

Discretion

Syed Saleem Husain

Division of Medical Chemistry, Faculty of Applied Medical Sciences, Jazan University, Jazan, KSA

Open access journals have revolutionized the way the research fast reaches global recognition, greatly easing the literature survey and further research.

With 250 open access journals, OMICS group has adroitly been serving science by connecting researchers, from all over the world, and providing them with quality publication of their work.

As health conscious people, these days, are gaining quick internet-knowledge from various vague web-pages, they are falling prey to all sorts of the pseudo-convincing ads, raking up their brains, through various marketing gimmicks and professional media. According to The New York Times, Americans spend an estimated \$5 billion a year on unproven herbal supplements that promise everything from fighting off colds to curbing hot flashes and boosting memory. But now there is a new reason for supplement buyers to beware: DNA tests show

that many pills labeled as healing herbs are little more than powdered rice and weeds. Some herbal remedies may do more harm than good. Researchers, in the Journal of the American Medical Association, report that 20 percent of herbal medicine products sampled contained dangerous levels of heavy metals. Some Ayurvedic herbal medicines and bhasma contain dangerously toxic heavy metals. As gullible consumers rely on the catchy-phrases for health benefits, printed on the label, they unknowingly risk their health and waste money by consuming these medicines.

It is a more human than academic responsibility of researchers, specialized in the relevant fields, to expose formulations of such so-called herbal medicines and supplements, alarming people against the lurking danger. It is also imperative on the part of drug control governmental agencies to take the stringent punitive actions against the erring pharmaceutical companies.

***Corresponding author:** Syed Saleem Husain , Assistant Professor, Division of Medical Chemistry, Faculty of Applied Medical Sciences, Jazan University, Jazan, KSA, Tel: 0503655173/0173235109; E-mail: drsaleemsaim@gmail.com

Received November 24, 2013; **Accepted** November 25, 2013; **Published** November 28, 2013

Citation: Husain SS (2013) Discretion. Biochem Physiol 2: e119. doi:[10.4172/2168-9652.1000e119](https://doi.org/10.4172/2168-9652.1000e119)

Copyright: © 2013 Husain SS. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.