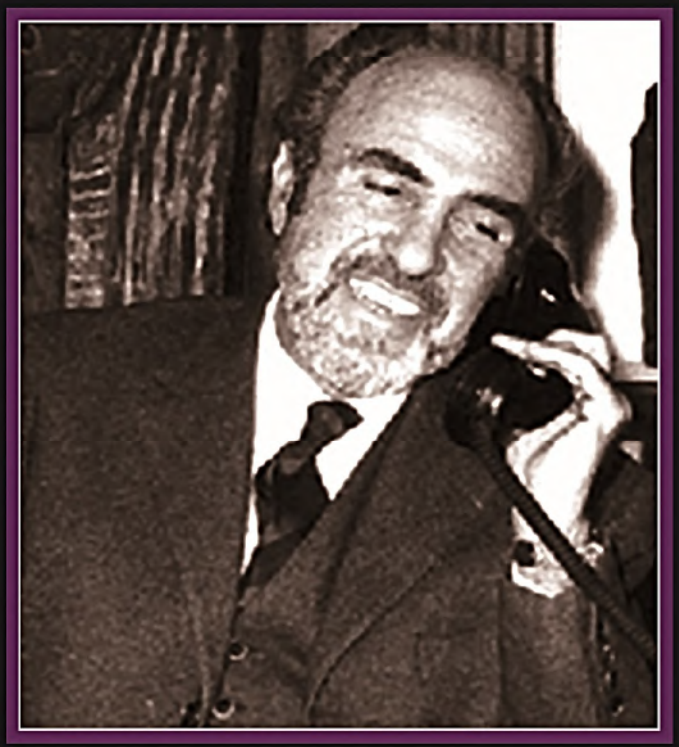
October - December 2019

Issue 4, 2019

Epilepsy India

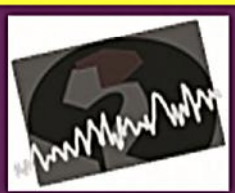
Newsletter of the Indian Epilepsy Association & Indian Epilepsy Society

William Gordon Lennox



Henri Jean Pascal Gastaut

LGS – Lennox Gastaut Syndrome



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Editorial...

Dr. Bindu Menon

Dr. Chanda Kulkarni

Welcome to the 4th and final issue of Epilepsy India for the year 2019

The cover page for this issue features William Gordon Lennox and Henri Jean Pascal Gastaut the duo who identified Lennox-Gastaut syndrome[LGS]. A brief biography of both the epileptologists is featured on the back cover page.

This issue also contains an article on influence of classical music on epilepsy titled as “Epilepsy and India Classical Music”. Dr. Tara Rajendran in this article explains how the use of a particular form of music helps in improving neurological function called as the 'Mozart Effect'. Article gives an overview of the association between epilepsy and Indian Classical music. Dr. Tara as a physician musician and founder of Oncology and Strings has summarized how music based intervention helps in rehabilitation in persons with epilepsy and we thank her for the same.

The highlights of 8th K S Mani Memorial Oration an annual event held in September, by IEA Kochi is also presented included in this issue. The salient features of the Association of Child Neurology and Indian Epilepsy Society consensus document meeting are reported. Editors on-behalf of IEA-IES Members extend hearty congratulation to Dr. G. T Subhas, Immediate past President IEA, for receiving the prestigious Karnataka, Rajyostava Award and wish him more accolades in the future!

Do not miss call to host ECON 2021 – 2022, an opportunity to grab the chance for a great academic and scientific event in your city!

We are nearing end of the year 2019.... let us look forward to welcoming 2020! which we are sure will begin with yet another academic feast with upcoming ECON - 2020, to be held at Ahmadabad and wish the organizers the very best.

See you all soon at ECON 2020.

