



### Lamotrigine versus valproic acid monotherapy for Idiopathic generalized epilepsy

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**Background:** Idiopathic Generalized Tonic-Clonic Seizures (GTCS) are frequently encountered in adults. The standard for generalized epilepsies (GE) monotherapy in treatment is valproic acid (VPA) and lamotrigine (LTG) has been proposed as an alternative to VPA. We have performed a study to compare the efficacy and tolerability of VPA and LTG monotherapy, in newly diagnosed epilepsy.

**Methods:** The present study was conducted on 80 patients suffering from idiopathic GTCS. 40 patients received VPA and rest 40 patients received LTG. All patients were followed regularly monthly for six months for treatment response and adverse effects.

**Results:** After 6 months follow-up, 87.5% patients taking VPA and 57.5% patients taking LTG were seizure-free. Common adverse effects recorded were nausea, dyspepsia, headache and skin rash. Severe adverse effects were not found in both groups. The treatment withdrawal due to lack of seizure control were in the LTG group, while the treatment withdrawal due to intolerable side effects were in the VPA group.

**Conclusion:** Valproic acid appears to be better than lamotrigine as first-line drug in the treatment of adults with newly diagnosed idiopathic generalized tonic-clonic seizures. Lamotrigine appeared to be better tolerated