

Polytherapy refers to the use of multiple medications or treatments simultaneously to manage a single disease or condition. It is the opposite of monotherapy, which involves just one treatment.

Polytherapy is often used when:

A single drug isn't effective enough. Multiple aspects of a disease need to be targeted. There is a need to enhance the therapeutic effect. Examples of Polytherapy: Epilepsy: Combining anti-seizure medications when seizures are not controlled by one drug. Hypertension: Using different classes of drugs (e.g., ACE inhibitors + diuretics) for better blood pressure control. Cancer: Combining chemotherapy, radiation, and targeted therapy to increase effectiveness. Mental Health: Treating depression with a combination of antidepressants and mood stabilizers or antipsychotics. Advantages: Improved symptom control or disease management. Synergistic effects between medications. Risks: Higher chance of side effects. Increased risk of drug interactions. More complex medication regimens for the patient.

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