

Treating dementia with Chinese medicine

Dementia is a disease that mainly affects elderly. It is caused by degeneration of brain cells. People with dementia have impaired intellectual functioning that interferes with normal activities and relationships. They also lose their ability to solve problems and maintain emotional control, and they may experience personality changes and behavioral problems.

In Chinese Medicine Perspective, although dementia is related to the brain, the dysfunctions of heart, liver, spleen and kidney are also account for the disease. Chinese medicine is effective in treating dementia in early stage. It stabilizes and slows down the progression of the disease in order to improve patient's quality of life.

Chinese medicine can be used together with Western drugs to treat dementia. Long-term use of Chinese medicine is safe. The goal of the treatment is to balance the "qi" of the body. Apart from medications, acupuncture and "qi gong" (breath control exercise) may also involve in the treatment. Encouraging patients to take part in social activities helps improve the brain function.

Elderly should have more vegetables, fruits, fish and nuts in their diets. These foods can protect the brain cells and prevent degeneration of the brain. Face, head and neck massage can also prevent dementia by improving the blood circulation of the brain.

Memory loss is a common symptom of dementia and it can be a result of emotional stimulation. Always being optimistic and avoiding emotional fluctuation helps prevent dementia.