypomania) with deep, long lows



Not daily moods

Episodes last days to weeks, not a few hours

Bipolar Disorder in Numbers

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1 in 200

Indians will have bipolar disorder in their lifetime

NMHS 2015-16 (NIMHANS); Indian J Psychiatry 2023

70%

of Indians with bipolar disorder get no treatment

NMHS 2015-16 (NIMHANS); Indian J Psychiatry 2023

36 mn

people live with bipolar disorder worldwide

WHO Fact Sheet: Bipolar disorder (2023 data)

Who Gets Bipolar Disorder?

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Young adults

Usually starts in late teens or the twenties



Family history

Higher risk if a parent or sibling has it



Men and women

Affects both equally; women get more lows

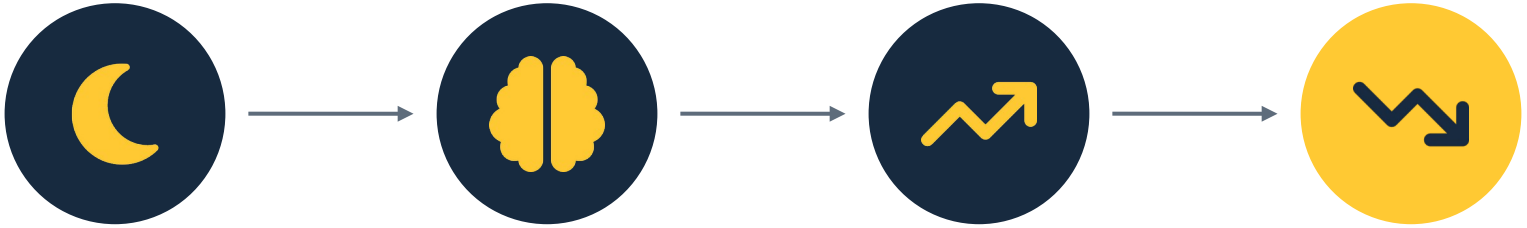


After childbirth

The weeks after delivery are a high-risk time

The Mood See-Saw

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Sleep loss, stress
Late nights, exams, fights or alcohol

Circuits swing
Mood circuits lose their balance point

Mania high
Too much energy, no sleep, risky actions

Crash to low
Exhausted brain falls into depression

Treatment and a steady daily rhythm keep the see-saw level, so highs and lows stay small

What Causes It?

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Genes

Strongest factor; often runs in families

Body clock

Broken sleep and night shifts trigger swings

Stress

Loss, money worries or family conflict

Alcohol, drugs

Alcohol, ganja and stimulants worsen swings

Wrong medicine

Antidepressant alone can flip a person high

Childbirth

Hormone and sleep changes after delivery

Early Warning Signs

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Sleeping much less



Talking fast, nonstop



Sudden heavy spending



Irritable, quick anger



Withdrawn, low for weeks



No energy, stays in bed

Signs of a Manic Episode

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Mania (the high)

Lasts a week or more, or needs hospital care; hypomania is milder



Huge energy

Feels no need to sleep, still not tired



Big ideas

Believes he is special, rich or powerful



Racing talk

Speaks fast, jumps topic to topic



Risky actions

Spending, rash driving, fights, no judgement

Signs of a Depressive Episode

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Depression (the low)

Lasts two weeks or more, most of the day, nearly every day



Deep sadness

Low, empty or hopeless most of the day



No energy

Tired, slow, finds daily work very hard



No interest

No joy in family, food, work or prayer



Dark thoughts

Feels worthless, may think of dying

How It Affects Life

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Work, studies

Jobs lost or exams missed during episodes



Money

Loans and debts from spending sprees



Family

Fights, broken trust and constant worry



Health

Higher risk of sugar, weight and heart problems

> *One month he never slept and spent our savings. Then he stayed in bed for weeks. It was one illness all along.*
>
> — A family member

Myths and Facts

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MYTH	FACT
Bipolar is just mood swings everyone has	**It is a medical illness with episodes lasting days to weeks**
Feeling fine means medicines can stop	**Stopping suddenly is a leading cause of relapse**
People with bipolar cannot work or marry	**With steady treatment, many work, marry and raise families**

Red Flags: Act Today

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- Talks of suicide or dying
- Not slept for two or more nights
- Violent, aggressive or out of control
- Hearing voices or strange beliefs
- Not eating or drinking water

