



GENERALIZED SEIZURE DISORDER MANAGED WITH HOMOEOPATHY- A CASE REPORT

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ABSTRACT: Generalised seizure disorder, also known as epilepsy, is a neurological condition characterised by recurrent episodes of loss of consciousness, convulsions, and involuntary muscle activity. Worldwide, epilepsy affects approximately 50 million people, making it one of the most common neurological disorders globally. Conventional management primarily involves antiepileptic drugs, but homoeopathic treatment offers an individualised approach, focusing on constitutional remedies, intercurrent remedies, and lifestyle modifications to address both physical and mental-emotional aspects. This paper presents a detailed case study of a 19-year-old male, demonstrating marked improvement and complete seizure control over 12 months. The improvement was assessed with EEG reports taken before and after treatment.

INTRODUCTION

Generalized seizure disorder is a chronic neurological condition involving sudden, recurrent episodes of abnormal electrical activity in the brain, leading to loss of consciousness, tremors, convulsions, and sometimes muscle cramps¹. In ICD-11, “generalised seizure” is coded under the Types of seizures block: 8A68. Causes may include genetic predisposition, brain injuries, infections, or metabolic disorders. Common signs and symptoms include sudden vertigo, falling, shaking of limbs, unconsciousness, and postictal fatigue.



If untreated, it can include physical injuries, cognitive difficulties, emotional disturbances, and social limitations². Homoeopathic management focuses on individualised treatment, addressing both the mental-emotional state and physical symptoms to achieve seizure control and improve overall quality of life³. This paper discusses a detailed case managed successfully, highlighting the role of constitutional and intercurrent remedies in achieving a seizure-free state.

CASE PROFILE

A 19-year-old male was diagnosed with generalised seizure disorder in August 2023 following an episode of sudden vertigo and loss of consciousness, accompanied by falls, trembling for 5–10 minutes, leg cramps, and convulsions. A milder recurrence occurred in September 2023, after which he began allopathic treatment. He also has allergic rhinitis, with morning sneezing and a runny nose aggravated by dust, fumes, and early hours.

PAST HISTORY

Frequent infections: cold, cough, fever since childhood

Disturbed digestion: acidity, gastric flatulence, unsatisfactory stools (2×/day), abdominal heaviness, occasional pain, Low thirst, dryness of mouth and lips with fatigue.

FAMILY HISTORY

Father: hypertension and hypothyroidism

GENERAL SYMPTOMS

The patient reports a decreased appetite and a specific desire for chocolates. His thirst is also decreased. His thermal is Hot. His stools were satisfactory, and he voided urine without any difficulty. He had a profuse perspiration and had sound sleep lasting between 8 to 10 hours.

EXAMINATION

Neurological system: no focal deficits on examination, no convulsions present at the time.

MENTAL GENERALS

He grew up in a family with his parents and one younger sister. During childhood, he had average scholastic performance, maintained friendly relations with teachers and peers, and experienced no significant episodes of bullying. His parents were moderately strict with reasonable expectations, and he had a supportive relationship with his younger sister. He was more influenced by his mother during his upbringing and felt secure within his family environment. He is ambiverted, prefers solitude, avoids large gatherings, and feels relieved when sharing thoughts with his two close friends. He experiences low confidence, stage anxiety, difficulty in leadership roles, and mild fear



of heights. He is generally calm but easily irritated, expresses anger by shouting or arguing, and has periods of anxiety related to studies or future events. Personality-wise, he is calm, reserved, and reflective, occasionally impatient, sensitive, and self-critical. He shows emotional responsiveness, is disciplined in routines like walking and meditation, and demonstrates a cautious approach to new situations.

CASE ANALYSIS

Reportorial totality- Kent & Publicum repertory was used for repertorization

Repertory used	Rubrics selected
Kent Repertory	1. Mind, confidence, want of self 2. Mind, consolation, amel. 3. Mind, fear, crowd, in a 4. Mind, fear, disaster, of 5. Mind, fear, fit, of having a 6. Mind, fear, ghosts, of, night 7. Extremities, clenching, thumbs, in epilepsy, after, falling on... 8. Extremities, numbness, upper limbs, epilepsy, between attacks 9. Mind, anxiety, fits, with 10. Mind, unconsciousness, crowded room, in a 11. Mind, unconsciousness, transient, afternoon, in warm room 12. Mind, weeping, consolation amel.

Table 1: Reportorial totality



REPERTORY CHART

Case repertorisation																	
Rep.	Rubric	Puls. (18)	Lyc. (8)	Sulph. (5)	Arg-n. (5)	Phos. (5)	Acon. (5)	Nat-m. (4)	Aur. (4)	Gels. (4)	Bar-c. (4)	Cupr. (4)	Nux-v. (3)	Anac. (3)	Ign. (3)	Carb-an. (3)	
kent	Mind, confidence, want of self	2	2	1	1	1		1	2	1	2		1	3	1	1	
kent	Mind, consolation, amel.	2															
kent	Mind, fear, crowd, in a	2	2	1	2	1	3	2	2	3	1		2			1	
kent	Mind, fear, disaster, of	2															
kent	Mind, fear, fit, of having a	1			2	1										1	
kent	Mind, fear, ghosts, of, night	2	2	2			2										
publicum	Extremities, clenching, thumbs, in epilepsy, after, falling on...											2					
publicum	Extremities, numbness, upper limbs, epilepsy, between attacks											1					
publicum	Mind, anxiety, fits, with											1			1		
publicum	Mind, unconsciousness, crowded room, in a	3	2	1		2		1			1				1		
publicum	Mind, unconsciousness, transient, afternoon, in warm room	3															
publicum	Mind, weeping, consolation amel.	1															

