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Understanding Multidrug Resistance Mechanism in Cardiovascular Therapeutics: A Review Article

Mohana G[1], Likhith N[1], Dr. Monalisa G[2], Dr. T. Selvan Kumar[3*], Dr. Suresh Babu SV[4]

[1]PhD Scholar - Saveetha Institute Of Medical And Technical Sciences (SIMATS - Deemed to be University), Chennai, Tamil Nadu, India.
[2]Sri Siddhartha Academy of Higher Education (SSAHE - Deemed to be University), Tumakuru, Karnataka, India.
[3]Professor, Centre for Global Health Research, Saveetha Institute Of Medical And Technical Sciences (SIMATS - Deemed to be University), Chennai, Tamil Nadu, India.
[4]Research Co-ordinator, HOD & In-charge of Central Research Facility, Sri Siddhartha Academy of Higher Education (SSAHE - Deemed to be University), India.
Email: selvankumar75@gmail.com

Multidrug resistance (MDR) is a main challenge in the management of cardiovascular diseases (CVDs), which restricts the efficacy of therapeutic actions and generates insufficient clinical results. Comprising efflux transporters like P-glycoprotein, genetic changes leading in changing drug targets, overexpression of drug-metabolizing enzymes, and dysregulated cellular pathways like PI3K/AKT and NF-κB, MDR processes are sophisticated and multifactional. Commonly used drugs including statins, antiplatelets, and antihypertensives have decreased therapeutic value when these systems affect drug absorption, distribution, or action. Patients-specific characteristics that worsen resistance even more and underline the requirement of customised treatments are medication non-adherence and genetic polymorphisms. Recent advances have focused on pharmacological control using efflux pump inhibitors, innovative drug delivery technologies including nanoparticles and liposomes, and genetic treatments including CRISpen and RNA therapies to overcome resistance pathways. Furthermore showing great potential in optimising therapy results is the mix of biomarker-guided treatment with pharmacogenomics. Still, significant challenges remain including regulatory barriers for innovative medicines, inadequate clinical translation of preclinical data, and low awareness of MDR routes in CVDs. Future research should pay high importance to identifying new resistance paths, applying artificial intelligence and machine learning for predictive modelling, and helping multidisciplinary teams to produce practical responses. Emphasising a diverse strategy integrating sophisticated research, personalised medicine, and creative technology to raise treatment efficacy and improve patient outcomes, this study underscores the vital need of concentrated efforts to combat MDR in cardiovascular therapy.
Keywords: Multidrug Resistance, Cardiovascular Therapeutics, Efflux Transporters, Drug Resistance Mechanisms, Pharmacogenomics, Personalized Medicine, Antihypertensives, Statins, Nanoparticle Drug Delivery, Genetic Interventions, CRISPR, RNA Therapeutics, AI in Medicine, PI3K/AKT Pathway, NF-κB Pathway.

1. Introduction

Globally, cardiovascular diseases (CVDs) are the main cause of morbidity and death; they so severely strain healthcare systems and economy. Effective pharmacological treatments include antihypertensives, antiplatelets, anticoagulants, and statins comprise the cornerstone of CVD therapy when aiming at reducing risk factors, minimise consequences, and improve patient outcomes. However, the evolution of multidrug resistance (MDR) today poses a major challenge to the efficacy of treatment. Complicated and varied processes compromising therapeutic efficacy produce MDR, the phenomena whereby patients demonstrate reduced reactivity to many drugs. These systems consist in the overexpression of efflux transporters such P-glycoprotein, which limits drug absorption and distribution; genetic mutations altering drug targets, so reducing their sensitivity to pharmacological action; and the upregulation of drug-metabolizing enzymes, so accelerating drug clearance. Cellular pathways including PI3K/AKT and NF-κB also contribute to confer resistance by pushing survival and proliferation under hostile conditions. Patient-related factors including genetic variants, poor drug adherence, and environmental influences underlining the need of customised therapy strategies complicate these challenges. Dealing with MDR in CVDs is crucial since it impairs the efficacy of conventional treatments, so aggravating disease progression, increasing healthcare expenses, and so reducing quality of life. Recent discoveries offer optimism since inventive approaches include efflux pump inhibitors, nanoparticle-based drug delivery systems, CRISpen gene-editing, and RNA treatments show possibilities in overcoming resistance. Moreover, the mix of pharmacogenomics and biomarketer-driven treatment provides a path for tailored medication, thereby matching drugs to specific patient profiles. Notwithstanding these advances, significant knowledge gaps and clinical translation difficulties still persist and demand focused research and multidisciplinary collaboration. Emphasising the crucial necessity of several approaches to improve treatment outcomes and patient care in the face of this growing dilemma, this review analyses the mechanisms of MDR in cardiovascular treatments reviews current and novel tactics to fight resistance.

