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## Phytotherapy and the future of neuropathic pain management

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Upon injury of the nerves, centrally or peripherally, neuropathic pain (NP) occurs. NP is a type of chronic pain a significant number of patients suffer from. Diagnosis of NP is usually presented as tingling, shooting, or burning sensation. Patients describe this pain agonizing and affecting their quality of life. Although poorly understood this syndrome accompanies a broad range of chronic malignancies. Therefore, it is essential to search for more evidence for precise diagnosis and optimum treatment. The purpose of this work is to summarize the results related to NP in terms of types, etiology, diagnosis, and current and future treatment prospective. Due to insufficient evidence, the current treatment is still under expectation. Phytotherapies provide low-risk options in NP patients and might be the future of NP management. Recently, neuropathic patients are increasingly relying on phytotherapy as a bright source of healthcare. Moreover, research on combination therapies involving pharmacotherapy with phytotherapy looks very promising. The aim of the combination therapy is to minimize toxicities while optimizing therapeutic effects for neuropathic patients to have better quality of life. Hence, health-care professionals should be routinely updated with NP phytotherapy, keeping in mind the risk to benefit profile of using natural plants in the treatment of neuropathic pain.

## Biography

Samer Jallad is a senior student at the Faculty of Pharmacy, Beirut Arab University (BAU). He joined the junior research team at the faculty where outstanding students with interest in research apply their knowledge in phytotherapy research. He attended several conferences in Lebanon and Berlin where he presented posters in collaboration with his colleagues of the junior research team. He had 2 internships at AstraZeneca® Pharmaceuticals in summer 2015 and 2016. He is also a member of the student activities committee and a member of the Quality Assurance Unit, Faculty of Pharmacy at BAU.

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