



## Seizures: Generalized and Focal Seizures

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### Editorial Note

Focal seizures, begin in particular part of brain, their names based on part where they happen. They can cause physical, emotional effects, make you feel, see, or hear things that aren't there. About 60 percent of people with epilepsy have this type of seizure, which is sometimes called as partial seizure. Sometimes, indications of focal seizure can incorrect for indications of mental illness or other kinds of nerve disorder. Generalized seizures, happen when nerve cells on both sides of brain misfire. They can make you muscle spasms, blackout, or fall. Seizures aren't all time an either or thing Some individual have seizures start as one kind, then become other. It's not easy to classify few of them. These are called unknown onset seizures, they cause sensory, physical symptoms.

### Generalized seizures

Tonic clonic seizures, these are most noticeable. When you have this type, your body stiffens, jerks, shakes, you lose consciousness. Sometimes lose control of bladder or bowels. They usually last one to three minutes if they go on longer, someone should call 911. That can lead breathing problems or make bite tongue or cheek. Clonic seizures, muscles have spasms, often make face, neck, arm muscles drag rhythmically. They may last several minutes. Tonic seizures, muscles in arms, legs, or trunk tense up. These usually last less than 20 seconds, often happen when you're asleep. But if you're standing up at time, you can lose your balance and fall. These are more common in people who have type of epilepsy known as Lennox-Gastaut syndrome, though people with other type can have them, too. Atonic seizures, muscles suddenly go limp, head may lean forward. If

you're holding something, might drop it, if you're standing, you might fall. These normally last less than 15 seconds, but some people have several in a row. Because of risk of falling, individuals who tend to have atonic seizures need to wear something like helmet to protect heads. Individuals who has Lennox-Gastaut syndrome, another kinds of epilepsy called Dravet syndrome are more likely to have this kind seizure. Myoclonic seizures, muscles suddenly jerk if you've been shocked. May start in same part of brain as an atonic seizure, some people had both myoclonic, atonic seizures. Absence seizures, seem disconnected from others around you, don't respond to them. You stare blankly into space, eyes might roll back in head. They usually last only few seconds, and not remember having one. They're common in children under 14 years.

### Focal seizures

Simple focal seizures, they change how senses read world around you: They can make smell or taste something strange, make fingers, arms, or legs twitch. Might view flashes of light or feel dizzy. You're not likely to lose consciousness, but might feel sweaty or nauseated. Complex focal seizures, these normally happen in part of brain that controls emotion, memory. You lose consciousness but still look like you're awake, or do things gag, smack your lips, laugh, or cry. It may take some time for someone who's having complex focal seizure to come out of it. Secondary generalized seizures, these start in single part of brain, spread to nerve cells on both sides. Cause some of same physical symptoms as generalized seizure, like convulsions or muscle slackness.