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Scientific validation of bioenhancing property of a natural mucilage incorporated with a DMARD

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Arthritis is a leading cause of disability in adults all over the world which limits day-to-day activities for billions of people. Generally, NSAIDs and DMARDs are prescribed for rheumatoid arthritis, these drugs have to be given for long periods; they accumulate in tissues produce toxic effects which can be minimized by increasing bioavailability thereby lowering the dose of the drug. Both synthetic and herbal drugs face a problem of reduced bioavailability. Maximum bioavailability is attained by drugs administered intravenously, whereas drugs administered orally usually undergo first pass metabolism and are poorly bioavailable due to incomplete absorption. Such drugs which have not been utilized by the body may lead to drug resistance and adverse effects. The best way to achieve reduction in drug dosage, thereby drug toxicity and cost is by increasing the drugs bioavailability. One of the ways of increasing the bioavailability of drugs is by addition of molecules which do not have similar therapeutic activity but increase the bioavailability when incorporated in the formulation of another drug called as bioenhancers and they do not show synergistic effect with the drug. Based on this information, the present study was aimed to isolate the mucilage from aerial parts of *Cardiospermum halicacabum*, to incorporate with leflunomide as a bioenhancer and to develop a stable capsule thereby decreasing the adverse effects of the drug on long term use.

Biography

X Fatima Grace has completed her PhD from Sri Ramachandra University where she did her under and post-graduation. Additionally, she has completed PG Diploma in IPR from Anna University. Currently, she is working as an Assistant Professor at SRU. She has published more than 35 papers in peer reviewed journals and has been serving as an Editorial Board Member of several reputed journals. She has attended and presented research papers in various national and international conferences. She has guided UG (9 students) and PG (3 students) projects. She has authored two books and a chapter in a book and has got two patents.

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