EPILEPSY AND INDIAN CLASSICAL MUSIC

DR. TARA RAJENDRAN, MBBS, MFA

Questions to address

The spectacular dawn of inter-disciplinary application of Music and Medicine brought two profoundly different cultures closer than ever before. Music has evolved among innumerable cultures, societies, and civilizations all these years (1). From the song of a bird and the Brooke in the wild to the symphony's and kutcheris, music is undoubtedly an integral part of human lives. The link between music and medicine existed for centuries. According to Greek Mythology, Apollo was regarded as the God of both Music and Medicine. At the beginning of the millennium, we saw the rapid evolution of music therapy. Several published research articles chronicle the positive results from randomized controlled trials conducted among patients with hematological malignancies, solid tumors, Alzheimers and autism world over. They also report the successful use of music therapy in reducing labor pain (2), reduced anesthesia dose requirement on patients undergoing breast cancer surgery (3) and autologous stem cell transplant patients (4). We live in the era of evidence-based medicine and here we are swamped with a methodical and meticulous lists of evidences. Neurological music therapy is an evolving field where therapeutic music therapy is provided to patients with cognitive, sensory and motor dysfunctions. How many neurologists prescribe/deliver music therapy to patients in India? Music Therapy is inexpensive and non-invasive and our country has so many gifted musicians interested to pursue live therapeutic music therapy. Could we implement it in our management plan of epilepsy?

Music and Epilepsy

Seizure that originates in the temporal lobe of human brain is termed as temporal lobe epilepsy and they comprises around 80% of all reported epilepsy cases. Interestingly, music is processed in the temporal lobe. A recent clinical trial among temporal lobe epilepsy patients report remarkably increased brainwave activity (activation of spectral EEG) in those who listened to classical music. These activities synchronized with music especially in the temporal lobe of epilepsy patients when compared with the control group. This research which was presented at the 123rd Annual convention of the American Psychological Association, 2015 puts forward the concept that music might help improve electrical activity particularly to temporal and frontal cortices.

The Mozart Effect

The first published report on the Mozart effect was in October 1993 and it implies the improvement of reasoning skills in solving spatial problems in normal subjects after listening to Mozart's sublime piano sonata K 448 (5). Since the last two decades, there have been overwhelming pieces of evidence on this. A randomized controlled trial conducted as recently as 2018 among 45 children with drug-resistant epilepsy reports a remarkable reduction in the frequency of epileptic discharges after listening to classical music. (6) Also, another trial among children with refractory epileptic seizures confirmed that music therapy may be used as an additional, non pharmacological, effective treatment (7). Is it only restricted to Western classical music?

Indian classical music

India has a rich tradition of Classical music with one of the most complex musical grammars with exquisite Ragas/tunes. South Indian/Carnatic and North Indian/Hindustani are the two main branches of Indian classical music with thousands of Raga specifically evoking emotions such as tranquility and joy to the listeners. India houses a massive number of classical and folk string and wind instruments. In the perspective of music therapy, instrumental music therapy will suit the best to the patients in a country like India where the compositions of classical music are in various vernacular languages such as Telugu, Tamil, Hindi, Kannada, Malayalam and a few in Sanskrit. It has been 26 years from the first published paper of Mozart effect in 1993, and we still do not have a single trial on epilepsy and Indian classical music. Could our clinical setups provide recorded instrumental classical music therapy to our epilepsy patients along with the pharmaceutical management? It's time to think.

I was delighted to launch lecture-concert series where I go to Medical colleges or conferences to demonstrate the importance using Indian classical instrumental music therapy using the 'Veena' for patients. The series is mainly aimed at physicians, residents and medical students and inspiring them to start clinical trials or even practicing therapeutic music therapy in the corridors of the clinic. I had the pleasure of mentoring medical student-musicians who as a part of the series performs therapeutic music therapy using the Veena in the palliative care neurology and geriatric wards of the medical college hospital. Let's hope for the day when Indian classical music therapy is used in conjunction with the conventional treatment course.

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KOCHI

Reported By : DR.B.RAJENDRAN

The 8th K S Mani Memorial Oration & the 3rd V R Parameswaran Memorial Lecture held by IEA Kochi

8th K S Mani Memorial Oration, an annual event of by Indian Epilepsy Association, Kochi was held on the 4th of September 2019 at the IMA House, Kochi. The Oration is conducted inthe memory of Dr. K S Mani, the father of the Epilepsy movement in India. Dr.Mathew Abraham, President, IEA Kochi formally welcomed the gathering. Dr.Anand Kumar, Professor and Head of Neurology AIMS, Kochi spoke about the legend Dr. K S Mani and shared his memories while a student at NIMHANS. Dr.Rajendran, National Secretary General IEA and HOD Neurology Avitis Super Specialty Hospital Palakkad introduced this year's orator, Professor Shoba Srinath, former head of the Department of Child and Adolescent Psychiatry at NIMHANS Bangalore. The topic was **"Autism Spectrum Disorder and Epilepsy: a worrisome association".** Dr. Shoba spoke about the bidirectional relationship between Autism Spectrum Disorder and Epilepsy. The Oration carried a purse of Rs. 5000/- a citation and a memento.

