

ALTERNATIVE THERAPEUTIC APPROACHES OF EPILEPSY

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According data of WHO Epilepsy is one of the most common serious disorders of the brain, affecting about 50 million people worldwide. Epilepsy accounts for 1% of the global burden of disease.

Epilepsy is medical, economic, psychological, and social problem. Epilepsy could develop all races, geographical and social class of both sex and at any ages. New technologies let us approach to understanding of mechanism and reasons of epilepsy and develop strategy of treatment. Pharmacological management of epilepsy depends on seizure type, and divides on two categories: the anti-epilepsy drugs (AEDs) for permanent using and, and medications, which have to be used in acute seizures. Epilepsy treatment started from bromides, phenobarbital phenytoin, which are used still. Most commonly prescribed drugs are: carbamazepine, ethosuximide, valproic acid, etc.

Many new drugs like gabapentin, levetiracetam, tiagabine, lamotrigine, topiramate, zonisamide, and vigabatrin had been developed during these last year scan achieve control of

seizures in many cases but in the same time drugs treatment not always give satisfactory result and beside of it leads to many side effects. That is why growing interest to alternative methods is. The main methods of treatment of intractable epilepsy are: surgery, vagal nerve stimulation, deep brain stimulation of specific areas of the brain such as hippocampus, thalamus, sub thalamic nucleus, promising technology is gamma knife radiosurgery (GKR), ketogenic diet, immunoglobulin and steroids therapy are successful for many patients.

As adjunctive treatment for every epilepsy patients we can recommend stress relieving methods: as psychological interventions, music therapy, relaxation therapy, (EEG) biofeedback technique, aerobic exercise, and herbal remedies and others. These methods couldn't replace pharmaceutical treatment but can reduce dose of AEDs, improve seizure control, quality of life and lower stress. Pathogenic aspects, methods of using, and differential approaches of non-epileptics drugs therapy will be discussed.