

Indian Epilepsy Association



BANGALORE CHAPTER
NEWS LETTER



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INDIAN EPILEPSY ASSOCIATION BANGALORE CHAPTER

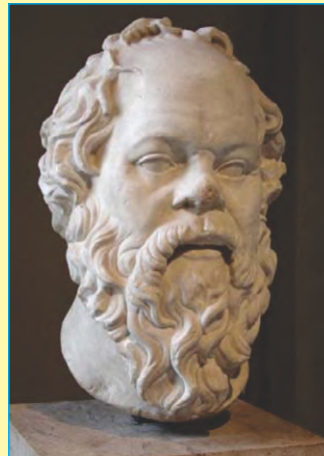
Famous People with Epilepsy



Prince of Macedonia
Star pupil of Aristotle
As a child he suffered
From Epilepsy
By age 28,
He ruled the World
Alexander the Great



"Veni, Vidi, Vici"
"I came, I saw,
I Conquered"
Stricken down by
Epilepsy,
He rose to conquer
the rest of the World
Julius Cesar



The greatest
mind of all
time, classical great
philosopher, one the
founders of western
philosophy.
Socrates



Of all the great wars
That he won
His ultimate triumph,
His most private battle,
Was his victory
Over Epilepsy
Napolean Bonapate

Leaders of their times

"Epilepsy is effectively preventable and manageable.

*Support Indian Epilepsy association to reduce
treatment gap in epilepsy"*



From the Editor's Desk



Respected senior members and dear friends

In this issue we cover the activities of our chapter in the month of January to March 2018. Every II Monday of February is celebrated as International Epilepsy Day worldwide. During the same month every year Indian Epilepsy Association and Indian Epilepsy Society jointly organise the Annual National Conference which

happens to be the assembly of stake holders in the field of epilepsy movement not only from India but also from other parts of the World. This year the prestigious meet was successfully conducted jointly by NIMHANS and IEA Bangalore Chapter at the Convention Centre, NIMHANS. We are planning to bring out the proceeding of this meet in forth coming newsletter.

In the present issues, we have the continued part of “History of Epilepsy” from Dr. P.V. Rai. In the patients forum, Mr. Prakash P S the President Elect of IEA, Bangalore Branch shares his experiences. As a mark of respect to Dr. K. S. Mani considered as the father of epilepsy movement in India, on the occasion of the International Epilepsy Movement in India, we carry a reprint of the article by Dr. Meinardi from the Journal of Neurology. Dr. Jeremy Engle released the book written by Dr. H. V. Srinivas during ECON 2018. We reproduced the forward written by Dr. M. Maiya in the book review section.

Our President Dr. P. V. Rai is always generous in acknowledging the good qualities of someone or something and he has the habit of rewarding them with surprise gifts. I was the recipient for such a surprise when he presented me with a waterman fountain pen in appreciation of what he considered my good work as the editor of the newsletter. Appreciation like this which is uncommon nowadays makes you feel humble and provides more energy to do better things. I sincerely thank you for your gesture sir.

Dr. G.T. Subhas

From the President's Desk



EPILEPSY : HISTORICAL PERSPECTIVE

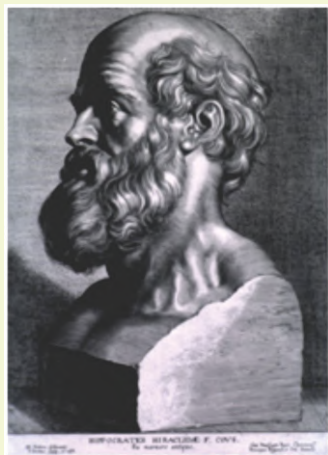
(Continued from Newsletter Oct.-Dec. 2017)

Although Epilepsy is known to early Civilizations, there is no continuity of its mention in the History of Medicine, probably because of continued superstition and social prejudice associated with this brain disease. The attempts of Stalwarts in the medical history such as Hippocrates and Galen to establish epilepsy as a natural disease of the brain, could not however hold ground during the succeeding generations of physicians and general public. The reasons may be due to on the one hand, the overwhelming superstition of the influence of spirits on health and disease of human beings and on the other, the lack of medical treatment to make PWE free of seizures.

It can be presumed therefore that the medical profession of the later centuries lost interest in the management of epilepsy. Even in the time of Hippocrates and Galen, epilepsy was considered as "a great disease" of brain, which in Latin was termed "Morbus Sacer" or (Morbus Divus), which terminology existed for example in the German language until the middle of 20th century. Lack of interest by the medical profession becomes naturally the breeding ground for exorcists and sorcerers.

After Hippocrates the physician of the antic, who took much interest in epilepsy was the Greek physician Claudius Galen (130-210 AD), who accepted brain as the seat of epilepsy, developing the concept of brain and bodily humors and their disturbance as the cause for epileptic seizures.

