Herbal Treatments

Significant Effect of Herbal Treatments in Patients with MS (Placebo-controlled Trials)	
Herbal Treatment	Effects
Ginseng	\downarrow fatigue, \uparrow QOL
Frankincense	个visuospatial memory
EGCG (tea extract)	个muscle metabolism during moderate exercise
Cannabis sativa	\downarrow spasticity, pain, muscle stiffness
Primrose oil and hemp seed	\downarrow EDSS scores and relapse rate

EDSS, Expanded Disability Status Scale; EGCG, epigallocatechin gallate; QOL, quality of life. Mojaverrostami S et al. *Adv Pharm Bull*. 2018;8:575-590.

Diet

- Current understanding of MS pathophysiology suggests that diet might affect disease severity, since diet can affect¹
 - Gut biome
 - Immune system activity
 - Inflammation
 - CNS pathology: demyelination, neuronal damage
- Recent meta-analyses found little to no evidence from clinical trials to support any specific dietary changes or nutritional supplements for management of MS^{1,2}
 - Most frequently studied modifications: polyunsaturated fats, antioxidant supplements, dietary programs²
 - Overall, dietary changes were associated with improved quality of life¹
- There is a need for additional data from well-designed clinical trials

CNS, central nervous system.

1. Parks NE et al. Cochrane Database Syst Rev. 2020;5:CD004192; 2. Guerrero Aznar MD et al. BMC Neurol. 2022;22:388.