2. Background on Cardiovascular Diseases (CVDs)

From coronary artery disease to heart failure, arrhythmias, peripheral arterial disease, and stroke, cardiovascular diseases (CVDs) cover a broad spectrum of conditions effecting the heart and blood vessels. Having around 17.9 million deaths annually, they are the major cause of death globally; most cases are linked to stroke and ischaemic heart disease. Apart from being a main cause of death, CVDs profoundly influence long-term disability and quality of life. Driven by an ageing population, urbanisation, and increasing frequency of lifestyle-related risk factors including obesity, diabetes, hypertension, dyslipemia, and sedentary behaviour, the load of chronic diseases is mounting. Moreover worsening the consequences of CVDs are socioeconomic inequalities; low- and middle-income countries have a too heavy worldwide burden. Since untreated or poorly controlled CVDs often have major effects including myocardial infarction, heart failure, and sudden cardiac death, reducing this impact depends on good therapeutic strategies. Medication has over the years substantially improved the prognosis for people with CVDs by focussing on fundamental pathophysiological processes including atherosclerosis, thrombosis, and cardiac remodelling. Evidence-based

pharmacological treatments including antihypertensives, antiplatelet drugs, anticoagulants, statins, and renin-angiotensin-aldosterone system inhibitors have shown effective in preventing and treating CVDs. Notwithstanding these advances, considerable challenges still exist including patient non-adherence, medication resistance, and the emergence of multidrug resistant mechanisms reducing the efficacy of treatment. Moreover, the increasing prevalence of comorbidities and polypharmacy complicates the management of CVDs and demands tailored solutions as well as the development of novel drugs. Apart from reducing morbidity and death, effective pharmacotherapy also decreases the financial burden associated with procedures, hospital stays, and long-term care. Dealing with the global CVD load requires for a diverse approach combining early diagnosis, prevention, and new treatment approaches to maximise results and increase the quality of life for affected people.

