

Alzheimer: Possible Medicinal Plants which can Cure this Threatening Disease

Devansh Mehta^{1*}

Alzheimer disease is a form of dementia or neurodegenerative disorder which affects more than million people across the world. Still the cure for the disease is not available and high end researches are happening across the research laboratories to find the possible cure for the disease. It is estimated that more that 11 to 20 million American's will be affected by the disease by 2020 and beyond and life mortality will increase if the treatment is not found immediately. The present letter to editor has been written in light of giving the possible medicinal plants as research entity which can surely help in curing this dangerous disorder in humans.

Alzheimer's disease is the rapid progressing disease which affects the memory in the individual who gets affected by this deadly disease. Till now, no possible treatment is available to treat this disease; however, drugs are in the market, which can help in subsidizing the symptoms of this disease. Millions of American's get affected by this disease after the age of 65; however cases have been registered in which the disease has started affecting people even before the age of 65.

Alzheimer disease is not at all an old age problem; it is on the other hand a very defined and dangerous disease. Currently lots of researches are happening across the world to find the possible cure for this disease, but still cure is not available. However, to subsidize the symptoms the drugs are available in the market, but they don't guarantee the reduction of symptoms. U.S. Food and Drug administration has recently approved two kinds of medications to cure the symptoms. These are, Cholinesterase inhibitors such as, Razadyne, Exelon, etc. and Memantine like Namenda. But the cure of symptoms depends upon the body type of the patient and treatment results vary per patient. Another combination drug is also available which is known as Namzaric; however the results are not confirmed.

Medicinal plants have attracted research from all phases as they have sure guarantee to cure the disease without compromising the health of the patient. Extracts from medicinal plants can be used to treat the disease without worrying about the side effects, as medicinal plants, or medicines manufactured from medicinal plants do not have any kind of side effects.

Till now there has been no sure shot medicinal plant researched to treat Alzheimer disease. It is because of this reason; this present letter to editor has been written.

As Alzheimer disease is a dangerous form of dementia, the possible medicinal plants which can be researched and can be used to cure the deadly disease is as follows:

The possible medicinal plants for Alzheimer disease are *Phyllanthus emblica* (amla, Indian gooseberry), *Mucuna pruriens* (velvet bean), *Punica granatum* (Anar, pomegranate), *Curcuma longa* (haldi, turmeric).^[1]

Medicinal plants researched for dementia, can be possible Leads for Alzheimer disease even, these are, *Panax ginseng* and *Panax quinquefolius*.^[2] Others are Berberine,^[3] *Huperzia dichotoma*, *Huperzia linifolia* and *Huperzia cuernavacensis*.^[4]

Neuroprotective agents are also possible drug candidates for Alzheimer's disease and these are *Acorus gramineus*, *Eucalyptus globulus*, *Jasminum sambac*, *Lavandula angustifolia*, *Mentha piperita*, *Nigella sativa*, *Lavandula angustifolia*, *Rosmarinus officinalis*, *Pipernigrum*.^[5]

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¹TRM Writer's™ LLP, Flat No: 301, Third Floor, Eden Garden, By Pass Road, Modipuram, Meerut-250110, Uttar Pradesh, India.

E-mail: mehta.d@trmwriters.com

*Corresponding author