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# REVIEW ON OVERVIEW OF NASOPULMONARY DRUG DELIVERY SYSTEM

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#### **ABSTRACT**

Exploring the possible future uses of nasopulmonary drug delivery devices for nasal drug administration is the goal of this comprehensive analysis. Nasal delivery of medication has received a lot of attention because of its many advantages, including as rapid absorption, avoiding first-pass metabolism, and non-invasive administration. This article provides an overview of nasal structure and physiology and discusses the factors influencing medication absorption and bioavailability. It also discusses the advantages and disadvantages of the different nasopulmonary drug delivery techniques, such as gels, powders, and sprays. The problems of nasal medication delivery, including issues with mucociliary clearance, nasal irritation, and formulation, are also covered in the paper. Additionally, the potential application of nasopulmonary medication delivery systems to treat a number of diseases, such as allergies, respiratory conditions, and

systemic obstacles is discussed. As the review concludes with a prediction for their future, additional research and development are needed to optimize the efficacy and safety of nasopulmonary medication delivery systems.

**KEYWORDS**: nasal pulmonary; nasal spray; nasal mucosa; gels; drops; nasal approaches; nasal route; nasal delivery.

#### INTRODUCTION

In ancient times the Indian Ayurvedic system of medicines used nasal route for administration of drug and the process is called as "Nasya". Nasal pulmonary drug delivery system

(NPDDS) is a non-invasive way to deliver medication through the nose and into the lungs; these systems have several advantages over traditional oral and injectable drug delivery methods: first-pass metabolism avoidance—drugs administered through the NPDDS bypass the liver, which can lower the bioavailability of certain drugs—rapid absorption due to the large surface area and high vascularity of the nasal and pulmonary mucosa. In recent years, a viable method for the effective administration of medications via the nasal route was developed: the nasopulmonary drug delivery system. This analysis focuses on the system's potential uses and benefits. Targeted delivery—the NPDDS allows medications to be delivered properly to the lungs, which is particularly useful for treating respiratory conditions; Administration simplicity: Given that NPDDS are rather easy to operate, providing them with a effective substitute for oral or injectable medications for those who are unable or unable to use them. [1,2] NPDDS is generally given using nebulizers, inhalers, or nasal sprays. The purpose of various devices varies according to the medication being administered and the site of action. Many drugs are commonly administered via NPDDS. These consist of leukotriene-containing asthma medicines, hormone replacement therapy, which includes the administration of estrogen and testosterone as nasal sprays; migraine medications, such as Sumatriptan, which is a nasal spray; nasal decongestants, which are nasal sprays that relieve nasal congestion brought on by allergies or the common cold; and inhibitors, bronchodilators, and inhaled corticosteroid. [3-5]

## LIFE SYSTEMS AND PHYSIOLOGY OF NOSEAND PNEUMONIC SYSTEM: Structure & composition of nasal cavity

The express "nasal course organization" alludes to the utilize of the nasal depth to give drugs or restorative operators for either nearby or systemic impacts. This approach has a few focal points over conventional verbal or injectable procedures, counting a speedier onset of activity and the evasion of hepatic first-pass both non-invasiveness and digestion system. The nasal cavity huge surface zone adequate blood supply permit for effective medicate assimilation straight forwardly into the circulatory system. Moreover, a number of proteins and transporters display in the nasal mucosa can help in the dispersion and retention of sedate Substances that require a fast onset of activity, have a moderate handle of verbal assimilation, or are vulnerable to enzymatic corruption in the gastrointestinal framework are especially well suited for nasal organization. Depending on the drug's physicochemical properties and the craved helpful impacts, a extend of dose shapes, such as arrangements, suspensions, nasal showers, powders, and gels, can be made for nasal conveyance.

