

Editorial Note on Health therapy for Parkinson Diseases

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EDITORIAL

Parkinson disease (PD) is the second most common neurodegenerative disorder with approximately 60 000 newly diagnosed patients yearly in the United States. While there are several non-motor signs, PD is traditionally described as a motor system condition, which usually manifests in elderly patients. Loss of dopaminergic neurons inside the substantia nigra area is the signature pathogenesis of PD. This point to a traditional target of dopamine substitution for treatment. We outline an integrative technique for PD medicine and wellbeing that uses not only conventional but also non-traditional treatment methods. The neural microenvironment and restorative fitness of both the brain and body are sponsored through this approach.

The blame for generating the all-important neurotransmitter dopamine is a tiny area of the midbrain, called the substantia nigra. Parkinson's disease (PD) happens when the dopaminergic neuronal cells in the substantia nigra pars compact area die, unable to contain sufficiently dopamine to fulfil the needs of the body. For the first signs to occur in PD, it requires an approximately 50 percent loss of these cells, which usually results in a gradual deterioration in motor activity.

There is also no complete explanation of the cause of this neuronal cell death. However, a lot of research has shown that the combined effects of old age, genetic abnormalities, immunological dysfunction, mitochondrial dysfunction, neuroinflammation, and oxidative stress are responsible for the cause of PD. The accumulation of the extracellular protein α -synuclein into Lewy bodies within neuronal cells is an additional primary pathogenic event which also leads to PD. PD usually impacts those older than 60 years, and in the United States there are more than 1 million persons with PD (PwP). PD signs grow progressively over a span of several years, thus making it impossible for doctors to diagnose the condition. PD is historically characterized as a dysfunction of the motor system that results from the lack of brain cells that contain dopamine.

PD has 4 cardinal symptoms:

- Rigidity (stiffness of the limbs and trunk)

- Bradykinesia (slowness of movement)
- Postural instability (impaired balance and coordination)
- Tremor (trembling in hands, arms, legs, jaw, and face)

Importantly, there are several non-motor symptoms of PD in addition to these common signs that are usually not as quickly visualized as the motor symptoms. Depression, psychosis, urinary disorders, constipation, and sleep disturbances are manifestations of these nonmotor PD signs.

There are many conventional medicine methods commonly used for the treatment of PD. The goal of these prescription therapies is both to absorb the reduced dopamine and to retain the residual dopamine levels in the PwP. Sadly, conventional treatment treatments that are either neuroprotective or neuroregenerative are not proven. Therefore, PD remains a neurodegenerative progressive disease. There is a growing movement, however, to use complementary and alternative medicine (CAM) treatment within the PD population, which involves botanical substances and over the counter (OTC) compounds, to treat PD and alleviate the problem of discovering additional neuroprotective or neuroregenerative therapies.

The aims of this paper are to identify an integrative medicine strategy that incorporates conventional and non-traditional medical practices as a novel PwP care technique and to offer a brief case study using an integrative medicine strategy to treat PD. The integrative medicine approach for PD discussed in this article is based on published work focused on selective and unique CAM substances (in animal model systems and human studies). This integrative medicine plan involves improvements in lifestyle that have been shown to enhance quality of life (QOL) or delay development of the disease. This article starts by describing integrative medicine and CAM. This is accompanied by a literature analysis that confirms the individual elements of the integrative medicine plan and a description of a case report of a patient who is currently using an integrative medicine technique to treat his PD.

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