Neurologia

COVID-19

" Neurological complications of coronavirus and COVID-19". Revista de Neurología. 70 (9): 311–322. doi:10.33588/rn.7009.2020179. PMID 32329044. S2CID 226200547

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by the coronavirus SARS-CoV-2. In January 2020, the disease spread worldwide, resulting in the COVID-19 pandemic.

The symptoms of COVID?19 can vary but often include fever, fatigue, cough, breathing difficulties, loss of smell, and loss of taste. Symptoms may begin one to fourteen days after exposure to the virus. At least a third of people who are infected do not develop noticeable symptoms. Of those who develop symptoms noticeable enough to be classified as patients, most (81%) develop mild to moderate symptoms (up to mild pneumonia), while 14% develop severe symptoms (dyspnea, hypoxia, or more than 50% lung involvement on imaging), and 5% develop critical symptoms (respiratory failure, shock, or multiorgan dysfunction). Older people have a higher risk of developing severe symptoms. Some complications result in death. Some people continue to experience a range of effects (long COVID) for months or years after infection, and damage to organs has been observed. Multi-year studies on the long-term effects are ongoing.

COVID?19 transmission occurs when infectious particles are breathed in or come into contact with the eyes, nose, or mouth. The risk is highest when people are in close proximity, but small airborne particles containing the virus can remain suspended in the air and travel over longer distances, particularly indoors. Transmission can also occur when people touch their eyes, nose, or mouth after touching surfaces or objects that have been contaminated by the virus. People remain contagious for up to 20 days and can spread the virus even if they do not develop symptoms.

Testing methods for COVID-19 to detect the virus's nucleic acid include real-time reverse transcription polymerase chain reaction (RT?PCR), transcription-mediated amplification, and reverse transcription loop-mediated isothermal amplification (RT?LAMP) from a nasopharyngeal swab.

Several COVID-19 vaccines have been approved and distributed in various countries, many of which have initiated mass vaccination campaigns. Other preventive measures include physical or social distancing, quarantining, ventilation of indoor spaces, use of face masks or coverings in public, covering coughs and sneezes, hand washing, and keeping unwashed hands away from the face. While drugs have been developed to inhibit the virus, the primary treatment is still symptomatic, managing the disease through supportive care, isolation, and experimental measures.

The first known case was identified in Wuhan, China, in December 2019. Most scientists believe that the SARS-CoV-2 virus entered into human populations through natural zoonosis, similar to the SARS-CoV-1 and MERS-CoV outbreaks, and consistent with other pandemics in human history. Social and environmental factors including climate change, natural ecosystem destruction and wildlife trade increased the likelihood of such zoonotic spillover.

Alprazolam

3A4 and Benzodiazepines]". Seishin Shinkeigaku Zasshi = Psychiatria et Neurologia Japonica (in Japanese). 105 (5): 631–42. PMID 12875231. Dresser GK, Spence

Alprazolam, sold under the brand name Xanax among others, is a fast-acting, potent tranquilizer of moderate duration within the triazolobenzodiazepine group of chemicals called benzodiazepines. Alprazolam is most

commonly prescribed in the management of anxiety disorders, especially panic disorder and generalized anxiety disorder (GAD). Other uses include the treatment of chemotherapy-induced nausea, together with other treatments. GAD improvement occurs generally within a week. Alprazolam is generally taken orally.

Common side effects include sleepiness, depression, suppressed emotions, mild to severe decreases in motor skills, hiccups, dulling or declining of cognition, decreased alertness, dry mouth (mildly), decreased heart rate, suppression of central nervous system activity, impairment of judgment (usually in higher than therapeutic doses), marginal to severe decreases in memory formation, decreased ability to process new information, as well as partial to complete anterograde amnesia, depending on dosage. Some of the sedation and drowsiness may improve within a few days.

Benzodiazepine withdrawal symptoms may occur if use is suddenly decreased.

Alprazolam was invented by Jackson Hester Jr. at the Upjohn Company and patented in 1971 and approved for medical use in the United States in 1981. Alprazolam is a Schedule IV controlled substance and is a common drug of abuse. It is available as a generic medication. In 2023, it was the 37th most commonly prescribed medication in the United States, with more than 15 million prescriptions.

Attention deficit hyperactivity disorder

hyperactivity disorder and restless legs syndrome in children]. Revista de Neurologia (in Spanish). 52 (Suppl 1): S85 – S95. doi:10.33588/rn.52S01.2011037.

Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder characterised by symptoms of inattention, hyperactivity, impulsivity, and emotional dysregulation that are excessive and pervasive, impairing in multiple contexts, and developmentally inappropriate. ADHD symptoms arise from executive dysfunction.

