

SAFETY OF HERBAL MEDICINES AND FOOD SUPPLEMENTS

Year of study:	4 th
Term:	Winter Semester, academic year: 2022/2023
Lecture:	2 hours weekly
Seminary:	1 hour weekly
Lecturer:	doc. PharmDr. Szilvia Czigle, PhD. Mgr. Jaroslav Tóth, PhD.

SYLLABUS OF THE LECTURES

1. Herbal medicines – Community code related to medicinal products for human use – EMA – recommendations. Food supplements (foods) – General food law – EFSA – health claims. Adulteration problems of (traditional) herbal medicines, foods.
2. Herbal medicines / food supplements (foods) – side effects. Food and pollen allergy, allergic contact dermatitis, phototoxic and photoallergic reactions. Neuro-, nephro-, and hepatotoxicity caused by plant secondary metabolites.
3. Herbal medicines – contraindications – diseases, pregnancy, lactation, children, patients over 65 years / elderly population.
4. Herbal medicines / food supplements (foods), bioactive secondary metabolites – clinically significant drug interactions – introduction to the issue. Predicting the effect of cytochrome P450 (*in silico* methods).
5. *Citrus* juice – drug interactions.
6. Drug and herbal drug / food interactions. Caffeine drug interactions. *Ginseng* drug interactions. *Echinacea* drug interactions.
7. *Glycyrrhiza* drug interactions. *Silybum marianum* drug interactions.
8. *Cannabis* drug interactions.
9. *Ginkgo* drug interactions. Drug and food interactions involving flavonoids and saponins.
10. *Hypericum* drug interactions.
11. Plant-based laxatives drug interactions.
12. Interactions of selected herbal medicinal products of the urogenital tract with drugs.
13. Drug and food interactions involving vitamins.

Bratislava, 2022, September, 1st

prof. PharmDr. Pavel Mučaji, PhD.
Head of Department