



# EXPLORING HOMEOPATHY FOR EPILEPSY, EFFECTIVE REMEDIES AND HEALING APPROACHES.

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## **ABSTRACT –**

Epilepsy is a neurological condition that affects all age groups. In most of cases, the causes of the epilepsy remains idiopathic and undetermined. However few factors such as infections, head injury, substance abuse, tumor's of brain and hereditary factors are the possible causes. Epilepsy in any of its form is distressing and a burden on the individual who is suffering and also their families but the comorbidities associated with it are more problematic, making life inconvenient whether they are behavioral or psychiatric disorders such as Depression, Anxiety, learning disabilities, mood disorder etc. And one of them along with Epilepsy complicated the daily life of a person. Homoeopathy is a holistic science which focuses on overall wellbeing of an individual. Individualized remedy is the mainstay of Homeopathic treatment, this improving the quality of life in patients with epilepsy. Taking the case of epilepsy patient includes the symptoms of the convulsions, possible causes in the individual, any concomitant symptoms and considering the individual predisposition mental picture and physical symptoms.

## **KEY WORDS –**

Epilepsy,  
Depression,  
Anxiety,  
Mood disorder,  
International League Against Epilepsy classification of epilepsy,  
Homoeopathic approach.

## **INTRODUCTION –**

An epileptic seizure can be defined as the occurrence of signs and/ or symptoms due to abnormal, excessive or synchronous neuronal activity in the brain.<sup>1,2</sup> The definition of epilepsy requires the occurrence of at least two epileptic seizure.<sup>1</sup> Worldwide, there are about 50 million people with epilepsy and 90% of them living in developing countries. The prevalence of epilepsy ranges from 5 to 10 per 1000 in most countries. The age specific incidence is highest at extremes of age.

## **CLASSIFICATION OF SEIZURES :-<sup>2</sup>**

### **a) FOCAL OR PARTIAL OR LOCAL SEIZURES:-**

- 1.Simple partial seizures:- Focal seizures without loss of consciousness.
- 2.Complex partial seizures:- Focal seizures with loss of consciousness or awareness.

### **b) GENERALISED SEIZURES:-**

- 1.Petit mal seizures or absence seizures:-

The symptoms are minor like mainly staring or just a slight tilt in the head, and brief alteration of consciousness usually for seconds. There is no fall or muscle contraction. A person may have more than 20 episodes per day. It is common in childhood. The person gets normal without any confusion when the seizure is over. Often occur in children and are characterized by staring into space.

- 2.Tonic seizures:-

These are associated with a generalized increase in tone and an associated with loss of awareness. Seizures usually affect muscles in your back, arms and legs and may cause you to fall to the ground.

- 3.Atonic seizures:-

Also known as drop seizures, cause a loss of muscle tone, which may cause you to suddenly collapse or fall down with or without loss of consciousness.

- 4.Clonic seizures:-

Seizures are associated with repeated or rhythmic, jerking muscle movements. These seizures usually affect the neck, face and arms

- 5.Myoclonic seizures:-

These are typically brief, jerking movements, predominantly in the arms.

- 6.Tonic-clonic seizures or grand mal seizures :-

An initial 'aura' may be experienced by the patient. The patient then becomes rigid (tonic) and unconscious, falling heavily if standing (like a log) and risking facial injury. During this phase, breathing stops and central cyanosis may occur. This is followed by relaxation resulting in jerking of the body. The jerking is followed by regaining of consciousness but confusion, impaired memory, headache, and sleepiness. Loss of bladder control and tongue biting are common in these types of seizures. Aura precedes the attack. Aura is a subjective feeling experienced by a patient whereby he or she becomes aware that an attack is about to begin.

## **PATHOPHYSIOLOGY :-**

To function normally, the brain must maintain a continual balance between excitation and inhibition, remaining responsive to the environment while avoiding continued unrestrained spontaneous activity. The inhibitory transmitter gamma-aminobutyric acid is important, acting on ion channels to enhance chloride inflow and reducing the chances of action potential formation. Excitatory amino acids (glutamate and aspartate) allow influx of sodium and calcium, producing the opposite effect. It is likely that many seizures result from an imbalance between this excitation and inhibition.<sup>2</sup>

Focal epilepsy:-

Seizures may be related to a localised disturbance in the cortex. Any disturbance of cortical architecture and function can precipitate this, whether focal infection, tumour, hamartoma or trauma-related scarring. The symptoms experienced depend on which cortical area is affected. If areas in the temporal lobes become involved, then awareness of the environment becomes impaired but without associated tonic-clonic movements. When both hemispheres become involved, the seizure becomes generalised .<sup>2</sup>

Generalized epilepsies :-

These seizures are generalised at onset, abnormal activity probably originating in the central mechanisms controlling cortical activation and spreading rapidly. This group constitutes around 30% of all epilepsy and is likely to reflect widespread disturbance of structure or function.<sup>2</sup>

### **CAUSES AND TRIGGERING FACTORS FOR EPILEPSY :-**

The main causes of Epilepsy and resultant seizures include Meningitis, head injury or trauma, stroke, brain tumor, high fever, and parasite infection - NEUROCYSTICERCOSIS (one of the cause for epilepsy in young adults and children, Rare but very dangerous)

The main triggering factors include light, noise, sleep loss, alcohol intake, and cigarette smoking.

### **HOMOEOPATHIC APPROACH:-**

#### **TREATMENT PLAN:-**

Form a totality by considering, Symptoms of the convulsions, possible causes in the individual, any concomitant symptoms and considering the individual predisposition mental picture and physical symptoms.