Impairments resulting from deficits in self-regulation such as time management, inhibition, task initiation, and sustained attention can include poor professional performance, relationship difficulties, and numerous health risks, collectively predisposing to a diminished quality of life and a reduction in life expectancy. As a consequence, the disorder costs society hundreds of billions of US dollars each year, worldwide. It is associated with other mental disorders as well as non-psychiatric disorders, which can cause additional impairment.

While ADHD involves a lack of sustained attention to tasks, inhibitory deficits also can lead to difficulty interrupting an already ongoing response pattern, manifesting in the perseveration of actions despite a change in context whereby the individual intends the termination of those actions. This symptom is known colloquially as hyperfocus and is related to risks such as addiction and types of offending behaviour. ADHD can be difficult to tell apart from other conditions. ADHD represents the extreme lower end of the continuous dimensional trait (bell curve) of executive functioning and self-regulation, which is supported by twin, brain imaging and molecular genetic studies.

The precise causes of ADHD are unknown in most individual cases. Meta-analyses have shown that the disorder is primarily genetic with a heritability rate of 70–80%, where risk factors are highly accumulative. The environmental risks are not related to social or familial factors; they exert their effects very early in life, in the prenatal or early postnatal period. However, in rare cases, ADHD can be caused by a single event including traumatic brain injury, exposure to biohazards during pregnancy, or a major genetic mutation. As it is a neurodevelopmental disorder, there is no biologically distinct adult-onset ADHD except for when ADHD occurs after traumatic brain injury.

Albert Einstein

Einstein with Cajal (Madrid, 1923): a lost tide of fortune]". Revista de Neurología. 43 (2): 113–117. ISSN 0210-0010. PMID 16838259. Grandjean, Martin (2018)

Albert Einstein (14 March 1879 – 18 April 1955) was a German-born theoretical physicist who is best known for developing the theory of relativity. Einstein also made important contributions to quantum theory. His mass—energy equivalence formula E = mc2, which arises from special relativity, has been called "the world's most famous equation". He received the 1921 Nobel Prize in Physics for his services to theoretical physics, and especially for his discovery of the law of the photoelectric effect.

Born in the German Empire, Einstein moved to Switzerland in 1895, forsaking his German citizenship (as a subject of the Kingdom of Württemberg) the following year. In 1897, at the age of seventeen, he enrolled in the mathematics and physics teaching diploma program at the Swiss federal polytechnic school in Zurich, graduating in 1900. He acquired Swiss citizenship a year later, which he kept for the rest of his life, and afterwards secured a permanent position at the Swiss Patent Office in Bern. In 1905, he submitted a successful PhD dissertation to the University of Zurich. In 1914, he moved to Berlin to join the Prussian Academy of Sciences and the Humboldt University of Berlin, becoming director of the Kaiser Wilhelm Institute for Physics in 1917; he also became a German citizen again, this time as a subject of the Kingdom of Prussia. In 1933, while Einstein was visiting the United States, Adolf Hitler came to power in Germany. Horrified by the Nazi persecution of his fellow Jews, he decided to remain in the US, and was granted American citizenship in 1940. On the eve of World War II, he endorsed a letter to President Franklin D. Roosevelt alerting him to the potential German nuclear weapons program and recommending that the US begin similar research.

In 1905, sometimes described as his annus mirabilis (miracle year), he published four groundbreaking papers. In them, he outlined a theory of the photoelectric effect, explained Brownian motion, introduced his special theory of relativity, and demonstrated that if the special theory is correct, mass and energy are equivalent to each other. In 1915, he proposed a general theory of relativity that extended his system of mechanics to incorporate gravitation. A cosmological paper that he published the following year laid out the implications of general relativity for the modeling of the structure and evolution of the universe as a whole. In 1917, Einstein wrote a paper which introduced the concepts of spontaneous emission and stimulated emission, the latter of which is the core mechanism behind the laser and maser, and which contained a trove of information that would be beneficial to developments in physics later on, such as quantum electrodynamics and quantum optics.

In the middle part of his career, Einstein made important contributions to statistical mechanics and quantum theory. Especially notable was his work on the quantum physics of radiation, in which light consists of particles, subsequently called photons. With physicist Satyendra Nath Bose, he laid the groundwork for Bose–Einstein statistics. For much of the last phase of his academic life, Einstein worked on two endeavors that ultimately proved unsuccessful. First, he advocated against quantum theory's introduction of fundamental randomness into science's picture of the world, objecting that God does not play dice. Second, he attempted to devise a unified field theory by generalizing his geometric theory of gravitation to include electromagnetism. As a result, he became increasingly isolated from mainstream modern physics.

