

## Reverse Cognitive Impairments in Elderly Patients with Chinese Herbal Pouch

Qingcai Wang\*

Independent Researcher, Kingxo LLC, Monterey Park, California, Unites States of America

\*Corresponding author: Dr Qingcai Wang, Independent Researcher, Kingxo LLC, Monterey Park, California, Unites States of America, Tel: +1-6268733666;

E-mail: wuweibencao@gmail.com

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### Abstract

Can you imagine a simple yet effective way of rejuvenating 55 million patients with cognitive impairments, unburdening their caregivers and cutting down healthcare costs globally? An external herb delivery method is potentially a better choice of treating diseases (including dementia) than ingesting and injecting herbal medications. The Herbal Pouch of Brain Kidney Enhancer is used as an example to verify the method: the cognitive impairments of all three patients aged 71-94 had been completely reversed or significantly improved within 1-6 months of treatment (the herbal pouch was attached to patient's navel with a belt). Moreover, nocturnal polyuria, sleep disturbances, nasal congestion and bowel incontinence and well-being of the patients were immensely improved. It warrants randomized, double-blind, placebo-controlled clinical trials to validate its effectiveness for reversing cognitive impairments of elderly patients.

**Keywords:** Alzheimer's disease; Memory loss; Traditional Chinese medicine; Nocturia; External drug administration method; Sleep disorders; Fecal incontinence; Dementia; Caregiver; Cognitive impairments

### Introduction

A lot of resources have been invested in the research of cognitive impairments of Alzheimer's disease and other dementia. The majority of previous drug intervention clinical trials for the disease were focusing on brain only. Millions of patients and their caregivers are expecting a breakthrough for this debilitating disease [1-3].

Our skin is a good route for the administration of medications. Transdermal drug delivery has many advantages [4]. Acupuncture points on the skin provide better sites for targeting different diseases when we use external herb delivery method (based on the theory of Chinese Medicine).

There is a drought, it is better to water the root of a tree instead of the leaves. Chinese medicine has been proved effective for more than 1800 years (but, there is a great disparity among its practitioners in term of skills and effectiveness), it could guide us to develop a better solution for many challenging diseases including cognitive impairments if we are fortunate enough to master the hidden principle and logic of the ancient prescription [5,6]. The differences of Chinese Medicine from Western Medicine lie in its holistic view of our body, unique etiologic, pharmacological, diagnostic and treating principles. In addition to acupuncture and herbal decoction, there is a non-invasive, external herb delivery method named herbal pouch, which specifically takes advantage of Qi of herbs to prevent and treat diseases, it is simple, safe and powerfully effective and eliminates the need of ingesting or injecting herbal medications.

The manuscript serves two purposes:

1. Demonstrating the safety and efficiency of non-invasive, external herb delivery method (use cognitive impairments as example);

2. Reporting for the first time that the cognitive impairments of patients are able to be effectively reversed with the proprietary-made herbal pouch.

Based on many great books of Chinese Medicine, the Herbal Pouch of Brain Kidney Enhance has been developed, validated and standardized for the cognitive impairments. It should be attached to the patient's navel (the biggest acupuncture point of the human body) 24 hours/a day with a belt, changing a new pouch every 5-days, one treatment course is 25 days/5 pouches.

After thorough consultations with the Chinese Medicine doctor (author of this manuscript), caregivers of the patients with cognitive impairments purchased the herbal pouches voluntarily.

### Case Presentation

The following is the case reports of three patients with different severity of cognitive impairments using the Herbal Pouches of Brain Kidney Enhancer.

#### Case 1

An 85 years old man, who had cognitive impairments 5 years ago, has been treated with the Herbal Pouches of Brain Kidney Enhancer for 50 days in 2019, attaching two new pouches to the navel and right side of navel, respectively, 24 hours a day for 5 days, use two new pouches every 5 days. His main symptoms were described as in Figure 1A.

He made following progressive improvements witnessed by his young wife, as seen in Figure 1B:

1. His nocturia has decreased from previous 5-6 times to 1-2 times; he has better sleep and stronger muscle power. He urinates faster and goes to the restroom less often than before.
2. His memory span has increased from 3 seconds to more than 10 seconds, and he can talk logically again.

