
MENTAL HAZE OR BRAIN FOG: SYMPTOMS, CAUSES AND REMEDIES

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Abstract

In our daily life we sometimes feel that we are not able to think things clearly. Our ability to complete mental tasks are impaired, memory is poor and even our decision making capacity is low. This kind of state in which mind is confused and detached is referred as brain fogging or mental Haziness. If such type of mental impairment or Haziness is encountered frequently or more or less daily then it may lead to serious problems. Such kind of problems can be sorted out by the proper counseling of the candidate. The current work aims to discuss how such kind of psychotherapy is useful for treatment of the candidate.

Key Words: *Mental Haze, Brain fog.*

INTRODUCTION

Brain fog also known as mental haze, term used in medicine which can be defined as “a stage of mental confusion, detachment and forgetfulness”.

There is no clear definition of mental haze .It is a common term which describes an impaired mental state and in medical it is often termed as confusion, mental impairment, poor memory and inability to concentrate.

The activity of the brain is basically depends upon host of factors which allows the brain to complete all of its functions. Causes of brain fog is not clear but the main reason of brain fogging include missing night sleep, imbalance in neurotransmitter, impaired energy production within the brain or low oxygen/glucose supply to brain cells leading to hangover which causes lack of clarity in mind. Moreover, it is reported in the literature that propagation of electrical impulses in the nerve cells that constitute the brain may be also the reason. Other causes include insufficient sleep, over consumption of alcohol, illicit drug use, mental exertion, emotional stress, long term disease.

Following are the Symptoms of mental haze:

- Forgetfulness (appointments/ commitments and names)
- Poor memory with recalling past events.
- Difficulty in concentrating on things.
- Problem with decision making and learning new things.
- Sometimes confusions.
- Forgetting words and mixing of words
- Moderate mental activity and easy mental fatigue.

MENTAL HAZE CAUSES:

It is very important to note that the symptoms of brain fog or mental haze are also seen in certain drugs and psychiatric conditions. It is also said that mental haze symptoms are common with using drugs which is known as iatrogenic cause. For many of us, mental haze or brain fog is a transient symptom or collection of many symptoms. It comes occasionally and lasts for a short period and its cause is identifiable.

Following are some of the causes

1. Alcohol overindulgence: Excessive consumption of alcohol also affects the brain functioning for hours or days. At the beginning brain fog is part of intoxication. We often look at brain fog following an overindulgence in alcohol as part of hangover.

2. Prescription drug use: The prescription drugs can also sometimes affect the brain activity. But these effects are not severe and uncontrollable as compared to other drugs. Sedatives, tranquilizers, antidepressants and narcotic pain killers are probably best known for affecting brain activities. However similar side effects may arise with other drugs also.

3. Illicit drug use:

This impairs normal brain functioning despite illicit drugs affect brain in different ways. These drugs including many of them suppress nervous system while others stimulate it excessively for short periods of time.

4. Mental exertion: Any prolonged mental activity coupled with physical fatigue may also lead to symptoms described in brain fog. This effect from mental exertion is not uncommon and usually temporary. Even repeated acts of such mental exertion usually does not come in category of mental haze or brain fog.

5. Emotional stress: However the past events may have an impact many years or decades later. So brain fog is linked with this past trauma which may be composed of childhood abuse.

6. Low blood glucose: An adequate and proper supply of glucose and oxygen is necessary for brain to function properly. So any activity or condition that lowers brain glucose or oxygen level. Its results are seen in cardiovascular, endocrine and respiratory diseases. It may include poor air quality, extreme dieting, prolonged fasting. It may occur with nutritional deficiencies.

DISEASES AND OTHER CAUSES:

Brain fog symptoms can also be seen in following conditions but it depends upon the stage and severity of the disease.

- Brain atrophy
- Anemia (severe)
- Brain disease
- Depression
- Diabetes mellitus
- Encephalitis

- Heavy metal toxicity
- Heart failure
- Liver disease
- Meningitis
- Sleep apnea
- Post-traumatic stress disorder
- Stroke and transient ischemic attacks (TIA)
- Chronic alcoholism

NATURAL WAYS TO END BRAIN FOG

1. Watch your sugar intake but eat enough healthy carb : Cutting the usage of packaged and processed foods which are loaded with sugar, in addition to many other harmful and artificial ingredients -like artificial sweeteners- is the first step to fix brain fog. Sugar makes you happy and energetic at first instance but its addiction robs you of steady energy and focus.it is said that going too low in natural sugar and carbohydrates intake increases chances of brain fog. Excessive rely on processed food to keep high energy levels leads to long term health problems -like higher chances of dealing with diabetes, weight gain, depression and dementia. Researches also shows that consuming excessive fruit and starchy veggies realigns hormones and reduces inflammation.

2. Get enough protein and healthy fats: A human body requires supply of amino acids in order to make all of the brain chemicals work properly.at the same time we also need plenty of healthy fats to produce required happiness hormones and fight inflammation. Complete proteins are food sources like meat, dairy products, fish and eggs supply all required amino acids are body wants and they are best to keep your body and mind healthy.

3.Manage stress : The busy life of today's era becomes very much distracting, tiring and makes it hard to work for long period of time.so to overcome the stress one should do things they love which increases the brain's production of happy hormones "dopamine". Dopamine is a primary chemical that makes you feel pleasure, excited and motivated.it is released every time you do or experience something thrilling like trying doing some fun activity, laughing out loud etc. Make it a priority to do something fun every day if you can, even if it's only for a short period of time.

4. Get good and enough sleep: For proper functioning of brain the best remedy is proper and sufficient sleep. The hormones in your brain stay in balance when your body gets adequate rest every night, at least seven hours for most adults. Brain fog is also due to lack of sleep because it raises cortisol levels which means due to this one becomes more irritable .high cortisol depresses dopamine levels and makes it difficult for serotonin to work like it supposed to do.

SUPPLEMENTS TO HELP STOP BRAIN FOG

There are certain supplements which helps to overcome the problem of brain fog and get the wheels in motion when it comes to healthy lifestyle.it is said that there is no substitute for a healthy diet, regular rest, exercise for better lifestyle. The main point is that if your brain's

major hormones are off, all the supplements, self-help books and even therapies will fail .so it's very much important that person suffering through this should first follow the above mentioned lifestyle than consider adding supplements to their diets.

- Adaptogens like holy basil, maca and ashwagandha- this gives your body support against dealing with fatigue and stress.
- Omega -3 fish oils- it balances the ratio of fatty acids in your diet and cure the brain
- B vitamins -deficiency of vitamin b leaves you feel sluggish and moody basically converts the nutrients from the food into usable fuels for body.
- It should also be kept in mind that certain medications can lead to brain fog including antidepressants, stimulants, sleep aids and even blood pressure medications. If you are regularly taking any prescriptions related to this and notices all the above symptoms then it's better to visit your doctor as soon as possible.

CONCLUSION

Brain fogging is found to be one of the serious health issues human being is facing. it is atypical state of mental confusion and forgetfulness .however, the symptoms, cause and its cure is still not well known. The above paper discuss about the symptoms, causes and cure of brain fogging. Excessive drug usage, over consumption of alcohol, mental exertion, insufficient sleep and long term diseases are found to be the main reason of brain fogging. The person having above explained state may have symptoms like poor memory with recalling past events, difficulty in concentration, bad decision making, avoid learning new things etc. it is very important to do proper counselling of the candidate for better cure. The disease.

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