Cannabis (drug)

Chronicle Books. p. 17. ISBN 978-1-4521-0133-0. Sociedad de Psiquiatría y Neurología de la infancia y la Adolescencia (2016). Marihuana: Consensos y evidencias

Cannabis (), commonly known as marijuana (), weed, pot, and ganja, among other names, is a non-chemically uniform psychoactive drug from the Cannabis plant. Native to Central or South Asia, cannabis has been used as a drug for both recreational and entheogenic purposes and in various traditional medicines for centuries. Tetrahydrocannabinol (THC) is the main psychoactive component of cannabis, which is one of the 483 known compounds in the plant, including at least 65 other cannabinoids, such as cannabidiol (CBD).

Cannabis can be used by smoking, vaporizing, within food, or as an extract.

Cannabis has various mental and physical effects, which include euphoria, altered states of mind and sense of time, difficulty concentrating, impaired short-term memory, impaired body movement (balance and fine psychomotor control), relaxation, and an increase in appetite. Onset of effects is felt within minutes when smoked, but may take up to 90 minutes when eaten (as orally consumed drugs must be digested and absorbed). The effects last for two to six hours, depending on the amount used. At high doses, mental effects can include anxiety, delusions (including ideas of reference), hallucinations, panic, paranoia, and psychosis. There is a strong relation between cannabis use and the risk of psychosis, though the direction of causality is debated. Physical effects include increased heart rate, difficulty breathing, nausea, and behavioral problems in children whose mothers used cannabis during pregnancy; short-term side effects may also include dry mouth and red eyes. Long-term adverse effects may include addiction, decreased mental ability in those who started regular use as adolescents, chronic coughing, susceptibility to respiratory infections, and cannabinoid hyperemesis syndrome.

Cannabis is mostly used recreationally or as a medicinal drug, although it may also be used for spiritual purposes. In 2013, between 128 and 232 million people used cannabis (2.7% to 4.9% of the global population between the ages of 15 and 65). It is the most commonly used largely-illegal drug in the world, with the highest use among adults in Zambia, the United States, Canada, and Nigeria. Since the 1970s, the potency of illicit cannabis has increased, with THC levels rising and CBD levels dropping.

Cannabis plants have been grown since at least the 3rd millennium BCE and there is evidence of it being smoked for its psychoactive effects around 500 BCE in the Pamir Mountains, Central Asia. Since the 14th century, cannabis has been subject to legal restrictions. The possession, use, and cultivation of cannabis has been illegal in most countries since the 20th century. In 2013, Uruguay became the first country to legalize recreational use of cannabis. Other countries to do so are Canada, Georgia, Germany, Luxembourg, Malta, South Africa, and Thailand. In the U.S., the recreational use of cannabis is legalized in 24 states, 3 territories, and the District of Columbia, though the drug remains federally illegal. In Australia, it is legalized only in the Australian Capital Territory.

Lupus

erythematosus and their association with antiphospholipid syndrome". Neurologia I Neurochirurgia Polska. 42 (6): 513–517. PMID 19235104. Archived from

Lupus, formally called systemic lupus erythematosus (SLE), is an autoimmune disease in which the body's immune system mistakenly attacks healthy tissue in many parts of the body. Symptoms vary among people and may be mild to severe. Common symptoms include painful and swollen joints, fever, chest pain, hair loss, mouth ulcers, swollen lymph nodes, feeling tired, and a red rash which is most commonly on the face. Often there are periods of illness, called flares, and periods of remission during which there are few symptoms. Children up to 18 years old develop a more severe form of SLE termed childhood-onset systemic lupus erythematosus.

Lupus is Latin for 'wolf': the disease was so-named in the 13th century as the rash was thought to appear like a wolf's bite.

The cause of SLE is not clear. It is thought to involve a combination of genetics and environmental factors. Among identical twins, if one is affected there is a 24% chance the other one will also develop the disease. Female sex hormones, sunlight, smoking, vitamin D deficiency, and certain infections are also believed to increase a person's risk. The mechanism involves an immune response by autoantibodies against a person's own tissues. These are most commonly anti-nuclear antibodies and they result in inflammation. Diagnosis can be difficult and is based on a combination of symptoms and laboratory tests. There are a number of other kinds of lupus erythematosus including discoid lupus erythematosus, neonatal lupus, and subacute cutaneous

lupus erythematosus.

There is no cure for SLE, but there are experimental and symptomatic treatments. Treatments may include NSAIDs, corticosteroids, immunosuppressants, hydroxychloroquine, and methotrexate. Although corticosteroids are rapidly effective, long-term use results in side effects. Alternative medicine has not been shown to affect the disease. Men have higher mortality. SLE significantly increases the risk of cardiovascular disease, with this being the most common cause of death. While women with lupus have higher-risk pregnancies, most are successful.