Galen also believed that psychic faculties such as cognition, volition and memory were determined by the balanced functioning of brain humors and their imbalance would lead to mental diseases. Galen's theory of disease as "dyscrasia" (humoral imbalance) and health as "eucrasia" (harmony of humors and organs) had influence over several centuries in the then Western world. The treatments suggested by Galen for epilepsy were correction of humoral disturbance through diet, "medicines" and blood letting.



Hippocrates



Galen

Physicians of the antic both in the Western and Eastern Hemispheres were also Philosophers, who believed in a comprehensive approach to health and disease, probably also because, anatomy and physiology were less understood / practiced, partly because of social restrictions. It is however known that Galen, who practiced mainly in Rome as physician for "Gladiators" continued to dissect monkeys when human dissection was prohibited.

(to be continued)

- Dr. P. V. Rai

Streetplay in Jan at Ramanagar Bus Station, Chennapatna Bus Station and Shivahalli Pete Beedee, Mandya, 13-1-2018





**Dr. Mrs. Chanda Kulkarni seen with Nursing
Principal Mrs. Geetha M.N. & Nursing Students, Patel Group of Institutions
Educational Program on Epilepsy Awareness at
Nursing College, Patel Group of Institutions, Bengaluru**

Dr. Mrs. Chanda Kulkarni, Executive Committee Member, IEA Bengaluru Chapter & Editorial Team, IEA Central Chapter was invited to give an educational 'epilepsy awareness' talk at the Nursing College, Patel Group of institutions on Thursday 25th January, 2.00 pm to 4.00 pm. There were around 130 students of BSc 3rd & 4th year Nursing as well as General Nursing from 1st, 2nd & 3rd year. Some students were from Holy Mother Institute & Federal College of Nursing.

This educational session was completely interactive along with power point presentation. The presentation included basic definitions of epilepsy/seizure, incidence, causes, diagnosis, anti-epileptic drug treatment, monitoring, precautions, overview on management, first aid including emergencies. While, many were aware/had heard of how the condition presents/manifests & the diagnostic tools like – EEG, CT-Scan, MRI etc. for few junior level students this information on basics was new therefore listened to the presentation very carefully. Many senior level students were able to answer some of the questions particularly names of medications used in the treatment of epilepsy. Also, since few students were from remote parts of India they did accept that lay people believed in misconceptions like – evil spirit as cause of epilepsy; smelling onion/leather as treatment; giving keys in hand/holding spoon between the teeth as first aid measure! Some students were of the opinion that epilepsy is primarily seen in adults & were surprised to know that it can occur in any age group - the infants, children & old age. Majority did not know causes of epilepsy like – idiopathic, head injury, uncooked pork, infections, birth injuries in infants, tumors in elderly etc.

The presentation also covered the Dos' & Dons' of epilepsy, the precautions to be taken in brief by persons with epilepsy [PWE] to safe guard while, climbing, swimming, cooking, driving etc. The role of nurse on importance of educating family/care takers was emphasized, and the famous persons who suffered from epilepsy but achieved their goals.

The talk ended with summary of activities of Epilepsy Association in driving away the myths & misconceptions associated with epilepsy. Interestingly, all students were able to answer simple quiz questions that I asked on epilepsy at the end of my talk.

Report by – **Dr. Chanda Kulkarni**



Talk Show by KV Muralidharan at Banjara Academy 08-2-18

A TALK ON EPILEPSY AT BANJARA ACADEMY

On 8th of February I was invited by Dr. Ali Khwaja to deliver a talk on Epilepsy to the students pursuing “Diploma in Counselling Skills”

Banjara Academy is one of the most reputed training and teaching academy which train students on various life skills and counselling skills. It is known for its hands on practical training is much sought after by students. It is headed by Dr. Ali Khwaja a legendary personality in the field of counselling and is much sought after by various sections of the society and especially the students and their parents.

I had the privilege of getting trained by the academy for counselling skills.

The lecture on epilepsy was for the students numbering about eighty an amorphous group consisting of young students, post graduates, homemakers and various professionals from banking, teaching etc. and all eager students with a will to learn.

Sequence of my talk was,

1. Background information. Do you know or have you seen a PWE
2. History
3. Incidence/Magnitude
4. What is epilepsy?
5. What causes epilepsy? 75% idiopathic 25% known causes (like stroke / electrolyte imbalance / low sugar / alcohol withdrawal injuries to the brain, tumors and parasitic infection
6. Different kinds of Epilepsy
7. Investigations, Treatment and the gap
8. Thumb rule in taking medication
9. First Aid
10. Counseling at various stages
11. (a) Febrile convulsions
(b) Child with epilepsy in a class room
(c) Teenagers and adolescents
(d) Seeking a job
(e) Marriage and pregnancy
12. Your role in counselling PWEs

The talk was for about two hours and was an excellent interactive session.

