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Case Study

Survey Study: Based On Current Trends of People Regarding Self-Medication

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ABSTRACT

This study was performed at Sai Druggist and Chemist Shop, Anand, Gujarat. We have included total number of 30 patients in our study to know current trends of people regarding self-medication in the region of anand district. Based on this study we have observed that out of total 30 patients 12 had taken the drug via prescription and 18 had taken the self-medication. We have performed the study on both the sex groups male and female and we observed that 10 male and 8 female had taken the self-medication, and 7 male and 5 female had taken the prescribed medication. Out of total patient 10 patient taken the self-medication by their own experience, 7 patients taken self-medication suggested by friend/family member and 1 patient taken self-medication suggested by the media/advertisement.

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INTRODUCTION

According to WHO, self-medication is the selection & use of medicines by persons to treat self-recognized illness or symptoms.^[1]

Prescription medication is a pharmaceutical medicine that officially needs a medical prescription to be dispensed.

Self-medication is actual common now a days and it is being used throughout the world-wide.^[2]

OBJECTIVES

1. To find the connotation between commonness of Self-medication & Prescription medication.
2. To find out the commonness & importance of self-medication.
3. To recognise the bases for self-medication use.
4. To recognise the different age group for self-medication use.
5. To recognise the class for which self-medication is used at high rate.

BENEFITS AND DRAWBACKS OF SELF-MEDICATION^[4]

Benefits of Self-Medication

- It mainly support to prevent and treat indications and illnesses that do not require a doctor or clinician.
- It diminish the burden on medical services where medical staffs are lacking.
- Impart and increase the responsiveness of health care to people residing in rural or isolated areas.
- It allow and help patients to manage their own chronic conditions.
- Some of the diseases like nausea, fever, headache, constipation, mouth ulcer, cough, acne, and common cold can be treated by taking self-medication.

Drawback of Self-Medication

- Sometimes self-medication is related with risks such as wrong diagnosis, use of excessive drug dosage, long duration of use, drug interactions and poly pharmacy.

- Some of the drugs like paracetamol, act as an antipyretic and analgesic in large doses produce liver toxicity and it leads liver failure.
- Warfarin is an anti-coagulant drug. It cause severe

bleeding, including heavier than normal menstrual bleeding.

- Self-diagnosis may be wrong at some times.
- Lacking of knowledge cause side effect.

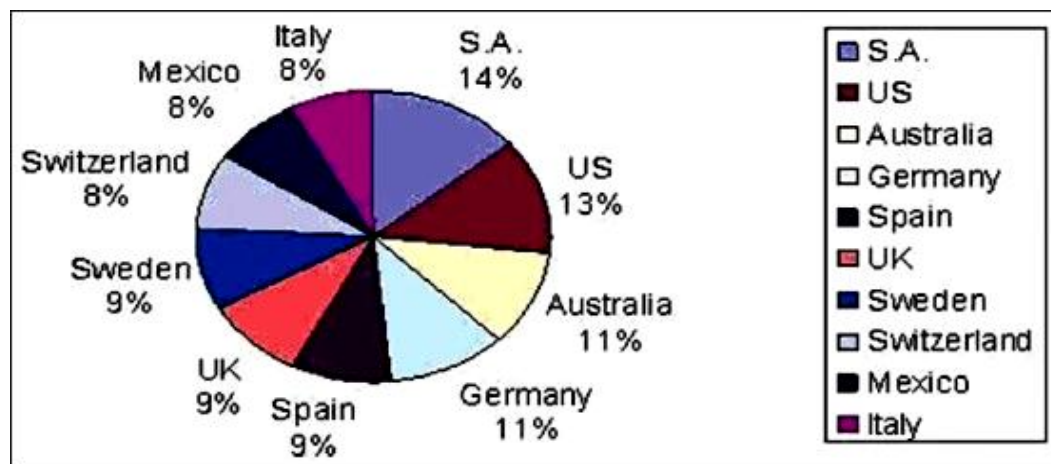


Figure 1: Prevalence of self-medication^[2]

MODE OF STUDY

This study was performed between Jan 2019 to Dec 2019 at Sai Druggist and Chemist Shop, Anand, Gujarat State, India. We have included total number of 30 patients with their self-declaration and consent, in our study to know current trends of people regarding self-medication in the region of Anand, Gujarat.

