

# **JIM C – HEALTH TERMS**

## **MONDAY - 08/31/2009**

### **HOW DID THE TERM “BI-POLAR ILLNESS” ORIGINATE?**

***Definition:*** A mental illness wherein a person swings between states of depression (melancholy - low mood and energy) and mania (heightened, elevated, ecstatic mood and energy).

***AKA:*** Manic depressive disorder or bipolar affective disorder

***Online Etymology:*** 1810 with figurative sense of "of double aspect;" 1859 with reference to physiology, from bi- + polar.

- **98–177 AD** - Soranus of Ephesus described mania and melancholia as distinct diseases with separate etiologies
- **30 - 150 AD** - Aretaeus of Cappadocia (Alexandria) viewed both melancholia and mania as coming from ‘black bile’
- **1025 AD** - Avicenna (Persian) wrote *The Canon of Medicine* identifying bipolar disorder as a manic depressive psychosis.
- **1856–1926** - German psychiatrist Emil Kraepelin coined the term *manic depressive psychosis* - periods of acute illness generally punctuated by relatively symptom-free intervals
- **1949** – Dr. John Cade (Australia) discovered that lithium carbonate could successfully treat manic depressive psychosis
- **1970** – In the U.S. the FDA approved the use of lithium

**Conventional Wisdom:** Bi-polar Illness = Emotional Roller Coaster

**M of Z:** The best treatment is medicine, therapy, & self-care