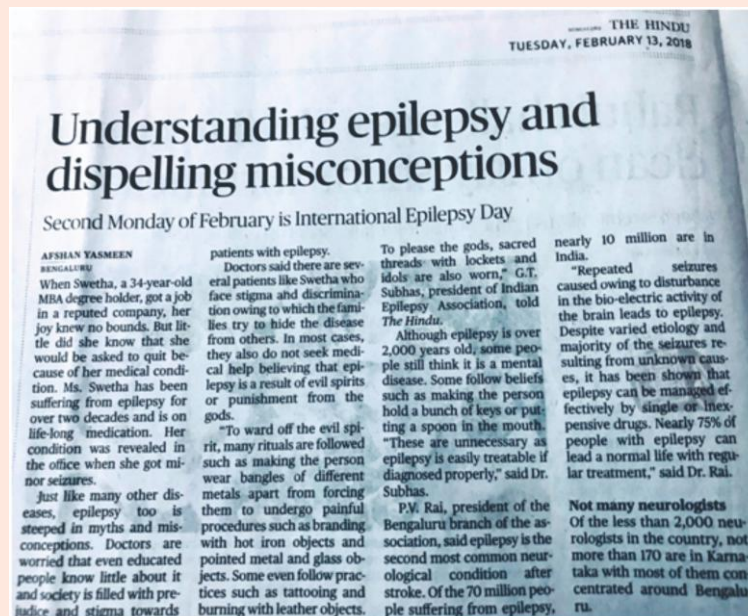


Street Play at Mandya Public Park.



VC Farm High School

International Epilepsy day – 2nd Monday of February Understanding Epilepsy and dispelling misconceptions





Educational lecture delivered by Dr. Chanda Kulkarni on - “Role of NURSE In The Management of Epilepsy” at Viswasai Nursing College, Bangalore, India, on the occasion of International Epilepsy Day –

INTERNATIONAL EPILEPSY DAY

Educational Lecture Delivered at Viswasai Nursing College, Bengaluru

Dr. Chanda Kulkarni, EC Member IEA-Blr Chapter & member of editorial team of Epilepsy India, was invited to deliver an educational lecture for nursing students, at VISWASAI College of Nursing as a part of International Epilepsy Day celebration. There were around 140 IV/ III yr BSc & II/III yr General Nursing students & staff who attended the lecture with great enthusiasm.

The lecture covered – basic definitions of epilepsy, the burden of persons with epilepsy in India and around the world, common causes of epilepsy, various options available for treatment, issues related to children/women/pregnancy/driving with epilepsy, frequently encountered emergencies in persons with epilepsy, special precautions to be taken and role of a nurse in managing epilepsy.

The basic level nursing students asked many interesting questions regarding - precautions to be taken by women and children with epilepsy, the impact of epilepsy on driving etc.; while the senior level students were curious to know various diagnostic techniques/equipments would help in identifying epilepsy, the outcome of surgery in persons with epilepsy and how Vagus Nerve Stimulation [VNS] helps in controlling seizures.

Students were very much interested in knowing the first aid to be offered when an episode of seizure if witnessed, the reasons as well as importance of educating a person with epilepsy and their family members/care takers, including how anti-epileptic medications help and why adherence to them needs to be stressed, along with common adverse reactions to them.

The recap on ‘Dos’ & ‘Donts’ was assessed at the end of presentation as group responses which was interactive and participatory.

Report by –

Dr. Mrs. Chanda Kulkarni, MD; PhD; FSASMS; Cert Pharmacotherapy of Epilepsy
Advisor – Clinical Pharmacology, SAKRA World Hospital, Bangalore.

EPILEPSY AWARENESS AT AN UNUSUAL VENUE

Punam family from Kengerisatellite town is an unusual family with a deep concern for the society that they inhabit. Besides number of social welfare work they routinely indulge in a unique way of celebrating their parent's death anniversary. This year's function was on 11th of March

They have an open house, of various programmes for the general public and the programme includes a general health check-up, blood donation camp, yoga demonstration by reputed yoga masters and other cultural activities like dance music drama etc.

Mr. T.N. Nanjundaswamy one of our E.C. members who is closely connected with the family arranged skit on epilepsy and awareness as a part of their celebrations.

We had S. Venkatesh who led our drama troupe and the entire programme was very well received by the audience numbering over a hundred.

The organizers, members of the Punam family paid compliments to Mr. Venkatesh for his acting ability and the way the message was delivered to a spellbound audience. Mr. Deepak one of the members of the family was so impressed that he promised to make our awareness programme as a regular event in their annual function.





A brief report of Epilepsy Awareness program held on 24/03/2018 at Acharya Collage of Nursing, Cholangar, Bangalore. Well come speech has given by Principal Sri Dr. Mahendran of the Nursing Collage to Dr. P. V Rai. President of IEA Bangalore Chapter, accompanied by K V Muralidharn, H.K. Damodhar Rao and A. Chandrashekar. There were about 250 Nursing and Physo Therapy Students are attended the program, Dr. P.V. Rai has given talk on Medical Aspects, Mr. K.V. Muralidharn given demo of various types of seizers and Mr. Damodhar Rao has given talk on Social aspects and Myths of Epilepsy the Program has been Co-Oriented by me .