Figure 1: Repertorial Result

SELECTION OF REMEDY

Remedy Type	Remedy Name	Remedy Potency	Remedy Dose	Remedy Reasons
Constitutional Remedy	Pulsatilla	200C	One dose Monthly	Wants comforts, irritable, pampered child, emotional tendency, seeks consolation, fear of something bad happening
Specific	Calcarea Phosphorica	6X	Twice daily	For acute episodes of fatigue, weakness, digestive disturbances
Intercurrent	Cuprum Metallicum	30C	Twice daily 3–5 drops	For muscle cramps, convulsions, or neurological spasms, addressing seizure tendencies

Table 2: Analysis of Remedy Selection



OBSERVATION AND RESULTS

Month	Follow up	Prescription
1st month	Easy infection of cold and cough, low thirst (~1 litre/day), sleep sound and good, appetite proper, slight concentration issues, anger not much;	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
2nd month	Last month went with ease, no discomfort, no epileptic convulsions, sleep sound	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
3rd month	Slight anxiety and numbness during exam hours, rest normal, sleep 8–9 hours	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
4th month	No recurrence of fits since last 6 months, health good, sleep normal	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
5th month	All normal, no stress or headache, sleep proper but late night, advised correct sleep cycle and reduced screen time	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
6th month	Slight anxiety due to fear of past seizure incident, recovered in 2 day	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
7th month	Slight anxiety related to future, rest all normal	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea Phosphorica</i> 6X
8th month	Feels better, no anxiety	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X



9th month	All normal, sleep sound, digestion normal, walking 3 km daily, weight reduced from 96 kg to 84 kg	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
10th month	All normal, no stress or headache, sleep proper	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
11th month	Marked improvement, no anxiety, fear, or stress, attempted exam with full confidence, sleep sound	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X
12th month	No recurrence of fits since 18 months, health good, no weakness, no anxiety or vertigo, all normal, cure case	<i>Pulsatilla nigricans</i> 200C; <i>Cuprum metallicum</i> 30C; <i>Calcarea phosphorica</i> 6X

Table 3: Follow-up table showing the patients improvement

NAME:- [REDACTED] AGE:-18Yrs./M
REF BY:- Dr. AMIT DEV (DM, NEUROLOGY) DATE:-18/08/2023

EEG REPORT

18 year male patient presented with complain of recurrent episode of fit was referred for EEG study. Awake electroencephalogram was done at 10-20 international system.

The Awake EEG record shows background activity of 8-9 Hz & 30-50 microvolts which are bilaterally symmetrical and synchronous. There are generalized sharp and slow wave discharges of 200-300 microvolts. Various are present, provocative measures did not add much to the study.

IMPRESSION:- ABNORMAL AWAKE EEG STUDY SUGGESTIVE OF GENERALIZED SEIZURE DISORDER.
KINDLY CORRELATE CLINICALLY


Dr. Amit Dev
(MD,DM Neurology)
Consultant Neurologist

Figure 2: Report Before treatment

NAME:- [REDACTED] AGE:- 19Yrs./M
REF BY:- Dr. Amit Dev (DM) DATE:-27/09/2024

EEG REPORT

19 year male patient presented was complain of fit was referred for EEG study. Awake electroencephalogram was done at 10-20 international system.

The Awake EEG record shows background activity of 8-9 Hz & 30-50 microvolts which are bilaterally symmetrical and synchronous. There are no epileptiform discharges seen. Various artifacts are present, provocative measures did not add much to the study.

IMPRESSION:- NORMAL AWAKE EEG STUDY .
KINDLY CORRELATE CLINICALLY


Dr. Amit Dev
(MD,DM Neurology)
Consultant Neurologist

Figure 3: Report After treatment



DISCUSSION

The favorable outcome in this case of generalized seizure disorder highlights the potential efficacy of a holistic homoeopathic approach combining constitutional and intercurrent remedies with biochemic support. The patient's rapid and sustained improvement, alongside the resolution of significant concomitant symptoms like vertigo, anxiety, and fatigue suggests a deep-acting therapeutic effect beyond mere symptom palliation. The medicine was changed as the totality of symptoms changed⁶. The choice of Pulsatilla 200C likely addressed the core constitutional susceptibility and mild anxiety, while Cuprum Metallicum 30C targeted the seizure tendency and convulsions, and Calcarea Phosphorica 6X supported general nerve and bone health^{7,8}. Crucially, the integration of lifestyle and dietary modifications (walking, meditation, yoga) complemented the pharmacological intervention, supporting the patient's emotional stability and overall vitality, underscoring that optimal recovery often requires a multifaceted strategy that addresses both the physical and mental spheres of the individual.

CONCLUSION

This case demonstrates that a comprehensive homoeopathic treatment plan utilizing the constitutional remedy, combined with crucial lifestyle adjustments, resulted in the complete and stable recovery of a patient with generalised seizure disorder. The marked improvement across both mental and physical domains, culminating in a durable 18-month seizure-free period, suggests that this holistic therapeutic strategy can be highly effective in managing and ultimately curing complex chronic neurological conditions like epilepsy.

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