

# WHAT IS EPILEPSY?

AND HOW CAN YOGA AND  
MEDITATION HELP?



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## Outline:

- What is epilepsy?
- Types of epilepsy
- Symptoms & cause
- Diagnosis of epilepsy
  - Naturopathy management for epilepsy
  - Research study
  - Conclusion



# WHAT IS EPILEPSY?



Epilepsy is a neurological disorder that affects the brain and causes recurrent and unpredictable seizures.

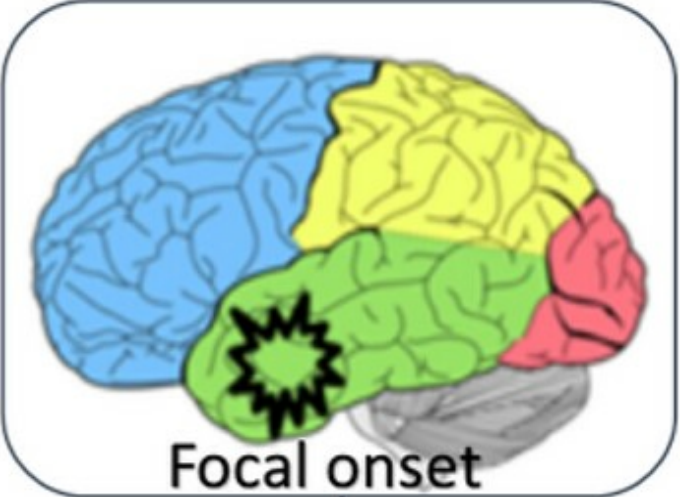
These seizures are episodes of abnormal electrical activity in the brain, which can vary in intensity and duration.

Epilepsy can be caused by various reasons, such as brain injuries, tumors, genetic diseases, or chemical imbalances.

Symptoms may vary for each person and may include visible seizures, loss of consciousness, or moments of confusion.

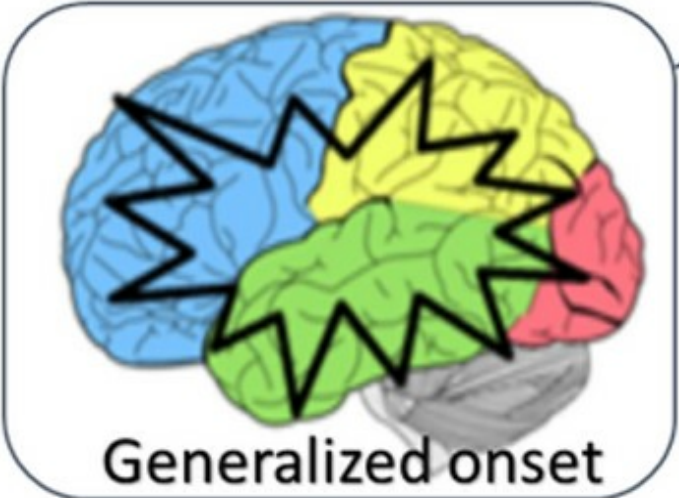
Treatment for epilepsy may include medications, lifestyle changes, and, in some cases, surgery.