The 3rd V R Parameswaran Lecture was a curtain raiser at the evening's programme. The lecture was delivered by Ms.Carol D'Souza of the Samman Chapter of Indian Epilepsy Association in Mumbai. The topic was "**Epilepsy – The Everyday Challenge"**. Mrs.Saraswathi Rajendran spoke about VR Parameswaran who was an active champion of Social Issues in Epilepsy and the Lecture held in his memory always addresses the social challenges that persons with Epilepsy and their care givers face. Ms.Carol D'Souza presented a very comprehensive and thought provoking look into this aspect, a perspective that most persons in the medical fraternity found unique. She looked at problems that a patient would face at every phase of his or her life – as an infant, a child, a school student, a college student, a young person in the workplace, a young person at the threshold of married life, a young parent and as a grandparent. This walk through a patient's life, as it were, was indeed very eloquent and thought provoking for all present at the lecture. The speaker was introduced by Dr.P.Sreekumar, Senior Neurosurgeon and Founder President IEA Kochi Chapter. Carol was presented a memento by the family of Late Mr Parameswaran.Dr.Vinayan KP, Secretary, IEA Kochi delivered the vote of thanks.

Reported By : DR. MANJARI TRIPATHI

Report :

Meeting for the Development of the Association of Child Neurology and Indian Epilepsy Society consensus document for the diagnosis and management of West syndrome in India

Meeting for the Development of the Association of Child Neurology and Indian Epilepsy Society consensus document for the diagnosis and management of West syndrome in India Infantile spasms were first described by Dr Samuel J West in his son in 1841. West syndrome was classically described as a triad of infantile spasms, developmental delay and presence of hypsarrhythmia on EEG. 179 years later, though a lot is known about West syndrome, there are numerous controversies and dilemmas in the diagnosis and management of this condition. West syndrome is one of the commonest cause of epilepsy in infants and young children and is a significant contributor to neurodevelopmental morbidity in children.

In India, the situation is compounded by a huge time lag from onset to diagnosis, median lag of almost 6-12 months as compared to a few weeks in the West. This is because of lack of awareness of this entity amongst general practitioners and pediatricians and the lack of recognition of spasms as seizures, hence there is a delay in seeking medical attention. Other challenges include paucity of pediatric neurologists and trained personnel to report pediatric EEGs, high cost of investigative work up and difficult availability and administration of some first line treatments such as vigabatrin and ACTH. The plethora of regimens mentioned in the literature adds to the confusion. It has been a long felt need of pediatricians, neurologists and pediatric neurologists to have consensus guidelines for the diagnostic evaluation and management of children with West syndrome in India.

The idea of a preparing a consensus document on the diagnosis and management of West syndrome was mooted by members of Association of Child Neurology (AOCN). In association with Indian Epilepsy Society, a consensus document was envisaged on the same. The invited experts included eminent Pediatric Neurologists, Neurologists, and Epileptologists.

The invited experts were categorized into one of five groups: 1) defintions, etiolology, early diagnosis and prognosis, 2) diagnostic evaluation, 3) Hormonal treatment, 4) Vigabatrin and other drugs, and 5) Diet, surgery and supportive care. The final list of scope of issues and the group distribution were mailed to all the

participants. The assigned coordinator of each group reviewed the literature, prepared a draft of the document in consultation with other members. First the evidence was reviewed. For areas where the evidence was not certain, a Delphi consensus method was adopted.

Finally a face-to-face meeting was held on 1st September 2019 at the Army R & R Hospital, New Delhi to discuss the draft. The meeting was attended by eminent experts from the Indian Epilepsy Society and the Association of Child Neurology. The evidence was on the contentious issues was presented by the writing group members and discussed. For contentious issues, the Delphi method was adopted and online voting was done to reach a consensus. Consensus was reached on various aspects such as genetic and metabolic testing and regimes of oral steroids, ACTH and vigabatrin. The plan is to collate and finalize the draft for publication in international and national journals.

