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Era of herbal medicine and need for its ADR monitoring

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The worldwide use of herbal medicines has been increased over a past few decades. One or the other forms of herbal medicine are used by around 80% of population atleast once in their life time. Herbal medicines have promising potential with respect to their efficacy is concerned but the major problem is that, most of the herbal products of interest remain untested, its monitoring is way far behind, and the knowledge of their pharmacokinetics and pharmacodynamics are poorly understood. So safety regarding the usage of these products has become a fundamental principle. WHO guidelines specify that ADRs reported with the use of herbal products are mainly because of lack in quality, adulteration, inappropriate usage or due to the presence of pathogenic microorganisms. Also poor regulatory policies, improper quality control measures and unrestrained distribution of these products were suggested by WHO as additional factors for increase in the incidence of ADRs. Presence of multiple ingredients in the herbal products and its combination with conventional medications makes it difficult to identify the exact agent causing the adverse reaction. Added to that, most of these products enter into the market without undergoing any clinical trials. Because of uninterrupted increase in use of herbal product there is a need to strengthen the regulatory system for quality and control of herbal medicine. Even though monitoring of these products has been included in the national pharmacovigilance program, there is a need to raise the awareness among the doctors and para medical staffs regarding the ADR reporting of these products. Hence, the post marketing pharmacovigilance plays a crucial role in monitoring the safety and efficacy of these herbal products and its accomplishment depends on awareness of National Pharmacovigilance Program among health care professionals.

Biography

Prashanth D has completed his MBBS from M S Ramaiah Medical College, Bangalore and is presently pursuing his PG in Pharmacology in J J M Medical College, Davangere. He has one publication in his name and is presently involved in 2 research papers.

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