



ALICE IN WONDERLAND SYNDROME

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ABSTRACT

Alice in Wonderland Syndrome (AIWS) is an uncommon syndrome which is related to brain's perception and comes under psychiatric department. It is characterized by perceptual disturbances of bodily changes, vision and time. The symptoms are not harmful and it is not a serious problem. This syndrome majorly affects the children and teenagers. These kinds of symptoms were portrayed by Lewis (1865) in the book — Alice's Adventures in Wonderland. Therefore, it is named as Alice in wonderland syndrome. These symptoms may disappear as early the person reaches adulthood.

Keywords: Alice in Wonderland, Perception, Syndrome

INTRODUCTION

Alice in wonderland syndrome was taken from the famous book — Alice's Adventures in Wonderland written by Lewis Carrol in 1865. In this book the main character is Alice. She perceives the size and shape of the body changes like sometimes shrinking and at times, growing in different situations. John Todd (1914-1987) a British Psychiatrist in 1955 introduced the term Alice in Wonderland Syndrome (AIWS). Therefore, it is also named as Todd's syndrome. This condition involves perceptual disturbance which includes vision, touch, time, and sensation and hearing disturbance. It can occur in all kind of people but children are more prone to this condition.

Causes of AIWS:

Some diseases that can predispose a person to AIWS are migraines and Epstein - Barr virus infections.

Some other infectious diseases that can also be the causes of AIWS include:

Influenza a virus

Varicella zoster virus

Brain lesions

Psychiatric conditions like stress, epilepsy

Use of hallucinogenic drugs

Genetics-family history of migraines. You may have higher risk of this condition

Symptoms of AIWS

In this condition some of the symptoms last for few minutes, some of disturbed body images can last up to half an hour.

- **Perception distortion in size:** In this symptom, there are two kinds of sensation. One is micropsia and another one is macropsia. Micropsia means the object surrounding in which you are growing smaller. Macropsia means the objects will grow bigger. We can experience both in disturbed perception.
- **Episodes of migraine:** People who experience migraines are more likely to experience AIWS. Some people say that it is an aura. This is the early sensory indication of AIWS. Some of them believe that it's a sub type of migraine.
- **Disturbed perception in time:** In this case, they may feel that the time is moving faster or slower than the actual time.
- **Sound disturbances:** In this case, the quiet sounds or the whispering noise can sound as louder noises. And loud noises may be perceived as somebody whispering near the ears.
- **Loss of muscle co-ordination:** In this the person may feel that he is not controlling his limbs, the altered sense of reality can affect how you move or walk. The person may feel loss of coordination while you are moving.

Sometimes feverish symptoms may also be a symptom of AIWS

DIAGNOSIS of AIWS

Tests include are

Psychiatric and neurological consultation to assess the mental status of the person

routine blood tests for diagnose the viruses which is present in blood

MRI scans which will produce highly detailed image of brain, other organs and tissues

Electro encephalopathy to measures the electrical activity of brain

Treatment and management

There is no actual treatment for AIWS. It depends on the underlying causes. If the person is having migraine doctors will suggest the preventive medicines for that. If they are struggling with epilepsy they suggest to take anti-epileptic drug. If there is any infection anti- viral drugs is been given. The best way is to reassure the patient and tell them that the symptoms are not harmful. Even stress is the problem we advise them to go for meditation and relaxation therapies. So that it will reduce symptoms.

CONCLUSION

AIWS is a perceptual disturbance affecting various senses, often occurring in children. It is a rare condition where a person can experience the disturbance in his or her perception. Most commonly it can be seen in kids and teenagers but it can begin at any stage of life. Its causes range from migraines to infections, and while there's no direct cure, treatments target underlying issues. Reassurance and stress management play key roles in managing this condition.

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