

Overview of Clinical Trials

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Abstract: *A key component of medical research is clinical trials, which assess the potential uses, safety, and effectiveness of novel medications, therapies, or medical equipment. These studies adhere to a set protocol that includes stages where therapies are tested on patients and healthy volunteers while adhering to strict legal and ethical guidelines. They provide critical data to inform evidence-based medical practices and foster innovations in healthcare. Clinical trials continue to be essential for enhancing patient outcomes, expanding medical knowledge, and meeting unmet health needs globally, despite obstacles like recruitment, ethical issues, and resource constraints. Clinical trials, a crucial part of modern healthcare innovation, are carefully designed to assess the efficacy, safety, and optimal usage of medical interventions, including drugs, therapies, and equipment. These trials are conducted in stages, ranging from small-scale safety investigations to extensive assessments of efficacy and adverse consequences. They provide dependable and repeatable outcomes since they are carried out under strict ethical standards and regulatory supervision. Clinical trials continue to be crucial for converting scientific discoveries into workable medicines, despite obstacles such as patient recruiting, ethical standards compliance, and high expenses. Their findings influence medical procedures, enhance patient care, and advance efforts to solve global health issues*

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