Role of Pharmacotherapy in CVD Management

Pharmacotherapy provides required tools to lower risk factors, limit disease development, and improve survival, hence it greatly influences the management of cardiovascular diseases (CVDs). Among the basic pharmacological classes in CVD treatment are anti-hypertensives, anticoagulants, and statins, each addressing significant pathophysiological pathways related with cardiovascular morbidity and death. Key modifiable risk factor for stroke, heart attack, and heart failure, antihypertensives including angiotensin-converting enzyme (ACE) inhibitors, angiotensin receptor blockers (ARBs), beta-blockers, calcium channel blockers, and diuretics help to control hypertension. These medications protect end organs from damage and thereby reduce blood pressure by means of numerous mechanisms, including lowering vascular resistance, modifying neurohormonal activity, and increasing cardiac output. Warfarin and more modern direct oral anticoagulants (DOACs), including dabigatran, rivaroxaban, and apixaban, are very important in the prevention and management of thromboembolic events. By blocking vital components of the coagulation cascade, these drugs treat deep vein thrombosis, reduce the risk of stroke in atrial fibrillation, and stop recurrent myocardial infarction. Antiplatelet medications include aspirin and P2Y12 inhibitors—e.g., clopidogrel, ticagrelor—are also extremely vital in acute coronary syndrome and percutaneous coronary intervention, where platelet aggregation is important in thrombus development. Another cornerstone of CVD treatment, statins have changed the management of dyslipidaemia, a main risk factor for atherosclerosis. By blocking HMG-CoA reductase, statins drastically reduce low-density lipoprotein cholesterol (LDL-C) levels, stabilise atherosclerotic plaques, and thus reduce inflammation, so lowering the risk of major cardiovascular events. Including these pharmacological classes into therapeutic recommendations has transformed CVD treatment and significantly reduced death rates while long-term outcomes have been improved. Still, there are challenges including drug resistance, adverse effects, and patient reactions based on genetic polymorphisms and concomitant conditions. Constant work to address these issues is driven by research on developing novel medications, optimising combination therapy, and applying pharmacogenomics to customise treatment regimens. Moreover highly promising in enhancing therapeutic efficiency and reducing side effects are the development of better drug delivery techniques such liposomes and nanoparticles. All things considered, pharmacotherapy is quite important for CVD control since it offers life-saving treatments and addresses the different facets of the disease. Constant innovation combined with a patient-centered approach can help one overcome present limitations and

achieve desired treatment results.

Multidrug Resistance in Cardiovascular Therapeutics

Multidrug resistance (MDR) is a growingly accepted issue in cardiovascular therapy that reduces the efficacy of pharmacological treatments, therefore generating fewer than optimal treatment outcomes and greater disease burden. MDR is the phenomena whereby people demonstrate reduced reactivity to many drugs, thereby making appropriate management of diseases difficult. This issue is particularly relevant in cardiovascular diseases (CVDs) since traditional treatments including antihypertensives, anticoagulants, statins, and antiplatelet agents are rendered less effective, so aggravating the risk of complications including myocardial infarction, stroke, and heart failure. MDR in medical treatment involves extensive, sophisticated underlying causes in both medicine. Efflux transporters, such P-glycoprotein and members of the multidrug resistance-associated protein (MRP) family, are crucial by vigorously pumping drugs out of cells, hence reducing their intracellular concentrations and therapeutic efficacy. While overexpression of drug-metabolizing enzymes, particularly cytochrome P450 isoforms, increases drug clearance, genetic mutations or polymorphisms can alter drug targets, therefore lowering their sensitivity to pharmacological action. PI3K/AKT and NF-κB among other cellular signalling pathways aid to further resist therapeutic drugs by supporting cellular survival and adaptability mechanisms in response to therapeutic agents. Furthermore affecting gene expression linked to drug resistance are non-coding RNAs like microRNAs and epigenetic elements including DNA methylation. Beyond basic biology, compound the problem with elements tailored to each patient including poor drug adherence, comorbidities, and pharmacogenomic variability. Since MDR in cardiovascular treatments results in therapy failure, disease progression, and increased healthcare costs, it has major clinical ramifications. Targeted treatments, efflux pump inhibitors, and innovative drug delivery systems including liposomes and nanoparticles aid to improve medicine bioavailability help to address MDR. Customising drugs based on individual genetic profiles helps pharmacogenomic approaches maximise efficacy and lower resistance. Notwithstanding these advances, considerable challenges still persist in understanding and overcoming MDR in CVDs, which requires focused research and multidisciplinary collaboration to produce practical solutions and improve patient outcomes.

3. Review of literature

(K. Tiwari et al., 2011) in the study “Revisiting the ABCs of Multidrug Resistance in Cancer Chemotherapy” and said that The ABC transporters are a large family of transmembrane genes that play a crucial role in protecting cancer cells from both naturally occurring and foreign toxins. Unfortunately, cancer patients experience subpar chemotherapeutic outcomes and multidrug resistance (MDR) due to their presence. For almost thirty years, researchers studying MDR have focused on ways to block or inhibit ABC transporters. These days, researchers are focussing on developing or discovering selective "resensitizers" that cause little nonspecific harm.

