



# Integration of Complementary and Alternative Medicine into Psychiatry - The Status Quo

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**Abstract:**

*Background:* In the era of evidence-based medicine, Complementary and Alternative Medicine is considered an outsider and its use is surrounded by controversies and preconceptions. Nonetheless, approximately half of the patients use it concomitantly with allopathic drugs without telling it to their physician.

*Aims:* To draw attention to this phenomenon for the benefit of the patients.

*Method:* Potentially relevant studies from 2010 to 2017 were identified from electronic databases.

*Results and Discussion:* The co-administration of nutritional supplements with psychiatric drugs may lead to toxicity or lack of clinical response due to pharmacological interactions. The use of phytotherapeutic compounds is not always safe due to toxicity of some active substances, contamination or low concentrations of active substance. Therefore, both patients and physicians should make an informed decision. Some substances like chromium, dehydroepiandrosterone, *Rhodiola*, inositol, S-Adenosyl-L-Methionine, omega - 3 have already proved some efficacy in the treatment of depression (by enhancement of the response to the conventional therapy).

*Conclusion:* Even use of Complementary and Alternative Medicine in psychiatry is still in its infancy, we have to keep an open mind as what is undemonstrated today may be explained tomorrow and the other way around.

**Keywords**

Depression, Complementary Medicine, Nutritional Supplements