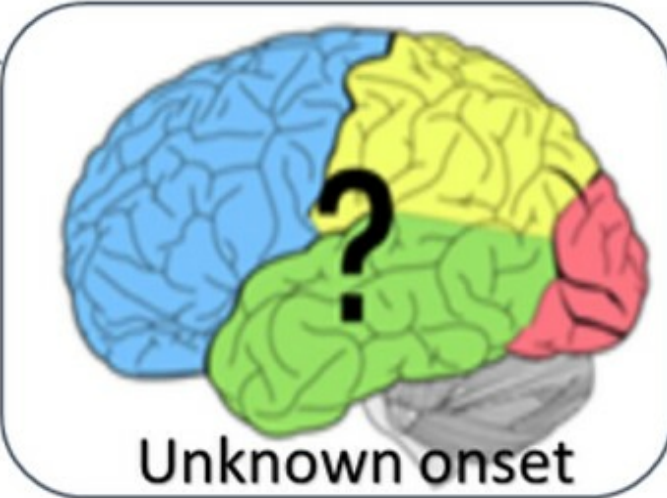


Focal onset

Seizure  
types



Generalized onset



Unknown onset

# Causes of Seizures

## Medical Conditions



Epilepsy



Stroke



Brain Tumors



Infections



## External Triggers for seizures



Stress



Sleep Deprivation



Substance Abuse



Flashing Lights

# EPILEPSY

## SYMPTOMS



Loss of Consciousness



Anxiety



Staring

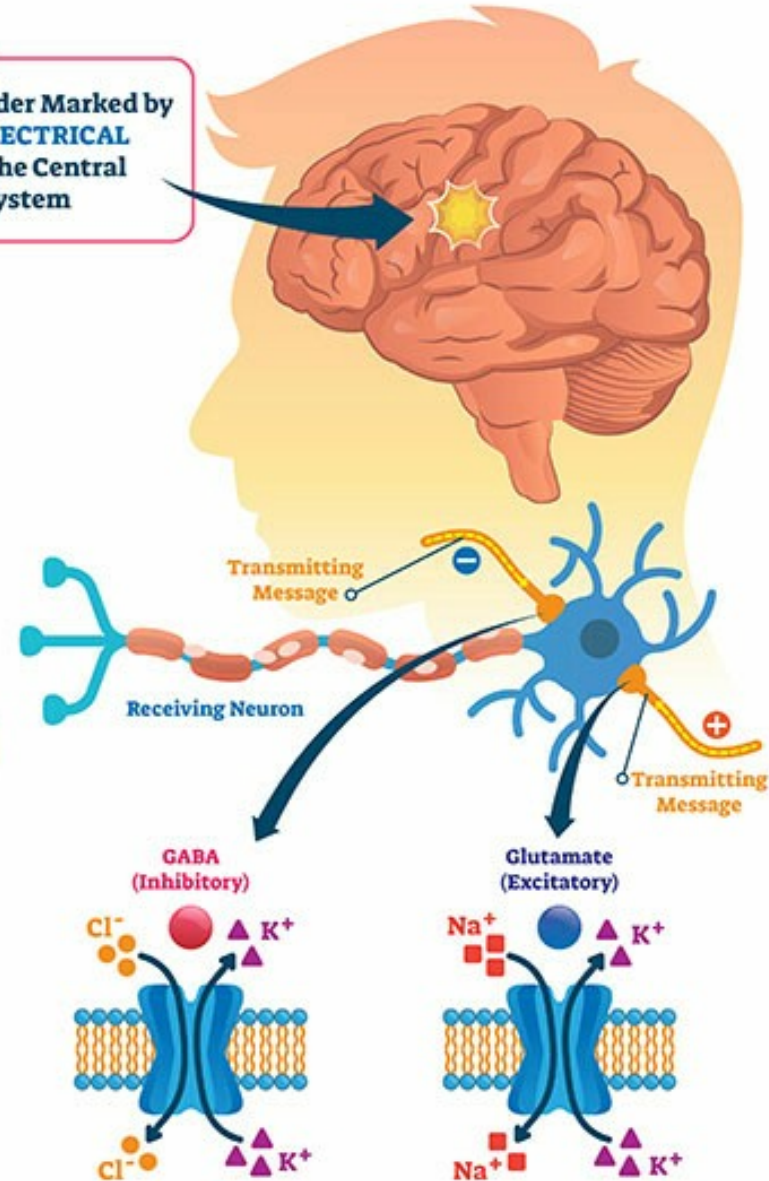


Weakness

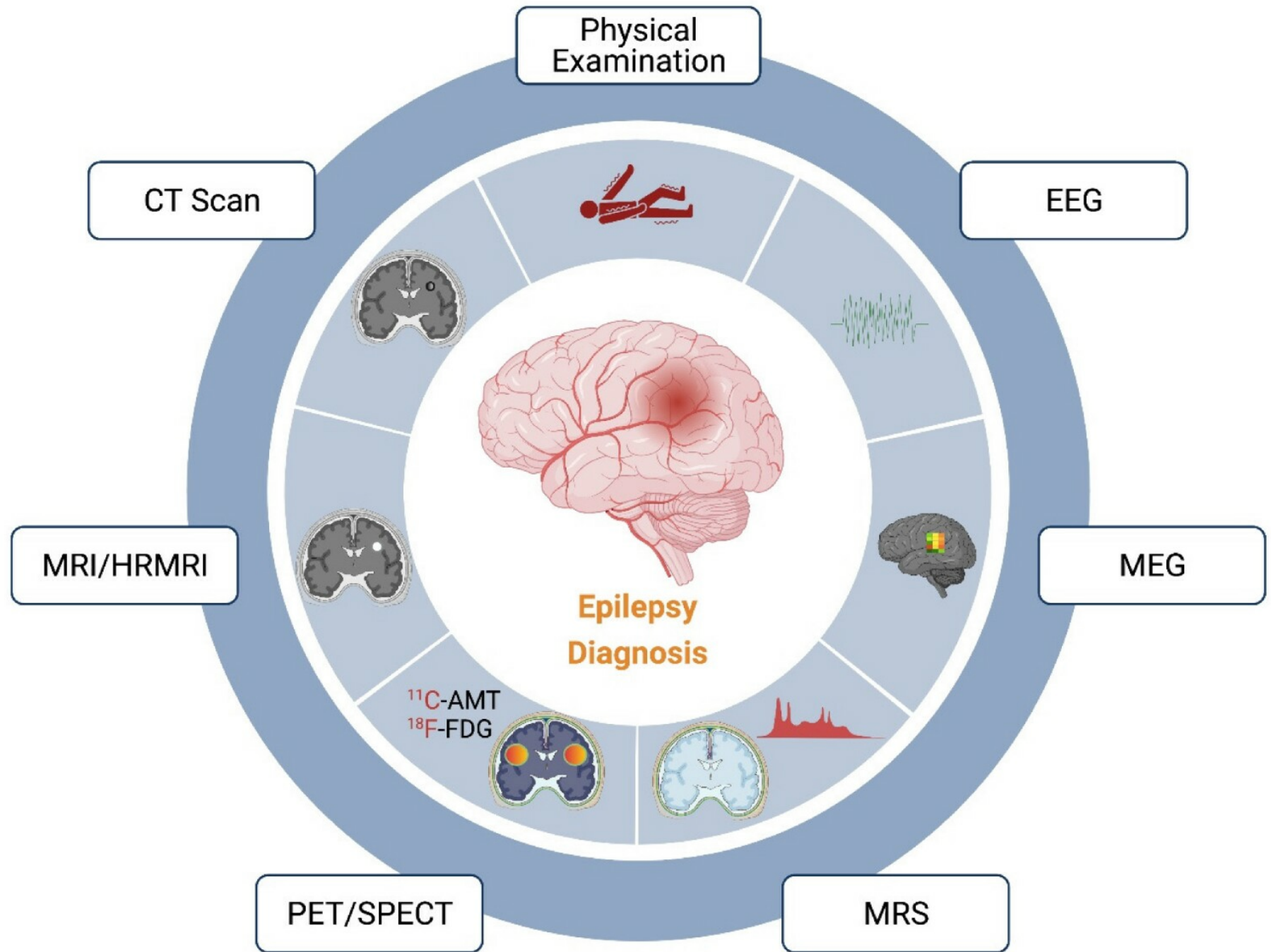


Muscle Contraction and Jerking

Epilepsy is a Disorder Marked by **DISTURBED ELECTRICAL RHYTHMS** in the Central Nervous System



# DIAGNOSIS OF EPILEPSY:



# NATUROPATHY MANAGEMENT FOR EPILEPSY:

Mrigi Mudra



## YOGA FOR EPILEPSY



Wind-Relieving Pose



Anulom Vilom Pranayama



Corpes Pose



Plow Pose (Ardha Halasana)



Mountain Pose



Tree Pose



Forward Bending Pose



# MUDRA & PRANAYAMA:

## MRIGI MUDRA

### Benefits of the Mudra:

- Improves immune system.
- It calm the mind, controls anger and relieve from stress and anxiety.
- Helps in curing mild headaches due to cold and sinus
- It is used in Ujjayi, Anulom Vilom and Kapalbhathi Pranayamas.
- Improves antioxidant levels.
- Cures seizures, epilepsy, and nervous weakness.
- To some extent helps to remove dental pain.



## BHRAMARI

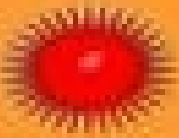
**Bhramari Pranayama**, also known as Humming Bee Breath, is a calming breathing practice that soothes the nervous system and helps to connect us with our truest inner nature.

**Bhramari** is the Sanskrit word for "bee," and this pranayama is so named because of the humming sound produced at the back of the throat during the practice—like the gentle humming of a bee.



# RESEARCH STUDY:

## YOGA & EPILEPSY



*Yoga can be of benefit to some people with epilepsy. It is said to help people become balanced in mind and body and to aid relaxation.*