By **A. Chandrashekar**

Awareness Programme at Acharaya Institute of Health Sciences Cholanagar, Bangalore



VIJAYA TEACHERS COLLEGE (CTE)

Report on talk on Epilepsy Awareness

A talk was organised at Vijaya Teachers College on “Epilepsy Awareness” on 28th February 2018. The resource personnel **Dr. R.P. Joshi** and **Sri.Damodar Rao**, from **Indian Epilepsy Association (Bangalore Chapter)** were invited to address the student teachers about the Epilepsy awareness in general. The Principal, teacher educators and student teachers of both B.Ed and M.Ed programmes participated in the session.

Dr. Joshi started the session with his presentation on epilepsy. He spoke about the causes, symptoms of epilepsy in his power point presentation. He also presented various common myths related to epilepsy. He further discussed about how to treat the individual under epilepsy attack and do's and don't's during first aid of epilepsy.

After the presentation the session was open for questions from the audience which were answered by Dr. Joshi. There were many questions from the student- teachers and teacher educators which were well answered by the resource person.

The next session was a quiz related to epilepsy conducted by Sri. Damodar Rao. The session was lively with good participation of audience. He spoke about the counselling and rehabilitation of the persons with epilepsy. Many students got their questions and doubts answered by the resource persons.

Epilepsy is a common neurological disorder which can be handled effectively with proper awareness. There are many myths associated with the epilepsy and its care. It is a social disease and the knowledge about it is limited among the people. This session was very useful and informative in understanding the epilepsy and its care in a better way. Since any child or an individual can have the epilepsy attack at any point of time, it is necessary for a teacher to have some basic knowledge about the symptoms and the first aid for this. These sessions were very useful and informative for the student- teachers, since they will be the future teachers and this knowledge will help them to handle situations of epileptic attack in schools. They in turn can develop epilepsy awareness among students and parents.



Epilepsia, 44(Suppl. 1):2–4, 2003 Blackwell Publishing, Inc.© International League Against Epilepsy

A Tribute to K. S. Mani, 1928–2001



Harry Meinardi (1932 - 2013) is a Dutch emeritus extraordinary professor in epileptology.

Dr. Meinardi was the only person ever to be elected to the Presidency of both the International League against Epilepsy (ILAE) and the International Bureau for Epilepsy (IBE).

Department of Epileptology, Nijmegen University, and Department of Physiology, Leiden University Medical Center, Leiden, The Netherlands

In nearly a century of international coordination to relieve suffering from epilepsy, thousands have contributed; however, a few have been in a position, thanks to their talents, circumstances, and personal dedication, to bring about important progress in reaching that goal.

K. S. Mani, cofounder of the Indian Epilepsy Association (IEA, formally registered 1971) and its Bangalore chapter, was such a person. That it did not go unnoticed that he spent a lifetime to improve conditions for people with epilepsy as shown by the fact that he twice received a Lifetime Achievement Award. The first was presented in Chennai at the occasion of the Indo-U.K. workshop on Transcultural Perspectives in Epilepsy (Fig. 1); the second, from the International League Against Epilepsy and the International Bureau for Epilepsy, shortly before he died on March 28, 2001. Mani is the fifth person honoured with this prestigious ILAE/IBE Lifetime Achievement Award.

This was a crown on a career in the service of people with epilepsy that had also earlier attracted admiration, resulting in the Ambassador for Epilepsy Award of the ILAE and IBE in 1975, and in 1997, these organizations bestowed on him the Social Accomplishment Award in Epilepsy.

Who was this remarkable person? Mani was born October 18, 1928, at Madurai, Tamil Nadu, British India. His father, S. K. Sundaram, became a professor of therapeutics at Madras Medical College. K. S. Mani was graduated in science (B.Sc.) in 1947, in medicine (MBBS) in 1952, and received his postgraduate degree in general medicine in 1956, all in Madras. His teacher, Professor B. Ramamurthi, has this to say about that period: “Dr. K. S. Mani was a hardworking medical student and during his house-surgeon assignment, he was my resident for 3 months. His meticulous examination of the patients was remarkable. At that time, 1950–1951, there was no separate neurology department, and Mani learned a lot of neurology in that period that also stood the department in good stead.”

