

## Few Symptoms Call for Alternative Medicine

OP Kapoor

These are the following symptoms where I have started using alternative medicine because we have nothing good to offer in Allopathic Medicine.

1. Allergic Rhinitis

2. Allergic Pharyngitis

3. Allergic Sinusitis

4. Common Cold

5. Gas

6. Incomplete evacuation of colon

7. Labyrinthine symptoms

8. Plantar fasciitis

Usually I use homeopathic, ayurvedic medicine or acupressure etc.

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Ex. Hon. Physician, Jaslok Hospital and Bombay Hospital, Mumbai, Ex. Hon. Prof. of Medicine, Grant Medical College and JJ Hospital, Mumbai - 400 008.

### **Insulin signalling: new target for Parkinson's treatments?**

Parkinson's disease is the second most common neurodegenerative disease, and affects 2-3% of people aged 65 years and older. The number of affected people is expected to double between 2005 and 2030 as the world's population ages, which will further increase the societal and economic burdens of the disease.

No treatments with proven disease-modifying efficacy have become available.

Glucagonlike peptide-1 (GLP-1) is an insulinotropic hormone that activates the same effectors as IGF-1, and both GLP-1 and its receptor are expressed in neurons. Several GLP-1 receptor agonists are used to treat type 2 diabetes. Lixisenatide, exenatide, and liraglutide have shown neuroprotective effects in animal models of Alzheimer's disease.

In a pilot study of exenatide in patients with moderately advanced Parkinson's disease, exenatide was associated with improvements in motor and cognitive function over 12 months.

Participants were randomly assigned (1:1) to receive weekly subcutaneous injections of either exenatide 2 mg or placebo in addition to their regular drug regimens over a period of 48 weeks.

Taken together, these findings suggest a potential disease-modifying effect of exenatide in Parkinson's disease

Exenatide was generally well tolerated, with gastrointestinal adverse events and injection-site reactions reported at similar frequencies to those previously reported in diabetes trials.

Whether exenatide acts as a novel symptomatic agent or has neuroprotective effects on the underlying Parkinson's disease pathology remains unclear, but Athauda and colleagues' study opens up a new therapeutic avenue in treatment of Parkinson's disease.

**Werner Poewe, Klaus Seppi, The Lancet, 2017, Vol 390, 1628-1630**