

8.3 CONCLUSION

The above-mentioned studies on medicinal plants suggest various options to cure or slow the progress of neurodegenerative diseases like AD. The FDA (the U.S. Food and Drug Administration) approved drugs which are not offering a satisfactory result for the complete cure and treatment of AD. Also, they cause various side effects like headaches, nausea, vomiting, confusion. Furthermore, these drugs can only treat the symptoms and not the underlying cause of the disease. This reason challenged researchers to find an alternative solution for the treatment and management of neurodegenerative diseases with fewer side effects. Medicinal plants, which are richly available throughout the world, proved to be effective therapeutics for various diseases. The use of plants as medicine have been identified throughout the history of humankind. So, it is not a surprise that the plants found in folk remedies can treat memory disorders like Alzheimer's disease. Pharmaceutical companies are facing difficulties in the process of drug discovery for neurodegenerative diseases because of their high expense, risk, inefficiency and side effects. The prime benefit of plants is that they have a lower toxicity compared to pharmaceutical agents. Any disease can be cured if the treatment is started early, so the sooner the treatment is started, the better will be the outcome.

The medicinal plants listed above highlight their effectiveness in treating Alzheimer's or memory-related disorders. These plants have proven to have anti-oxidant and anti-inflammatory activity, improve memory, cognitive-enhancing activity, memory-enhancing properties for memory deterioration, improve learning performance and improve memory dysfunction. In order to use medicinal plants as a treatment, they should be compared with the available sources of drugs or pharmaceutical treatments currently available in order to improve their validation of clinical trials. Moreover, in order to resolve the potency of these substances in the cognitive disorders, large-scale production and multicenter studies are crucial. Until then, this review compiles the little information on the benefit of some medicinal plants used for the treatment of Alzheimer's disease.

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