A complex anatomical structure, the nasal paths between the nose (nares) and the nasopharynx (Figure 1) carry out a few capacities, such as breath, olfaction (scent recognition), and airborne molecule filtration. Underneath is an diagram of the structure and substance of the nasal depth:

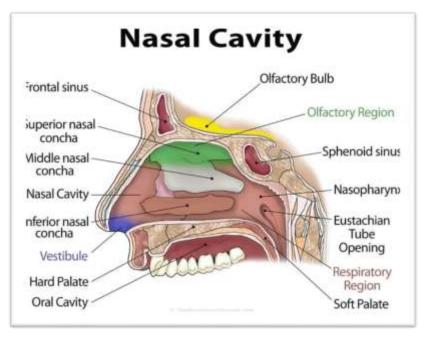


Figure 1: The auxiliary representation of nasal depression. [23]

#### The nasal depression comprises three fundamental regions

#### 1. Nasal vestibule

- 2. Respiratory region
- Major sedate absorption.
- 15-20 % of the respiratory cells secured by layer of long
- Cilia measure 2-4 μm.

#### 3. Olfactory region

- Small region in the roof of the nasal depression of approximately 10 cm<sup>2</sup>.
- Drug is uncovered to neurons in this way encourage it over the cerebro-spinal fluid.
- Normal pH of the nasal discharges in grown-up �5.5-6.5.
- Infants and youthful children �5.0-6.7.
- Nasal depth is secured with a mucous film. Mucussecretion is
- composed of 95%-water, 2%-mucin, 1%-salts, 1%-of other proteins
- Such as egg whites, lysozyme and lactoferrinand 1%-lipids.

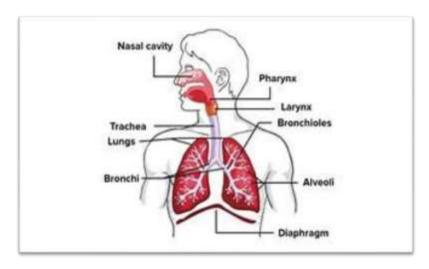


Figure 2: Upper Respiratory System.

**Vestibule:-** The vestibule is the to begin with zone of the respiratory framework to come into touch with the exterior world. The vestibule is lined by stratified squamous epithelium, in agreement with the other parts of the nasal cavity.

**Nasal Valve and Wind current:-** The nasal vestibule is specifically behind the nasal valve. It is bordered inferiorly by the lower edge of the pyriform opening, medially by the septum, and along the side by the caudal conclusion of the upper horizontal cartilage.

**Nasal Septum:-** The nasal septum increments the add up to mucosal surface range by isolating the nasal depth into two particular compartments. It is composed of a back hard component made up of the opposite plate of the ethmoid and the vomer, and an front cartilaginous piece that underpins the nasal tip.

**Turbinates:-** The horizontal nasal divider has three, and in uncommon cases, four, scroll-like projections called turbinates. In terms of work, the two lower turbinates—known as the second rate and center turbinates—are the most vital. The respiratory epithelium covers the skeletal outline of each turbinate. Comparative to the nasal septum, these offer assistance to extend the nasal cavity's mucosal surface range to between 100 and 200 cm.

**Lungs:-** The fundamental components of the human respiratory framework are the lungs. Well evolved creatures and the larger part of other vertebrates have two lungs, one on each side of the heart, near to the spine. In the respiratory framework, they perform the gas trade prepare by collecting oxygen from the air and exchanging it into the circulatory system and discharging carbon dioxide into the air from the bloodstream.

**Nasopharyngeal locale:-** The respiratory aviation routes that amplify from the nose to the larynx are collectively alluded to as the "upper aviation routes."

**Tracheo-bronchial locale:-** It starts from the larynx and voyages through the trachea, bronchi, and bronchioles some time recently ending at the terminal bronchioles. It is moreover known as the "central" or "conducting airways."

**Alveolar locale:-** This incorporates the respiratory bronchioles, alveolar conduits, and alveoli and is too known as the "respiratory aviation routes," "fringe aviation routes," or "aspiratory region."

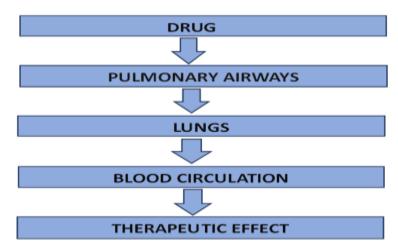
**Pulmonary epithelium:-** More than six of the more than 40 unmistakable cell sorts found in the lung line the aviation routes. By analyzing its structure at three primary levels, the differences of aspiratory epithelia may be demonstrated.