3. He is able to do household chores better than before and complete one match of Chinese chess game; even start to ask for pocket money, which he did not know for a year.
4. His symptoms of edema of ankle, bowel incontinence and nasal congestion have all gone.
5. Eye-hand coordination has been improved significantly: turning two balls in opposite directions in one hand for a longer time without dropping the ball.
6. Even after stopping the herbal pouch for 8 months, he was still able to play table tennis and music instrument of Erhu. His wife feels her husband become a healthy person.

2. Symptoms of dementia had gone; Expression of her thoughts is logical and clear.
3. She has a good appetite and better complexion and overall well-being.

Her daughters and sons were surprised and very happy that their mom was able to recover from dementia and recognize and talk to them as before.

**Case 3**

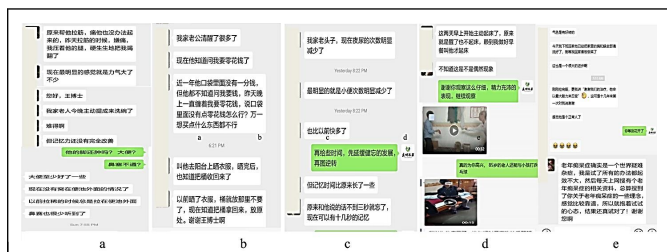
71-year old lady with 10-year history of cognitive impairments had been treated with the herbal pouch of Brain Kidney Enhancer for 6 months in 2019. Her husband provided feedback, as seen in Figure 2 and Case 3:

My wife is able to sleep better and eat better and has more energy than before; she even helped me with a quilt at the night, which is totally unexpected for the patient with 10-year history of dementia. The definite improvements of my wife have proved that Brain Kidney Enhancer offers many benefits for patients with cognitive impairments.

The Herbal Pouch of Brain Kidney Enhancer is much better than Olanzapine, which had been prescribed for 10 years by her doctors, but with little improvement for the dementia.



**Figure 1A:** Symptoms of the 85 year old man before the treatment: a) his caregiver seeks help after reading a blog of treating Alzheimer’s disease with the herbal pouch; b) the patient urinates 5-6 times a night and does not recognize anyone else except his caregiver; c) talk illogically and has edema around ankles; d) have to urinate every 5 minutes, but takes more than 5 minutes to finish the urination, and has nasal congestion most of time; e) he has 5-year history of cognitive impairments with current memory span of 3 second.



**Figure 1B:** Progressive improvements of the 85 year old man during and after the treatment: a) stronger muscle power with improved stool, no longer make loose stool out of toilet, nasal congestion has gone; b) clearer mind, start to ask for pocket money, remember bring bucket back after use it; c) fewer nocturia with faster urinating flow, memory span increase to more than 10 seconds; d) get up from bed by himself in the morning without being urged, able to play table tennis and music instrument Erhu after stopping the treatment for 8 month; e) better complexion, take initiative to do housework, the wife feels her husband is normal now.

**Case 2**

94 years old lady, who had bronchitis and stroke for 9 and 3 years, respectively, had been not able to talk logically and recognize people for one month; after treating with the Herbal Pouch of Brain Kidney Enhancer for 25 days in 2019, she made the following improvements, as seen in Figure 2 and Case 2:

1. Her urination frequency has been dropped from once every hour to once every three hours.



**Figure 2:** Feedback from caregivers of the 94 year old (Case 2) and the 71 year-old (Case 3) after using the herbal pouch: Case 2a) the cognitive impairments of the 94 year old lady with illogical thinking and inability of recognizing people was completely reversed; Case 2b) the 94 year-old lady has a good appetite and better complexion than before; Case 3a) 71 year old lady with 10 years of dementia has better sleep; Case 3b) the herbal pouch is much better than prescribed drug Olanzapine; Case 3c) the herbal pouch is effective for my wife: she regained awareness and ability of helping me with quilt in the night in addition to having better sleep, appetite and energy.

