Ainee Nizami takes a quick look at three of the strangest and rare syndromes present today

We have all at one point heard or read about incidents of rare diseases and disorders and are horrified and feel compassionate for anyone who has the misfortune to actually suffer from them. However some conditions seem particularly bizarre and which thankfully are pretty rare. The following represents just some of these strange afflictions:

Alice in Wonderland Syndrome
Alice in Wonderland Syndrome or Micropsia causes individuals to have a malfunction in the way their brain processes visual information. There is nothing wrong with their eyes, and this perception persists even when the sufferer has their eyes closed. Object, humans, animals etc. are perceived by the sufferer as being much smaller than what they actually are. For example imagine looking at your pet dog and seeing it as the size of a mouse, or looking at another human being who may be six feet tall but who looks much smaller than that. Some scholars believe that Lewis Carroll (who wrote Alice in Wonderland) may have suffered from this condition himself.

Walking Corpse Syndrome
Cotard’s Syndrome or Walking Corpse syndrome leads to the sufferer into believing that they have lost a part of their body or even their soul. Some might go as far as to really believe that they are already dead and are indeed a walking corpse, even maintaining that they can smell their own rotting flesh and can feel the worms eating at them.

Alien Hand Syndrome
This unusual disorder is where one hand appears to take on a personality all of its own and acts in such a way that is completely out of control in relation to what the person wants to do. For example the alien hand may unbuckle shirts or remove clothing whilst the other hand is trying to button up or get dressed. Sufferers will often attach a personality to their alien hand and will try to punish it for disobedience.

It’s okay to be fascinated by strange or rare diseases. If you’re curious about them, you’ll end up learning a lot about how your body works. If you’re too curious, however, you could make yourself a hypochondriac. So, go ahead, explore strange diseases, but keep a level head, don’t let them get to you, lest you contract them!

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Face Off...

Funny faces are always not meant to make you smile. They serve a different purpose...Iona Chatterjee tells you to check out

Make a pout, take it to your right…stretch and then try taking it to your right. Well, we are definitely not teaching you how to make funny faces but indulge in facial training exercises to tone up your smile or even better your face. Facial exercises sound a little unusual, in fact most of us don’t even know about them. Every month we are ready to shell out a huge sum on beauty salons and get the desired look. This winter we’re definitely going to visit a parlour or a cosmetic surgeon, try the safe way. The next time you decide to visit a parlour or a cosmetic surgeon, try thinking over about facial exercise as an alternative.

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