Common beliefs about the brain – checked

Old Sayings, New Science



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Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

What our elders said – and what science says

Many beliefs about the brain are passed on from family and neighbours. Some are partly right; many can cause harm. Let us check them.

“Fits happen because of 'nazar', black magic or spirits.”

Myth

Fits come from a sudden electrical disturbance in the brain. Medicines control them. A tabeez or thread cannot.

“Keep a key or iron in the hand during a fit.”

Myth

It does not stop the fit and can injure the hand. Most fits stop by themselves in 1–2 minutes.

Headache beliefs

“Headache comes from 'garmi' (heat) in the head.”

Myth

Common headaches are migraine and tension headache. Body 'heat' is not a cause.

“Oiling and massaging the head cures headache.”

Partly true

A massage can relax tight muscles in tension headache. It does not treat migraine or other causes.

“Fasting or skipping meals can bring on a headache.”

True

Yes. Missing meals and dehydration are common migraine triggers. Eat on time and drink enough water.

Paralysis and pain beliefs

“Oil massage cures paralysis after a stroke.”

Myth

Massage does not bring back strength. Early hospital treatment and regular physiotherapy do.

“Wait a few hours and see – weakness may go by itself.”

Myth

Every minute counts. Go to a hospital with a CT scan at once.

“Giddiness is always due to cervical spondylosis.”

Myth

Most spinning giddiness comes from the inner ear (BPPV), which is easily treated with simple head movements.

Marriage, pregnancy and children

“A person with epilepsy should not marry or have children.”

Myth

Most people with epilepsy marry and have healthy children. Plan pregnancy with your doctor; some medicines may be changed, and folic acid is given.

“A child who talks late will talk on his own – 'Einstein also talked late'.”

Myth

Late speech can mean a hearing problem, autism or delay. Check early – early help works best.

“A head bath during fever causes fits.”

Myth

Fits with fever in young children come from the fever itself. Bring the fever down and see a doctor.

Home remedies and tonics

“Brahmi or ashwagandha can replace epilepsy or BP medicines.”

Myth

They are not a replacement. Never stop prescribed medicines – it can cause dangerous fits or a stroke. Tell your doctor what you take.

“Sleeping with your head to the north harms the brain.”

Myth

There is no scientific evidence. Sleeping well matters more than direction.

“Strong medicines for the brain are 'heavy' and damage the kidneys.”

Myth

Most brain medicines are safe when taken as prescribed. Your doctor checks for side effects with tests.

Remember

- Respect tradition, but trust science for illness.
- Ask your doctor before trying any remedy.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

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WhatsApp is for booking appointments only.

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Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.