

Integration of brain chemistry and cognition as a new medical hypothesis

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Introduction: Living in piece is one of the main objectives of human existence, which requires an optimal equilibrium between brain chemistry and building positive imaging for life in terms of retaining social respect of life in various domains.

Objectives: The main objective of this presentation is to show our experience in the integration of brain chemistry and cognition and other brain disorders such as epilepsy.

Methods and results: We presented 5 cases in the following order:

- 1- A patient, 35 years male, had attempted several times to commit suicide. He used to feel depression. I suggested him to use 50000 international units of vitamin D per week. After two years, I saw the patient with good health and positive attitudes.
- 2- A 57-year male complaining from negative emotions and perceptions of Satan to attend in his bedroom. He was sleeping deficient. I have suggested him to take a magnesium course (250 mg), one tablet daily before sleeping by 1 hour, in addition to 50000 international units of vitamin D per week. He reported that he had good sleeping pattern. He was also confused due to religious beliefs about Satan. But following the treatment, his religious thoughts were improved.
- 3- A 31-year female suffering from epilepsy since she was 15 years. Her status was developed over the time. Their parents and relatives were seriously busy with her status. They visited the hospitals in the area, private and public, the patients developed seizures three times a day. I suggested their parents to try another therapeutic option by using magnesium, zinc, chromium, and calcium. Her father called me after 12 days saying that seizures were not experienced since the initiation of this treatment. Following up continued for three months without developing any seizures.
- 4- A 12-year female was suffering from refractory epilepsy since she was 6 years. She was not able to walk without assistance by their family. She was treated in the best health settings in Jordan. The conclusion was that there is no treatment for such case. I suggested their family to give her magnesium, zinc, chromium, and calcium, vitamin D, and 5 mg tadalafil per day. After three months, the patient was able to walk and to be self-dependent. During the period of therapeutic initiation, the mother reported that no seizures were observed.
- 5- An interesting case was reported by a 57-year male. He went to his bedroom for sleeping, but awaked up after three days in the intense care unit (ICU). He had bad memory, loss of orientation, week movement, speech problems, in addition to high level of headache. He stayed in the hospital for 21 days, during the staying in hospital, physicians tried their best in terms of requesting radiology images

such as CT, MRI, laboratory investigations for many tests. No pathology was detected. He left the hospital without diagnosis. He asked for the help. At first visit, he was not able to speak and express logic sentences. His wife expressed his case. He had problems in walking. His strength in hands and legs was limited. He had sleeping problems. I suggested the patient to take vitamin D, magnesium, zinc, chromium, and calcium. Tadalafil, 5 mg/day was also recommended. After four days, the patient visited me with good health in terms of good face, good ability to walk, talk, and expressed his happiness.

Conclusion: our studies introduced new therapeutic approaches of neurological disorders, that deserves to be studied.