**The bronchi:-** Cup and ciliated cells make up the lion's share of the lining of these. Along with a little number of Kulchitsky cells, there are too a few serous, brush, and Clara cells.

**The bronchioles:-** The ciliated cuboidal cells that line these are the primary ones. As the aviation routes progress, the sum of Clara cells rises whereas the recurrence of cup and serous cells falls.

The alveolar locale:- The alveolar locale has a significantly compliment epithelium that creates into the straightforward squamous structure, which is 0.1-0.5 µm thick, and is mucus-free. [6]

#### MECHANISM OF DRUG ABSORPTION IN NASAL DRUG DELIVERY



The nasal mucosa, a highly permeable and vascularized membrane lining the nasal cavity, is where drugs are absorbed via the nasal route. Because of its large surface area and easy access to the bloodstream, the nasal mucosa is a desirable route for drug delivery. The mechanism of drug administration in nasal drug delivery systems involves several essential steps to efficiently move drugs from the nasal cavity into the systemic circulation or to particular sites within the respiratory tract. [7] When administered, the medication formulation is typically sprayed into the nasal cavity as a liquid or powder. The nasal mucosa, which contains many blood arteries and a large surface area suitable for drug absorption, is thus in contact with the medication. pharmaceutical absorption in the nasal mucosa is influenced by a number of factors, including formulation characteristics, nasal epithelial integrity, and drug physicochemical parameters. Once consumed, drugs can bypass the liver's first-pass metabolism and reach the bloodstream straight through the nasal mucosa, which is extremely vascularized. Alternatively, drugs can reach the central nervous system or other respiratory tract target locations via the olfactory or trigeminal nerves. In Nasal drug delivery systems can decrease systemic side effects while boosting therapeutic efficiency, in addition to enabling targeted medication administration to certain areas inside the lungs or nasal cavity.[8-<sup>9</sup> Therefore, the mechanism of drug delivery in nasal drug delivery systems is governed by a complex combination of parameters impacting drug absorption, distribution, and targeting within the nasal and pulmonary regions, ultimately dictating drug bioavailability, pharmacokinetics, and therapeutic effects. The transport process mechanism described in Figure 3 is as follows:

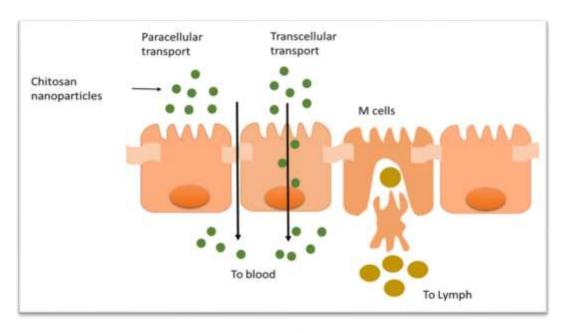


Figure 3: Mechanism of transport process.

The drug's molecule can enter the nasal mucosa in one of two fundamental ways:

#### **Trans cellular Pathway**

Since lipophilic medications can dissolve in the lipid bilayer of cell membranes, this is the recommended route for them. They pass directly through the lining epithelial cells of the nasal mucosa.

#### Para cellular Route

The majority of drugs that work through this pathway are hydrophilic, which means they have trouble passing through cell membranes. They travel through the gaps that the epithelial cells have made.<sup>[10,11]</sup>

Table 1: The list of mechanism of nasal drug delivery system.

Sr. No.	Mechanism	Description
1	Trans cellular Pathway	Pathway Lipophilic drugs pass straight forwardly through the epithelial cell membranes.
2	Para Cellular Pathway	Hydrophilic drugs pass through the spaces between epithelial cells.

