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Trends in the development of novel approaches to cure benign prostatic hyperplasia: Hormones to 5 α -Reductase inhibitors

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Benign prostatic hyperplasia (BPH) a common condition of aging men is characterized by nonmalignant enlargement of the prostate gland, and clinically manifested as lower urinary tract symptoms (LUTS). Past experience reveals that with the advent of profound knowledge of the pathogenesis, the natural history, and risk of the progression and new generation of experiments powered by technological breakthroughs, the concept of management has undergone many changes with time. The specific approach used to treat benign prostatic hyperplasia depends upon number of factors like age, prostate size, weight, prostate specific antigen level and severity of the symptoms. Quest spanning over hundred years to find out the novel approaches for the potentially progressive condition (BPH) of aging men has resulted in the discovery of the Finasteride and Dutasteride as 5 α -Reductase Inhibitors in 2002, starting from the discovery of the first stillbesterol in the early 1937. Research outcome from our laboratories has also resulted in some novel steroidal derivatives as 5 α -Reductase Inhibitors and found to be more potent than Finasteride. These new agents can be used for the design of future targets and development of new drugs in the treatment of BPH. Yet one cannot be certain that the quest has ended and the discovery of this number of active leads may also help in developing new safe and effective drugs.

Biography

Neelima Dhingra is an academician by profession with 10 year of teaching and research experience. She earned her B. Pharmacy, M. Pharmacy (Pharmaceutical Chemistry), and Ph.D. (Pharmaceutical Chemistry) from the University Institute of Pharmaceutical Sciences, Panjab University, and Chandigarh. Presently, she is serving as an Assistant Professor at the Department of Pharmaceutical Chemistry, University Institute of Pharmaceutical Sciences, Punjab University, and Chandigarh. 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- α reductase inhibitors. Research work has been credited with 2 US patents, 4 national patents, 40 abstracts, 22 research papers in the peer reviewed journals, 8 awards. She is a member on the editorial board of the various national journals and Editor Member of Asian Council of Scientific Editors 2014 onwards and also life member of various national scientific bodies like APTI, IPGA, PAS, PUPS, IABMS and SPER.

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