

Mersey Region Epilepsy Association

Registered Charity Number: 404366



complementary therapies

The standard treatment for epilepsy is the use of tested antiepileptic drugs which have an evidence base to prove their worth. There is no such base to prove that complementary therapies control seizures and so, if used, it is recommended that they should be used alongside antiepileptic drugs

Acupuncture

Needles are used to stimulate nerve endings with the aim to improve overall health and well being. While there is no evidence to show that it can positively effect seizure control there is also no evidence to show that it can do any harm.

Aromatherapy

Pure aromatic oils are used to promote an air of relaxation which can be beneficial to people with epilepsy. The therapy should only be given by an experienced and qualified aromatherapist because some oils can actually provoke seizures

Herbal Treatment

There are Chinese herbal medicines and general herbal medicines which are used to treat the whole person for health wellbeing and there is no evidence from research that indicates herbal remedies have value in treating epilepsy.

Unfortunately, some herbal medicines can interact with antiepileptic drugs and trigger seizures rather than control them. It is highly advisable that herbal remedies are not used without prior consultation with you doctor

Yoga

Yoga is believed to eliminate stress and promote relaxation and so, on the face of it, might be useful for people with epilepsy where stress is a major trigger for seizures. There is no strong evidence base to suggest that yoga should be used to treat epilepsy.

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