

Pediatric epilepsy and its treatment from the perspective of Persian Medicine

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Abstract:

Background and Purpose: Epilepsy is an abnormal disorder of nerve cells that is second in prevalence of diseases of the central nervous system after stroke. The purpose of this study is to review the perspective of Traditional Iranian Medicine on pediatric epilepsy and the medicinal plants used in its treatment.

Materials and Methods: This research is a library study. Keywords such as medicinal plants, epilepsy, seizure, neonate, baby, infant and child were queried in Noor software, and selected Iranian medicine textbooks were studied and reviewed. Finally, a search was conducted in databases such as Scopus, PubMed and Google Scholar by the mentioned keywords and related articles were studied.

Results: Persian Medicine resources have introduced epilepsy as a disturbance of the sense and movement of organs that occurs suddenly and may be associated with prodromal symptoms such as weakness, feeling of pressure or pain in the stomach, numbness in the tongue, headache and forgetfulness. Avoidance of factors such as looking at fast-moving, rotating, shiny objects; standing in high places; being exposed to the wind; studying; and running for a long time are advised. In infants with epilepsy, improving breastfeeding and feeding with soft foods are recommended. Persian scholars believed that most cases of epilepsy improve prior to puberty with growing age and lifestyle changes. Patients should be banned from dairy products, *Juglans*, *Apium graveolens*, and vegetables other than *Mentha pulegium*, *Melissa officinalis*, *Lactuca sativa* and *Cichorium intybus*. Some medicinal herbs mentioned for treatment of this condition include *Cinnamomum verum*, *Pimpinella anisum*, *Lavandula angustifolia*, *Echium amoenum*, *Melissa officinalis*, *Nigella sativa*, *Nardostachys jatamansi*, *Origanum majorana* and *Zingiber officinale*, a number of which have been studied in laboratory and clinical studies.

Conclusion: The treatment of epilepsy is based on eliminating the cause of the disease in Persian Medicine, and depends on the type of epilepsy in modern medicine. Iranian physicians did not consider the cause of epilepsy to be specific to the brain. Studies are needed to assess the interaction among the mother and fetus and also neonatal factors that help eliminate the occurrence of epilepsy and seizures. Recommendations and mentioned herbs are proposed for future research.

Keywords: Epilepsy, Seizure, Child, Persian Medicine, Herbal Medicine

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