

## **Psychological & physical Rehabilitation in Multiple Sclerosis**

### **abstract**

*Multiple sclerosis (M.S.) is a chronic disease of central nervous system (C.N.S) which locally demolishes myelin sheaths. M.S. is one of the most important debilitating factors in the youth and middle age. It mostly common between 20-30 years of age. The incidence in the age below the 10 and above the 60 years old is rare. It has been estimated nearly 1/1 million have M.S around the world. Since M.S. affects different parts of C.N.S, so the symptoms are various. Clinical development differs from the benign to rapidly developing disease. It is mostly seen with attack and remission. First attacks usually recover but by repeating attacks, neurological defects permanently remain. Etiology of M.S. is unknown. Researches have showed the responsibility of autoimmune mechanism, viral infection and genetic in M.S. Environmental factors in onset and frequency of attacks can be effective. Incidence of M.S. in females is more than males. Geographically M.S. is seen much more in areas far from equator. Hence M.S. patients have wide spread symptoms of involvement in nervous system, is necessary during drug therapy physiotherapy and rehabilitation. These defects mostly occur in the form of cognitive and visual disorder, disarthery, dysphasia, weakness, spastisity, sensory, cerebellum and urinary and defecation disorders. In this paper I underscore the rehabilitation aspects of M.S patients.*

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