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## The quest for cure of benign prostatic hyperplasia: Hormones to 5 $\alpha$ -reductase inhibitors

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This is the story of a quest spanning over hundred years to find out the novel approaches for most common and potentially progressive condition of aging men i.e. Benign Prostatic Hyperplasia. We will focus on the modern era of the both diagnostic and treatment issues available starting from the discovery of the first still besterol in the early 1937 and culminating in the discovery of the Finasteride and Dutasteride as 5 $\alpha$ -Reductase Inhibitors in 2002. Yet one cannot be certain that the quest has ended. Past experience reveals that with the advent of profound knowledge of the pathogenesis, the natural history, risk of the progression and new generation of experiments powered by technological breakthrough, the concept of management has undergone many changes with time.

### Biography

Neelima Dhingra has obtained her B.Pharm, M.Pharm degrees in Pharmaceutical Chemistry and PhD in Pharmaceutical Chemistry from the University Institute of Pharmaceutical Sciences, Panjab University, India. Presently, she is serving as an Assistant Professor at Department of Pharmaceutical Chemistry, University Institute of Pharmaceutical Sciences, Panjab University, India. She has 9 years of teaching and research experience. Her major area of research focuses on designing (2D-QSAR, 3D-QSAR), synthesis, spectroscopy analysis, physicochemical parameters and biological evaluation (*in vitro*, *in vivo*, *in silico*) of steroidal derivatives especially 5-alpha reductase inhibitors. Her research work has been credited with 2 US patents, 4 national patents, 12 research papers in the peer reviewed journals and 7 national awards. She is on the Editorial Board of various national journals and is the Editor Member of Asian Council of Scientific Editors since 2014. She is also a life Member of various national scientific bodies like APTI, IPGA, PAS, PUPS, IABMS and SPER.

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