

## **Alzheimer disease: Allopathic, Herbal and Nutritional Approach for treatment**

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### **Abstract**

Ageing is a worldwide process, people have to face challenges in their day to day activities, weak/ loss of memory is one of the most important hurdle and it shows negative effect which is increasing in the number of people with neurodegenerative disorder. Alzheimer disease is one of the most important fatal age related progressive disorder characterized by amyloid plaque formation leading to nerve cell death, neurofibrillary tangles and neuroinflammation in the brain. Alzheimer's disease has no permanent effective cure to decrease the prevalence but many drugs for treatments of symptoms. As the number of patients increases along with medical, financial, social and emotional cost associated with burden of caring for patient is expected to grow dramatically in future. Though treatments for Alzheimer's disease have evolved over the past few years, currently available medication include cholinesterase inhibitors, NMDA receptor antagonist, anti-inflammatory drugs that able to produce moderate symptomatic benefit but do not alter the disease progression, has risk of side effects. So there is need to adopt the nutritional/ herbal and stimulatory therapies like Huperzine A, Ginkgo, Ginseng, Withania *somnifera*, Sage, Curcumin, Rosemary, vitamins, minerals and melatonin, along with stimulatory therapies like physical exercise, cognitive training, music and socialization produce no harm. Conclusion is, it may be more important and effective to choose therapies that act at the beginning of disease rather than treatments that act after the development of disease and goal of the treatment should be medically, economically and socially effective. Nutritional/ herbal and stimulatory therapies may provide more benefit with less harm than synthetic treatment.

**Key Words:** Ageing, Alzheimer's disease, Amyloid plaques, Herbal remedies, Neuroinflammation