The 1st International Neuroinflammation Congress and 1st Student Festival of Neurosience

Shefa Neuroscience Research Center, Tehran, Iran, 11-13 April, 2017

The Neuroscience Journal of Shefaye Khatam

Volume 5, No. 2, Suppl 2

Poster Presentation

Ginger and Honey Mixture as an Anti-Inflammatory Drug in Neuroinflammation: Alzheimer Disease

Zeinab Sadat Hosseini[1*], Pouya Ghaderi[2]

[1]Islamic Azad University, Mashhad Branch, Mashhad, Iran

[2]Member of Mashhad Neuroscience Research Group of Islamic Azad University, Mashhad Branch, Mashhad, Iran

***Published:* 11 April, 2017**

Abstract

Nowadays, many people prefer to use herbal remedies instead of chemical treatments, because of a fewer side effects. It seems that herbal drugs can be useful to neuroinflammation diseases like Alzheimer. Alzheimer Disease (AD) is caused by the oxidative stress and inflammatory compounds such as cytokine and beta-amyloid. It causes learning problems due to damage in cells in the hippocampus area .Studies showed 60 to 70% of people over 65 years have AD. Ginger is a plant with unique properties containing vitamins (especially E and C) and Shogaol (which has anti-inflammatory properties).Ginger helps to reduce the symptoms of AD and increases the concentration power. Studies on 60 middle-aged women with AD showed that daily consumption of ginger greatly improved memory and relieved the symptoms of this disease. Vitamin E and C in ginger, maybe reduce the probability of prevalence and incidence of AD. Because vitamin E is an antioxidant and protects cells membrane's from oxidative damage. Vitamin C (soluble in water) found in ginger is oxidized and caused the reduction of vitamin E (fat-soluble) and enables it to better inhibit free radicals. Honey is another effective ingredient in improving nerve inflammation. It again contains vitamin E and C and likes ginger prevent oxidative damage. Honey has free amino acids such as glutamic acid and phenylalanine that increase concentration power and improve the function of the nervous system. This nutrient also helps the absorption of drugs. We suggest that daily consumption of ginger and honey mixture maybe increase the effectiveness and absorption of drugs and potentially prevent cells death.

Keywords: Ginger, Honey, Neuroinflammation

***Corresponding Author:** Zeinab Sadat Hosseini

E-mail: *zeinabsh20@yahoo.com*

[Downloaded from shefayekhatam.ir on 2026-11-28]