Congratulations

KARNATAKA RAJYOTSAVA AWARD FOR Dr. G.T.SUBHAS.

Dr. G.T.Subhas

A multi faceted personality who has strived hard in the field of Medicine particularly Neurology, Dr.G.T.Subhas is also an achiever in the field of Social Service, Administration and Public service.

The Government of Karnataka, recognizing his yeoman services, awarded him the highest civilian Award of Karnataka in the field of Medicine - the Rajyotsava Award 2019.

He is also the recipient of Dr. B.C.Roy award from the Dept. of Medical Education, IMA, WHO Fellow and Fellow of IAN. He was the HOD, Dept. of Neurology Bangalore Medical college from 1996 -2013. He was the 1st Dean/Director of Bangalore Medical College and Research Institute. Presently, he is the President of the BMC Alumni Association. He is the Immediate Past President of Indian Epilepsy Association,

He received the award from the Chief Minister of Karnataka on 1st November 2019

ECON CALL INVITE
CONFERENCE BIDS INVITED FOR 2021,2022.
EMAIL FOR APPLICATION FORM
secretarygeneralies@gmail.com/sgiea2017@gmail.com
Before
30/12/19

ANZAN EEG Course
and
ESA Clinical Epilepsy Course

Travel Grants

Clinical Epilepsy Course – Friday 7th February 2020
EEG Course –Saturday 8th and Sunday 9thFebruary 2020
Sydney, Australia

The Australian and New Zealand Association of Neurologists (ANZAN) and the Epilepsy Soci-ety of Australia (ESA) are offering travel grants to Neurologists who have completed their training within the last 5 years to attend the Annual EEG Course and Clinical Epilepsy Course in Sydney in February 2020.

The Clinical Epilepsy Course is a one-day, case-based workshop focusing on the practical management of paediatric and adult patients with epilepsy. Participants will discuss each case in small groups under the leadership of an epileptologist, followed by a short didactic summary by the presenter. The 2020 course will focus on common clinical problems faced by doctors caring for patients with epilepsy in the outpatient setting.

The EEG Courseis held over two days and provides a theoretical and practical background to the reading and reporting of routine adult and paediatric EEG. The format consists of seven 90 minute sessions, each starting with a 30 minute didactic lecture followed by a 60 minute, small group, active-participation tutorial where EEG examples will be demonstrated and discussed under the direction of an experiencedEEG tutor. Topics include basic technical aspects of EEG, the normal awake and asleep EEG, and epileptiform and non-epileptiform abnormalities in adults and children. In 2020, as in previous years, the course will include two lectures and tutorial sessions on EEG in the Intensive Care Unit and Ictal EEG. These will run in parallel with the main ANZAN EEG course and be available to neurology trainees who have previously attended the course and neurologists. In previous years trainees who have previously attended the course, and neurologists, have been able to sit part 1 (written)and part 2 (oral) of the Asian Epilepsy Academy (ASEPA) EEG certification exam but these are now held at the ANZAN Annual Scientific meeting (ASM) and ESA ASM respectively.

Travel grants will cover economy airfares, accommodation for 3-4 nights (if required), registra-tion (which includes a number of meals) and an incidentals allowance of $200. Applicants will be asked to provide a quotation for their flights, with a cap of $A1500. Preference will be given to those from resource-poor countries.A report of the experience of the travel grant recipient will be required at the completion of the epilepsy and EEG courses.

For further information regarding the courses and other enquiries email
EEG@seedevents.com.au

Comprehensive ILAE teaching course with a combination of lectures and expert - led practical sessions

Cochin, Kerala, India | 6th - 8th March 2020

EEG in the First Year of Life
- from newborn to toddler

Course Description

This is a 3-day residential EEG course with an emphasis on interactive, hands-on experience. This annual course is now running for the third year and for the first time outside of Cambridge, UK.The course is targeted at neurologists (pediatric and adult), clinical neurophysiologists, and neonatologists who deal with neonates and infants with seizures or epilepsy. It is limited to a maximum of 100 participants, so early booking is strongly recommended. Basic EEG knowledge is a requirement for the course and applicants will be selected on the basis of their CVs. The course is organized under the auspices of the ILAE Diagnostic Methods Commission and is supported by the Indian Epilepsy Association Kochi.