(Karaiskos & Giamarellou, 2014) in the study “Multidrug-resistant and extensively drug-resistant Gram-negative pathogens: current and emerging therapeutic approaches” and said

that The medical community is currently facing intractable infections caused by carbapenemase-producing bacteria such as Klebsiella pneumoniae, Pseudomonas aeruginosa, and Acinetobacter baumannii. Carbapenems, tigecycline, temocillin, fosfomycin, and other antibiotics both new and old are discussed in this article. In terms of efficacy against XDR carbapenemase-producing bacteria, experts agree that tigecycline and colistin are on par. Combination treatment is necessary for bacteremias and ventilator-associated pneumonia, but whether or not it is necessary for P. aeruginosa and A. baumannii is up for debate.

(Paul & Moye-Rowley, 2014) in the study "Multidrug resistance in fungi: regulation of transporter-encoding gene expression" and said that The scarcity of viable medication classes poses a threat of resistance to antifungal chemotherapy. Major fungal infections develop multidrug resistance, a problematic type of medication resistance. New insights into the mechanisms of multidrug resistance in fungus, such as Candida species, have uncovered parallel pathways. Overproduction of target genes due to alterations in transcription factors causes Saccharomyces cerevisiae isolates to be multidrug resistant. Previously believed to gain resistance to azole drugs, Aspergillus fumigatus now reveals routes that go beyond the cyp51A gene.

(Arnason & Harkness, 2015) in the study "Development, Maintenance, and Reversal of Multiple Drug Resistance: At the Crossroads of TFPI1, ABC Transporters, and HIF1" and said that Improvements in early detection and treatment have led to an increase in cancer survival rates. When treating aggressive cancers, cytotoxic therapies like doxorubicin might cause drug resistance. Recent research indicates that TFPI1α is important in initiating MDR but is not engaged in maintaining it. Eflux pumps and other supplementary components are necessary for MDR system maintenance. Early molecular detection of multidrug-resistant tumours may lead to novel approaches in the battle against these diseases.

(Bugde et al., 2017) in the study "The therapeutic potential of targeting ABC transporters to combat multi-drug resistance" and said that Surgery, radiation, immunotherapy, chemotherapy, and biologically targeted therapy are just a few of the conventional and innovative treatments available, yet most disseminated tumours still don't have a cure. The emergence of multidrug resistance (MDR) is a key component in the chemotherapy-induced failure to cure cancer. Anticancer drugs can lose their effectiveness when cancer cells overexpress specific ABC transporters, which allow the medication to be rapidly removed from the cell.

(Majidinia et al., 2020) in the study "Overcoming multidrug resistance in cancer: Recent progress in nanotechnology and new horizons" and said that Diseases that develop resistance to more than one medicine provide a challenge to cancer treatments like chemotherapy. Multiple factors, including an increase in drug metabolism, a decrease in drug entry, or defective apoptotic mechanisms, can contribute to medication resistance. Scientists have created nano-drug delivery systems such dendrimers, micelles, polymeric/solid lipid/mesoporous silica/metal nanoparticles, and nanostructured lipid carriers to fight against multidrug resistance. Other approaches include physical methods, such as RNA interference and coupled medicine administration with heat, ultrasonic, or photodynamic techniques. It is also possible to employ natural substances as MDR modulators.

(Behzadi et al., 2021) in the study "It's Not Easy Being Green: A Narrative Review on the

Microbiology, Virulence and Therapeutic Prospects of Multidrug-Resistant Pseudomonas aeruginosa" and said that Pseudomonas aeruginosa is the most common Gram-negative bacterium that causes infection in patients with impaired immune systems. A significant challenge in treating it is that it can resist various types of antibiotics, including β-lactams, quinolones, aminoglycosides, and colistin. The topic of carbapenem-resistant but cephalosporin-susceptible (CarR/Ceph-S) bacteria remains under-discussed, even though it is becoming more popular. This review article aims to provide a concise summary.

