

Short Communication

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A Possible Treatment for Memory Loss and Associated Disorders

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Received: March 06, 2026; **Accepted:** March 09, 2026; **Published:** April 20, 2026

About two years or so ago I began to have memory difficulties, sporadic nominal aphasia. I would have to search for names of things and particularly of people. They just would not be there when I wanted them but often would appear about five minutes later. As a forerunner of Alzheimer's disease, it was particularly concerning. Recently, however, looking through the literature I found Butterfly Pea Flower tea mentioned as a possible treatment.

Apparently, there is general agreement that one source of memory loss is due to excess of Acetylcholinesterase in the CNS. This can be countered by Terpinoids and Flavonoids. Extracts made from Butterfly Pea Flowers contain both of these. In Ayurvedic medicine it has been used for a long time to treat cognitive difficulties [1,2].

Fortunately, I was able to find butterfly pea flowers at a local tea shop (Pomeroy's) and set about making and taking the extract. The usual procedure consists of soaking the flowers in 300 to 500mls of hot water (70 to 80 degrees centigrade) for 3 minutes. This gives a strong blue tisane. Opinions vary as to how much tea should be taken, some recommend a 7-flower extract per day.

This can produce gastric problems such as diarrhea. Reducing the number of flowers used to 3 or 4 or on alternate days seems to lower the chances of this without too much reduction in memory improvement.

Within a day of drinking the extract my memory was approaching normal and was probably normal within a few days. I shall continue to take it unless other side-effects occur. As apples contain a laxative (mallic acid) they should be avoided when taking the tea, along with similar fruits.

References

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2. Rao R, Deschamps O, Varghese J, Dale E Bredesen (2012) Ayurvedic medicinal plants for Alzheimer's disease: a review. *Alzheimer's Res Ther* 4: 22.

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