**Results and Discussion**

Chinese Medicine views human body as a whole and brain is the central control and a part of the whole system. The brain is supported and nourished mainly by kidney, liver and heart. If functions of these organs decline, brain will not perform well. That is why when we are getting old; we gradually have gray hair, declined libido, frequent urination, hearing difficulty, sleep disturbances, bowel incontinence as well as cognitive impairments and possible brain atrophy.

When a patient has cognitive impairments, which are directly manifested as dysfunction of brain, but the root causes are mainly functional declining of liver, kidney and heart, so rejuvenating these organs with right herbs is effective.

It needs to note that the degree of cognitive improvements among the patients was different. For example, the 94-year old lady with inability of recognizing family members for about one month has a complete recovery; and the 85-year old man with 5-years of cognitive impairments got complete reversal; while the 71-year old lady with 10-years of cognitive impairments only got partial recovery. It indicates that the shorter history of cognitive impairments (the earlier treatment), the better recovery for the patients.

One advantage of the herbal pouch is that the patient is able to adjust how long and how many herbal pouches to use based on their conditions, for example, the 85-year old man used two pouches every 5 days for accelerated recovery.

Based on the fact of 85-year old man has been able to live a normal and independent life even after stopping the treatment for 8 months, it is speculated that most patients do not have to use the herbal pouch continuously after the recovery, but elderly patients will definitely benefit greatly if they are able to use it often.

When the primary causes of being old are alleviated or removed by selected herbs, it is our body's natural ability to reverse the cognitive impairments, and simultaneously improve nocturnal polyuria, bowel incontinences, hearing difficulty and overall well-being.

What are the key aspects of effectively reversing cognitive impairment?

1. Identify the root causes.
2. Target the root causes with selected herbs.
3. External herb delivery method.

When this fascinating result is unequivocally validated with randomized, double-blind, placebo-controlled clinical trials in the near future, it will make the cognitive impairments in patients reversible and curable a reality. It isn't wonderful that just by attaching the herbal pouch to navel, symptoms of patient will be removed or improved in a short period of time! Millions of patients with cognitive impairments will regain their independent life along with unimaginable benefits of releasing the burden of their caregivers and cutting down the healthcare costs.

## Conclusion

Cognitive impairments are reversible with the herbal pouch of Brain Kidney Enhancer, which is able to rejuvenate the whole body. It suggests that focusing on whole body or multiple organs is more effective than focusing on brain only in developing solutions for cognitive impairments.

The herbal pouch (external herb delivery method) is powerfully efficient. Cognitive impairments of elderly patients are reversible with the Herbal Pouch of Brain Kidney Enhancer.

## Limitations

- The diagnoses of cognitive impairments for the patients were based solely on the clinical symptoms observed by the caregivers.
- Detailed mechanisms of cognitive impairments reversal by the Herbal Pouch of Brain Kidney Enhancer are not investigated.
- The herbal pouch is proprietarily formulated, and its components are not revealed.

## Declarations

### Ethical approval and consent to participate

The caregivers of the patients requested advice from the Chinese medicine doctor (author of this manuscript). They purchased and used the herbal pouch of Brain Kidney Enhancer voluntarily.

### Consent for publication

The caregivers of the patients agreed the publication of their cases. Their names and all other personal identifying information were removed from the manuscript and figures.

### Availability of data and materials

Not applicable

### Competing interests

The author formulates, develops and standardizes the herbal pouch of Brain Kidney Enhancer.

### Funding

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### Authors' contributions

Only one author

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### Authors' information

Dr. Qingcai Wang had been engaged in medical research for more than 20 years after medical college. He developed, validated and standardized the herbal pouch method in 2012. As a Chinese Medicine practitioner in Monterey Park, CA, USA, he tested most herbal pouch products first on himself. He has successfully helped many patients with different herbal pouches, for example: cognitive impairments, chest pain, diabetes, frequent urination, nephritis, chronic diarrhea, sleep disorders, anxiety, gallstones, kidney stones, frozen shoulder, lower back pain, irregular menstruation and infertility.

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