# Review Article

# Neuroprotective Potential of Medicinal Plants in Alzheimer's Disease: Current Perspectives and Therapeutic Advances

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## ABSTRACT

Alzheimer's disease (AD) is the most prevalent neurodegenerative disorder worldwide, accounting for 60-70% of all dementia cases and affecting over 55 million individuals globally. Current pharmacological therapies, including acetylcholinesterase (AChE) inhibitors and NMDA receptor antagonists, provide only symptomatic relief and are associated with significant adverse effects, underscoring the urgent need for alternative therapeutic strategies. Medicinal plants, with their diverse phytochemical repertoire, have emerged as promising sources of neuroprotective agents capable of addressing the multifactorial pathogenesis of AD. This review comprehensively evaluates the neuroprotective potential of key medicinal plants including Bacopa monnieri, Curcuma longa, Ginkgo biloba, Withania somnifera, and Centella asiatica, among others. We discuss the molecular mechanisms by which their bioactive constituents, encompassing flavonoids, alkaloids, terpenoids, and polyphenols, modulate amyloid-beta aggregation, tau hyperphosphorylation, oxidative stress, neuroinflammation, and cholinergic dysfunction. Evidence from preclinical and clinical studies is critically appraised, and emerging nanotechnology-based drug delivery approaches to enhance phytochemical bioavailability are explored. The review highlights multi-target therapeutic potential of plant-derived compounds as a foundation for future integrative and evidence-based pharmacotherapy in Alzheimer's disease.

***Key words:*** Alzheimer's disease, Neuroprotection, Medicinal plants, Phytochemicals, Neurodegeneration, Herbal Medicine, Oxidative stress, Acetylcholinesterase inhibition

Alzheimer's disease (AD) represents a devastating and progressive neurodegenerative disorder characterized by the gradual decline of cognitive function, behavioral disturbances, and eventual loss of independence. It is the most common form of dementia, accounting for an estimated 60–70% of all cases worldwide [1]. According to the World Health Organization and Alzheimer's Disease International, over 55 million people currently live with dementia globally, with projections indicating this number will rise to nearly 139 million by 2050 [1,2]. The socioeconomic burden is staggering, with annual global costs exceeding US$1.3 trillion, encompassing medical care, informal caregiving, and loss of productivity [2].

AD is clinically defined by progressive episodic memory loss, impaired language, executive dysfunction, and personality changes that worsen over time [3]. The disease follows a continuum from preclinical stages, where pathological changes occur in the absence of overt symptoms, through mild cognitive impairment (MCI) and ultimately to severe dementia. Early-onset AD (before age 65) is typically associated with autosomal dominant mutations in presenilin-1, presenilin-2, or the amyloid precursor protein (APP) genes, while late-onset AD, which constitutes the vast majority of cases, is polygenic and strongly influenced by the apolipoprotein E (APOE) ε4 allele [3].

Age remains the most significant non-modifiable risk factor. The pathophysiology of AD is complex and multifactorial, involving the interplay of several molecular and cellular processes. The amyloid cascade hypothesis, the most widely accepted framework, posits that aberrant processing and accumulation of amyloid-beta (Aβ) peptides initiate a cascade of events culminating in neuronal death [3]. Aβ is generated by sequential cleavage of APP by beta secretase (BACE-1) and gamma-secretase, resulting in peptides of varying lengths that aggregate into soluble oligomers and insoluble plaques.

These plaques disrupt synaptic transmission, trigger neuroinflammation, and induce oxidative stress [4]. Tau protein hyperphosphorylation represents a second defining pathological hallmark. Normally, tau stabilizes neuronal microtubules; however, in AD, abnormal kinase activity causes its hyperphosphorylation, leading to the formation of

**Access this article online**

Received – 25th July 2025

Initial Review – 01st August 2025

Accepted – 07th August 2025

Quick Response Code

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paired helical filaments and neurofibrillary tangles (NFTs) that compromise axonal transport and neuronal integrity [5]. Concomitant neuroinflammation, mediated by activated microglia and astrocytes releasing pro-inflammatory cytokines such as TNF-α, IL-1β, and IL-6, exacerbates neuronal damage [6].

