

# Chrono-Pharmaceutical : Future of Pharmaceuticals

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**Abstract:** The term “chrono-pharmaceutics” is a combination of chronobiology and pharmaceutics. In chronobiology, biological rhythms (circadian, ultradian and infradian) and their mechanisms are discussed. Circadian rhythms, which last about one day, are the most studied type of biological rhythm. The term “circadian” comes from the Latin words for about (circa) a day (Diem). Body rhythms of shorter duration are termed “ultradian” 6’hr (more than one cycle per 24 h). Body rhythms that are longer than 24 h are “infradian” (less than one cycle per 24 h) rhythm. Pharmaceutics is an area of biomedical and pharmaceutical sciences that deals with the design and evaluation of pharmaceutical dosage forms (or drug delivery systems) to assure their safety, effectiveness, quality and reliability. Coordination of biological rhythms with medical treatment is called chrono-therapy.

**Keywords:** Chrono-pharmaceutics, chrono-therapy, circadian, chrono-theranostics.

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