The 2nd International Neuroinflammation Congress and 2nd Student Festival of Neurosience

Shefa Neuroscience Research Center, Tehran, Iran, 17-19 April, 2018

The Neuroscience Journal of Shefaye Khatam

Volume 6, No. 2, Suppl 1

Poster Presentation

Herbal and Complementary Medicine for the Treatment of Multiple Sclerosis

Mohammad Shabani[1*], Elham Asanpoor[1], Mehrdad Mahdian[2]

[1]Student Research Committee, Kashan University of Medical Sciences, Kashan, Iran

[2]Trauma Research Center, Kashan University of Medical Sciences, Kashan, Iran

Published: *17 April, 2018*

Abstract

Multiple Sclerosis (MS) is an inflammatory demyelinating disease of the central nervous system. Signs and symptoms of MS vary widely and depend on the amount of nerve damage and which nerves are affected. A literature search was conducted using medical and health science electronic databases (PubMed and SID) up to January 31, 2018. Of the 150 records identified, 25 articles were eligible and reviewed using herbal medicine, phytotherapy, multiple sclerosis as keywords. Studies have been carried out on five medicinal herbs, including curcumin, cinnamon, ginseng, aloe vera and cannabis. Although the mechanism of herbal medicines is still not completely clear, most of these plants have anti-inflammatory and antioxidant effects. While most studies have highlighted the positive effects of these plants, few of these papers also pointed to the lack of their benefits. MS is a disease that usually affects young people, especially in their productive ages, and this can be the most severe complication of this disease. In addition, current drugs also have little effect on reducing the complications of the disease, despite their severe side effects. Therefore, Complementary and alternative medicine (CAM) is an area of great public interest and activity, both nationally and globally. Herbal medicines are the most commonly used complementary medicine worldwide, especially in East Asia.

Keywords: Herbal Medicine, Herbal Treatment, Multiple Sclerosis, Systematic Review

Corresponding Author: Mohammad Shabani

E-mail: *mohammadshabaniii77@gmail.com*

[Downloaded from shefayekhatam.ir on 2026-10-06]