Mitochondrial dysfunction further contributes by generating reactive oxygen species (ROS) and triggering apoptotic cascades [7]. The cholinergic hypothesis highlights the profound loss of cholinergic neurons in the basal forebrain and a consequent deficit in acetylcholine, a neurotransmitter essential for memory and cognition [8]. Current FDA-approved therapies for AD include AChE inhibitors (donepezil, rivastigmine, galantamine) and the NMDA receptor antagonist memantine, as well as the recently approved anti-amyloid monoclonal antibody lecanemab. However, these drugs offer predominantly symptomatic relief, do not halt disease progression, and are frequently associated with gastrointestinal, cardiovascular, and neuropsychiatric adverse effects [9].

Moreover, the high failure rate of AD drug development, exceeding 99% over the past two decades, has intensified interest in natural product-based therapeutics. Medicinal plants, with documented use across millennia in traditional medical systems, offer chemically diverse bioactive constituents capable of simultaneously targeting multiple pathological mechanisms in AD, making them particularly attractive for a disease of such complexity [10].

## 2. MEDICINAL PLANTS IN NEUROPROTECTION

### 2.1 Historical and Traditional Perspectives

The use of plants for cognitive enhancement and neuroprotection predates modern pharmacology by thousands of years. In Ayurveda, the ancient Indian medical system, herbs classified as 'Medhya Rasayanas'—literally 'intellect-promoting tonics'—including Bacopa monnieri (Brahmi), Centella asiatica (Mandukparni), Withania somnifera (Ashwagandha), and Convolvulus pluricaulis, have been prescribed for centuries to enhance memory, reduce anxiety, and promote longevity [10]. Traditional Chinese Medicine (TCM) similarly emphasizes herbs such as Panax ginseng (Renshen), Ginkgo biloba (Bai Guo), and Hericium erinaceus for maintaining cognitive vitality and combating the pathologies of aging.

The Siddha system, practiced predominantly in South India and Sri Lanka, recognizes preparations of Tinospora cordifolia, Phyllanthus emblica, and various mineral-herb combinations for their neuroprotective properties. Unani medicine, rooted in Greco-Arabic traditions, employs Nux vomica, Crocus sativus (saffron), and Rosa damascena for cognitive and neurological disorders. European folk medicine has long valued Rosmarinus officinalis and Salvia officinalis for memory improvement, traditions supported by emerging pharmacological evidence [11,12].

### 2.2 Criteria for Selecting Neuroprotective Plants

The selection of medicinal plants for neuroprotective investigation is guided by converging lines of evidence: ethnomedicinal documentation in peer-reviewed pharmacognosy and ethnobotanical literature; demonstrated pharmacological activity in validated in vitro and in vivo models of neurodegeneration; phytochemical richness, particularly in compounds with established anti-inflammatory, antioxidant, or AChE inhibitory properties; and, where available, preliminary clinical evidence supporting safety and efficacy [13]. Plants fulfilling multiple of these criteria represent the most tractable candidates for translational research.

## 3. PHYTOCHEMICAL CONSTITUENTS RESPONSIBLE FOR NEUROPROTECTION

### 3.1 Major Bioactive Compounds

Flavonoids constitute one of the most extensively studied classes of neuroprotective phytochemicals. These polyphenolic secondary metabolites, including quercetin, kaempferol, luteolin, apigenin, and rutin, demonstrate potent free radical scavenging activity, modulate signal transduction pathways involved in neuroinflammation, and inhibit Aβ aggregation [14,15]. Alkaloids such as huperzine A derived from Huperzia serrata, galantamine from Galanthus species, and berberine from Berberis and related genera, are particularly notable for their AChE inhibitory activity, directly augmenting cholinergic neurotransmission [16,17].

Terpenoids encompass a structurally diverse array of compounds with neuroprotective relevance. Ginkgolides and bilobalide from Ginkgo biloba, withanolides from Withania somnifera, ursolic acid from Rosmarinus officinalis, and asiatic acid from Centella asiatica each possess distinct mechanisms of action including mitochondrial stabilization, anti-apoptotic signaling, and antagonism of platelet-activating factor [18,19]. Polyphenols—notably curcumin, resveratrol, and epigallocatechin-3-gallate (EGCG) from green tea—have attracted exceptional research interest for their pleiotropic effects against multiple AD pathological targets [20,21,22]. Saponins such as bacosides (Bacopa), ginsenosides (Panax ginseng), and asiaticoside (Centella) exert direct effects on neuronal signaling pathways governing learning and memory [23,24,25].

