Review of Clinical Pharmacology and Pharmacokinetics

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GENERAL INFORMATIONS

REVIEW OF CLINICAL PHARMACOLOGY AND PHARMACOKINETICS

publishes Applied Pharmacology and Current Therapeutics Reviews, Review Articles on Drugs and Drug Therapy, Original Papers and Practical Therapeutics Articles.

The *scientific standard* of the papers, which are accepted for publication, is controlled by the Editorial Board or by other Experts in the various fields of Pharmacology and Pharmacokinetics.

Manuscripts: These should mention, on the first page, the *Title*, *Author(s)* and the *Name of the Institution* at which the work was done. The complete *address* of the author, including Postal area code number, should be given under the rubric *Send reprint requests to*. Papers should follow the general form: *Introduction, Materials and Methods, Results, Discussion* and *References*. Drugs must be referred to by their generic or chemical name, but may be identified by trade name in parenthesis or o footnote. All papers should be submitted in duplicate.

Summary: A summary in English (maximum length 200 words) must accompany all manuscripts.

Key words: A list of key words should be submitted.

References: These should be numbered in the paper and listed under *References* in order of their appearance in the text. The author(s) surname followed by the initials should be given first, then the complete title of the article, the name of the Journal or Magazine (abbreviated according to the Index Medicus), the volume number, page numbers and year of publication in parenthesis.

Papers should be submitted to the Editors-in-Chief: Prof. S.T. Plessas or Dr C.T. Plessas.

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INVITED SPEAKERS

ORAL AND POSTERS PRESENTATIONS

Letter from Guest Editor

The progress and contributions of 20th century pharmacology has been immense with over 20 pharmacologists to have received Nobel Prizes. This field of medical studies covers many areas; it is built upon and at the same time incorporates many disciplines such as biochemistry, biology physiology, pathology, anatomy, molecular biology, while the development of new analytical and experimental techniques and instruments has given a new boost in pharmacological research. Yet, although a remarkable progress has been made in developing new drugs and in understanding how they act, the challenges are endless. Integrating a depth of knowledge in many related scientific disciplines, pharmacologists offer a unique perspective to solving drug and chemical related problems which impinge on human health, with ultimate goal the treatment and prevention of major diseases.

The 5th Panhellenic Congress of Pharmacology focuses on four *hot* subjects: Regenerative Pharmacology, Herbal Medicines, Pharmacology of Abuse and Dependence, and Education in Pharmacology.

- *Regenerative Pharmacology* is one of the newest areas in Pharmacology, represents a groundbreaking field of research and has the potential to radically alter the treatment of diseases and disorders.

- *Herbal Medicines* have acquired an important percentage among the drug used; according to WHO 80% of people worldwide rely on herbal medicines for some aspect of their primary health care. This continuously increasing use of plant medicines imposes the need for establishing new regulations.

- *Pharmacology of Abuse and Dependence*, still not a well defined area, presents a lot of challenge for researchers and clinicians.

- *Education in Pharmacology* remains a hot subject in the Medical education, following the knowledge *explosion* of the last decades accompanied by a decreasing reliance on didactic teaching. The crucial question is: how and what should we teach?

We hope that the round table discussions along with the invited lectures, included in this abstract book, will raise new and intriguing ques-

tions that will further stimulate research, and will contribute to new therapeutic approaches and attitudes.

I would like to thank the Editorial Board of *Review of Clinical Pharmacology and Pharmacokinetics* in particular Journal Editors Prof. S.T. Plessas and Dr C.T. Plessas for invitation and for providing the suitable and high-standard forum through which new research findings will become available to the scientific community.

The Guest Editor

Charis Liapi

Assist. Professor in Pharmacology
Medical School, University of Athens
Chair of Hellenic Society of Pharmacology

REVIEW OF CLINICAL PHARMACOLOGY AND
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Herbal Medicinal Products in Europe

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Almost everywhere in the world medicinal plants have been used in health care since ancient times. Whereas selection and documentation of manifold receipts have a long tradition the formal regulation of herbal medicinal products is rather young. National regulation is step by step replaced by implementation of European legislation. The basic regulatory framework for medicinal products in the European Union is laid down in the Directive 2001/83as amended. Any medicinal product has to be authorized or registered before being introduced into the market. There are specific definitions for herbal medicinal products and traditional herbal medicinal products. Quality, efficacy and safety of these medicinal products have to be proven. The Herbal Medicinal Products Committee (HMPC) at the European Medicines Agency (EMEA, London) has drafted and adopted a couple of guidelines which are intended to support assessment of (traditional) herbal medicinal products considering their particular characteristics. One of the major tasks of the HMPC is to establish community monographs and list entries of herbal substances or combinations. The development of such documents will lead to a more harmonised view of the member states and at the end it should ideally generate a common market of herbal medicinal products. Currently, about 40 monographs have been finalised and in three years there will be probably a set of more than 100 monographs available. The regulatory framework differentiates between marketing authorisation of herbal medicinal products and registration of traditional herbal medicinal products, for which the efficacy must be plausible based on their long-standing use instead of being proven by clinical trials. It is a challenge for life sciences to develop research strategies which are suitable to deal with the complex multi-component mixtures of herbal preparations. Metabolomics, proteomics and genomics will offer new insights in putative mechanisms of herbal preparations. Better explanations for their multi-target-based effects will be possible. There is still a lot to learn about the rational background of medicinal plant usage which is originating from a long-term cultural selection. Future research will contribute to knowledge on possibilities and limitations of (traditional) herbal medicinal products. Scientifically-based application of phytotherapy and its medicinal products and suitable regulation will develop in parallel.

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