The a few promoted pharmaceutical drugs that are habitually utilized to treat nasal conveyance through different instrument ways included in table 2 as takes after:

Table 2: The list of promoted items depends on their instrument of assimilation. [10,12]

Sr. No.	Marketed Nasal Drug	Therapeutic Users	Mechanism Of Absorption
1	Oxymetazoline (Afrin)	Nasal decongestant	Transcellular and paracellular
2	Sumatriptan (Imitrex Nasal Shower), Desmopressin (DDAVP)	Treatment of Headache, diabetes insipidus (DI) treatment	Transcellular
3	Azelastine (Astelin), Fluticasone propionate (Flonase), Beclomethasone dipropionate (Beconase), Budesonide (Rhinocort)	Allergy medication	Transcellular and paracellular
4	Nitroglycerin (NitroMist), Morphine (Rylomine), Midazolam (Nayzilam), Calcitonin (Miacalcin)	Treatment of angina, torment, seizure crises, osteoporosis	Transcellular

#### FACTORS INFLUENCING NASAL DRUG ABSORPTION

The overall bioavailability of drugs that are taken via the nasal route is influenced by a number of factors. The elements could relate to the drug's physiochemical characteristics as well as its anatomical and physiological characteristics, of the cavum, and consequently the kind and features of the selected nasal drug delivery device. Many medications depend on

these parameters to reach therapeutically effective blood levels after nasal delivery. The following is a representation of the factors affecting nasal medication absorption.

- 1) Physiochemical properties of drug.
- a) Molecular size.
- b) Lipophilic-hydrophilic balance.
- c) Enzymatic degradation in cavum.
- 2) Nasal result
- a) Membrane porosity.
- b) Environmental pH
- c) Mucociliary clearance
- d) Cold, rhinitis.
- 3) Delivery result
- a) Formulation (Concentration, pH, osmolality) Delivery effects
- b) Drugs distribution and deposition.
- c) Viscosity

#### 1) Physiochemical properties of drug

#### a) Molecular size

The drug's molecular size affects how well it is absorbed by the nose. While water-soluble compounds show an inverse association, oleophilic medications have a direct relationship with the MW associated drug permeability. The penetration rate is Extremely sensitive to molecular size for molecules with MW greater than or equal to 300 Daltons. [13]

#### b) Lipophilic-hydrophilic balance

The drug's oleophilic and deliquescent properties also influence the absorption mechanism. The compound's ability to penetrate the nasal mucous membrane often increases with lipophilicity. However, it was discovered that the nasal mucosa had some deliquescent property, it appears that these mucosae are mostly oleophilic in nature, and the lipid domain is crucial to the membranes' ability to function as a barrier. Once given intranasally, oleophilic medications such as Narcan, buprenorphine, androgen, and 17a-ethinyl-estrogen are almost completely absorbed. [14]

#### c) Enzymatic degradation in cavum

Since proteins and peptides have a poor bioavailability throughout the cavum, these medications may be susceptible to catalytic drug molecule destruction in the cavum lumen or during animal tissue barrier. Each websites passage across the of these Exo-peptidases, which include mono- and di-amino peptidases, are present along with endopeptidases. These endopeptidases, such as aminoalkanoic acid, have the ability to break peptides at their N and C termini and may target internal amide bonds. [15]

#### 2) Nasal effect factors

#### a) Membrane permeability

The most important factor influencing drug absorption via the nasal route is the porousness of the nasal membrane. Water-soluble drugs, especially large-molecule drugs like proteins and peptides, have low membrane tension, permeability. Even small amounts of substances like proteins and peptides are primarily absorbed by the endocytotic transport mechanism. The main way that soluble high mass drugs enter through the nasal membrane is by passive diffusion via the liquid pores, or tight junctions. [16]

#### b) Environmental pH

#### **Hydrogen ion concentration**

Little soluble compounds such as carboxylic acid, 2-hydroxybenzoic acid, and organic compound acid demonstrate that their nasal absorption in rats occurred to the best extent at those hydrogen ion concentration values wherever these compounds are unit within the unionized kind; substantial absorption was found at hydrogen ion concentration values wherever these compounds are unit partly ionized. This suggests that the unionized oleophilic kind crosses the nasal animal tissue barrier via transcellular route, while the additional oleophilic ionized kind passes through the liquid paracellular route. [17]

#### c) Mucociliary clearance

One of the higher tract's functions may be mucociliary clearance, which prevents harmful substances (such as toxins, bacteria, viruses, and allergens) from entering the lungs. Once these substances adhere to or dissolve in the cavum's secretion lining, they are transported towards the cavity for eventual discharge into the epithelial duct. The MCC is responsible for clearing this secretion and, consequently, the adsorbed/dissolved substances into the bum. This clearance mechanism influences the absorption method because the cilia discharge the dissolved medication inside the cavum, meaning that the MCC's motor and secretion transport rate is half a dozen mm/min. [18]

