

Assessment of beneficial herb drug interaction-A pharmacokinetic approach

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Due to the growing use of herbal medicine healthcare providers need to know whether problems might arise from using these preparations in combination with conventional drugs. Many herbal medications are used to treat diseases but while they are often efficacious, their safety is rarely considered by physicians. One particular safety concern is the risk of interactions with drugs, which often lead to toxicity or loss of therapeutic effect. The aim of the work is to assess the beneficial outcomes when herbal drugs are taken along with conventional drugs by a detailed study in pharmacodynamic and pharmacokinetic areas by optimizing the dose of conventional drug and where we achieve the desired effect of the conventional dose and the concentration levels does not exceed the therapeutically window when used in combination. There are two problems which travels simultaneously one being the lack of safety information on herbal or dietary supplements when taken along with conventional drugs to cause potential herb drug interactions and another being the long term use or cumulative dose of conventional drug to cause the side effects. Health care providers are left with a option of avoiding the herb which causes potential herb drug interactions and withdrawing the conventional drugs or go for the replacement of next generation drugs due to adverse effect caused. The importance lies in focusing these two problems simultaneously by studying the potential herb drug interaction thereby reduce the conventional drug concentration so that the combined therapy will lead to effective therapeutical levels.

Biography

Hemnath Elango is a Junior Research Fellow of JSS University Mysore. He has worked as Research Assistant in Bioequivalence Centre for Apotex Research Private Limited for two years. He has presented two papers at national level conferences in India.

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