Article title: Dementia in India: An Overview
Authors: Neeru Chaudhary[1]
Affiliations: delhi pharmaceutical sciences and research university [1]
Orcid ids: 0000-0002-4795-4018[1]
Contact e-mail: khaymichaudhary97@gmail.com
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Dementia in India: An Overview

Neeru Chaudhary

School of Allied Health Sciences & Management, Delhi Pharmaceutical Sciences and Research University, Pushp Vihar, Sector 3, M.B. Road, New Delhi 110017, India

Abstract: Dementia is a rapidly growing concern in India, with a projected increase in the number of affected individuals in the coming years. People over the age of 60 are expected to account for 19.1% of the overall population by 2050. This population ageing is likely to be accompanied by a significant increase in the prevalence of dementia. A number of prospective longitudinal investigations on the aetiology of dementia have been conducted in North America and Europe; however, the conclusions of this research cannot be simply applied to the Indian population. In terms of socioeconomic, cultural, linguistic, geographical, lifestyle-related, and genetic aspects, India's population is extraordinarily varied. This review provides an in-depth look at the current situation of dementia in India, including its prevalence, risk factors, available treatments, and the impact it has on individuals, families, and society as a whole. Despite the increasing number of people living with dementia in India, the country still lacks adequate resources and awareness about the condition. This highlights the need for a comprehensive national strategy for the prevention, treatment, and care of people with dementia in India. With a growing aging population, addressing the issue of dementia in India is of utmost importance to ensure that affected individuals receive the care and support they need to live dignified and fulfilling life.

Keywords: Dementia, epidemiology, prevalence, India.

Dementia affects an estimated 47 million people worldwide and is the leading cause of death in England and Wales (Jacob et al., 2007; Venugopal et al., 2022). It is estimated that by 2030, the number of people with dementia will increase to 75 million and by 2050 to 132 million. Alzheimer’s disease is the most common cause of dementia, accounting for 60-70% of cases (Cheng et al., 2016; Khan et al., 2020; Sosa et al., 2012). The cost of caring for people with dementia is estimated to reach $1 trillion globally in 2018. The global cost of dementia is estimated to reach $1.1 trillion in 2018, with the majority of costs borne by families and caregivers (Brainin et al., 2019; Das et al., 2010; Görpelioğlu et al., 2018). Dementia is more common in women than in men, with 2/3rd of people with dementia being women. In low- and middle-income countries, less than 1 in 10 people with dementia receive a formal diagnosis (Prince et al., 2012; Srivastava & Muhammad, 2022). The number of people with dementia is projected to triple by 2050. In the United States, it is estimated that Alzheimer’s disease and other forms of dementia will cost over $290 billion in 2018 (Ghoge et al., 2003; Robertson et al., 2016; Villarreal et al., 2016; Vollmar et al., 2016). In addition to the direct costs of care, there is a significant indirect cost associated with dementia, such as loss of productivity, informal care, and reduced quality of life for people with dementia and their caregivers (Gallagher et al., 2009; Pathak & Biswal, 2021; Perkins et al., 2022). These statistics highlight the significant global impact of dementia and the urgent need for effective
interventions to address the rising burden of this disease.

India is now in a demographic transition period, with a fast-expanding elderly population. Life expectancy in India has nearly doubled, rising from 36.98 years in 1950-1960 to 69.27 years in 2015-2020 (Amini et al., 2019; Chandra et al., 1998; Pritchard, 1999; Sarangi et al., 2021). According to the 2011 census, India's old population stood for 103.9 million, up from 5.63 million in 1961. The decadal rise in the old population was 35.5% from 2001 to 2011, compared to only 23.9% from 1951 to 1961 (Mazzotti et al., 2012; Naranjo, 1992; Singhai et al., 2020; Vasanthearekha et al., 2017). This increase has been ascribed to changes in mortality rates, the creation of basic health facilities, economic growth, and an increase in literacy rates. Dementia is a progressive decline in cognitive function that affects memory, thinking, and behavior. In India, it is estimated that there are currently around 4 million people living with dementia, and this number is expected to rise to nearly 14 million by 2050 (Gulia & Kumar, 2018; Lahiri et al., 2019; Smith et al., 2021; Vancampfort et al., 2019). The high burden of dementia in India is due to a combination of factors, including demographic changes, lifestyle factors, and the increasing prevalence of risk factors such as hypertension, diabetes, and depression (Malapur et al., 2021; Rangarajan et al., 2021).

However, it is important to note that dementia is often underdiagnosed and underreported in India, so the true prevalence of the disease may be higher than what is currently estimated (Bateman et al., 2016; Chen et al., 2016; Kandiah et al., 2021). Despite the growing burden of dementia in India, the country still lacks adequate resources and infrastructure to meet the needs of people with the disease and their families (Aggarwal et al., 2022; Emmady et al., 2022). There is a need for increased investment in dementia research, diagnosis, care, and support services to address this growing public health challenge.

There are several different types of dementia, including Alzheimer’s disease, vascular dementia, and Lewy body dementia (Mohandas & Rajmohan, 2009; Mukherjee et al., 2017; Narayanan et al., 2020; Saldanha et al., 2010; Tripathi et al.,...
Alzheimer’s disease is the most common form of dementia, accounting for around 60-70% of cases.

In India, the diagnosis and treatment of dementia are often inadequate. Many people with dementia do not receive a proper diagnosis, and even when they do, they may not receive appropriate treatment. This is partly due to a lack of awareness and understanding of dementia, as well as a lack of trained healthcare professionals who can diagnose and treat the condition.

One of the main challenges in addressing dementia in India is the lack of government funding and resources devoted to research and care. This makes it difficult to develop effective policies and programs to address the growing problem of dementia.

There is also a lack of support for caregivers in India. Many families take on the primary responsibility of caring for a loved one with dementia, which can be emotionally and physically draining. This puts a strain on families and can lead to neglect or abuse of people with dementia.

Despite these challenges, there are steps that can be taken to address dementia in India. One important step is to raise awareness of the condition and its impact on individuals and families. This can be done through public education campaigns and by training healthcare professionals to recognize and diagnose dementia. Another important step is to provide support and resources for caregivers. This can include providing training on how to care for a person with dementia, as well as support groups and respite care services.

In conclusion, dementia is a growing problem in India, and it is important that steps are taken to address the issue. This includes raising awareness of the condition, providing support for caregivers and proper diagnosis and treatment. Addressing dementia in India will require a comprehensive and coordinated effort involving government, healthcare professionals, and the community.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

DECLARATION OF COMPETING INTEREST

None.

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