



The Positive Impact of Natural Remedies on Alzheimer's Disease

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DESCRIPTION

A neurodegenerative ailment known as Alzheimer's Disease (AD), which greatly impairs social and occupational performance, is characterized by cognitive and behavioural impairment. It has a protracted preclinical period and a progressive course, and it is incurable. One of the most important neuroimaging findings in AD is hippocampal shrinkage, which is shown in the following picture.

On physical examination and mental status testing, a patient with preclinical AD may seem perfectly normal. Before any indications or symptoms manifest, certain parts of the brain are likely to be impacted for many years.

The following list includes moderate AD warning signs:

- Loss of memory
- Uncertainty regarding the location of familiar locations
- Taking longer to do routine, everyday chores
- Difficulty managing finances and paying debts
- Impaired judgment, which frequently results in poor decisions
- Diminished initiative and spontaneity
- Alterations in mood and personality; elevated anxiety
- These signs and symptoms could indicate this phase:
- Increasing confusion and memory loss
- Reduced ability to pay attention
- Having trouble identifying relatives and family
- Language difficulties, as well as issues with reading, writing, and math
- Difficulty logically thinking and arranging thoughts
- An inability to pick up new skills or deal with novel or unexpected circumstances
- Wandering, crying, agitation, and restlessness, especially in the late afternoon or at night
- Repetitive actions or words; sporadic twitching of the muscles
- Delusions, suspicion or paranoia, irritability, hallucinations

Loss of impulse control: Displayed through actions like inappropriately showing off one's underwear or using profane language.

Sensory-motor issues: difficulty rising from a chair or preparing the table, for example

The brain issue Alzheimer's Disease (AD) is a degenerative one. Brain cells and the neurons that link them to one another are broken down and destroyed. Deterioration in memory, behaviour, and mental capacity is brought on by this impairment. AD has no known cure. There are currently no known medications that can slow or stop the development of this condition, according to science. Additionally, no one knows how to stop AD from developing.

The goal of treatment is to improve the quality of life for AD patients. Doctors deal with the disease's treatable symptoms. Both conventional and alternative therapies can be used to achieve this. It's critical to realise that the medical profession does not generally accept alternative treatments for AD. Studies have shown that some of these therapies are helpful while others have been proven to be false. It's crucial to first speak with a doctor about alternative treatments if you're interested in them.

Coconut oil

Fatty acid called caprylic acid is present in refined coconut oil. Caprylic acid is converted by the body into a protein ketone. Ketasyn, a medication, uses a comparable protein.

According to several studies, those who took Ketasyn showed less cognitive deterioration and improved memory function. As a less expensive alternative to medications that contain Ketasyn, some people use coconut oil.

Omega-3 fatty acids

Treatment for AD may benefit from omega-3 fatty acids. Researchers discovered that frequent use of omega-3 fatty acids prevented cognitive decline in one study Trusted Source. It's crucial to remember that this research was done on animals, not people.

Eating fish, nuts, and some oils can help you increase the amount of omega-3 fatty acids in your diet.

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Coenzyme Q10

Advocates of alternative medicine assert that a few vitamins and minerals can slow or stop AD. The antioxidant coenzyme Q10 is one such example. Drug stores sell supplements containing coenzyme Q10. The healthy functioning of the organism depends on this enzyme. It's now being researched as a potential AD therapy.

Coral calcium

Most people consume adequate calcium as part of a healthy diet. However, some people recommend coral calcium as an AD treatment. Seashells and marine life are the sources of coral calcium. This implies that traces of other minerals may be present in the calcium supplement. Some people think this makes it more advantageous than other calcium sources.

There is no evidence that coral calcium is effective in treating AD. Companies who advertise coral calcium as a natural cure for AD have been named in a formal complaint by the Federal Trade Commission.

Acupuncture

By utilizing tiny, sterile needles, acupuncture is an alternative therapy that supports self-healing. This treatment is supposed to energize the body and enhance energy flow.

Several researches indicate According to a reliable source, acupuncture may help AD patients feel better and perform better mentally. A tiny study also shown that acupuncture reduced pain and increased energy levels, although more studies are still required.

When acupuncture is administered by a qualified and licensed professional, there is little risk. For added health advantages, it might be worthwhile to try.

Aromatherapy

Essential oils are used in aromatherapy to improve wellbeing. One brief study put aromatherapy to the test on an elderly population, some of whom had AD. Every participant in the study showed improved thinking skills at the conclusion.