



The 2nd International Neuroinflammation Congress and 2nd Student Festival of Neuroscience

Shefa Neuroscience Research Center, Tehran, Iran, 17-19 April, 2018

The Neuroscience Journal of Shefaye Khatam

Volume 6, No. 2, Suppl 1

Poster Presentation

The Role of Vegan Diet in Epilepsy

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Published: 17 April, 2018

Abstract

Food habits have a serious role in the emergence of the diseases and inflammation that causes many kinds of diseases. Some case-control studies concluded that high animal fat and cholesterol in diet is associated with some neuroinflammatory diseases such as Parkinson and Alzheimer. High level of cholesterol and lipopolysaccharides (LPS) include the peripheral inflammation in the body. There is evidence that activation of immune and inflammatory processes occurs in a variety of epilepsies. Also, there are animal trials that show peripheral inflammation can cause the NeuroInflammation and oxidative stress and in this condition, activation of microglial cells and producing inflammatory cytokines have an important role in epileptic disorders. LPS-induced Peripheral inflammation evokes NeuroInflammation in the hippocampus and increases the seizure susceptibility. On the other hand, studies show the vegetarianism can obviously reduce the level of inflammation. level of inflammation by the anti-inflammatory effect of vegan diet and some eastern diets which decrease peripheral inflammation and consequently mitigate the neuro inflammation and neuropathy, the main causes of epileptic disorders. It seems vegan diet or diets with a low level of LPS or animal fat can be a reducing factor in epilepsy seizures.

Keywords: Epilepsy, Vegan Diet, Inflammation, Neuro Inflammation

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