### 3.2 Mechanisms of Neuroprotective Action

Oxidative Stress Reduction: Phytochemicals attenuate neuronal oxidative damage through multiple complementary mechanisms, including direct ROS scavenging, upregulation of endogenous antioxidant enzymes (superoxide dismutase, catalase, glutathione peroxidase) via activation of the Nrf2/ARE transcription pathway, and chelation of redox-

active metals such as iron and copper [26]. Anti-inflammatory Activity: Many plant bioactives inhibit the NF-κB signaling cascade, suppressing the expression of pro-inflammatory cytokines (TNF-α, IL-1β, IL-6) and cyclooxygenase-2 (COX-2), thereby reducing neuroinflammatory burden [27,28]. Anti-amyloidogenic Effects: Curcumin, EGCG, resveratrol, and select flavonoids directly bind to Aβ monomers and oligomers, inhibiting fibrillation and promoting disaggregation of preformed plaques [21,22].

Acetylcholinesterase Inhibition: Alkaloids and terpenoids competitively or non-competitively inhibit AChE and butyrylcholinesterase (BuChE), prolonging acetylcholine availability at synaptic clefts [13,16]. Anti-apoptotic Effects: Bacosides, ginsenosides, and withanolides modulate the Bcl-2/Bax ratio and downstream caspase cascades, preventing programmed neuronal death [19,25,27]. Metal Chelation: Tannins and catechins chelate biometals that catalyze oxidative reactions and promote Aβ aggregation, providing indirect neuroprotection [29,30]. Mitochondrial Protection: Terpenoids from Ginkgo biloba and alkaloids restore mitochondrial membrane potential, suppress cytochrome c release, and maintain ATP synthesis in compromised neurons [7].

## 4. IMPORTANT MEDICINAL PLANTS WITH ANTI-ALZHEIMER POTENTIAL

### 4.1 Bacopa monnieri (Brahmi)

Bacopa monnieri (L.) Wettst. (Family: Plantaginaceae) is a small, succulent herb native to wetlands of South and Southeast Asia. It has been a cornerstone of Ayurvedic neurological medicine for over 3,000 years, classified as a prominent Medhya Rasayana. The primary active constituents are bacosides A and B, dammarane-type triterpenoid saponins which have been the focus of extensive pharmacological investigation [23]. Bacosides enhance synaptic transmission by increasing protein kinase activity in the hippocampus, facilitating dendritic branching and synaptic plasticity. They also demonstrate potent antioxidant activity, inhibit AChE, and modulate serotonergic and dopaminergic neurotransmission [27].

In a landmark double-blind, placebo-controlled randomized trial by Roodenrys et al. [23], adults aged 40–65 years receiving 300 mg standardized Bacopa extract daily for 12 weeks demonstrated significant improvement in word recall memory score compared to placebo. A subsequent 90-day double-blind RCT by Stough et al. [31] confirmed enhanced spatial working memory and improved information processing. In rodent models of scopolamine-induced amnesia and colchicine-induced neurodegeneration, Bacopa extract significantly attenuated cognitive deficits and oxidative stress markers in the frontal cortex, striatum, and hippocampus [27, 32].

### 4.2 Curcuma longa (Turmeric)

Curcuma longa L. (Family: Zingiberaceae), the source of the spice turmeric, yields curcumin (diferuloylmethane) as its principal bioactive polyphenol. Curcumin's extraordinary range of biological activities—anti-inflammatory, antioxidant, anti-amyloidogenic, and metal chelating—renders it among the most investigated natural compounds in AD research [28,33]. Curcumin directly binds to and disaggregates Aβ fibrils, inhibits BACE-1, suppresses NF-κB-mediated neuroinflammation, and activates autophagy pathways to enhance amyloid clearance [28].

