**Bridging Modern And Traditional Therapeutics: Integrating Cannabis-Based Medicines, Psychedelics, And Indigenous Herbal Systems In Contemporary Pharmaceutical Practice**

**Miss Alvena Noor¹**

¹ Faculty of Pharmacy, Ziauddin University, Karachi, Sindh, Pakistan

**Background and aims.** The employment of cannabis, psychedelics, as well as other herbal medicines, and non-conventional therapies is on the rise for addressing medical and chronic pain. This paper examines contemporary healthcare issues, including the scientific foundation, interdisciplinary integration, health-related ethics, holistic approaches, and clinical practices.

**Methods**. This study entails a narrative review of available literature and cases on medical cannabis to include the use of psychedelics and traditional herbal medicine grounded in Ayurveda, TCM, Amazonian, and African herbalism from policy, pharmacology, and ethics interdisciplinary lenses.

**Results.** As medical cannabis has been helpful for cancer patients, it has also been helpful in treating drug-resistant epilepsy, such as in the case of Epidiolex. Chronic pain is also alleviated by the use of Nabiximols. MDMA, Psilocybin, and LSD are becoming more widely used in psychotherapy, and their effectiveness has already been documented with PTSD and depression. Other areas of concern, such as the lack of standardization and the issue of intellectual property, as well as sociocultural considerations, hinder advancement. Socioculturally, with this paradigm shift, there is greater acceptance and increased appreciation. The recovery from depression and other mental health disorders owing to the use of psychedelics is often rapid and long-lasting.

**Conclusion/Discussion.** The development of ethnopharmacology biases a nation's equitable drug distribution alongside AI and biotechnologies as the world's nations foster global healthcare. It is necessary to propose definite policies and solve ethical controversies about the splitting of information as well as establish bounded policies for the safe use of these therapies in societal frameworks. This promotes healthcare in the future by supporting ethical cross-pollination, multi-disciplinary engagement, and inclusive policy.

**References:**

1.Lattanzi, S., et al. (2024). *Acta Epileptologica, 6*(1), 1–12.  
2.Busse, J. W., et al. (2021). *BMJ, 374*, n1034.  
3.Black, N., et al. (2021). *Journal of Psychiatric Research, 137*, 240–250.  
4.Bonn-Miller, M. O., et al. (2017). *Neurotherapeutics, 14*(4), 736–745.  
5.Carhart-Harris, R. L., & Goodwin, G. M. (2017). *Neuropsychopharmacology*.  
6.Mitchell, J. M., et al. (2021). *Nature Medicine*.  
7.Fabricant, D. S., & Farnsworth, N. R. (2001). *Environmental Health Perspectives*.  
8.World Health Organization. (2013). *WHO Traditional Medicine Strategy 2014–2023*.

**Acknowledgements**

The author gratefully acknowledges the guidance and academic support of Dr. Syed Adeel Ahmed Shah, Assistant Professor at Ziauddin University, whose insights and mentorship were instrumental in the development of this work.

Email : adeel.shah4108@gmail.com