*The ancient Indian practice and philosophy of yoga is increasingly becoming a focal point of therapy and research in treating epileptic seizure disorders.*

*The World Health Organization (WHO) estimates that around 50 million people in the world have epilepsy. About 75 per cent of these are with seizure disorders, and they hardly receive any medical treatment. Yoga offers an ancient yet amazingly modern approach to treating seizures.*




# SEIZURE FIRST AID



- 1** Time the seizure. Make sure your surrounding is safe. Lay the person on the ground
- 2** Loosen any tight clothing and remove any object that may obstruct the airway
- 3** Protect the head by placing something soft underneath it
- 4** Do not insert any object into the mouth. This may obstruct the airway. Do not restrain the person from jerking
- 5** Whenever possible, gently roll the person to the **left** side, into a recovery position. This will further protect the airway
- 6** Stay with the person until the seizure ends naturally and the person is fully awake

## IN CONCLUSION

- Ancient art and science of Yoga offers possibilities to tackle health related issues of modern humankind.
- We however want it to be a miracle pill, that we take only once - immediate solution to all problems!
- Yoga is a wholesome science and must be learnt and practiced with a holistic view.
- The dedicated practice of Yoga as a **way of life** is no doubt a panacea for psychosomatic, stress related disorders helping us to regain our birthright of natural health and universal happiness.
- The cost effective integration of Yoga and modern medicine helps create a healthier and happier world.



**KEEP  
CALM  
AND  
CURE  
EPILEPSY**

THANK YOU !