Although he assisted with neurosurgical operations and notwithstanding the attempt of Professor Ramamurthi to persuade him to continue in that discipline, neurology was his preference. With the backing of Ramamurthi, he moved from Madras in 1957 to start the department of neurology at the All India Institute of Mental Health and Sciences in Bangalore. His interest in epilepsy started very early and continued to his last day; in this he found Ramamurthi at his side, who considered K. S. Mani not only a former disciple but also a lifelong friend, philosopher, and guide. As expressed by Dr. H. V. Srinivas, an executive committee member of the IEA, “Mani’s appointment in Bangalore was the nucleus which under his guidance grew from strength to strength, and the equal importance for neurological sciences in mental health was emphasized when the institute was made autonomous and rechristened the National Institute of Mental Health and Neurosciences.” After 3 years in Bangalore, he took additional training in neurology and pathology at the National Hospital for

Nervous Diseases at Maiden Vale and Queen Square in London (1960–1962). Subsequently he returned to Bangalore and became professor and head of the department in 1969, which post he held until his voluntary retirement in 1978. He held many honorary positions [e.g., President of the Neurological Society of India (1972–1973), Honorary Consultant in Neurology to the Armed Forces Medical Services, Member of the Indian Council of Medical Research Expert Committee in Neurology, Fellow of the Academy of Sciences and Fellow of the Academy of Medical Sciences, Vice president of the International Bureau for Epilepsy (1989–1993), member from 1985–1989]. His involvement with IBE is a story in itself and can best be recorded in the words of Mr. Gokul, who assisted with the founding of the Indian Epilepsy Association Bangalore Chapter.

“One day way back in 1971, Dr. K. S. Mani asked my brother S. K. Subramanyam (Kumar) and myself (S. G. Gokul), to present ourselves at the office of our mutual friend and auditor Mr. J. Sreenivasan. Dutifully, we did so, and we, along with some of Mani’s other friends, were informed about the formation of The Indian Epilepsy Association (IEA) at Bombay.



FIG. 1. Prof. K. S. Mani receiving the Lifetime Achievement Award of the Neurosciences India Group. Seen also are Prof. Krishnamoorthy Srinivas, workshop chairman; Mr. T. T. Vasu, President of the Public Health Centre; and fellow awardees, Prof. Simon Shorvon and Prof. Michael Trimble, both from the Institute of Neurology, Queen Square, London.

One of the leaders and for many years linking pin with the International Bureau was Dr. Eddy Bharucha, who practiced in Bombay. Mani informed us that each major town was to form a chapter of the IEA. The IEA was to emphasize the social aspects of epilepsy and hence he wanted nonmedical people to mainly be members of the committee, with only a sprinkling of medical persons to advise the committee on the technical aspects of epilepsy. However, before any committee could be elected, the Bangalore Chapter had to be registered, and a constitution and by-laws had to be framed. We had to get some details from Bombay, and all this took some time, and I recall that finally the Bangalore Chapter got off the ground some time in 1972. The members (at that time there were no more than nine or 10 of them) elected C. Vijayam Krishnamurthy president. J. Sreenivasan became secretary, and yours truly, treasurer. Because almost 30 years have elapsed, and I write this from memory, there



could be some omissions, but I do remember that Mani was a member of the committee along with one other physician. Then, Dr. Mani's saga of single-minded devotion to the cause of epileptics was not only perpetuated but also passed on to some of us. He was so enthusiastic and sincere that others on the Committee automatically caught on with the same enthusiasm, albeit not with the same intensity! He would literally push us into holding meetings, come with ideas, help us conduct brainstorming sessions, etc. The rest of us not knowing much about epilepsy, Mani had to lead us by advising, cajoling, and occasionally berating us! We could contribute our mite in the areas of administration, commercial matters, etc. One of the first decisions was to meet every second Thursday of every month, and the members of the committee would host these meetings in turn. The meetings were to be held after working hours and so necessarily had to have a host! Dr. Mani, at that time was still employed at NIMHANS (National Institute of Mental Health & Neuro Sciences) and was able to convince a few patients, their relatives, and others, as also some prominent other citizens, to become members of the chapter. Thus, we had a core group to start some sort of activity by 1973/1974. Handsome contributions and donations from the members who could contribute came in, and one of the first programs to be started was a Holiday Camp for epileptic children so that parents could be free from worry at least for a day. Doctors accompanied the children and saw to it that they took their prescribed drugs at the proper time; games were organized, stories with suitable content emphasizing regular lifestyle, etc., were told, and the children thoroughly enjoyed themselves; the parents were equally thrilled that the children had enjoyed themselves, despite their absence, which in itself gave them extraordinary confidence in their child's abilities. The next program undertaken and successfully implemented was printing of booklets in four languages, including the local regional ones, highlighting the social aspects of epilepsy and again emphasizing the fact that almost all epileptics could lead normal lives subject totaking some care. Also highlighted were the facts about epilepsy to try to remove the myths associated with it. Next, we moved on to organize a panel discussion and patient Q & A session at the Canara Bank Auditorium (provided at no cost by the bank). This was a forerunner to many such sessions, but the thumping success of the first one was something to be savored. This, like the holiday camp, was a first for the Bangalore Chapter. In addition to his many talents, Mani was also quite a good mimic and actor! His depiction of the various forms of epilepsy, including a dramatic portrayal of a person having a generalized tonic-clonic seizure, was something to be seen to be believed. As a result, some very impressive skits were performed by the Bangalore Chapter. The Association went from success to success, like undertaking the Yelandur project, which has been covered in detail elsewhere. I was eased (!) out sometime in the early 1980s, having under Mani's tutelage served as Secretary, Vice-President, and President. During this period, Dr. Mani brought us into contact with many eminent experts in the treatment and care of epileptics like Earl Walker, Peter Jeavons, Maurice Parsonage, Harry Meinardi, George Burden, and B. Ramamurthi (to name only a few), thus exposing laypersons like us to knowledge about epilepsy, which we definitely would not have gained elsewhere. We in turn hope to have passed on this to some extent to other laypersons. I now keep in touch with the activities of the association with the help of the Newsletter, which reaches me periodically (another first for the Chapter). Words cannot express Mani's single-minded devotion to the cause. He has deservedly been the recipient of many awards, both national and international, but the smile with which a patient or parent greeted him, and vice versa, was something to be seen to be believed. His was truly an obsession—truly a magnificent one."

