REVIEW ARTICLE

The Effect of Complementary and Alternative Medicines on Cognitive Function in Alzheimer’s Disease: A Systematic Review

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ABSTRACT

Considering the various symptoms of Alzheimer’s disease patients, there are many treatments available but they are not for permanent care of the AD. To facilitate the better management of these chronic diseases, recent attention has focused on the use of complementary and alternative medicine, together with Oriental and traditional medicines. Many patients—especially elderly persons—independently use CAM for improving AD symptoms. There are still insufficient data on CAM treatments. The objective of this study is to evaluate the effect of CAM on cognitive outcomes in patients with AD. A total of 100 abstracts were identified from preliminary searching, a final sample of 13 articles regarding the effect of CAM use in AD patients for analysis. 5 studies report that herb therapy group was more effective in cognitive function than placebo group. In the methodological quality, 5 studies received 5 points as high quality in the assessment. In the risk of bias, 3 domains; allocation concealment, blinding of participants, personnel and outcome assessors, and incomplete outcome data were mostly rated as “High” or “Unclear”. These results indicate that small systematic review demonstrates the effects of complementary and alternative medicines on cognitive function in AD.

<Key-words>
complementary and alternative medicines, cognitive function, Alzheimer’s disease, non-pharmacological therapies

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