It also inhibits tau aggregation and hyperphosphorylation. Epidemiological observations suggesting markedly lower AD prevalence in India, where turmeric consumption is high, stimulated intense clinical interest [33]. However, translation to clinical benefit has been constrained by curcumin's poor aqueous solubility, rapid metabolism, and limited oral bioavailability. An 18-month randomized placebo-controlled trial by Small et al. [34] using a bioavailable curcumin formulation (Theracurmin) demonstrated significant improvement in memory and attention in cognitively normal adults, accompanied by reductions in brain amyloid and tau burden on PET imaging, suggesting genuine disease-modifying potential when bioavailability barriers are overcome.

### 4.3 Ginkgo biloba

Ginkgo biloba L. (Family: Ginkgoaceae), the sole surviving species of an ancient gymnosperm lineage, is one of the best-studied botanical medicines for cognitive function. The standardized leaf extract EGb 761 is particularly well-characterized, containing approximately 24% flavonoid glycosides (including quercetin, kaempferol, and isorhamnetin glycosides) and 6% terpenoid lactones (ginkgolides A, B, C, and bilobalide) [18]. These constituents collectively enhance cerebrovascular circulation, scavenge free radicals, inhibit platelet-activating factor, protect mitochondria, and modulate neurotransmitter systems.

A major landmark trial, the GEM (Ginkgo Evaluation of Memory) study by DeKosky et al. [35], a multicenter RCT involving 3,069 elderly individuals, found that EGb 761 (120 mg twice daily) did not significantly reduce the overall incidence of dementia compared to placebo over 6 years. However, subsequent meta-analyses by Tan et al. [36] and Birks and Grimley Evans [37] found statistically significant benefits of EGb 761 on cognitive symptoms and behavioral and psychological symptoms of dementia (BPSD) in patients with established mild-to-moderate AD. The extract is widely used in European clinical practice and is licensed in several countries for the treatment of cognitive decline [38,39].

### 4.4 Withania somnifera (Ashwagandha)

Withania somnifera (L.) Dunal (Family: Solanaceae), commonly known as Ashwagandha or Indian ginseng, is a

foundational adaptogenic herb in Ayurvedic medicine. The principal bioactive constituents are withanolides, steroidal lactones with potent anti-inflammatory, immunomodulatory, and neuroregenerative properties, along with alkaloids, saponins, and sitoindosides [40]. Withanolide A has been shown to promote neurite outgrowth and synaptogenesis in cortical neurons, representing a rare example of neuroregeneration by a plant-derived compound [19].

Ashwagandha root extract also potently inhibits AChE, reduces Aβ accumulation, and suppresses neuroinflammation via inhibition of NF-κB and reduction of stress hormones, including cortisol [40]. Clinically, a double-blind, randomized, placebo-controlled trial by Choudhary et al. [39] demonstrated that adults receiving 300 mg twice daily of a standardized KSM-66 Ashwagandha root extract for 8 weeks showed significant improvements in immediate and general memory, executive function, sustained attention, and information processing speed compared to placebo. Anti-stress activity, mediated through HPA axis modulation, offers additional indirect neuroprotective benefit by reducing cortisol-induced hippocampal neurodegeneration [40].

### 4.5 Centella asiatica (Gotu Kola)

Centella asiatica (L.) Urban (Family: Apiaceae) is a pantropical herbaceous plant with a distinguished history in Ayurvedic, Siddha, and Southeast Asian traditional medicine for enhancing intellect, wound healing, and longevity. The primary bioactive triterpenoids—asiaticoside, asiatic acid, madecassoside, and madecassic acid—mediate its pharmacological effects [24,41]. These compounds promote neurotrophin synthesis (particularly BDNF and NGF), stimulate dendritic arborization, attenuate Aβ-induced neuronal apoptosis, and reduce oxidative stress through Nrf2 pathway activation. Soumyanath et al. [24] demonstrated that a water extract of C. asiatica dose-dependently increased neurite elongation in cultured neuronal cells, an effect relevant to synaptic repair in AD.

A clinical study by Wattanathorn et al. [41] in healthy elderly volunteers (60–75 years) found that oral administration of C. asiatica extract for two months significantly improved working memory, executive function, and mood compared to baseline, suggesting cognitive-enhancing effects even in non-demented individuals. Kumar et al. [42] further confirmed neuroprotective efficacy in an intracerebroventricular colchicine rat model of cognitive impairment.