From 1989 to 1993, Mani was appointed chairperson of the joint ILAE/IBE commission on developing countries. This commission not only kept the executives aware of the problems in the developing world, but Mani also used the group as a think tank from which he derived inspiration and

support for his battles to improve the conditions for people with epilepsy in India. Once convinced of the value of an objective, he was not easily deterred. It took 12 years to get a clause deleted by an act of parliament citing epilepsy as a disqualification for legal marriage in the Indian Marriage Act. This battle was won in December 1999.

Although he covered the whole field of neurology, as witnessed by publications on tropical spastic paraplegia (South Indian paraplegia) and experimental neurolathyrism in monkeys, the problems of epileptology and improving care for people with epilepsy were his major concern. He described for the first time in great detail “hot water epilepsy,” a reflex epilepsy that is apparently peculiar to Karnataka State and South India. Together with Tandon and others, he played a major role in the description of the epidemiology of epilepsy in India that was made possible by the application of PL-480 funds (WW II war loans from the United States that were paid back by scientific output). This project was monitored by Earl Walker, a former ILAE president (1953–1961). Mani, as president of the 18th International Epilepsy Congress, and Maheswari, as secretary-general, played a major role bringing the congress to New Delhi and making it a successful event beyond expectations, with a long-lasting impact on epileptology in particular in India. Mani also was a proponent of supervised delegation of epilepsy care to community health workers. Recently he and his co-workers analysed the outcome of such approach in Yelandur, a remote part of the Mysore district of the state Karnataka, to which Bangalore also belongs(1,2).

Fortunately Mani has seen much what he has sown come to fruit, and no doubt his influence will be manifest for many years to come. Although we are grateful to have known him, his death at a mature but not very old age painfully deprives his many friends, colleagues, and patients, in particular his wife, Geeta Rangan, herself a qualified neurologist with a brilliant academic career, dedicated to both clinical and research work.

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Prof. K.S. Mani
Father of Epilepsy movement in India

Prof. R. M. Verma
Architect of NIMHANS



FIGHTING FITS - A JOURNEY – Mr. Prakash Ponnathapur



Mr. Prakash K.S., Mrs. Meera Prakash and Daughter Keerthi

I am now 63 years old, settled happily after successful and satisfactory completion of services. But that doesn't mean that I did not have any ups and downs or turmoils in my life.

The incidence that threw my life into turmoil occurred just a couple of days before my 39th birthday. It was 2.30 AM and I was fast asleep. I suddenly woke up by biting my tongue and with foam in my mouth. This was my first episode of 'FITS'. At that point in time neither I nor my spouse had any knowledge about this malady. I was unconscious for more than 2 hours and woke up with severe headache and vomiting.

The next morning, the family physician who attended to me briefed me about the illness, got a CT scan done and put me on Mezetol. He also asked me to consult the specialists at NIMHANS. After I recovered a little, I visited NIMHANS, where the specialists after taking a detailed history of the episode and after perusing the CT reports advised me to stop the medication as it was the first incident and had not recurred subsequently even after a lapse of the 15 days. I was sent home with strict instructions to go back immediately if it recurred.

At first, I did not fully comprehend the impact of the episode except for the fact that I was a little dull and drowsy, till I reported to duty. When I attended the office and opened the file, I realised with shock that my memory was impaired and that I could hardly recognise the alphabets or read a

sentence. Somehow I managed to get through the day without my despair being noticed by anybody and got another 15 days leave by sanctioned.

Luckily I had passed all the departmental exams, and had also acquired a LLB degree in the evening college. To have family support, in the eventuality of any crisis, we shifted our residence near my in-laws house. After this incidence, my spouse has not left me alone till date, except for my odd outings for official duties.