#### d) Cold, rhinitis

Perhaps one of the most frequently linked common illnesses, rhinoitis affects the drug's bioavailability. It is primarily divided into coryza and customary, and its symptoms include excessive secretion, skin sensation, and physiological reaction, which are primarily brought on by the irritants, microbes, or viruses. The allergic respiratory condition known as coryza affects all people. It is brought on by either acute or persistent inflammation of the nose mucosa. Because of the inflammation, these disorders affect how well drugs are absorbed via the secretory membrane.

#### 3) Delivery effect factors

Surfactants, dosage pH, osmolarity, viscosity, particle size, nasal clearance, and drug structure are some of the factors that affect how well a drug is delivered across the nasal membrane. These factors will be taken into consideration to increase absorption.

#### a) Formulation (Concentration, pH, Osmolarity)

The penetration of a medicine will be influenced by the nasal surface and formulation pH. Because muramidase is present in nasal secretions and is responsible for eliminating some substances, the pH of the nasal formulation should be adjusted to 4.5–6.5 to prevent nose discomfort. Microbe with a pH of acid, Muramidase is inactivated below basic conditions, making the tissue susceptible to microbial infection. It results in effective drug penetration and stops bacterial growth in addition to preventing irritation.<sup>[19]</sup>

Because of damage to the nasal tissue layer, concentration gradients are crucial to the drug's absorption and penetration through the nasal membrane. As an illustration, it has been demonstrated that nasal absorption of L-tyrosine increases with drug concentration. experiments for introduction. Another is that hydroxy acid absorption was shown to be negative with concentration. The lasting damage to the nasal tissue layer is most likely the cause of this deterioration. [20]

The nasal absorption of the drug is influenced by the osmolarity of the indeterminate amount type; this was investigated in rats using a victimization model drug. Nasal absorption is influenced by the formulation's binary component concentration. The greatest amount of absorption was determined by a binary compound concentration of 0.462 M; the higher concentration results in both increased bioavailability and toxicity to the nasal epithelial tissue.<sup>[21]</sup>

#### b) Drugs distribution and deposition

A key element influencing the effectiveness of nasal absorption is the distribution of the substance within the cavity. The way a medicine is administered may have an impact on how the drug is distributed within the cavity, which will ultimately decide how well the drug is absorbed. The place of disposition mostly determines the nasal dose forms' absorption and bioavailability. The nose's anterior region improves drug absorption and offers a longer nasal residence period for formulation distribution. Additionally, the dose form will be deposited in the posterior chamber of the cavity; it has low bioavailability since it is removed by the mucociliary clearance process. The distribution and disposal sites of dosage forms are primarily determined by the drug molecule's physicochemical characteristics, method of administration, and delivery mechanism.<sup>[22]</sup>

#### c) Viscosity

A higher formulation viscosity lengthens the duration that the medication and the nasal mucosa come into contact, lengthening the penetration period. Conversely, extremely viscous formulations disrupt the conventional processes such as ciliary beating or mucociliary clearance, changing the medication's permeability.

#### ADVANCEMENTS IN NASOPULMONARY DRUG DELIVERY SYSTEMS:

#### **Methods of Simulation to Improve Drug Delivery**

There are numerous dose forms available for the administration of medications to address particular illnesses. Medication is delivered straight to the lungs via medical devices called inhalers. This makes it possible to treat certain respiratory conditions, such as cystic fibrosis, asthma, and chronic obstructive pulmonary disease, specifically and effectively a lung disorder (COPD). They have several advantages over oral or injectable medications, including a faster onset of action, fewer systemic side effects, and more patient compliance. There are numerous types of inhalers, each with its own advantages, disadvantages, and manner of operation. Three are present main categories of inhalers:

#### **Formulations for Inhalers**

Generally speaking, inhalers come in three varieties:

#### MDIs, or metered dose inhalers

MDIs (Figure 4) spray a pre-measured amount of medication using a propellant. Asthma and chronic obstructive pulmonary disease (COPD) medications are commonly used alongside them.