### 4.6 Other Promising Plants

Camellia sinensis (green tea) yields EGCG, the predominant catechin, which inhibits Aβ fibril formation, reduces BACE-1 activity, chelates metal ions, and activates neuroprotective kinase signaling pathways [21,43,44]. Salvia officinalis (common sage) contains rosmarinic acid, carnosic acid, and other terpenoids that potently inhibit both AChE and BuChE; two double-blind clinical trials have confirmed improvements in cognitive function and BPSD in AD patients following sage extract administration [12,45,46]. Rosmarinus officinalis (rosemary) provides ursolic acid and rosmarinic acid with antioxidant and anti-inflammatory efficacy; a clinical study in elderly adults demonstrated improved speed of memory following rosemary oil aromatherapy [11]. Panax ginseng contains ginsenosides Rg1, Rd, and Rb1 with established anti-amyloidogenic, antioxidant, and cholinergic-enhancing effects; open-label and randomized trials in AD patients confirmed significant cognitive improvement [25,47]. Tinospora cordifolia offers berberine and tinosporine, which inhibit MAO, modulate GABAergic neurotransmission, and attenuate oxidative stress in hippocampal neurons [48,49].

## 5. EXPERIMENTAL MODELS USED IN ALZHEIMER'S RESEARCH

### 5.1 In Vitro Models

In vitro systems provide mechanistic insights under controlled conditions. Primary neuronal cultures from rat hippocampal and cortical neurons enable assessment of Aβ-induced neurotoxicity, dendritic morphology, and synaptic marker expression [50,51]. Human neuroblastoma cell lines (SH-SY5Y, SK-N-SH) treated with Aβ oligomers or hydrogen peroxide serve as established models for evaluating anti-apoptotic and antioxidant phytochemical efficacy. PC12 cells are employed to assess neurite outgrowth-promoting activity and cholinergic effects. Cell-free assays including Ellman's method for AChE inhibition and thioflavin T fluorescence for Aβ aggregation are widely used for initial screening [52,53].

### 5.2 In Vivo Models

Transgenic mouse models expressing human AD-associated mutations—most commonly APP/PS1, 3xTg-AD, and 5xFAD strains, develop progressive amyloid plaques, tau tangles, and cognitive deficits, providing the most disease-relevant in vivo systems for evaluating putative therapeutics [54,55]. Pharmacological models include scopolamine-induced amnesia in rodents (mimicking cholinergic deficit), aluminum chloride-induced neurotoxicity, streptozotocin-intracerebroventricular models, and colchicine-induced neurodegeneration, each replicating specific pathological components of AD [56]. Behavioral outcomes are assessed using the Morris water maze, radial arm maze, elevated plus maze, and novel object recognition tests.

### 5.3 Biomarkers Evaluated

Standard preclinical outcome measures include: AChE and BuChE enzymatic activity in brain homogenates; markers of oxidative stress (MDA, TBARS, catalase, SOD, GSH/GSSG ratio); neuroinflammatory mediators (TNF-α, IL-1β, IL-6, NF-κB activity); Aβ1-40/1-42 levels by ELISA; tau phosphorylation status (pThr181, pSer396) by Western blot; histopathological assessment of plaque burden (Congo red, thioflavin S staining) and neuronal density (Nissl staining,

NeuN immunostaining) in critical regions including hippocampus, cortex, and basal forebrain [6,56].

## 6. PHARMACOLOGICAL ACTIVITIES OF MEDICINAL PLANTS IN AD

Medicinal plants and their phytochemical constituents exert a comprehensive spectrum of pharmacological activities relevant to AD pathogenesis. Memory enhancement and cognitive improvement have been consistently demonstrated across multiple plants in both animal models and human trials [23,25,31,39,41]. Anti-inflammatory effects, particularly suppression of microglial activation and pro-inflammatory cytokine release, have been demonstrated for curcumin, ginkgolides, withanolides, and EGCG [28,38]. Antioxidant effects encompassing radical scavenging, upregulation of endogenous antioxidant defenses, and metal chelation represent a near-universal property across the botanical species reviewed [20,27,44].

