

We Hear From

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Epilepsy Exploration

The word epilepsy originating from French word 'epilepsie', epilepsia, epilambanein and Greek word epilepsia means any of various disorders marked by disturbed electrical rhythms of the central nervous system and typically manifested by convulsive attacks usually with clouding of consciousness. In medical science epilepsy is a tendency to have unprovoked seizure, (a short circuit in the brain's electrochemical activity is called a seizure) the body temporarily becomes useless by some complex causes. It is caused due to any one of the following causes

- ✓ Genetic
- ✓ Brain trauma (in pregnancy or later life)
- ✓ Infection (cysticercosis and tuberculosis)
- ✓ Inflammation, tumors,
- ✓ Brain scarring due to poor blood supply (ischemia)

It was once considered a manifestation of gods, demons, spirit and their discontent with humankind when its treatments included a range of rituals to free of an evil spirit. In certain areas of the underdeveloped and developing world this mode of treatment is still prevalent.

In nineteenth century with the progress of medical science epilepsy was considered as an illness of brain associated with mind. Its treatment was confined by doctors in asylum where they used to treat patients with mental illness and epilepsy side by side. In twentieth century that type of attitude was dispensed with mainly by European neuropsychiatrists from the close exploration of epilepsy through behavioral patterns of patients preceding and following seizure through neurological aspects studying patients' anxiety, depression, psychosis, obsession, hysteria, conduct etc. The study is in progress as no clear relations between mind and epilepsy has not yet evolved. The treatment of such patients needs the close watch of not only the doctor but the family members who are with the patients twenty four hours a day. While in seizure the patients are to

be put on their side comfortably. All perilous objects like sharp objects, cutting materials, ongoing electrical appliances etc are to be removed from patient's surroundings; soft head rest is to be provided with holding them gently. Nothing should be put into their mouths till the seizure disappears. Such family members should exclusively work for the patients note down all the history and report it to the doctor so that proper medication is administered. The family member should always encourage the patient to forget about the trauma that the patient goes through. The patient should not be exposed to any type of stress whatsoever, should be kept cheerful telling the positive aspects of life i.e. firm commitment to work together with transparency, mutual respect and common goals. The attention on nutritional, medical, psychological counseling, yoga therapy, naturopathic, ayurveda therapy for digestion and sleep should be ensured. This will make occurrence of epilepsy less with time, duration and aggravation will be reduced and fade away with time but patience has to be adhered to. The patient after recovery will lead a normal life, can study, hold responsible jobs, get married, have children, play sports, and engage in social, cultural activities like a common man. It is not contagious. If a conception with good maternal health and antenatal care is ensured, good care of the newborn, proper nutrition, prevention of infection, head injury etc are avoided there is no chance of epilepsy, if still it happens early diagnosis and treatment of seizure will wipe out the disease. Let us try to make epilepsy-free world.

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