

Herbal Treatments

Significant Effect of Herbal Treatments in Patients with MS (Placebo-controlled Trials)

Herbal Treatment	Effects
Ginseng	↓fatigue, ↑QOL
Frankincense	↑visuospatial memory
EGCG (tea extract)	↑muscle metabolism during moderate exercise
<i>Cannabis sativa</i>	↓spasticity, pain, muscle stiffness
Primrose oil and hemp seed	↓EDSS scores and relapse rate

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