Course Directors

Ronit M Pressler, *PhD MD*
London, UK

Monika Eisermann, *MD*
Paris, France

Vinayan KP, *MD, DM*
Cochin, India

Faculty

Alexandre N. Datta, *MD*
Basel, Switzerland

Sushma Goyal, *MD*
London, UK

Lieven Lagae, *PhD*
Leuven, Belgium

Nicola Specchio, *MD, PhD*
Rome, Italy

Rachel Thornton, *PhD*
London, UK

Tutors

Dr. Suvasini Sharma, *Delhi, India* | **Dr. Rachana Dubey Gupta,** *Indore, India*

Registration Fee

Early fee (until 31.12.2019)	**INR 10,000**	**$ 200 (for international delgates)**
Standard fee (from 01.01.2020)	**INR 15,000**	**$ 300 (for international delegates)**

Includes lunch and dinner along wth access to all educational activities (lectures, tutorials and USB with course material)

Accomodation		
(2 nights plus breakfast)	**INR 8000**	**$ 120 (for international delegates)**

A limited number of bursaries are available on request which might include partial waiver of registration fee and support for accommodation.

For more information, visit
https://www.ilae.org/congresses/eeg-in-the-first-year-of-life1

For registration, Contact **Ms. Anu Nair**
Indian Epilepsy Association Kochi, KAN office, IMA House, Cochin - 682025 ieakochi@gmail.com.

ILAE IBE

epilepsy congress

13th Asian & Oceanian Epilepsy Congress

8-11 October 2020

The Fukuoka International Convention Centre
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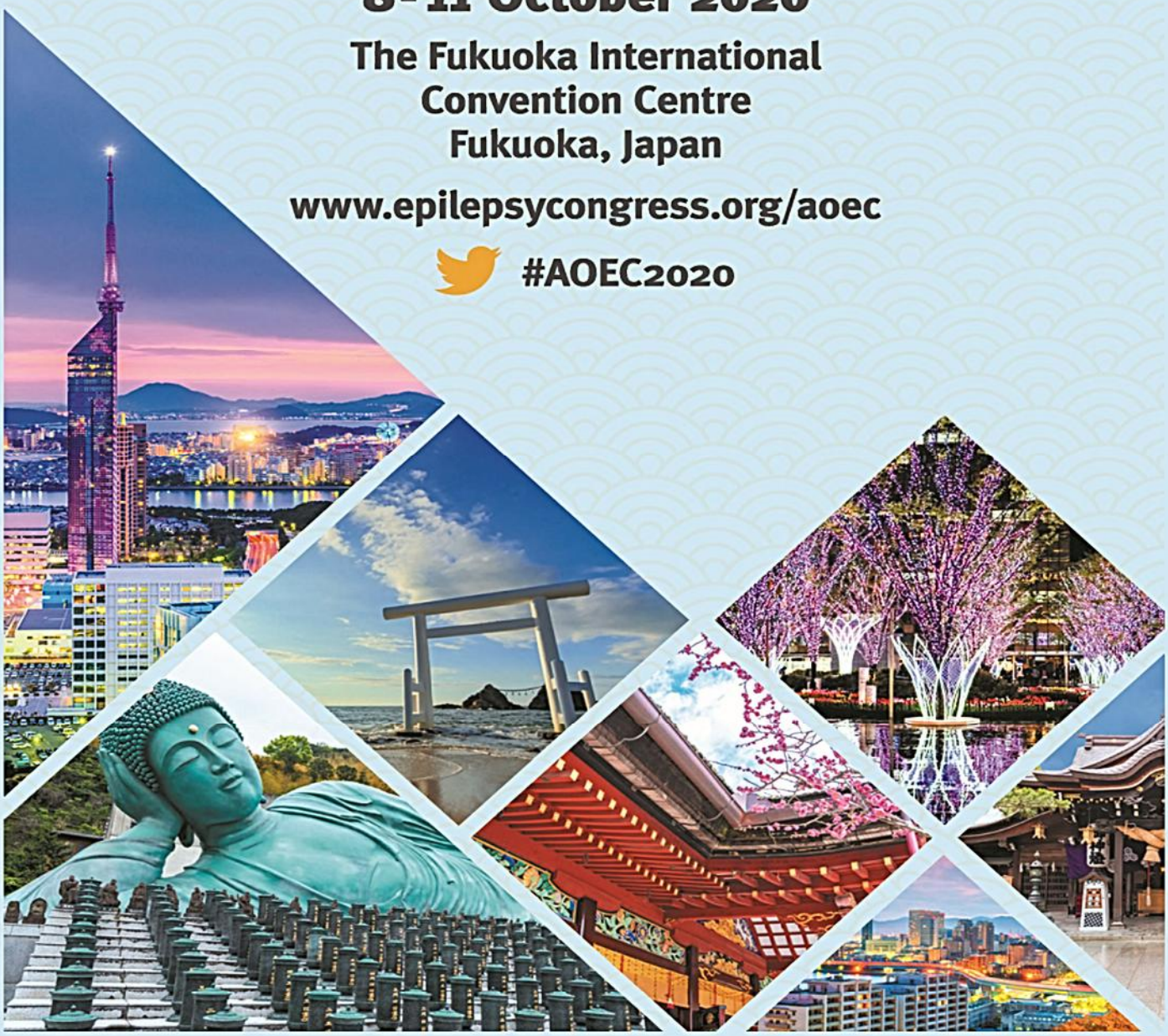

