



Prostate Cancer and Complementary & Alternative Medicine

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ABSTRACT: Prostate cancer (PCa) is one of the most common types of cancer characterized by its long latency period and generally treated using surgery, chemotherapy or radiation therapy. But these treatments are followed up by its side-effects that make small but significant percentage of people deny conventional cancer treatment and go for herbal remedies or take complementary and alternative medicine (CAM) along with their conventional treatment. CAMs are derived from herbal plants extracts and about 30-50% PCa patients take at least one CAM modality since these are believed to be safe and cause less side-effects. Large volume of clinical studies and pharmacological effects of these herbal compounds and their derivative phytocompounds as anti-tumor agent for PCa like Chinese 8 herbal dietary extract, curcumin, muscadine, silibinin, polyphenols or vitamins preparation, could improve survival, immune modulation and quality of life. It is important to note some CAM methods may have untoward, toxic effects on their usage by cancer patients reducing the efficacy of conventional treatment that put questions on the role and dependency on CAM that are untested with respect to treatment for PCa or other malignancies. Since CAM usage is expected to increase over time so a clear understanding of their target interaction, compound purity and pharmacokinetics data should be generated for determining schedule and dose for testing and usage. We can conduct research on plethora of natural products available for potential benefit of prostate cancer patients through non- conventional approach.
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