The second attack of 'fits' struck me 6 months later on a Sunday afternoon while I was resting after lunch. It was around 3.30 PM and I had the same episode of unconsciousness followed by severe headache and vomiting. In the evening I was admitted to a Nursing home and after being treated by my family physician. I was discharged the next evening. I then, visited the doctor at NIMHANS where EEG was done and I was given M-Toin 100mg once daily with a list of Do's and Don'ts. I was to go for follow-up every month.

There were no incidents in-between and I went for regular check-ups and continued the same medicine. But, though the seizure were controlled, some side effects of the drugs began to manifest. The worst was the inflammation of gums. I could not eat properly or even speak properly as it was so painful. Luckily, at that time I attended a lecture on oil-pulling and decided to try it. To my surprise, just after 5 days of oil-pulling the inflammation and redness subsided. This method helped me not



only to prevent hyper-trophy of the gums but I also got relief from throat irritation and sinus problem. On being a regular visitor to NIMHANS, I was greatly influenced by the committed and dedicated professionals there and I developed a desire to work in that institution, luckily I got selected to a higher post on deputation at NIMHANS and during that time I was also weaned off the medicines with proper tests and medical supervision.

I reported to duty on 1st June 2001, and in the process of getting adjusted to the new environment, I was struck with the seizure on Sunday the 17th June 2001 at around 11.30 AM while taking a head bath. I was again unconscious for more than two hours, followed by severe headache and vomiting. Once again, I was admitted to a nursing home and after being treated by my family doctor I went to NIMHANS OPD where it was diagnosed as “HOT WATER EPILEPSY” and I was put on M-Toin 100mg twice a day.

Dr. P. Satishchandra, Prof and HOD, who was treating me, was the president of IEA at that time. He introduced me to IEA Bangalore Chapter where I became a member, executive committee member and later Hon. Treasurer. There I came to know about the social stigma attached to epilepsy in society. I was overwhelmed by the complete dedication with which Dr. Satishchandra treated his patients. The close association I developed with him, enabled me to discuss my problems with him which helped me to overcome my dipping confidence. This in turn helped me in my professional life as well and I was able to shoulder my responsibilities better and I also presented my views on epilepsy in the National Conference held in Vizag in 2003 in the form of a couplet. “The boon or a Bane” which was appreciated by everyone.

After necessary tests and tapering of medicines, I was totally out of medication from 22nd February 2005. I reported back to my parent department at BMC after my successful tenure of deputation on 31st May 2006 and by that time I had full relief from epilepsy.

Further, when Bangalore Medical College became autonomous, I was selected for the post of Financial Advisor and Accounts officer. This was a very challenging task involving greater responsibility. I realised the difficulty and hurdles to be faced in the process, but with the full support of the then Director Dr. G. T. Subhas with his calm and composed nature with deep commitment to development, I succeeded in accomplishing the assigned task.

My wife, who was also a working woman, stood like a rock behind me in this crisis. She has taken the entire responsibility of the family, our children who were very young at that time, their schooling etc. her moral, physical and fiscal support helped me overcome the adversities and drawbacks with confidence.

My entire family is involved in the activities and programmes of the IEA. Epilepsy did not deter or come in the way of taking up the family responsibilities, education of my children or involvement of social activities. My elder daughter, pursued ‘Diploma in counselling’ while doing her degree and ‘Diploma in Epilepsy Care’ in the first batch of its introduction by IEA, along with her post-graduation in Clinical Psychology, she later served as a Clinical Psychologist in Bowring and Lady Curzon Hospital. My younger daughter is pursuing second Master’s Degree in Business Law from National School of Law University. She enacted in the play ‘Epilepsy out of shadow’ staged during the celebration of National Epilepsy day.

Epilepsy has not come in the way of shouldering responsibilities or taking up challenges in both my professional or personal life. I take part in all social activities including the activities of the IEA. I cleared the latest examination of ‘continuing career progression’ in 2012. I took active part in organising Medical Exhibitions on National Epilepsy Day and under the Continued Medical Education programs for the benefit of the public and students.

I served as Treasurer of IEA, Bangalore Chapter for 3 years and I am now President Elect.



Dr. P. Satishchandra, former Vice Chancellor, NIMHANS participated in “Meet the TV Doctor” a live question and answer programme on Epilepsy in DD Chandana on 27/03/2018 between 12 PM and 1 PM. A large number of viewers participated and got satisfactory answers from Dr. PSC. This successful programme was anchored by Mr. Ravindranath. We congratulate Dr. PSC for giving this excellent programme and projecting information about epilepsy to the public. The above photograph was taken from

mobile phone by Dr. Manjunath, Past President, IEA, Bangalore.



BMC BUZZ!



