

Schizophrenia is a chronic debilitating condition associated with impaired social functioning, memory and executive functioning. To date, we are still unsure about the exact etiology of schizophrenia but there are many factors like genetics, diminished hippocampal volume and imbalance of neurotransmitters that lead to the pathogenesis of the disease. Antipsychotics are the most effective treatment option for schizophrenia so far, yet they are associated with a wide array of side effects ranging from extrapyramidal side effects to things like metabolic syndrome. Exercise has been shown to increase neural connections in brain which can improve cognition and memory. This literature review focuses on the signs and symptoms of schizophrenia, its treatment options and how exercise can help with some of the symptoms of schizophrenia, especially the negative symptoms which are least effectively treated by antipsychotics. And Multiple Sclerosis (MS) is a chronic autoimmune demyelinating disorder of the central nervous system with a higher incidence in females. It is believed to be

due to complex interaction between genetic and environmental factors with a significant contribution from lifestyle factors. Among the many symptoms of MS, fatigue is considered one of the most common and debilitating symptoms affecting a patient's mood, physical activity, and overall quality of life. The exact mechanism of MS-induced fatigue is still not fully understood. Due to inadequate standard diagnostic tools and hence standardized pharmacological therapy, it is challenging to cater to MS-induced Fatigue. Much attention has been drawn to nonpharmacological interventions such as physical exercise. Exercise could now be considered a safe and effective intervention in rehabilitation to ease the fatigue and other disabling parameters associated with MS, such as cognition, muscle strength, flexibility, balance, and respiratory function. To date, no standardized exercise regimen is available, and only a few studies have directly compared the effects of different exercises in subsiding fatigue in patients with MS. Hence it is hard to say which exercise works best for MS-

induced fatigue. In this article, we will discuss epidemiology, pathophysiology, factors affecting fatigue, the effect of regular physical activity on MS-induced fatigue, and future recommendations.