(Elfadadny et al., 2021) in the study "Role of multidrug resistance-associated proteins in cancer therapeutics: past, present, and future perspectives" and said that The cancer treatment arsenal includes targeted drugs, surgery, and chemotherapy, which is a major public health risk. On the other hand, rising resistance to both established chemotherapeutic drugs and new targeted treatments is a major problem. This review discusses cancer therapy procedures, multidrug resistance-associated proteins (MRPs), and their role in treatment failures. It also recommends ways to further investigate MRP transporters.

(Jubair et al., 2021) in the study "Review on the Antibacterial Mechanism of Plant-Derived Compounds against Multidrug-Resistant Bacteria (MDR)" and said that An enormous concern in public health on a global scale is the evolution of bacteria with antibiotic resistance. A variety of strategies to combat these diseases are being investigated by researchers. Plants have recently emerged as a promising source for new medications due to their unique structural properties and the antimicrobial potential they possess, which could help combat drug-resistant bacteria. There is an abundance of secondary metabolites found in plants. These include polyphenols, terpenoids, alkaloids, tannins, quinones, and flavonoids.

(Yoganathan et al., 2021) in the study "Ellagic Acid and Schisandrins: Natural Biaryl Polyphenols with Therapeutic Potential to Overcome Multidrug Resistance in Cancer" and said that A major obstacle in cancer treatment is multidrug resistance (MDR), which diminishes the efficacy of traditional anticancer medications. As a key player in MDR, P-glycoprotein (P-gp) influences the transmembrane transport of small compounds. To circumvent multidrug resistance, researchers are creating tiny compounds that can alter P-gp function, making cancer cells more responsive to treatment. Ellagic acid, ellagic acid derivatives, and schisandrins are examples of natural polyphenols that show promise as MDR agents. The ability of these chemicals to sensitise MDR cell lines to traditional medications has been demonstrated.

(Emran et al., 2022) in the study "Multidrug Resistance in Cancer: Understanding Molecular Mechanisms, Immunoprevention and Therapeutic Approaches" and said that This review of multidrug resistance (MDR) in cancer cells looks at several experimental approaches and novel therapeutic modalities. Included are factors including hereditary and environmental factors, hypoxia and autophagy status, gene expression, hypoxia and autophagy-mediated pathways, and both innate and learnt resistance to drugs. In order to overcome multidrug resistance (MDR), the review suggests that nanomedicine, immunoprevention, and microparticles could be useful in cancer treatment.

(Karthika et al., 2022) in the study "Multidrug Resistance in Cancer Cells: Focus on a Possible Strategy Plan to Address Colon Carcinoma Cells" and said that The cancer death curve remains high due to drug resistance and the fourth-stage cancer diagnosis. This review article

looks at potential issues associated to colorectal cancer treatments. It proposes a mixed-modal treatment strategy for colorectal cancer that includes 5-fluorouracil, curcumin, lipids, and both synthetic and natural chemotherapeutic agents.

(Ren et al., 2023) in the study "Multidrug-resistant bacterial infection in adult patients following cardiac surgery: clinical characteristics and risk factors" and said that After cardiac surgery, 8.6% of patients get an infection due to MDROs, according to the research. Among the most common infections, Acinetobacter baumannii accounts for 37.3%, followed by Klebsiella pneumoniae at 23.5%, and Pseudomonas aeruginosa at 18.0%. The majority of infections occur in the lower respiratory tract (LTRIs). The risk factors for MDRO infection include using glucocorticoids, having hypoalbuminemia before surgery, using combination antibiotics, having been exposed to linezolid and vancomycin before infection, and having a history of CABG or a secondary treatment. There is an increased risk of MDRO infection with prolonged hospital stays, both before to and following an infection diagnosis. Hospital stays for patients infected with MDRO are significantly longer, both during and after the infection.

