



**Dr Kaustubh Dindorkar**  
**M.B.B.S. M.S., M.Ch (Neurosurgery), DNB (Neurosurgery)**  
**Phone : 98222 512 79**  
**Email ID : [kaustubh32@rediffmail.com](mailto:kaustubh32@rediffmail.com)**

## Fits or Seizures

'Fits' or 'Seizures' are caused by abnormal electrical discharges in the brain. When seizures recur, it may indicate the chronic condition known as **Epilepsy**. People who suffer from fits are frequently stigmatized by others for their disease. People's attitude changes when they come to know that a person is suffering from a brain disorder. People feel ashamed to disclose about their epilepsy condition. Lack of social awareness about this disease might be one of the major reasons for attitudes of people towards patients. Superstitions and misunderstanding are not just prevalent in the society, even patient's educated relatives support and believe in these superstitions.

Fits are common in all age groups and can affect people from all socio economic classes. An epileptic fit or seizure is caused by brief, excessive and abnormal discharge of nerve cells in the brain. It is something like a small "electrical storm". An imbalance of chemicals inside the brain may occur during the fits. As the brain is so complex, fits take many forms.

- **Generalised Tonic-Clonic Seizures or Grandmal:** These occur if a person has a burst of abnormal electrical activity which spreads throughout the brain. The jerky movements of hands and legs, frothing from the mouth, clenched teeth, and loss of consciousness are some of the main symptoms.
- **Complex Partial Seizures:** A complex partial seizure can cause the person to suffer from a loss of awareness. The symptoms of a complex partial seizure include gestures or verbal utterances, shivering of hands and legs.
- **Petit mal or Absence Seizures:** It is a brief disturbance of brain function due to abnormal electrical activity in the brain. It involves staring spells, loss of consciousness for few seconds. Such seizures can be observed for 10-30 times a day. It is more common in age group of 5-15 years.
- **Myoclonic Seizures:** Many get in childhood or in adulthood.

Seizures take many forms. The most important part of confirming the diagnosis is the description given by a person who has seen the patient when he got abnormal symptoms. Fits or seizures are not always hereditary. Only 15-20% fits are hereditary.

*Important Safety Information – Information provided here is NOT medical advice or a prescription against any specific or general Symptom. Please consult your doctor before utilising the information.*

© Arogyadarpan.com

## **Causes of Seizures**

### **For Children:**

- Lack of oxygen supply to the brain
- Abnormalities in the brain structure
- Fever

### **For Adults:**

- Infection
- Accident or head injury
- Arterio Venous Malformation (i.e. abnormal connection between veins and arteries)
- Brain tumor

## **Things to Do if someone gets an epileptic fit:**

- Take the patient away from the crowd and ensure that he/she can breathe freely.
- Loosen all the tight clothing, remove his/her spectacles.
- Shift the patient away from any dangerous place/object
- The patient may be confused after the fit, and may need to be reassured with sympathy.

*Important Safety Information – Information provided here is NOT medical advice or a prescription against any specific or general Symptom. Please consult your doctor before utilising the information.*

© Arogyadarpan.com