

Mindfulness and Yoga in Epilepsy

Clinical studies have been investigated the efficacy of mindfulness and yoga in people with epilepsy. Those studies have concluded that they can reduce the psychological effects of stress improving the wellbeing and the quality of life in people with epilepsy.

Researchers have found that accumulated stressful situations have been associated with stress and anxiety. Therefore, the normal activity of the brain can be affected, increasing the frequency and severity of seizures. Because of stress, chemical and hormonal changes make the cells of the brain work irregularly and potentially, lead to more seizures.

Chronic or repeated stressful situations can cause psychological problems like anxiety, panic attacks and depression. Also, all these problems can be associated with sleep disturbances making epilepsy difficult to control.

Different therapies have been used to treat various levels of stress in people with drug-resistant epilepsy including medications and other therapies free of medications. These therapies free of medications include mindfulness, yoga, and some types of physical activity.

Mindfulness is a therapy used to calm and relax the mind and the body. Mindfulness therapy and other related forms of meditation often focus on the breathing and the body, paying attention to thoughts, feelings, bodily sensations, and surroundings in the present moment without judging them, without going back to the past or imagining the future.

Yoga, in the other hand, is considered a type of physical activity including sequences of poses and breathing exercises during each session that ends with a few minutes of relaxation or meditation. Yoga was originated in ancient India as a practice that interconnects the body, the mind, and the spirit. It was introduced to the western world (Europe and the United States) in the 1890s.

All these practices help you to relax, to control your body, to focus your attention and to practice healthy activities. This not only reduces the levels of stress and risks of multiple conditions, but it also may reduce the frequency of your seizures.

Research studies have shown how mindfulness and yoga can have a potential impact on mental and physical health by improving body function and reducing stress. But despite the positive results, clinicians and researchers are still studying the benefits, the appropriate techniques and length of time to practice these therapies for people with drug-resistant epilepsy.

To obtain the benefits of mindfulness and yoga, these therapies must be supervised by your epileptologist or another member of the medical team who will help you identify trusted resources and effective mindfulness and yoga programs.

Learn more at

[ItsYourEpilepsy.com](https://www.ItsYourEpilepsy.com)

Frequently Asked Questions About Mindfulness and Yoga

Q. How can meditation and yoga control my seizures?

A. By focusing on your breathing, controlling, and relaxing your body, paying attention to thoughts and feelings will reduce your irregular brain activity, and potentially reducing the frequency and severity of your seizures.

Q. Can my doctor recommend mindfulness and yoga as part of my treatment?

R. Doctors and researchers are becoming more familiar with the positive impact that these alternative therapies have in the life of people with epilepsy.

Q. Are there any contraindications to practice mindfulness and yoga?

R. Multiple studies specifically looking at contraindications and adverse events experienced by participants learning meditation reveal that serious adverse events are very rare. However, it is important to be evaluated by your doctor and the medical team before practicing any alternative therapy.

Q. What is the risk by practicing yoga?

R. Yoga is a type of physical activity that involves slow movements and stretches frequently performed closed to the ground. Therefore, yoga is considered a low-risk activity with a low chance of injury for people with epilepsy. But remember, it is important to consult your doctor and the medical team before practicing any alternative therapy.

Q. Where can I find more information about mindfulness and yoga?

R. Trusted resources have been developed by some epilepsy organizations. Talk to your doctor and ask him/her to help you identify such resources.

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