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# Case Study on Parkinson's Disease

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**Abstract:** *The term neurologic disorder applies to any condition that is caused by a dysfunction in part of the brain or nervous system, resulting in physical and/or psychological symptoms. Neurologic disorders are wide ranging. They have various causes, complications and outcomes. Many result in additional needs requiring life-long management. Symptoms of neurologic disorders vary. Physical, cognitive (or thinking), emotional and behavioral symptoms may be present, with specific disorders having combinations or clusters of these symptoms. Hundreds of millions of people worldwide are affected by neurological disorders. These disorders include epilepsy, Alzheimer disease and other dementias, cerebrovascular diseases including stroke, migraine and other headache disorders, multiple sclerosis, Parkinson's disease, neuroinfections, brain tumours, traumatic disorders of the nervous system due to head trauma, and neurological disorders as a result of malnutrition. The present case study is about a 75 year old female who seemed to have neglected the early symptoms of Parkinson's disease and has been living with the disease since 25 years. The study also throws light on the hereditary aspect of the disease.*

**Keywords:** *neurotransmitters, dopamine, Parkinson's disease, symptoms, tremors*

## I. INTRODUCTION

Parkinson's disease is a lifelong condition that involves neurological changes in the body. These changes can make it harder for a person to function in daily life. Low or falling levels of dopamine, a neurotransmitter, is found to be associated with Parkinson's disease. This happens when cells that produce dopamine die in the brain. Dopamine plays a role in sending messages to the part of the brain that controls movement and coordination. Low dopamine levels can make it harder for people to control their movements. As dopamine levels fall in a person with Parkinson's disease, their symptoms gradually become more severe.

Low norepinephrine levels: Norepinephrine, another neurotransmitter, is important for controlling many automatic body functions, such as the circulation of the blood. In Parkinson's disease, the nerve endings that produce this neurotransmitter die. This may explain why people with Parkinson's disease experience not only movement problems but also fatigue, constipation, and orthostatic hypotension, when blood pressure changes on standing up, leading to light-headedness.

## II. METHODOLOGY OF STUDY

The present study is about a 75 year old female who has been suffering from Parkinson's disease since as early as 50 years of age. In the starting, she only had slight shaking in the hands and legs which she used to think is due to weakness but as time progressed the shaking transformed into tremors. She started forgetting many things. Now her condition is too drastic. Her hands shake constantly even when she sleeps. She had once got a mild paralytic attack at the age of 72 which she recovered very quickly. Off-late she is experiencing insomnia, difficulty in breathing, restlessness and hallucinations. One side of the body becomes warm and the other side becomes cold when she lies on her side. Her lifestyle was good. She used to be very active in her hay days. Her food was also healthy and she was not into drinking or any such habit bad for health. Studying her parents and grandparents medical history, no one in her family had the symptoms of Parkinson's. But she had been subjected to physical and mental abuse constantly which may have caused mental trauma and triggered Parkinson's disease.

She is undergoing treatment since 10 years. The permanent medications given to her are Syndopa and Pramipex. The other medications were given for symptomatic. She has one daughter and two sons. Her daughter is about 50 years old and has been experiencing similar symptoms since 4-5 years. Her son who is about 37 years old has also shown symptoms like forgetfulness, shaking of hands and legs.

## III. DISCUSSION

Although no particular cause can be ascertained for her condition but possible factors may include environmental factors like exposure to toxins, such as pesticides, solvents, metals, and other pollutants, mental trauma etc.

## IV. CONCLUSION

Though there is no cure for Parkinson's disease but with timely treatment the symptoms can be stopped from alleviating. Awareness about the onset of disease its early symptoms, diagnosis and possible treatments must be created among the younger generations. Maintaining a healthy life-style and positive attitude towards life can be of great help.



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