# International Epilepsy Day

## Why in News?

Every year the **second Monday of February is observed as International Epilepsy Day (IED),** and this year it was celebrated on 14th February (2022).

- The day **spreads awareness and educates people about the true facts of epilepsy** and the urgent need for improved treatment, better care, and greater investment in research.
- The day is **a joint initiative** of the **International Bureau for Epilepsy (IBE)** and the **International League Against Epilepsy (ILAE).** It **started in 2015.**

## What are the Key Points about Epilepsy?

- Epilepsy is **a central nervous system (neurological) disorder** in which brain activity becomes abnormal, causing seizures or periods of unusual behavior, sensations, and sometimes loss of awareness.

    - Epilepsy is defined as having **two or more unprovoked seizures.**
- Epilepsy is **one of the world's oldest recognized conditions**, with written records dating back to 4000 BCE.
- Around 50 million people worldwide have epilepsy, making it **one of the most common neurological diseases globally.**

    - In **India, nearly 60 lakh** people have epilepsy.
- Anyone can develop epilepsy, but **it's more common in young children and older adults.**
- There's **no cure for epilepsy,** but the disorder can be managed with medications and other strategies.
- In 2019, a report **Epilepsy, a public health imperative** was released by the **World Health Organization (WHO).**

    - It is the **first global report on epilepsy summarizing the available evidence on the burden of epilepsy** and the public health response required at global, regional and national levels.
- The **WHO Mental Health Gap Action Programme (mhGAP)** aims at scaling up services for mental, neurological and substance use disorders for countries especially with low- and middle-income.

**Source: IE**