

Epilepsy: The Color Purple

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Purple is the international color representing Epilepsy awareness on March 26. Epilepsy isn't a diabolic condition epilepsy isn't a myth. Lavender color is the international color for epilepsy and is also a color that symbolizes solitude. The goal of Purple Day is to extend general public awareness, to cut back the social stigma endured by several people with this condition, and to empower people living with epilepsy to require action in their communities.

About 50 million people around the world are living with epilepsy. The risk of premature death in people suffering with this condition is almost three times higher than for the general population. 1 in 100 people are estimated to have epilepsy and approximately 2.2 million Americans live with the condition. Epilepsy is not a psychological disorder or contagious. Not everyone can understand correctly the specific circumstances or events that affect seizures, but some of the common triggers are listed below which can help one recognize definite seizure triggers:-Forgetting to take prescribed seizure medication.

- Insomnia
- Skipping meals
- Emotional disturbance
- Menstrual cycle / hormonal changes
- Sickness
- Low seizure medication levels
- Medications other than prescribed seizure medication
- Wavering lights of computers, television, videos, etc., and sometimes even bright sunlight.

Epilepsy Fast Facts

- Epilepsy is a disorder of the brain that causes seizures. These

seizures aren't caused by temporary problems by medical condition like a high fever or cold etc.

- Epilepsy can have an effect on individuals in very different ways. This is because there are several causes and lots of completely different varieties of seizures. Some people might have multiple types of seizures or alternative medical conditions in addition to epilepsy. These factors play a significant role in determining both the severity of the person's condition and also the impact it's on his or her life.
- The way a seizure appearance depends on the kind of seizure an individual is experiencing. Some seizures will appear as if staring spells. Other seizures can cause a person to collapse, shake, and become unaware of what's happening around them.
- Epilepsy can be caused by different conditions that affect a person's brain. Many times the cause is unknown. Some causes include: Stroke, Brain tumor, Traumatic brain injury or head injury, Central nervous system infection.
- A person with epilepsy isn't contagious and can't give epilepsy to another person (Figure 1).



Figure 1. Epilepsy Awareness.

"Nothing is permanent in life; remember that one day or the other, the pain of epilepsy will subside".

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Received 30 March 2021; Accepted 02 April 2021; Published 08 April 2021

How to cite this article: Shiva Bhardwaj. Epilepsy: The Color Purple. Epilepsy J 7 (2021): e137.