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Scope and barriers in clinical trials of herbal drugs

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Herbal products have always been an important part of the public healthcare across the globe world. A report by WHO revealed, that approximately 65-80% of world's population living in developing countries because of poverty and lack of access to modern medicine depends essentially on plants for their primary healthcare because of being economical, long history of traditional use, better compatibility with human body, minimal side effects, enhanced tolerance and more protection. Herbal products are also prevalent in developed countries like Germany, France, Italy and U.S where required guidelines for registration of herbal medicines exist. Approximately about 25% of all modern medicines are directly or indirectly derived from plant sources. The current market size of herbal medicine is estimated about \$80-250 billion in Europe and USA whereas in China is about \$650 million. However, the contribution of developing countries in global herbal business is very poor due to the lack of quality control and standardization measures, difficulty in preparing isolated compounds, lack of sufficient safety data including drug interaction, poor information about the composition of herbal preparation, difficulty in selection of dosage regimen, lack of drug delivery platforms, adulteration, difficulty in conducting randomized clinical trials, patient selection, patient motivation, comparative placebo and end point selection, high protocol non-compliance, methodological shortcomings etc. Therefore, these pitfalls in herbal clinical trials must be addressed to generate a sustainable natural source which could cater the ever needing demand of new and safer treatments and in renewing the interest of pharmaceutical companies in herbal medicine research.

Biography

Ramandeep Kaur completed her Bachelors in Pharmacy (Pandit J.R. Govt. Polytechnic, Hoshiarpur, Punjab India) in 2012. Presently she is pursuing her second year of Masters of Science in Clinical Research from University Centre of Excellence in Research (Baba Farid University of Health Sciences, Faridkot). She has one international publication in Integrative Medicine Research Journal.

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