Neurogenesis and synaptic protection, evidenced by upregulation of BDNF, NGF, and synaptic marker proteins (synaptophysin, PSD-95), have been documented for bacosides, withanolides, and asiaticoside [24]. Amyloid plaque reduction has been demonstrated in transgenic mouse models by curcumin, EGCG, and resveratrol, and supported by amyloid PET imaging data in preliminary human studies [21,22,34]. AChE inhibition, underpinning the most tractable symptomatic AD pharmacotherapy, is exhibited by compounds from Salvia, Huperzia, Bacopa, and Galanthus, among many other plant sources [13,16,46].

## 7. NANOTECHNOLOGY AND ADVANCED DRUG DELIVERY APPROACHES

A major impediment to the clinical translation of neuroprotective phytochemicals is inadequate bioavailability, arising from poor aqueous solubility, extensive first-pass hepatic metabolism, and limited blood-brain barrier (BBB) penetration. Advanced drug delivery systems have emerged as powerful strategies to overcome these limitations [56,57]. Phytosomes, phospholipid complexes of phytochemicals, significantly enhance gastrointestinal absorption and membrane permeability; curcumin-phospholipid complexes have shown 29-fold greater oral bioavailability than conventional curcumin [57].

Polymeric nanoparticles (PLGA, chitosan) loaded with curcumin, bacosides, or EGCG demonstrate sustained drug release, improved BBB penetration, and enhanced therapeutic efficacy in animal models of AD [56]. Liposomal formulations allow encapsulation of both hydrophilic and lipophilic phytochemicals and can be surface-functionalized with transferrin or apolipoprotein E for receptor-mediated brain targeting. Nanoemulsions and self-nanoemulsifying drug delivery systems (SNEDDS) have been developed for poorly soluble terpenoids and alkaloids, significantly improving bioavailability profiles [57]. Solid lipid nanoparticles and nanostructured lipid carriers offer additional advantages of biocompatibility and protection from enzymatic degradation. These nanotechnological platforms, integrated with phytotherapy, represent a frontier of significant promise for AD pharmacology.

## 8. CLINICAL STUDIES AND HUMAN TRIALS

Clinical evidence for phytotherapeutics in AD, while growing, remains more limited than the substantial preclinical database. The most robust clinical data are available for Ginkgo biloba EGb 761, with multiple RCTs and systematic reviews demonstrating benefits in BPSD and stabilization of cognitive function in mild-to-moderate AD [35-37]. Bacopa monnieri has demonstrated significant memory-enhancing effects in adults in multiple RCTs, though most studies have been conducted in healthy older adults rather than established AD patients [23,31,52].

Withania somnifera standardized extract has shown cognitive benefits in a well-designed double-blind RCT [39], and Panax ginseng has demonstrated improvement in cognitive function in both healthy elderly individuals and mild AD patients in open-label and RCT settings [25,47,51]. Curcumin clinical trials have been constrained by bioavailability challenges; however, formulation advances and positive findings from the Theracurmin trial [34] have revitalized clinical interest. Salvia officinalis has demonstrated AChE inhibitory effects and cognitive improvement in double-blind crossover and RCT designs [45,46]. A significant limitation across the clinical literature is the predominance of small sample sizes, short follow-up durations, heterogeneous patient populations, variable standardization of herbal extracts, and inconsistent outcome measures, making definitive efficacy conclusions challenging (Table 1-3).

**Table 1: Medicinal Plants Used in Alzheimer's Disease**

| Plant Name | Family | Active Compounds | Traditional Use |
|---|---|---|---|
| Bacopa monnieri [23,27,31] | Plantaginaceae | Bacosides A & B | Memory enhancement, cognitive support |
| Curcuma longa [28,33,34] | Zingiberaceae | Curcumin | Anti-inflammatory, antioxidant |
| Ginkgo biloba [35,37,38] | Ginkgoaceae | Ginkgolides, Bilobalide | Memory, dementia prevention |
| Withania somnifera [39,40] | Solanaceae | Withanolides | Adaptogen, neuroprotection |
| Centella asiatica [24,41] | Apiaceae | Asiaticoside, Asiatic acid | Cognitive enhancement |
| Camellia sinensis [43,44] | Theaceae | EGCG, Theanine | Antioxidant, neuroprotection |

| | | | |
|---|---|---|---|
| Salvia officinalis [45,46] | Lamiaceae | Rosmarinic acid, Carnosic acid | AChE inhibition, memory |
| Panax ginseng [25,47] | Araliaceae | Ginsenosides | Neuroprotection, cognition |
| Rosmarinus officinalis [11] | Lamiaceae | Ursolic acid, Rosmarinic acid | Antioxidant, anti-inflammatory |
| Tinospora cordifolia [48,49] | Menispermaceae | Berberine, Tinosporine | Immunomodulation, neuroprotection |

