

Current News for Alternative Medicine

Tai Chi reduces risk of inflammatory disease, treats insomnia among breast cancer survivors

Date: June 26, 2024

Source: University of California - Los Angeles Health Sciences

Summary: New research confirms that both Tai Chi and cognitive behavioral therapy can reduce insomnia in breast cancer survivors but also may provide additional health benefits by reducing inflammation and bolstering anti-viral defenses.

Matcha mouthwash inhibits bacteria that causes periodontitis

Date: May 21, 2024

Source: American Society for Microbiology

Summary: Matcha, a finely ground green tea powder, may help keep bacteria that causes periodontitis at bay. Periodontitis is an inflammatory gum disease driven by bacterial infection and left untreated it can lead to complications including tooth loss. The disease also been associated with diabetes mellitus, preterm birth, cardiovascular disease, rheumatoid arthritis and cancer. One of the chief bacterial culprits behind periodontitis is *Porphyromonas gingivalis*, which colonizes biofilms on tooth surfaces and proliferates in deep periodontal pockets.

An omega-6 fatty acid may reduce the risk for bipolar disorder

Date: April 30, 2024

Source: Elsevier

Summary: A genetic propensity to higher circulating levels of lipids containing arachidonic acid, an omega-6 polyunsaturated fatty acid found in eggs, poultry, and seafood, has been found to be linked with a lower risk for bipolar disorder. This new evidence paves the way for potential lifestyle or dietary interventions.

Small amounts of licorice raise blood pressure, study finds

Date: March 14, 2024

Source: Linköping University

Summary: It is known that large amounts of licorice cause high blood pressure. A new study now shows that even small amounts of licorice raise blood pressure. The individuals who react most strongly also show signs of strain on the heart.

Yoga provides unique cognitive benefits to older women at risk of Alzheimer's disease

Date: February 26, 2024

Source: University of California - Los Angeles Health Sciences

Summary: A new study found Kundalini yoga provided several benefits to cognition and memory for older women at risk of developing Alzheimer's disease including restoring neural pathways, preventing brain matter decline and reversing aging and inflammation-associated biomarkers -- improvements not seen in a group who received standard memory training exercises.

Active components of ginkgo biloba may improve early cognitive recovery after stroke

Date: February 1, 2024

Source: American Heart Association

Summary: Adults treated with 14 days of intravenous injections of ginkgo diterpene lactone meglumine (GDLM) -- a combination of biologically active components of ginkgo biloba -- after an ischemic (clot-caused) stroke had better cognitive recovery at 14 days and 90 days.

References: www.sciencedaily.com/news/health_medicine/alternative_medicine

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