

COMMUNIQUE OF THE SYMPOSIUM “**HERBS FOR HEALTH: APPLICATIONS AND DEVELOPMENT**” ORGANISED BY MODEL HERBAL CLINIC, DEPARTMENT OF PHARMACOGNOSY, FACULTY OF PHARMACY, UNIVERSITY OF LAGOS THAT HELD AT THE CHAPEL OF THE HEALING CROSS HEXAGONALS, IDI-ARABA FRIDAY, 25TH AUGUST, 2017

OVERVIEW

The one-day conference had the presence of Professor Maurice Iwu, Guest speaker, Archbishop M.A. Atilade, Chairman of the day, Sir Ifeanyi Atueyi, *FPSN*, Publisher, PharmaNews, Prof. S.O. Olayemi representing the Vice Chancellor Prof. R.A. Bello, Professor Cecilia I. Igwilo, Professor Boladale O. Silva, Dr. G.O. Ajayi, Acting Head, Department of Pharmacognosy, University of Lagos, Pressmen and other guests in attendance. The event was in commemoration of the African Traditional Medicine Day 2017.

Below are the out-come of the deliberations of the epoch-making event:

1. The Symposium recognized the pertinence of the emergence of the Herbal medicine as the source of drugs for both orthodox and alternative medical practice as mainstay of maintenance of health of over 80% of the African populace.
2. The Symposium was informed that the global nutraceutical market accounted for close to \$200billion in 2015 and is forecasted to exceed \$300billion by 2022 while the African nutraceutical market accounted for over \$2billion in 2014 and is expected to rake over \$4billion by 2022.
3. The Symposium accepted that translational medicine will require the incorporation of some aspects of African Traditional Medicine into modern clinical practice which will greatly enhance healthcare delivery in the continent. Translational medicine will utilize data from the folkloric use of herbal medicines to increase the availability of more efficacious and safer drugs.
4. The Symposium through the guest speaker suggested areas where concepts of Traditional medicine could be applied to in modern medical practice. The areas highlighted included Nutrition, Detoxification and Personalized Medicine.
5. The Symposium was enlightened on the concept of Reversed Pharmacology where already existing bioactive molecules or natural products with a particular pharmacological activity have demonstrated promise in exhibiting other activities through the use of novel therapeutics. Here, a single natural product may show various

pharmacological profiles. This differs from traditional drug discovery that involves bioactivity-guided assays and processes which may take up to fifteen years and millions of dollars just to develop one (1) active drug.

6. The Symposium was exposed to the theory of Epigenetics which is the study of mechanisms that control changes in heritable gene expression without altering DNA. It put forward the fact that the environment, lifestyle and diet can lead to molecular changes in genetic makeup without necessarily changing DNA sequence. Furthermore, the habits of a pregnant woman could affect the appearance of disease in the latter years of the foetus.
7. The Symposium was given examples of scientifically proven natural herbs that have been used to successfully maintain health and wellness all over the world especially in the African continent and Nigeria. In addition, the participants of the Symposium were enlightened on the pharmacological benefit of African foods.
8. The Symposium participants' queries and concerns on various matters as relating to the theme of the event were addressed by the Guest speaker during the interactive session after the presentation. The Chairman also stated that the Herbal and Traditional medicine market had come a long way and plans were underway by government to incorporate the scientific practice of traditional medicine into modern health practice and education in Nigeria.
9. The Symposium participants had opportunity to benefit from Herbal medicine as there was an exhibition stand where Traditional Medicine practitioners displayed their products,
10. The Symposium organizers were grateful to participants and hoped that subsequent editions would have a better attendance and reception. The organizers are also interested in making the event an annual affair.

Signed

Dr. S.O. Olagbende-Dada

Chairman, Model Herbal Clinic

Mrs. A.A. Adegun

Chairman, Symposium Planning Committee