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## Current Alzheimer's management with dietary seeds therapy

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### Abstract

Nature has plenty of flora-bearing fruits, seeds, vegetables with human beings. Different types of seeds are powerful source of natural antioxidants and o-mega 3-fatty acids. Seeds play an essential role in prevention and therapy of various neurodegenerative diseases, like Alzheimer's disease (AD), Parkinson's disease and other neuronal dysfunctions as they are a diverse source of a large variety of nutritive, non-nutritive and bioactive compounds. O-mega 3 fatty acid, Polyphenolic antioxidants present in different types of seeds present in phyto-compounds which are present in nature may be used as a cure to delay neuro-degeneration, improvement of memory and cognitive function of frontal lobes. Seeds such as chia seed, sweet basil seed, hemp, sesame, pumkin, flax, etc., have also confirmed neuroprotective effect against the AD. The molecular mechanism following this therapeutic effect is the association of distinct signalling pathways by the work of phytonutrients which results in protein folding and neuro-inflammation. In Alzheimer's, the neuroprotective properties of the diversely occurring bioactive mechanisms of the seeds have been used and tabulated in this review.

**Keywords:** Alzheimer's disease, Antioxidant, O mega fatty acids, Neurodegeneration.

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