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Method determination of doses to for prolonging the life of local therapists

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Sociocultural medicine is the resort for more than 80% of the world's population. However, these practices are still rudimentary and archaic. Indeed the products of the local therapists are without precise doses, extemporaneous and last only 7 days. Yet they are often effective against certain diseases well diagnosed by physicians. The objective of this work was to propose an adequate method for determining the doses and prolonging the life of local therapists' products, so that they would become available and accessible. The method used to achieve this objective was to determine for each preparation the amount of plants material used, the volume of water or palm or raffia wine used as a solvent, the ethnopharmacological preparation time and the amount of the remedy used in one dose, the number of doses taken per day, the duration of treatment and the disease treated. For each remedy the minimum amount of plants material was preferred to avoid the often harmful overdose. To obtain this minimum amount, 70 local therapists were questioned and 10 glasses (250 ml) of preparation were lyophilized and the therapeutic dose was the average amount of powder obtained. Ten effective remedies at minimal doses were identified in the treatment of five diseases including diabetes, hypertension, malaria, amoebiasis and diarrhea. The ethnopharmacological study conducted on diabetes remedy revealed that the minimum therapeutic and maximum efficient dose used was 0.525 g of lyophilized powder. It was used to produce four forms of an oral antihyperglycemic product based on *Laportea ovalifolia* (Urticaceae). These forms are tablet, gelule, lyophilized powder in sachet and oral suspension. The decrease in blood glucose for the case of uncomplicated diabetes was observed after 10 days of treatment. Prepared in October 2007, this product remains unaltered or not oxidized until now. This method may be necessary to stabilize and prolong the life of local therapists' products.

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