



Causes of Epilepsy According To Ayurveda

In [Ayurveda](#), epilepsy can be controlled and tends to live a better life if the patient is cured with complete proper medication without any break in treatment. As we all knew that diet of now days are not good enough to put anyone as much as healthy and better like older days. So diet is also a major cause of epilepsy. Emotional health is as much important as physical health because controlled emotion can give you better life and care for different diseases and also from epilepsy.



The infographic features a blue background. On the left, there is a black and white illustration of a human brain. To its right, the text 'CAUSES OF EPILEPSY' is written in large, bold, white capital letters. Below this, the phrase 'Prevention is BETTER than CURE' is written in smaller white capital letters. A vertical white line separates this text from a list of causes on the right. The list includes 'Diet', 'Lifestyle', 'Emotional Behavior', and 'Foreign Agents', each preceded by a white bullet point. In the top right corner, there is a black silhouette of a human head in profile, facing left, with a solid red circle inside representing the brain.

CAUSES OF EPILEPSY

Prevention is BETTER than CURE

- Diet
- Lifestyle
- Emotional Behavior
- Foreign Agents