

## Aluminium toxicity, Alzheimer disease and Brahmi

Aluminium is found in its ionic form in most kinds of plant and animal tissues, in natural waters. Dietary aluminium is present in small concentration and can be removed by normal elimination capacity of human body. Urban water supplies contain greater concentrations because water is treated with aluminium and further removed during subsequent purification before becoming part of the supply. Concern has arisen because aluminium compounds are being ingested by humans through food items where they are being used as additives. These compounds are used as anti-caking agents in salts, coffeewhitener, pancake mix, other powdered foods, in binding meat for sausages, thickening gravy and sauce. Aluminium neurotoxicity through oxidative stress cause neuronal cell death by damaging the protein layer covering the brain cells. The death of these cells lead to Alzheimer disease.

Past and ongoing study in KGMU, CMC Vellore and PGI Chandigarh has highlighted the Bacopa monnieri (Brahmi) against Aluminium neurotoxicity Brahmi is used a nerve tonic in traditional medicinal system in India.

<http://emedicine.medscape.com/article/165315-overview>

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