



CAUSES AND PREVENTION OF EPILEPSY

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ABSTRACT

In this article, research was conducted on 30 patients with epilepsy and epilepsy syndrome in Termiz, Surkhandarya region, and information and conclusions were given about the causes and prevention.

KEYWORDS

Epilepsy syndrome, epilepsy disease, brain tumors, epilepto-paroxysm, high fever.

INTRODUCTION

There are many questions and debates among scientists who have been researching epilepsy, which has been reported for more than a century. Epilepsy, according to modern medicine, is a chronic disease of the central nervous system (human brain), which is characterized by regularly recurring spontaneous seizures (paroxysms). Its most characteristic

appearance is repeated seizures with simultaneous impairment of motor, emotional and mental functions. The main clinical manifestations of epilepsy are, as a rule, convulsions and changes in consciousness. Epilepsy can be a separate disease or a symptom of other abnormalities [4].

According to statistics of the World Health Organization (WHO), active forms of epilepsy (in different countries) occur in 4 to 10 people per 1000 people. Epilepsy is one of the most common neurological diseases. It serves as a social problem, as it leads to misconceptions about epileptic seizures, misunderstanding and fear of others, and stigmatization of patients.

Today, scientists of the world are conducting relevant research to distinguish epilepsy syndrome from epilepsy and to develop appropriate treatment measures. In particular, these two concepts have a significant difference. Epilepsy syndrome is often the result of a serious disease (tumors in the brain, circulatory disorders in the brain, post-traumatic brain damage, congenital defects in the brain, etc.), while epilepsy is an independent pathology, the causes of which are not fully understood by science. not studied [1,2]. Epilepsy syndrome may not be associated with epilepsy, and it is possible to eliminate it completely, provided that the provocative cause is eliminated. In addition, it does not affect a person's mental and physical abilities, while epilepsy is accompanied by serious mental disorders and contributes to a decrease in intellectual activity. For this reason, we focused our research on the study of the causes of epilepsy among the residents of Surkhandarya region and the development of preventive measures.

Purpose of work. To study the causes of death of patients with epilepsy and epilepsy syndrome among the residents of Surkhandarya region in 2021-2022.

Research materials and methods. According to the regional statistics committee, 30 patients with epilepsy and epilepsy syndrome were selected among the population in 2018-2022.

We used the inpatient patient card (003/sh), the medical certificate of death (106sh), the death certificate, and the data of the statistics committee of Surkhandarya region about patients with epilepsy and epilepsy syndrome [5]. In order to compare the received data and to clarify the causes of each death, after an expert analysis, the information about the dead children was recorded.

Discussion of research results.

We conducted our study on the basis of the inpatient card (003/sh), medical certificate of death (106sh), death certificate of 30 patients with epilepsy and epilepsy syndrome in the city of Termiz, Surkhandarya region between 2018-2022. we started learning.

Causes of epilepsy. Anything that disrupts the normal connections between nerve cells in the brain can cause seizures, such as: high body temperature, low blood sugar, alcohol or drug use including concussions and more. In these cases, people of all ages can have one or more seizures, but if a person has two or more recurrent unprovoked seizures, he is considered to have epilepsy. Epilepsy can have many causes, including: neurotransmitters, brain tumors, impaired

circulation in the brain, post-traumatic brain injury, birth defects in the brain, strokes, prenatal and birth brain injuries, edema, after some infectious diseases and in other cases. In most cases, there can be no specific cause for epilepsy [3].

Symptoms of epilepsy. The main clinical manifestation of epilepsy is epilepto-paroxysm: seizures that occur as a result of electrical discharges in the brain. Seizures are usually temporary and recurrent, causing disturbances in normal behavior, emotional state, and motor-sensory functions.

According to the duration and reasons, the following are distinguished: prolonged (epileptostatus); spontaneous (unexpected, unprovoked); cyclic (repeat after a certain time interval); provoked (due to exogenous / endogenous reasons or emotional stimulation).

Our Olib Brogan study showed that the death rate in our 30 selected patients was 16.6%, 10% in 2-3 repeated seizures after a high degree of asthma (in hyperperetic asthma), 5% in brain tumors. , 10% in cerebrovascular accident, 5% after stroke, 20% in brain injury during childbirth, 25% in brain tumor, 10% after some infectious diseases (due to complications of Covid-19) did In 85% of the 30 patients with epilepsy and epilepsy syndrome, the causes of the disease were identified, in 15% of the patients, the causes were not identified.

Among the preventive measures to prevent the development of epilepsy, consider the following:

- protection from traumatic brain injury;

- timely treatment of infectious diseases;
- exclusion of situations with high temperature, excessive heat or hypothermia in the acute stage of the disease;
- if you suspect a brain injury or tumor process, seek medical help;
- blood pressure control;
- moderately active lifestyle;
- giving up harmful (bad) habits;
- following a milk and vegetable diet;
- a lot of walking in the fresh air;
- doing sports;
- it is recommended to rest and observe a proper sleep regime.

To prevent post-traumatic epilepsy, avoid any head injury or concussion, strictly monitor the birth process to avoid injury during the birth of the child in hospitals and future illness, and take the temperature of a child with a fever. use special drugs and other methods to reduce.

In many tropical developing countries, epilepsy is caused by central nervous system infections. For this purpose, explanatory work is being carried out on the elimination of parasites and the prevention of infections.

CONCLUSION

In addition to the above measures, during the recovery period of epilepsy treatment, it is advisable to strictly follow the doctor's instructions and stay away from physical and emotional overloads.

Permanent for 2-3 years after brain tumors, circulatory disorders in the brain, post-traumatic brain damage, congenital defects in the brain, strokes, brain damage during the prenatal period and during childbirth, brain tumors and some infectious diseases it is recommended to take care of their health.

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