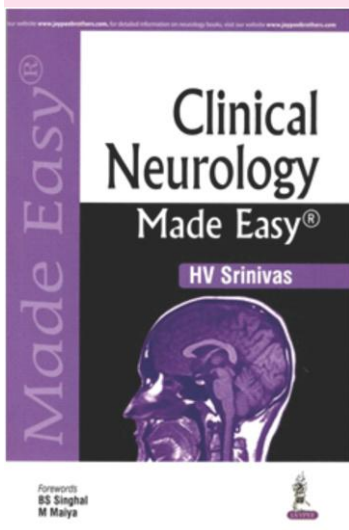
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--- Editor - Dr. K. M. Srinivasa Gowda

Dr. G T Subhas, President BMC Alumni Association, delivered the Presidential Oration at the 19th Joint Annual Conference of Indian Epilepsy Association and Indian Epilepsy Society.

Understanding Epilepsy and dispelling misconceptions

- ❖ Most of us who are here know that epilepsy is the most common and frequently encountered neurological condition, imposing a heavy burden on individuals, families and also on health care system. It is an ancient disease and it is only in the recent past that epilepsy has attracted the attention of the medical community.
- ❖ There are estimated to be about 70 million people suffering from epilepsy. Nearly 10 million People with Epilepsy i.e. one sixth of them are in India. They are least equipped to face the huge medical, social and economic challenges posed by epilepsy. In India 80% of the population reside in rural areas, where the health care system is weak and inefficient. 80% of it is dependent on private sector and there is rich and poor bias, so also urban and rural disparity.
- ❖ Doctor population in India is 1: 1625 ratio of neurologists to population is grossly inadequate. There are less than 2000 Neurologists in India. The requirement is fifteen times more. The Average population served per bed is 2046. Budget allocated to health sector is around 1.5% of the GDP which is not sufficient. 800 million people spend more than 10% of their income on health care when income is low even 10% of it has a major negative impact of household budget.
- ❖ Despite its varied etiology and majority of them resulting from unknown causes, it has been shown that epilepsy can be managed effectively by single or inexpensive drugs. 75% of PWE can lead a normal life. Still the medical treatment gap in India is more than 50%.
- ❖ This is attributed to the large population, lower income and education, socio cultural prejudices, inadequate resources, competing infections, non-communicable diseases and more importantly the low importance given for public health aspect of epilepsy.



Dr. Jeremy Engle released the book written by Dr. H.V. Srinivas during ECON 2018.



Foreword

It is a privilege and honor to write the foreword for Clinical Neurology MadeEasy authored by Dr HV Srinivas.

The science of medicine is progressing at an unprecedented rate along with high technology for the last few decades. A third of what we know today iii-comes obsolete after 10 to 15 years. The advancement in the knowledge of the diseases affecting the various systems in the body is responsible for establishment of 'Super Speciality' (? Subspeciality) departments/ clinics like Neurology, Cardiology, Nephrology, Pulmonology, etc. managed by super specialists.

However, the majority of the problems in medicine is managed by General Practitioners and Internists because of their easy accessibility. Yet one observes certain amount of inertia and hesitation on the part of General Practitioners and Internists to accept and manage the patients with common neurological disorders. It may be due to inadequate training in basic clinical approach, lack of confidence, unsatisfactory results of several conditions and costly investigations. Hence, the book on Clinical Neurology Made Easy written by Dr HV Srinivas, an experienced teacher who has been teaching postgraduate students in Medicine for more than 35 years, voluntarily, is a welcome addition to the armamentarium of clinicians.

The book contains common neurological conditions which can be managed by primary care physicians and internists. Only a few cases need a reference to a neurologist. The common diseases described here are Cerebrovascular Stroke, Parkinson's Disease, Epilepsy, Back and Neck Pain, Gait Imbalances, etc. with illustrative cases and tables for quick reference. Even symptom-oriented diseases like Tension Headache, Migraine, Giddiness and Dementia are also dealt with.

The book emphasizes the supremacy of clinical neurology and bedside examination in the era of high-tech medicine. Listening to the history of patient indicates the diagnosis more often than costly investigations. History taking also reveals the personality and attitude of the patient which is essential for the management of the disease. It is Sir William Osler who said 'It is more important to know what patient has the disease than what disease the patient has'

Undoubtedly the book achieves its objective of Clinical Neurology Made Easy and Dr HV Srinivas is eminently suited for this as an author. The book is a welcome addition to be used as a 'ready reckoner' while practicing medicine.



Dr. M. Maiya

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Ordinary Members: Rs 100/- per year
Life Membership: Rs1,000/-
Donations to the Indian Epilepsy Association are
exempted from Income Tax under section 80G of the
Indian Income Tax Act.

Epilepsy counselling services

IEA Bangalore Chapter offers free counselling services
in the following centres

1. **Neurology OPD, PMSSY Super-speciality Hospital**
(victoria Hospital) on Tuesday and Friday. Time 10
AM – 1 PM

For details Please contact

Mr. K. V. Muralidharan
080- 2679 5518

2. **CGHS Wellness centers, Bangalore**

1. Banashankari, 3rd Stage
2. Jayanagar

For details please contact:

Mr. H. K. DamodarRao
Ph: 080-2671 2219, 98453 26787

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