Dear editor:

Alzheimer’s disease is a progressive form of dementia that causes problems with memory, thinking, and behavior. This disease is associated with profound effects on intelligence, self-care, speech impairment, and dysfunction, motor functional and cognitive impairment [1]. Memory loss is usually the first symptom that occurs in Alzheimer’s disease. However, remote memory performs better than short-term memories [2]. It is estimated that there are approximately 44 million people worldwide have Alzheimer’s disease or a related form of dementia. This number is estimated to increase to 130 million by 2050 [3]. Alzheimer’s disease is both preventable and partially controlled by both modern and traditional medicine. Some drugs affect one neurotransmitter or class of neurotransmitters like selegiline and rivastigmine, as well as antioxidants such as vitamin E. Traditional medicine and herbs, have also been shown to reduce the symptoms of Alzheimer’s disease. This letter discusses some of the most important medicinal plants used for Alzheimer’s. Medicinal plants such as Petroselinum crispum, Thymus vulgaris, Hypericum perforatum, Matricaria chamomilla, Salvia officinalis, Allium sativum, Ziziphus jujube, Lavandula officinalis, Curcuma longa, Salvia Rosmarinus and Cyperus rotundus are considered to treat Alzheimer’s. Medicinal herbs can be used in the treatment of Alzheimer’s and they can be produced in the future as effective natural anti-Alzheimer’s drugs.

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Rosemary is a plant that contains compounds 1 and 8-cineol, alpha-pinene and camphene. Neuroprotective effect of rosemary has been implicated in Alzheimer's disease by mechanisms including the prevention of brain inflammation and β-amyloid toxicity (Aβ) formation [12]. Cyperus rotundus contains cineole and isoleucine compounds and with anti-acetylcholinesterase effect improves memory and learning in this disease [13]. Medicinal herbs can be used in the treatment of Alzheimer's by their various mechanisms mentioned above and they can be produced in the future as effective natural anti-Alzheimer's drugs.

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