(Morales-Durán et al., 2024) in the study "Unraveling resistance mechanisms in combination therapy: A comprehensive review of recent advances and future directions" and said that Antimicrobial resistance has arisen as a major issue for global health as a result of the misuse and over use of antimicrobials. Combination therapy has the potential to enhance the efficacy of medications. A thorough understanding of the complex dynamics of drug interactions is essential. This overview looks at four possible directions for future research, with an emphasis on the most current results.

Current Approaches to Overcome Multidrug Resistance

Multidrug resistance (MDR) in cardiovascular treatment asks for innovative ideas to tackle its mechanisms. Aiming for P-glycoprotein, pharmaceutical strategies including efflux pump inhibitors aid to boost therapeutic benefits and medication retention. Targeted drug delivery avoids efflux transporters by use of new drug formulations including liposomes, micelles, nanoparticle-based delivery techniques, and optimisation of bioavailability. Combining therapies involving several medications aimed at different resistance systems shows promise. Genetic and molecular interventions such RNA-based treatments and CRISpen/Cas9 gene editing provide means to directly address resistance genes or pathways. Reduced resistance and improved efficacy have made pharmacogenomic approaches—which customise therapies using individual genetic profiles—trends. Computational approaches include artificial intelligence and machine learning are helping to refine therapeutic regimens, forecast patient responses, and identify resistance patterns. Since low compliance frequently aggravates drug resistance, improving patient adherence is critically crucial. Better patient education, simplified dosage schedules, and digital health tools such adherence-tracking apps try to ensure consistent drug use. Regulatory changes and clinical trial plans revolve on introducing fresh ideas from preclinical research into clinical use. By aiming for the microenvironment of disease, one can complement primary treatments and aid to lower resistance paths. Delivering innovative ideas relies on collaboration research across multiple disciplines and additional financing in MDR-oriented medicine development.

Challenges and Knowledge Gaps

Challenges and Experience In cardiovascular treatment, vacuum multidrug resistance (MDR) offers various challenges and knowledge gaps. Our knowledge of the molecular and cellular mechanisms generating MDR in CVDs is weak with features comprising efflux transporters, genetic alterations, and poorly defined metabolic abnormalities. The range of CVDs complicates studies even further since resistance mechanisms may vary among disorders including hypertension, heart failure, and ischaemia heart disease. Preclinical studies cannot be applied into clinical practice without variation between experimental models and human physiology. Strict regulations, long timescales, and high prices all restrict drug research targeting at MDR. Personalised medicine suffers from the lack of consistent biomarkers to predict resistance or track therapeutic efficacy, thereby limiting Often overlooked in MDR research and treatment strategies are patient-related factors including poor adherence to advised drugs as well as environmental and socioeconomic aspects. Insufficient robust policy addressing MDR in CVDs compromises standard of care and causes diversity in treatment strategies. From logistically and ethically standpoint, incorporating new technologies into regular clinical treatments creates difficulties. Dealing with these problems demands for a coordinated effort to develop multidisciplinary research, encourage inventiveness in diagnoses and therapeutics, and close the preclinical and clinical domains' gap.

4. Conclusion

Multidrug resistance (MDR) in cardiovascular therapeutics presents a significant barrier to effective disease management, impacting patient outcomes and increasing healthcare burdens. Understanding the complex mechanisms underlying MDR, including efflux transporters, altered drug targets, and metabolic changes, is critical for developing targeted solutions. Advances in pharmacogenomics, innovative drug delivery systems, and molecular interventions offer promising avenues to overcome resistance. However, persistent challenges, such as knowledge gaps, patient adherence, and translational barriers, underscore the need for continued multidisciplinary research and collaboration. By addressing these challenges, we can enhance therapeutic efficacy, personalize treatment strategies, and improve the quality of care for cardiovascular patients.

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Conflict of Interest:

The authors declare no competing financial or personal interests that could have influenced the work reported in this publication. All potential conflicts have been disclosed and addressed.

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