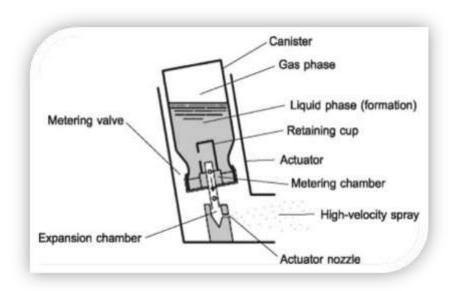


Figure 4: The compositional parts of meter dose inhalers. [25]

**Dry powder inhalers (DPIs):** DPIs spread a dry powder formulation by using the patient's inspiratory effort. They are commonly used to treat drugs that are unstable in solution or sensitive to propellants.

**Nebulizers:** Nebulizers are used to inhale a fine mist of pharmaceutical suspension or solution over an extended period of time. Individuals with severe respiratory conditions or those who are incapable of using DPIs or MDIs properly are typically the ones who make advantage of them. [24–27]

Table 5 provides an explanation of the different formulation types based on their mode of action (MOA) and dose form.

Table 3: The sorts of inhalers with its instrument of activity (moa) and promoted items. [24]

Sr. No.	Inhaler Type	MOA	Marketed Examples
1	Metered Measurements Inhalers (MDIs)	Delivers a pre-measured measurement of medicines in a propellant driven spray	ProAir HFA, Ventolin HFA, Flovent HFA
2	Dry Powder Inhalers (DPIs)	Delivers a dry powder detailing that is scattered by the patient's inspiratory effort.	Advair Diskus, Breo Ellipta, Spiriva HandiHaler
3	Nebulizers	Generates a fine fog of medicine that is breathed in over a longer period.	Pari Journey S Versatile Nebulizer Philips Respironics InnoSpire Quintessence Nebulizer, Omron MicroAIR Nebulizer

Based on Table 3 and a brief discussion, these are some significant marketed goods that contain several inhaler types in their formulation.

#### DOSAGE FORMS IN NASO-PULMONARY DRUG DELIVERY SYSTEM

#### 1. Nasal drops

They are the most straightforward and practical nasal medication delivery method yet created. Nose drops can be administered via pipette or bottle or by squeezing. These drug compositions are frequently suggested for the treatment of regional ailments, such as pain various difficulties include mucosal malfunction, microbial growth, and non-specific loss of the lower back or nose. This system's main drawback is its lack of dose precision, which means nasal drops could not be helpful for prescription medications. According to reports, nasal drops are more effective than nasal sprays at depositing human serum albumin in the nostrils.[28-33]

#### 2. Nasal sprays

Nasal sprays are made from a solution and suspension. A nasal spray can precisely provide a dose between 25 and 200 µm thanks to the availability of metered dose pumps and actuators. The drug's shape, particle size (for suspensions), and formulation viscosity dictate the selection of the actuator and pump unit. [28-29]

#### 3. Nasal gels

There wasn't much interest in this method until the introduction of a precise dosage device recently. Nasal gels are highly viscous liquids or solutions that have been thickened.

Nasal gels have several advantages, such as reducing post-nasal drip from high viscosity, reducing taste impact from swallowing less, reducing anterior formulation leakage, reducing irritation from soothing/emollient excipients, and targeting the mucosa for increased absorption.[34-36]

#### 4. Nasal powder

If solution and suspension dosage forms cannot be created, for instance because of poor drug stability, this dosage form may be created. The nasal powder dose form has the advantage of not having a better formulation preservative or stability.

The solubility, particle size, aerodynamic characteristics, and nasal irritancy of the active ingredient and excipients, however, determine whether the powder formulation is

appropriate. Another benefit of this approach is that the medication can be applied locally.<sup>[28,32,34]</sup>

#### 5. Liposomes

These are bilayer-enclosed phospholipid vesicles with one or more aqueous compartments where drugs can be adsorbed or trapped.