Rate of SLE varies between countries from 20 to 70 per 100,000. Women of childbearing age are affected about nine times more often than men. While it most commonly begins between the ages of 15 and 45, a wide range of ages can be affected. Those of African, Caribbean, and Chinese descent are at higher risk than those of European descent. Rates of disease in the developing world are unclear.

Psilocybin mushroom

2015). " Hallucinogenic drugs in pre-Columbian Mesoamerican cultures ". Neurología (English Edition). 30 (1): 42–49. doi:10.1016/j.nrleng.2011.07.010. PMID 21893367

Psilocybin mushrooms, or psilocybin-containing mushrooms, commonly known as magic mushrooms or as shrooms, are a type of hallucinogenic mushroom and a polyphyletic informal group of fungi that contain the prodrug psilocybin, which turns into the psychedelic psilocin upon ingestion. The most potent species are members of genus Psilocybe, such as P. azurescens, P. semilanceata, and P. cyanescens, but psilocybin has also been isolated from approximately a dozen other genera, including Panaeolus (including Copelandia), Inocybe, Pluteus, Gymnopilus, and Pholiotina.

Amongst other cultural applications, psilocybin mushrooms are used as recreational drugs. They may be depicted in Stone Age rock art in Africa and Europe, but are more certainly represented in pre-Columbian sculptures and glyphs seen throughout the Americas.

Mesoamerica

2015). " Hallucinogenic drugs in pre-Columbian Mesoamerican cultures ". Neurología (English Edition). 30 (1): 42–49. doi:10.1016/j.nrleng.2011.07.010. ISSN 2173-5808

Mesoamerica is a historical region and cultural area that begins in the southern part of North America and extends to the Pacific coast of Central America, thus comprising the lands of central and southern Mexico, all of Belize, Guatemala, El Salvador, western Honduras, and the Gran Nicoya region of Nicaragua and Costa Rica. As a cultural area, Mesoamerica is defined by a mosaic of cultural traits developed and shared by its indigenous cultures.

In the pre-Columbian era, many indigenous societies flourished in Mesoamerica for more than 3,000 years before the Spanish colonization of the Americas began on Hispaniola in 1493. In world history, Mesoamerica was the site of two historical transformations: (i) primary urban generation, and (ii) the formation of New World cultures from the mixtures of the indigenous Mesoamerican peoples with the European, African, and Asian peoples who were introduced by the Spanish colonization of the Americas. Mesoamerica is one of the six areas in the world where ancient civilization arose independently (see cradle of civilization), and the second in the Americas, alongside the Caral–Supe in present-day Peru. Mesoamerica is also one of only five regions of the world where writing is known to have independently developed (the others being ancient Egypt, India, Sumer, and China).

Beginning as early as 7000 BCE, the domestication of cacao, maize, beans, tomato, avocado, vanilla, squash and chili, as well as the turkey and dog, resulted in a transition from paleo-Indian hunter-gatherer tribal groupings to the organization of sedentary agricultural villages. In the subsequent formative period,

agriculture and cultural traits such as a complex mythological and religious tradition, a vigesimal numeric system, a complex calendric system, a tradition of ball playing, and a distinct architectural style, were diffused through the area. Villages began to become socially stratified and develop into chiefdoms, and large ceremonial centers were built, interconnected by a network of trade routes for the exchange of luxury goods, such as obsidian, jade, cacao, cinnabar, Spondylus shells, hematite, and ceramics. While Mesoamerican civilization knew of the wheel and basic metallurgy, neither of these became technologically relevant.

Among the earliest complex civilizations was the Olmec culture, which inhabited the Gulf Coast of Mexico and extended inland and southwards across the Isthmus of Tehuantepec. Frequent contact and cultural interchange between the early Olmec and other cultures in Chiapas, Oaxaca, and Guatemala laid the basis for the Mesoamerican cultural area. All this was facilitated by considerable regional communications in ancient Mesoamerica, especially along the Pacific coast.

In the subsequent Preclassic period, complex urban polities began to develop among the Maya, with the rise of centers such as Aguada Fénix and Calakmul in Mexico; El Mirador, and Tikal in Guatemala, and the Zapotec at Monte Albán. During this period, the first true Mesoamerican writing systems were developed in the Epi-Olmec and the Zapotec cultures. The Mesoamerican writing tradition reached its height in the Classic Maya logosyllabic script.

