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A Comprehensive Review on Clinical Trials

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Abstract: *A clinical trial is an inquiry carried out on human participants in order to investigate specific medical-related questions. The Clinical trials are the most efficient and secure way to improve a patient's health and find a medication that works for them. In a controlled environment, investigational studies determine the safety and effectiveness of new therapeutic modalities or experimental treatments. Health issues in large populations or groups in their natural settings are the focus of observational studies. A major and highly specialised kind of biological experiment used to gauge a treatment's effectiveness is called a clinical trial. Phase I pharmacokinetics, safety, and gross effects are investigated by clinical pharmacologists on human subjects. If the medication passes the test, it advances to phase II trials, where clinical pharmacologists examine the safety, therapeutic efficacy, and pharmacokinetics of the medication on a patient subset. Hundreds of these patients are subsequently examined in phase III trials, primarily for safety and therapeutic efficacy, if the drug is approved. The medication is now authorized and on the market if this is approved. Even after the treatment has been put on the market, doctors from various clinics and hospitals still offer their assessments of it, including how effective it is in phase.* 4[1].

Keywords: NDAs, clinical studies, preclinical research, and clinical trials

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