#### 6. Microspheres

Microspheres are crucial for nasal drug administration because they improve absorption, provide sustained release, and shield the medication from enzymatic breakdown.<sup>[37]</sup>

#### 7. Instillation and rhinyle catheter

Drops are simply delivered to a designated area of the nasal cavity using catheters. Fill the tube with the formulation, hold one end of the tube in the nose, and blow through the other end of the tube with your lips to introduce the solution into the nasal cavity. The dosage of Catheters are mostly utilized for experimental research exclusively, and their accuracy depends on the filling done before administration.<sup>[38]</sup>

#### 8. Squeezed bottle

The primary purpose of squeezed nasal bottles is to administer decongestants. A sleek plastic container with a basic jet outlet is one of them. A specific volume is atomized when the plastic bottle is pushed because the air inside the container is forced out of the tiny nozzle. By air is pulled into the bottle when the pressure is released once more. This process frequently causes nasal secretions to be drawn in and bacteria to contaminate the fluids. The method of administration has a significant impact on the dosage accuracy and deposition of liquids administered via squeezed nasal bottles. The dosage and droplet size of the formulation are affected by the variations between applications that are pressed firmly and those that are applied smoothly. As a result, controlling the dosage is difficult. [39]

#### 9. Insufflators

Devices called insufflators are used to provide pharmacological substances for inhalation; they can be made with a straw or tube that holds the drug ingredient and occasionally a syringe as well. These systems' attained particle size is frequently larger than the particle size of the powder particles as a result of inadequate particle deaggregation, which raises the

coefficient of variation for the first deposition regions. Pre-dosed powder dosages in capsule form are used in a lot of insufflator systems.<sup>[38]</sup>

#### NPDDS has the following benefits

- 1. Prevents first pass metabolism.
- 2. Fast onset of effect and rapid medication absorption.
- 3. Absorption enhancers can be used to increase the bioavailability of bigger medication molecules.
- 4. Compared to parentral medicine, it is more convenient for long-term therapy.
- 5. Nasal administration is used for drugs with low GIT stability.

#### NPDDS drawbacks include

- 1. Pathological conditions including allergies and cold rhinitis can change the bioavailability.
- 2. Potential for inflammation of the nose.
- 3. In comparison to the GIT, the nasal cavity offers a lower absorption area.
- 4. In microscopic anatomy, it is uncertain if the absorption enhancers utilized in nasal drug delivery systems are harmful.
- 5. It is true that surfactants utilized as chemical attention have the ability to degrade and even dissolve membranes at high doses.

# CURRENT FORMULATIONS FOR THE ADMINISTRATION OF PULMONARY MEDICATIONS $^{[40,41]}$

- ✓ angina aerosols,
- ✓ gene therapy via aerosol,
- ✓ cancer chromatography,
- ✓ pentamicine aerosol,
- ✓ gentamycin aerosol,
- ✓ ribavirin aerosol,
- ✓ pulmonary delivery of lower molecular weight heparin,
- ✓ controlled drug delivery to the lungs,
- ✓ pulmonary delivery of medications for bone disorders

**FUTURE SCOPE:** An easily available substitute method for administering medication is the intranasal route. Through the creation of safe and effective formulations for straightforward, painless, and long-term therapy, this approach offers future possibilities for a number of

medications. In spite of the numerous given the difficulties with the pulmonary drug delivery system, a number of peptide and protein medications, such as insulin, calcitonin, luteinizing hormone-releasing hormone (LHRH) analogs, granulocyte colony-stimulating factor (rhG-CSF), and human somatotropin (hGH), are presently being studied for possible systemic absorption through the pulmonary system. There haven't been any major safety concerns or serious issues with coughing or throat irritation despite a lot of clinical experience with aerosolized macromolecules. With the recent development of the nasal drug delivery system, a great deal has been studied and much more has to be studied.

#### **CONCLUSION**

Novel nasal products should still be able successfully bring it to market given the widespread interest in nasal drug delivery and the possible benefits of intranasal administration. They will accept medication for both acute and chronic illnesses, however Additionally, new nasal vaccinations that offer better overall or native protection against illnesses. Since the medication is sent to the lungs' conducting zone, respiratory organ delivery will reduce side effects overall, provide a prompt response, and use less medication overall while treating disorders of preventive metabolism. Since the drug is administered to the lungs' conducting zone, respiratory organ delivery will reduce overall side effects, provide a quick response, and require less medication for treating preventative metabolic illnesses.

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