

# Natural products for the management of Cognitive Disorders

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## Abstract

The continuously growing elderly population is leading to an increased prevalence of age-related disorders, such as Subjective Cognitive Impairment (SCI), Mild Cognitive Impairment (MCI), and dementias. No conventional or alternative therapy is currently available and approved to treat and cure SCI, MCI and dementia patients, so it is important to study the benefit of alternative medicines or plants on cognitive, behavioral and functional performance. The discovery of new natural compounds with neuroactive properties has gained much attention recently for the management of neurodegenerative diseases. There is a rich literature about preclinical studies, but also there are many randomized clinical trials during the last decade, which suggest that some kinds of our every day food can help us to keep our cognition at a very good level. Some of them are for elderly people who have no cognitive problems (pomegranate juice, curcumin, walnuts, flavonoid-rich apples, nitrate-rich spinach, chronic blueberry supplementation, etc), other for patients with SCI (fish oil, blueberry, etc), other for people with MCI (Crocus Sativus, Extra Virgin Olive oil, grape juice supplementation, mushroom Yamabushitake -*Heridium erinaceus*-, etc) and other for Dementia patients (Cinnamon, Crocus sativus, mushroom Yamabushitake -*Heridium erinaceus*-, fish and polyunsaturated fatty acids, etc).

Also, Cannabidiol is also a promising agent not only for cognition but also for behavioral problems which are usual in patients with dementia.

Our suggestion is the use of all the mentioned foods in our everyday life in doses that showed in the above clinical studies that are useful for our cognition and wait for new randomized clinical studies which will combine all the above foods and even more to see if the combination of them (Cognition Diet-CogniDi) has a better result.

## Biography:

Magda Tsolaki, MD, PhD, was born in Thessaloniki, Greece in 1954 and has spent most of her time there. She has been a Professor of Neurology since 2010, a Neuropsychiatrist since 1983 and she has worked at the Aristotle University of Thessaloniki since 1982, as well as at the 3rd Department of Neurology of Aristotle University of Thessaloniki since 1988. She has been the main author/co-author of 48 Books, has participated with 506 abstracts in Greek Conferences, with 403 abstracts in English International or European Conferences, is the first author/ co-author of 285 papers in Greek journals, and in 376 international journals -310 in PubMed with Impact Factor=1134.845, h-index=52, with more than 10.445 citations-. She has been a reviewer for Conferences and Journals (261) and has organized 27 national conferences on the AD and five international ones. She was one of the three or seven advisory members for 18 doctoral theses-completed, has created the Greek Alzheimer Association in 1995 and the Greek Federation of Alzheimer's disease in 2007 - she is also the Chair of this Federation. In this capacity, she has given 310 lectures throughout Greece, as well as on TV and radio. She has participated in 40 research programmes and 37 clinical trials. In total, she has received 48 awards.

