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Ayurveda pharmacovigilance: Where are the lacunae?

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Ayurveda is one of the oldest practitioning health tradition originated in India based on *Sankhya* philosophy, which denotes "rational inquiry into the nature of the truth. " Ayurveda materia medica gives a detailed description of over 10,000 formulations comprised of nearly 1500 herbal, *bhasma* (metallic), and herbo-minerals. In India over 400,000 registered Ayurvedic practitioners are present. Pharmacovigilance was conceived in the minds of physicians to ensure the safety of his patient from expected causes of adversities, and drug safety a universal concept which augmenting by an observation of ever escalating global growth of the traditional market. In the age of modern technology, scientific advancements and consumer awareness necessitate the need of Pharmacovigilance in Ayurveda to maintain efficacy and safety of drugs, so as to provide maximum benefit with minimum adversities. Although, National Pharmacovigilance Programme for ASU drugs (NPP-ASU) was envisaged in December, 2007, at Jamnagar, India by WHO. However, the reporting of ADR's is leisurely due to a false belief of universal safety within its realm of traditional health care fraternity and ignorance among physicians regarding the same in light of historical evidence and anecdotal evidences of safety. Now-a-days, the concept of disease is related with multitudinous factors viz. lifestyles, environment, and occupation, etc. and results into the multidisease in a single patient which urges polypharmacy treatment by prescribing herbal and allopathic medicines together. In flip side, there are a number of reports of ADR's when herbal and allopathic medicines by altering the bio-availability of allopathic drugs like rifamipicin and pharmacodynamics of herbals. In Ayurveda, assessment of ADR's is tedious due to multi ingredient composition, too many formulations, concept related adverse reactions are not handled in the curriculum, bulk dispensing, self-medication, inadequate safety monitoring centers, and false belief of Ayurveda drugs have no expiry date, etc. In a nutshell, awareness of ADR's in traditional practitioners, inclusion in the curriculum, and reduction in polypharmacy and knowledge of interactions between traditional and allopathic medicines for all healthcare professionals by interfering industry is of utmost importance without complacence of Ayurvedic drugs are safe.

Biography

Venu Gopal Jonnalagadda has completed his Master of Science (MS) Pharmacology & Toxicology at the age of 25 years from National Institute of Pharmaceutical Education and Research and Post-Graduation Diploma in Regulatory Affairs from Bio informatics Institute of India. He has published more than 10 papers in reputed international and national journals and serving as an associate editorial board member for one national journal.

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