Effect of medicinal plants on memory and learning, a review article

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Abstract:

Background and Purpose: In today's industrial life that memory problems are occurring with greater speed, man seeks to identify ways to prevent the related disorders and improve memory. Studies have shown that many drugs, including herbs, are effective in improving learning and memory.

Methods and Materials: In this study, search was conducted using electronic databases IranMedex and SID, Google Scholar, ScienceDirect, PubMed. Articles written in the period covered by these databases (1995 to 2015) which investigated the effects of herbs on memory were assessed.

Results: The literature review showed that many plants that have effects on memory such that they can be Hemp, Figs, Garlic, Sesame seeds, Wedge, Bouzid, Marianum, Hypericum, Frankincense, Lemon balm, Dates, Olive, Blueberry, Artichoke, Fennel, Celery, Radish, Milk thistle, Red grape juice, soybeans, marjoram noted that enhance the ability to strengthen and improve memory.

Conclusion: Considering the fact that the human memory has essential role in his life and also scientific progress and also these plants have very little or no side effects; if effective, they can be a viable alternative to chemical drugs.

Keywords: Medical Plants, Memory, Learning.

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