ABOUT THE COVER PAGE

WILLIAM GORDON LENNOX (1884–1960)

WILLIAM LENNOX an American neurologist and epileptologist was a pioneer in use of electro encephalography (EEG) for diagnosis and treatment of epilepsy. Graduate from Colorado College and Harvard Medical School, (Boston, USA) he was interested in epilepsy while working as a medical missionary in China. Later worked and published many papers with Stanley Cobb, Erna and Frederic Gibbs and was jointly awarded Albert Lasker Award for Clinical Medical Research [1951]. He wrote the book on "Epilepsy and Related Disorders" with his daughter Margaret.

Lennox served as president [1935 to 1949] International League Against epilepsy (ILAE) [1949 to 1953], was a co-editor and later a single editor of the journal Epilepsia. Lennox served as first president of the American League Against Epilepsy, which later the American Epilepsy Society[1936–1937].

In 1951 he described a special epilepsy syndrome named as Lennox-Gastaut syndrome along with French neurologist and epileptologist Henry Gastaut.

Lennox was also involved with eugenics movement and recommended euthanasia for "the congenitally mindless and for the incurable sick who wish to die". In 1943, Lennox joined the advisory council of the Euthanasia Society of America and continued working into his 70s. He retired from Harvard in 1958 and died in 1960.

HENRI GASTAUT [1915 – 1995]

HENRY GASTAUT a French neurologist and epileptologist educated at the University of Marseille (France), obtained medical doctorate in 1945. Thereafter trained in neurology and in neuroanatomy. In 1953 he became head of the neurobiological laboratories at the Marseille Hospital, in 1954 succeeded as professor of anatomical pathology and in 1960 was appointed as director of the regional centre for epileptic children. In 1973 chaired as clinical neurophysiology until retirement in 1984. His major research interests were electroencephalography and brain functionality in epilepsy. With Lennox he described LGS, in 1957 the hemi-convulsion-hemiplegia-epilepsy(HHE) syndrome, in 1961 and 1981-1982 the late variant of the benign childhood epilepsy with occipital paroxysms.

He influenced reactivating International League Against Epilepsy (ILAE). He served as president elect, secretary general of the ILAE, before being elected as its president from 1969 to 1973 and as past president [1973 to 1977]. He was Chairman of the Commission on Terminology of the ILAE in 1963 which resulted in the publication of Dictionary of epilepsy.

He established possible ties between epilepsy and artistic genius for Fedor Dostoyevski, Gustave Flaubert, and Vincent van Gogh, and published a number of papers about this relationship. In 1967 he served as elected dean of the University of Marseille School of Medicine. He was awarded "Ambassador for Epilepsy" by the ILAE and International Bureau for Epilepsy in 1968 and with Lennox awarded the American Epilepsy Society (AES) in 1977. He died in 1995.