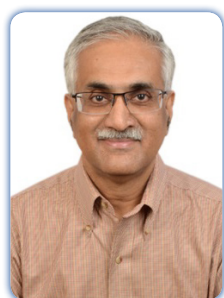


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Can evidence based nutraceuticals fill need gaps in clinical practice?

Current therapeutic expectations of clinicians far exceed the clinical efficacy provided by pharmaceuticals and biologics, especially in diseases where there are clinically evident need gaps. Advances in technology enable science to examine the application of complementary and alternative medicine in such areas. One such clinical need gap area devoid of effective solution, to date, is fatigue – currently, a common social problem. But, the fact is that no patient ever rushes to a clinician complaining of fatigue. The common expression is a complaint of weakness and the clinician attempts intervention with nutritional correction. The general complaint of tiredness also meets a similar recommendation from the clinician for adequate rest. So, then, what exactly is fatigue? Fatigue is the tiredness not relieved by persistent rest and the failure to maintain the expected force or required functioning capability. Fatigue is an outcome of stress that exceeds the resistance threshold and, uncontrolled fatigue forms one of the critical components of Chronic Fatigue Syndrome. But, although fatigue is synonymous with peripheral skeletal muscles; mental fatigue [affecting the brain cells] is also common and may either occur together or solo. Likewise, just as fatigue can affect the skeletal muscles; fatigue can also affect muscles in other regions, e.g.: Eye muscles, vocal cord muscles, etc. In fact, fatigue is also a substantial complaint in post myocardial infarction patients despite the corrective interventions of CABG or angioplasty. With no current therapies providing relief in such fatigue cases, it is rational to examine evidence based nutraceuticals; as combating fatigue is a demand of equal value and enable total recovery. However, such recommendation must be a universal call to action, extracted from the efficacy studies across the entire spectrum of fatigue manifestations. One approach to effective control of fatigue [at every stage of the spectrum] is to rectify the mitochondrial dysfunction and restrict the unresolved inflammation from disrupting the signaling pathways. Such a missing jigsaw piece that fits perfectly across the entire spectrum of fatigue and offers evidence based efficacy; is the super nutrient- astaxanthin. By controlling oxidative stress as well as impacting inflammation; the eagerly awaited, extensively studied Fatigue Fighting Formula (FFF) that is widely effective, is natural astaxanthin of marine origin. Studies have shown how natural astaxanthin from AstaREAL provides structural stability to the muscle cells as well as functional integrity to the mitochondria, thus controlling fatigue in a unique manner. With the convenience of oral administration and the benefits of 8 novel, inbuilt properties of natural astaxanthin, it is now easy to grab the resilience offered by natural astaxanthin. By offering endurance to withstand stress and correcting the dysfunctional mitochondria, natural astaxanthin [AstaREAL from Japan] helps overcome fatigue effectively and prevent premature burnouts. Clinical evidence of efficacy of natural astaxanthin in fatigue has catalyzed this adoption, and, it is a matter of time before this efficacy gets the due respect in all fatigue patients. Experiential learning and self-realization will surely enable hopeless fatigue to be transformed into helpful rejuvenation. Is this the beginning of such evidence based nutraceuticals to be explored in clinical need gaps?

Biography

B K Iyer is a Physician in clinical practice since last 34 years but is not the typical run-of-the-mill Health Care Practitioner but is actively involved in research, too. He has utilized his diverse exposure across the multiple disciplines of clinical medicine to his advantage and with varied exposures and responsibilities in the health science orbit, he is devoted to plugging the need gaps in clinical practice. With more than 33 years of experience as 'Medical Advisor' to many pharmaceutical companies in India & abroad, he is well versed with the various therapeutic categories and diverse, disease segments. By providing insights as a Clinical Practitioner, he helps, in a large measure to frame unique strategies and carve outstanding EBM solutions. His repertoire of work is varied from cardiology – to immunology – to infectious diseases – to neurology - to dermatology – to nutraceuticals, as well as in the area of diabetes management. He regularly attend conferences to stay abreast of the latest in clinical sciences, his interests, research and involvement include the diverse space of biotechnology & medical diagnostics, too.

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