**Table 2: Major Phytochemicals and Neuroprotective Mechanisms**

| Phytochemical Class | Key Compounds | Neuroprotective Mechanism |
|---|---|---|
| Flavonoids [14,15] | Quercetin, Rutin, Kaempferol | Antioxidant, anti-inflammatory, AChE inhibition |
| Alkaloids [16,17] | Huperzine A, Berberine, Galantamine | AChE inhibition, anti-amyloidogenic |
| Terpenoids [18,19,26] | Ginkgolides, Withanolides, Ursolic acid | Anti-inflammatory, mitochondrial protection |
| Polyphenols [20-22] | Curcumin, Resveratrol, EGCG | Amyloid inhibition, oxidative stress reduction |
| Saponins [23-25] | Bacosides, Ginsenosides, Asiaticoside | Neuroprotection, memory enhancement |
| Tannins [29,30] | Ellagic acid, Gallic acid | Metal chelation, free radical scavenging |

**Table 3: Preclinical and Clinical Studies on Medicinal Plants in AD**

| Plant | Active Compound | Study Type | Major Findings |
|---|---|---|---|
| Ginkgo biloba [35-37] | EGb 761 extract | RCT, meta-analysis | Improved cognition, reduced BPSD in mild-moderate AD |
| Bacopa monnieri [23,31,52] | Bacosides | Randomized controlled trial | Significant improvement in memory and attention in adults |
| Curcuma longa [28,33,53] | Curcumin | Phase II clinical trial | Safe and well-tolerated; bioavailability remains a challenge |
| Withania somnifera [39,54] | Withanolide extract | Double-blind RCT | Enhanced cognitive function, reduced stress biomarkers |
| Panax ginseng [25,47,51] | Ginsenosides | Open-label trial | Cognitive improvement in AD patients over 12 weeks |
| Salvia officinalis [12,45] | Standardized extract | Double-blind crossover | Improved memory and attention in healthy volunteers |

## 9. SAFETY, TOXICITY, AND CHALLENGES

A commonly held assumption that 'natural' equates to 'safe' warrants scrutiny. While most of the medicinal plants discussed demonstrate favorable safety profiles in standard toxicological evaluations, several important concerns merit attention. High doses of Ginkgo biloba have been associated with spontaneous bleeding, particularly in patients on anticoagulant therapy (warfarin, aspirin), due to inhibition of platelet-activating factor [37]. Curcumin at very high doses (>8 g/day) may cause gastrointestinal disturbance, and its iron-chelating properties could theoretically exacerbate iron deficiency in susceptible individuals [58]. Withania somnifera has been associated with rare cases of hepatotoxicity at high doses; and several alkaloid-containing plants require careful dose calibration to avoid cholinergic adverse effects.

Herb-drug pharmacokinetic and pharmacodynamic interactions represent a significant safety concern, particularly in elderly AD patients typically receiving multiple conventional medications. Ginkgo biloba and St. John's Wort are established modulators of CYP450 enzymes and P-glycoprotein, potentially altering plasma levels of co-administered drugs [59]. Standardization of herbal preparations remains a fundamental challenge; natural variation in phytochemical content due to differences in plant chemotype, geographic origin, harvesting season, storage, and processing method results in significant batch-to-batch variability and complicates dose reproducibility. Regulatory frameworks for herbal medicines vary widely across jurisdictions, creating barriers to consistent quality control and market authorization [60].

## 10. CURRENT PERSPECTIVES AND THERAPEUTIC ADVANCES

The conceptual paradigm of 'single-target, single-compound' drug development has repeatedly failed in AD, partly because the disease's multifactorial pathogenesis cannot be adequately addressed by a drug designed around one mechanism. Medicinal plants, with their inherent chemical complexity, naturally embody a multi-target pharmacological approach that may be uniquely suited to this challenge [9,10]. Synergistic herbal formulations, such as the Ayurvedic polyherbal preparation Brahmi-Ashwagandha or TCM combinations including multiple neuroprotective herbs, are increasingly being investigated for additive or synergistic benefits exceeding those of individual components.

