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The Role of Indian Traditional Medicine in Alzheimer's Disease Treatment: A Scientific Perspective

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Abstract: *Cognitive impairment, caused by aging, stress, high blood pressure, and neurodegenerative diseases like epilepsy and Parkinson's, is a serious health issue. This review covers Alzheimer's disease (AD), the leading cause of cognitive decline. Progressive memory loss, linguistic impairments, agitation, sadness, mood swings, and psychosis define it. AD is characterized by β-amyloid plaques, neurofibrillary tangle formation, and cholinergic dysfunction, but other neurotransmitter dysfunction, high AGO levels, oxidative damage, neuroinflammation, and genetic and environmental factors are also factors. Due to this complicated etiopathology, reactions to widely prescribed medications like memantine, galantamine, rivastigmine, and donepezil are unpredictable and often unsatisfactory. Herbal remedies are recommended due to their cholinesterase inhibitory and nonspecific antioxidant and anti-inflammatory properties. Growing awareness of herbal medicines' efficacy, safety, and cost is driving their popularity. This article reviews the experimental and clinical evidence for several Indian herbal medicines that may treat cognitive impairment, including Centella asiatica, Bacopa monnieri, Curcuma longa, Clitoria ternatea, Withania somnifera, Celastrus paniculatus, Evolvulus alsinoides, Desmodium gangeticum, Eclipta alba, Moringa oleifera, and Convolvulus pluricaulis. Several popular Indian herbal memory-impairing formulations were reviewed.*

Keywords: Ayurvedic herbs, Traditional formulations.