Complementary and alternative medicine: Use, prevalence and potential interactions

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The use and popularity of Complementary And Alternative Medicine (CAM) has sharply risen over the decades particularly in the United States. This includes herbal medications and practicing yoga, Ayurvedic medicine, acupuncture and various others. It is postulated that there are several reasons including cost, perceived data, enhanced effects and non-regulated. Many medical schools are now introducing this into their curriculum to raise awareness. CAM is not FDA approved and the complete active ingredients are unknown as well as the pharmacokinetic disposition and mechanism of action. Literature speculates on the mechanism of action. Chronic use is particularly in geriatric patients and with prescribed medications poses risks, side effects and potential interactions, some of which are known. This may be exacerbated in patients with hepatic and renal compromise. Contraindications and use in pregnancy and in pediatric patients is unclear. Some potential concerns and side effects are the serotonin syndrome, induction of the CYP450 system, bleeding and gastrointestinal disorders and rhabdomyolysis. This also extends to potential interactions with prescribed medication and attenuation of side effects. This presentation focuses on commonly utilized herbal medications and potential side effects and interactions.

Biography
Bimal Roy Krishna is currently a Professor and Director of Pharmacology at the College of Osteopathic Medicine, Touro University Nevada, USA. He has obtained his Bachelors of Science in Pharmacology and Physiology and Doctor of Philosophy from Monash University in Australia. He also teaches for the Step 1-USMLE and COMLEX reviews for Kaplan Medical throughout the United States and in UAE, Europe, Saudi Arabia, India, Mexico and Caribbean. He has been teaching online for Kaplan University for over 7 years and has contributed to numerous publications and is a Member of a number of organizations including Fellow-American College of Clinical Pharmacology. His research concern is on maternal and neonatal pharmacology specifically looking at materno-fetal transfer utilizing the perfused human placental and cultured syncytiotrophoblast model.

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