Act today

Do not wait. Keep the person safe and bring them to Bharosa or call us today

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How We Diagnose It

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01



Detailed talk

Patient and family share the full mood story

02



Mood history

Past highs, lows, sleep and family history

03



Tests

Blood, thyroid and scans to rule out other causes

04



Clear diagnosis

Psychiatrist confirms type and makes a plan

THE GOOD NEWS

Bipolar Can Be Kept Stable

With the right medicines, routine and family support, life can become steady again

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Five Pillars of Care

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One team · one plan · every day



Right medicines

Mood stabilisers at the right, safe dose



Steady rhythm

Fixed sleep, meals and activity times



Understanding

Patient learns own triggers and early signs



Family support

Family learns to help calmly and early



Relapse plan

A written plan for what to do if signs return

Medicines and Therapies

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Medicines

- Lithium, with regular blood-level checks
- Other mood stabilisers, chosen by doctor
- Antipsychotics for mania and prevention
- Antidepressants only with a stabiliser

Therapies

- Psychoeducation and daily mood charting
- Social rhythm therapy (IPSRT)
- CBT and family-focused therapy
- ECT, safely, for severe or urgent cases

Why 90 Days?

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Stability needs time, not a quick fix

Medicines settle

Doses and blood levels need weeks to fine-tune safely

Rhythm becomes habit

A new sleep and daily routine takes weeks to stick

Relapse plan

Patient and family practise the plan before going home

Your 90-Day Roadmap

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Day 1–30
Stabilise

- Safe, calm ward and full check-up
- Settle mania or depression
- Restore sleep, food and safety

Day 31–60
Rhythm & insight

- Fixed daily routine and mood chart
- Learn triggers and early signs
- CBT, yoga and family sessions

Day 61–90
Stay well

- Written relapse-prevention plan
- Home visits and work readiness
- Follow-up and medicine schedule set

Your Care Team at Bharosa

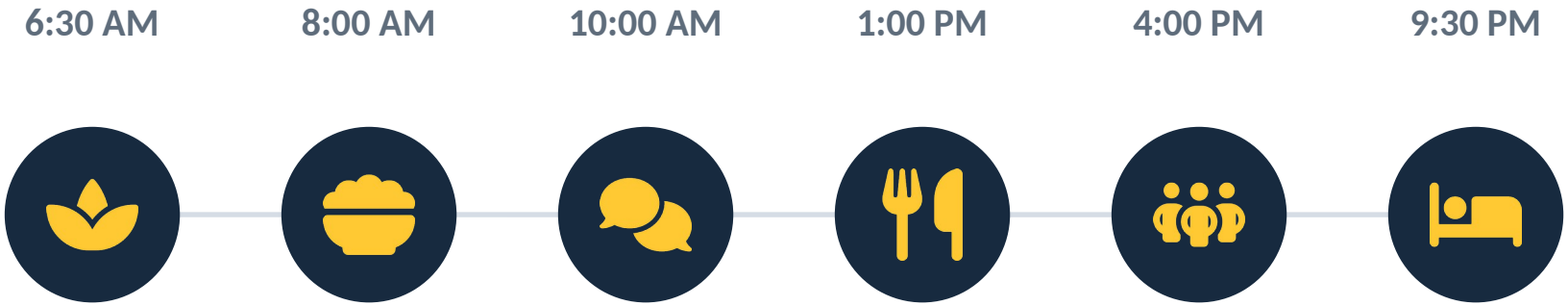
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Every patient in the 90-Day Bipolar Balance Program is cared for by:

- **Psychiatrists**
- **Psychologists**
- **General physicians**
- **Dietitians**
- **Yoga trainers**
- **Fitness trainers**
- **Nurses, 24×7**
- **Family counsellors**

A Day in the Program

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Medicines on time · therapy every day · healthy food · safe, calm rooms · weekly family update

How Families Can Help

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Do

- Keep sleep and meal times fixed at home
- Note early signs and call the doctor early
- Supervise medicines and blood tests
- Stay calm, listen, and praise small steps

Avoid

- Don't stop or change medicines yourself
- Don't argue with a person during mania
- Don't hand over cards or cash in a high
- Don't blame or call them lazy when low

Choose Your Nearest Bharosa

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L.B. Nagar

Standard & mid-range care

East Hyderabad



Kothapet

Standard & mid-range care

Close to the city centre



Banjara Hills

Premium private rooms

Privacy and comfort



Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day Bipolar Balance Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day Bipolar Balance Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Free family assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



Emergency: 112 · Tele-MANAS 14416 (free, 24×7)

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