

EEG Neurofeedback Brain Training for Epilepsy to reduce the Seizures

K. Jayasankara Reddy
Christ University, India

Epilepsy is a group of neurological disorder characterized by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in the brain. Nearly one-third of patients with epilepsy do not benefit from medical treatment. Electroencephalography neurofeedback therapies have been becoming recognized as one of the promising treatment for the different types of epilepsy patients. Through EEG neurofeedback training, it's possible to train the brain to de-emphasize brain electrical activity that leads to generation and propagation of seizure and emphasize rhythms that make seizures less likely to occur. This key-note session is focusing the current practice and my experience on the effect of EEG neurofeedback to reduce seizure frequency and duration. It is clear that EEG neurofeedback training had a positive impact on most of the studies reviewed as on date, these findings are limited due to multiple confounding factors in their techniques and protocols. Despite these limitations, the promising role of neurofeedback as a treatment to reduce the seizures is well recognized.

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