Statement on benefit-risk relationship of *Aconitum* application based on the classical traditional Chinese medicine works

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The application of *Aconitum* herbs has a long history and wide range of indications, but in clinical, due to its inherent toxic ingredients, *Aconitum* herbs often lead to safety issues, whose application arouse public controversy. For the *Aconitum* herbs that have clear benefits and risks, how clinicians use? Therefore, based on retrieving more than 70 representative classical Traditional Chinese Medicine (TCM) works, such as Shennong's herbal, compendium of materia medica, treatise on febrile diseases and so on, we would systematically comb the benefit and risk cognition of *Aconitum* herbs by using the method of text mining, including the information of *Aconitum*'s origin, toxicity, medication risk and pharmacovigilance, which can provide traditional reference for clinical benefit-risk assessment and reduce medication risk. In the classical TCM works, the cognition of toxicity of *Aconitum* herbs are almost accordance from ancient to present. *Radix Aconitum carmichaelii* (Chuanwu) and *Radix Aconitum kusnezoffii* (Caowu) have strong toxicity, while *Radix Aconitum carmichaelii* (Fuzi) has toxicity. The medication risk of *Aconitum* herbs is not only relative with its own property, but also affected by processing, pattern, compatibility, dosage, patient physique and so on. How these factors influence the benefit-risk relationship of *Aconitum* application are presented. From the representative classical medical formularies, we retrieved 7357 prescriptions (8.62%) that containing *Aconitum* herbs, whose medication ratio was relatively high. Ancient clinicians can effectively reduce the medication risk and ensure the efficacy of *Aconitum* herbs by alerting the risk factors in the medication course. At the same time, the classical works also recorded a lot of methods to detoxicate *Aconitum* toxicity, which major are cold, sweet drugs or foods. All in a word, although *Aconitum* herbs are with toxicity, the risk of toxicity-effect of *Aconitum* clinical used can be controlled if alerting various application factors.

Biography

Zhang Xiao-Meng is currently pursuing PhD in Clinical Pharmacy at Beijing University of Chinese Medicine. She has her expertise in pharmacovigilance and rational use of traditional Chinese medicine. She has published 3 SCI papers and 4 papers in core periodicals.

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