Personalized herbal medicine, integrating genomic, metabolomic, and microbiome profiling data with individual phytochemical response patterns, represents an emerging frontier. Artificial intelligence and machine learning platforms are being applied to virtual screening of phytochemical databases for novel AChE inhibitors, Aβ aggregation modulators, and tau kinase inhibitors, dramatically accelerating lead identification [56].

Integrative medicine approaches combining evidence-based herbal interventions with lifestyle modifications (diet, exercise, cognitive training) and, where appropriate, conventional pharmacotherapy are increasingly recognized as the most rational strategy for AD prevention and management. The discipline of phytopharmacology has been further advanced by cheminformatics tools enabling prediction of BBB permeability, metabolic stability, and target binding affinity of plant secondary metabolites before committing to expensive in vivo testing.

### 11. RESEARCH GAPS AND FUTURE DIRECTIONS

Despite substantial progress, significant gaps remain before phytotherapeutic interventions can be confidently integrated into AD management guidelines. First and foremost, large-scale, well-powered, multicenter randomized controlled trials with adequate follow-up durations are urgently needed for the most promising candidates, particularly Bacopa monnieri, Withania somnifera, and curcumin formulations with enhanced bioavailability, specifically in diagnosed MCI and AD patient populations rather than solely in cognitively normal individuals [52-54]. Mechanistic human studies employing neuroimaging biomarkers (amyloid PET, tau PET, FDG-PET), CSF Aβ/tau measurements, and blood-based biomarkers (plasma p-tau217, neurofilament light chain) are essential to establish whether phytochemicals exert genuine disease-modifying effects in humans.

Comprehensive pharmacokinetic profiling in older adults, including bioavailability, metabolite identification, CNS penetration, and half-life determination, is critically lacking for most phytochemicals and must precede definitive clinical evaluation. Development and international harmonization of standardized protocols for extraction, characterization, quality control, and stability testing of botanical medicines would greatly enhance reproducibility and regulatory acceptability [60]. Long-term safety surveillance studies are needed to characterize the profile of rare or delayed adverse effects. Finally, translational research bridging phytochemical discoveries to optimized nanotechnology-enabled delivery platforms, and eventually to validated clinical applications, represents perhaps the highest-value direction for the field.

## CONCLUSION

The cumulative evidence surveyed in this review underscores the substantial and growing therapeutic promise of medicinal plants in the context of Alzheimer's disease. Through mechanistically diverse and often synergistic actions—encompassing antioxidant, anti-inflammatory, anti-amyloidogenic, AChE-inhibitory, metal-chelating, anti-apoptotic, and neurogenic activities—phytochemicals such as bacosides, curcumin, ginkgolides, withanolides, asiaticoside, EGCG, and ginsenosides address the multifactorial pathophysiology of AD in ways that conventional single-target drugs have consistently failed to do. The millennia-long ethnomedicinal track record of these plants, increasingly validated by modern pharmacological science, provides a compelling foundation for continued investigation.

Advances in nanotechnology-based drug delivery are beginning to resolve the bioavailability constraints that have historically limited clinical translation, and emerging computational tools are accelerating the identification of novel phytochemical leads. Nevertheless, the transition from pharmacological promise to clinical validation demands rigorous, large-scale human trials, robust phytochemical standardization, and comprehensive safety evaluation. The integration of evidence-based herbal therapeutics into a multi-modal, personalized management strategy for AD—complementing rather than replacing conventional medicine—represents a rational and scientifically grounded path toward more effective care for this devastating condition. Medicinal plants, the original pharmaceutical library of humanity, remain a rich and underexplored repository for the discovery of the next generation of Alzheimer's therapeutics.

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**How to cite this article:** Vasanthapriyan S, Ragulgandhi B. Neuroprotective Potential of Medicinal Plants in Alzheimer's Disease: Current Perspectives and Therapeutic Advances. Indian J Pharm Drug Studies. 2025; 4(3):42-50.

*Funding: None;* *Conflicts of Interest: None Stated*