#### **REPERTORIAL INDEX:-**

(Rubrics, Medicines, Repertory)

- 1.Nerve – epilepsy, general epilepsy, attack of, after – ear noises. – ( Causticum). – (Murphy’s Repertory)
- 2.Nerves – Epilepsy, general- abdomen, epilepsy begins in. – (bufo rana). - (Murphy’s Repertory).
- 3.Nerve – epilepsy, general epilepsy, attack of, after – rage. – (opium). –(Murphy’s Repertory)
- 4.Nerve – epilepsy, general epilepsy, attack of, after – restlessness. –(Cuprum metallicum). – (Murphy’s Repertory)
- 5.Nerve – epilepsy, general epilepsy, attack of, during- eyes turned upwards to right. – (Hydrocyanicum Acidum). – (Murphy’s Repertory).
- 6.Nerve – epilepsy, general epilepsy, attack of, during- eyes turned- downward. – (Aethusa). – (Murphy’s Repertory).
- 7.Nerve – epilepsy, general epilepsy, attack of, during- involuntary discharges. – (cocculus). – (Murphy’s Repertory)
- 8.Nerve – epilepsy, general epilepsy, aura of – abdomen to head, with. –(Indigo). – (Murphy’s Repertory).
- 9.Generals- Convulsions- epileptic-excitement, from emotional. – (Artemisia vulgaris). -(Synthesis Repertory).
- 10.Generals- Convulsions- epileptic-masturbation, after. – (Artemisia vulgaris). – (Synthesis Repertory).
- 11.Generals- Convulsions- epileptic- vexation, from. – (Ignitina). –(Synthesis Repertory).
- 12.Nervous System- Epilepsy- recurrent, several time daily. – (Artemisia vulgaris). – (Boericke Repertory).
- 13.Nervous System- Epilepsy- in children. – (Belladonna). – (Boericke Repertory).
- 14.Nervous System- Epilepsy-form- wet exposure. – (cuprum metallicum). – (Boericke Repertory).
- 16.Extremities-jerking-upper limbs-finger-convulsion, during-epileptic. –(Cicuta). – (Complete Repertory).
17. Mind – Anxiety – Epilepsy. ( Kent).

## **HOMOEOPATHIC REMEDIES TO APPROACH A CASE OF EPILEPSY:-**

### **1. Absinthium :-**

The convulsions are preceded by trembling; the patient makes grimaces; bites tongue; foams at mouth. As of especial service in cases of minor epilepsy, where consciousness is not entirely lost.<sup>3</sup>

### **2. Artemisia Vulgaris:**

A remedy for epileptic conditions, and convulsive diseases of childhood and girls at puberty. Petit mal epilepsy. Absence of aura. The main symptom is frequent brief episodes of seizures in a short time period. The triggering factor for the seizure is strong emotions, including fear.<sup>3</sup>

### **3. Bufo Rana:-**

Epilepsy seizures where the attacks are present during sleep. The aura is felt in the genital area. It also works well for females who have attacks of seizures during menses. In young due to onanism or during coition, attacks are followed by headache.<sup>3</sup>

### **4. Cuprum Metallicum :-**

Where the seizure attack is preceded by an aura in the knee. The triggering factors for the attack include fright and anger. In this condition the thumbs are first affected; they are drawn into the palms and then the fingers close down over them with great violence. In the fingers and toes and in the extremities the spasmodic condition increases and extends until the limbs are in a state of great exhaustion. Tonic contractions, the limbs being drawn up with great violence and it seems as if the frame would be torn to pieces by the violent contractions of the muscles everywhere.<sup>4</sup> Convulsions of children, during dentition; children lie on abdomen and jerk the buttock up. Spasms, with blue face and clenched thumbs.<sup>5</sup>

### **5. Stramonium:-**

Where the convulsion arises after exposure to bright light or shining objects. The consciousness is preserved and convulsions of upper extremities and of isolated group of muscles.

### **6. Cicuta virosa :-**

The action on the nervous system, producing spasmodic affections. Where the attacks of convulsion are marked by violent, distorted body shape. Patient is violent, with frightful distortions. Convulsions with marked Opisthotonus position. The person is totally unconscious. The face may be blue and jaw appears to be locked. Convulsions from concussion of brain.<sup>3</sup>

### **7. Belladonna: -**

Epileptic attacks followed by nausea and vomiting. Convulsions commence in the arm. Spasms are followed by prolonged unconsciousness. Acts as a prophylactic in scarlet fever.

### **8. Hyoscyamus:-**

when deep sleep follows an epileptic fit. The other symptoms include picking at bedclothes and playing with hands and muscular twitching.

### **9. Plumbum Metallicum:-**

chronic epilepsy, with marked aura; with haemorrhages.

### **10. Febrile seizures :-**

Belladonna is when there is fever with marked heat. The head is extremely hot with jerking of muscles. Nux Vomica when extreme chilliness is present with seizures.

### **11. For Epileptic seizure arising from Head Injury:-**

Hypericum, Nat Sulph and Cicuta virosa.

### **12. For Epileptic seizures during Dentition:-**

Chamomilla is uited when anger triggers a seizure during dentition.

Aethusa is selected when the symptoms are clenched thumbs, fixed pupils and a locked jaw. Eyes are turned downwards.

**13. For Epileptic seizures as per the certain triggering Factor:-**

Chamomilla and Nux Vomica for the treatment of epileptic fits triggered due to anger outbursts.

Opium and aconite for fits after a fright:-

In cases where alcoholic drinks trigger the attack, Ranunculus Bulbosa and Nux Vomica.

**14. For Epileptic seizures due to Suppressed Eruptions:-**

Zincum Metallicum, Agaricus and Cicuta when the history of suppressing eruptions is ruled out prior to the onset of convulsion history.

**15. For Epileptic seizures due to neurocysticercosis :-**

Belladonna, cina maritima, indigo.

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