

# **Epilepsy**

## **Definition:**

A neurological disorder causing recurrent seizures due to abnormal brain activity.

## **Symptoms:**

- Uncontrolled jerking movements
- Loss of consciousness
- Confusion and staring spells

## **Risk Factors:**

- Brain injuries
- Family history

## **Home Remedies:**

- Meditation and yoga
- Adequate sleep

## **Medical Remedies:**

- Antiepileptic drugs
- Surgery for severe cases

## **Prevention:**

- Avoiding head trauma
- Managing stress levels

## **Consult a Doctor if:**

- Seizures last longer than 5 minutes

## **Fun Facts:**

- 1 in 26 people develop epilepsy in their lifetime.