In Central Mexico, the city of Teotihuacan ascended at the height of the Classic period; it formed a military and commercial empire whose political influence stretched south into the Maya area and northward. Upon the collapse of Teotihuacán around 600 CE, competition between several important political centers in central Mexico, such as Xochicalco and Cholula, ensued. At this time during the Epi-Classic period, the Nahua peoples began moving south into Mesoamerica from the North, and became politically and culturally dominant in central Mexico, as they displaced speakers of Oto-Manguean languages.

During the early post-Classic period, Central Mexico was dominated by the Toltec culture, and Oaxaca by the Mixtec. The lowland Maya area had important centers at Chichén Itzá and Mayapán. Towards the end of the post-Classic period, the Aztecs of Central Mexico built a tributary empire covering most of central Mesoamerica.

The distinct Mesoamerican cultural tradition ended with the Spanish conquest in the 16th century. Eurasian diseases such as smallpox and measles, which were endemic among the colonists but new to North America, caused the deaths of upwards of 90% of the indigenous people, resulting in great losses to their societies and cultures. Over the next centuries, Mesoamerican indigenous cultures were gradually subjected to Spanish colonial rule. Aspects of the Mesoamerican cultural heritage still survive among the indigenous peoples who inhabit Mesoamerica. Many continue to speak their ancestral languages and maintain many practices hearkening back to their Mesoamerican roots.

Medicine

Andalus and its influence on medieval scholastic medicine]". Revista de Neurología (in Spanish). 34 (9): 877–892. doi:10.33588/rn.3409.2001382. PMID 12134355

Medicine is the science and practice of caring for patients, managing the diagnosis, prognosis, prevention, treatment, palliation of their injury or disease, and promoting their health. Medicine encompasses a variety of health care practices evolved to maintain and restore health by the prevention and treatment of illness. Contemporary medicine applies biomedical sciences, biomedical research, genetics, and medical technology to diagnose, treat, and prevent injury and disease, typically through pharmaceuticals or surgery, but also through therapies as diverse as psychotherapy, external splints and traction, medical devices, biologics, and ionizing radiation, amongst others.

Medicine has been practiced since prehistoric times, and for most of this time it was an art (an area of creativity and skill), frequently having connections to the religious and philosophical beliefs of local culture.

For example, a medicine man would apply herbs and say prayers for healing, or an ancient philosopher and physician would apply bloodletting according to the theories of humorism. In recent centuries, since the advent of modern science, most medicine has become a combination of art and science (both basic and applied, under the umbrella of medical science). For example, while stitching technique for sutures is an art learned through practice, knowledge of what happens at the cellular and molecular level in the tissues being stitched arises through science.

Prescientific forms of medicine, now known as traditional medicine or folk medicine, remain commonly used in the absence of scientific medicine and are thus called alternative medicine. Alternative treatments outside of scientific medicine with ethical, safety and efficacy concerns are termed quackery.

Don Quixote

Cervantes' Sources of Medical Information about Neuropsychiatry". Revista de Neurologia, vol. 46, 2008, pp. 489-501: 490. Palma, Jose-Alberto, Palma, Fermin.

Don Quixote, the full title being The Ingenious Gentleman Don Quixote of La Mancha, is a Spanish novel by Miguel de Cervantes. Originally published in two parts in 1605 and 1615, the novel is considered a founding work of Western literature and is often said to be the first modern novel. The novel has been labelled by many well-known authors as the "best novel of all time" and the "best and most central work in world literature". Don Quixote is also one of the most-translated books in the world and one of the best-selling novels of all time.

The plot revolves around the adventures of a member of the lowest nobility, an hidalgo from La Mancha named Alonso Quijano, who reads so many chivalric romances that he loses his mind and decides to become a knight-errant (caballero andante) to revive chivalry and serve his nation, under the name Don Quixote de la Mancha. He recruits as his squire a simple farm labourer, Sancho Panza, who brings an earthy wit to Don Quixote's lofty rhetoric. In the first part of the book, Don Quixote does not see the world for what it is and prefers to imagine that he is living out a knightly story meant for the annals of all time. However, as Salvador de Madariaga pointed out in his Guía del lector del Quijote (1972 [1926]), referring to "the Sanchification of Don Quixote and the Quixotization of Sancho", as "Sancho's spirit ascends from reality to illusion, Don Quixote's declines from illusion to reality".

The book had a major influence on the literary community, as evidenced by direct references in Alexandre Dumas's The Three Musketeers (1844), and Edmond Rostand's Cyrano de Bergerac (1897) as well as the word quixotic. Mark Twain referred to the book as having "swept the world's admiration for the mediaeval chivalry-silliness out of existence". It has been described by some as the greatest work ever written.

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