**ALZHEIMER'S DISEASE:**

**ABSTRACT:**

Alzheimer's disease is a catastrophic disorder causing damage to the brain cells in elderly persons. Although being such a catastrophic disorder it is the most under recognized disease which is nowadays becoming a major public health problem. Appropriate preventive measures can help us to reduce the risk of developing Alzheimer's disease.

**KEYWORDS:**

Alzheimer's disease, genetic and lifestyle disorder, neurofibrillary tangles, herbal medicines, homoeopathy for alzheimer.

**INTRODUCTION:**

It is named after Dr. Alois Alzheimer. Also termed as Senile dementia.

A progressive irreversible neurodegenerative disorder that leads brain cells to degenerate and die. It at first appears in the age group of 60's-70's. It causes an impairment in the memory and cognitive functioning of an individual.

**PATHOPHYSIOLOGY:**

Intracellular neurofibrillary tangles, extracellular amyloidal protein deposits contributing to senile plaques. Also with synaptic deterioration and neuronal death.

**CAUSES:**

Exact cause is yet to be understood fully but It is believed that Alzheimer is caused by a combination of GENETIC, LIFESTYLE FACTORS.

1. GENETIC:

▪ Formation of amyloid plaques.

▪ Tau proteins form the neurofibrillary tangles, these tangles disrupt the transport system and are toxic to the cells.

2. LIFESTYLE:

▪ Obesity.

▪ Smoking or exposing yourself to second hand smoke.

▪ Lack of exercise.

▪ High Cholesterol.

▪ Hypertension.

▪ Diabetes mellitus.

 All these can be modified so changing your lifestyle to some extent you can reduce your risk of developing Alzheimer.

**SYMPTOMS:**

● Short term memory loss.

● Language problems and disorientation.

● Mood swings.

● Loss of motivation.

● Behavioral issues like aggression, irritability, meaningless repetition of various words, restlessness.

● Lack of social involvement.

**HOMOEOPATHIC APPROACH FOR THE ALZHEIMER'S DISEASE:**

Here we probably do not talk for the cure of Alzheimer disease but we do offer a reasonable positive treatment.

Homoeopathy has a certain role to offer here in such conditions and it offers us

1. To improve the patient symptomatically.

2. It controls the deterioration of further brain damage.

It is best when it is given in the early stages of the disease. Timely administered homoeopathic medicines can help to prevent the further progression of disease

As we all know that Homoeopathy being a unique branch of science it treats each individual as a whole and no single person is similar to the other same is for Alzheimer's disease. Two people having a common disease both of them presents you with a set of unique symptoms which are different from each other, none of them would follow the same course. Hence our approach to deal with dementia must be in a way that recognizes the personal history, family history, knowing its genetic background, nature and individuality of the person with Alzheimer's which gives us a positive impact over its progress. A proper constitutional medicine can help a person to treat his Alzheimer's disease.

Let us have a glimpse over few of the homoeopathic medicines for Alzheimer's disease:

1. Alumina: indicated often in people who are confused about their identities, always hurried and time passes too slowly, mood swings with obstinate constipation.

2. Mercurius: complete loss or weakness of memory, slow in answering questions, impaired vision, loss of will power, offensive breath, heavily coated tongue with moistness.

3. Nux vomica: Fault finders, sensitive to all impressions but are insensitive to feelings of others, angry, quarrelsome, time passes too slowly, wants to commit suicide.

4. Natrum sulph: Persons who dwells on past hurts and unpleasant events, melancholic, inability to think, music saddens them with suicidal tendency and arthritic pains.

5. Baryta carb: Timidity with shyness and lack of self-confidence, loss of memory, mental weakness, and aversion to strangers and also these people may suffer from chronic glandular disorders.

6. Conium: great mental confusion with loss of cognitive function, depressed and timid, averse to society shyness and fear of being alone with loss of memory.

These are the few basic indications that help you to treat Alzheimer's disease.

**CONCLUSION:**

 Well-chosen homeopathic remedy can improve the quality of life for those suffering from dementia.

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