INCLUSION AND EXCLUSION CRITERIA OF RESULT

Self-medication Vs Prescribed medication taken by the patients

THE PATIENTS

Patient inclusion criteria:

Male and female above age group of 18 years who directly come to the medical shop either with prescription or without prescription.

Patient exclusion criteria:

Patient below age group of 18 years.

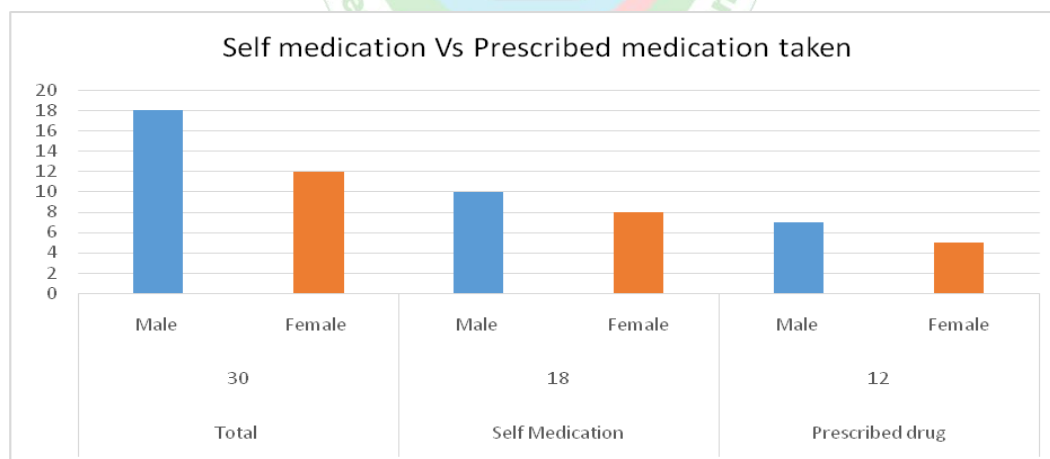


Figure 1: Self-medication Vs Prescribed medication taken by the patients

In our study we have included, Total 30 patients out of which 18 were males and 12 were females. Out of total 30 patients, 18 taken self-medication in which 10 were male

and 8 were female respectively. As well as 12 taken prescribed drug, from which 7 were male and 5 were female.

Self-medication drug category

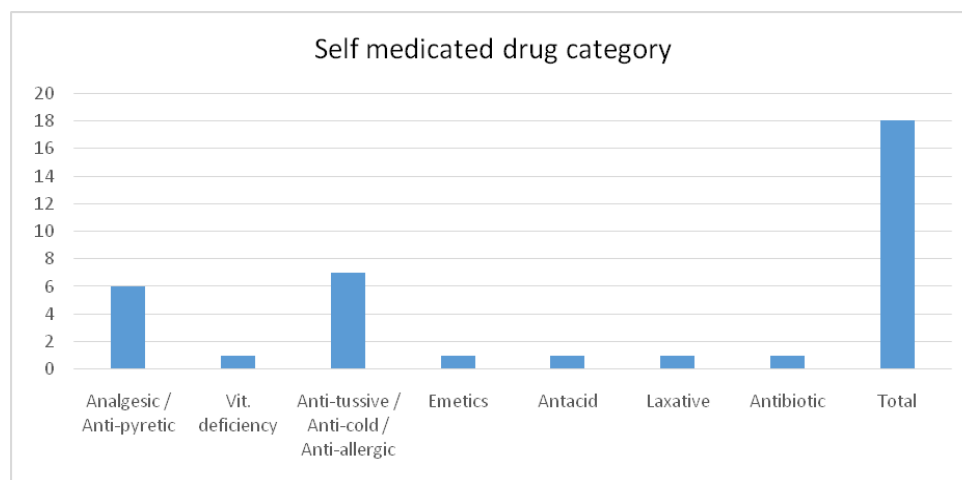


Figure 2: Self-medication drug category

Out of total 18 self-medicated patients, 06 patients has taken the drug for analgesic/anti-pyretic category, 07 patients has taken the medicine for anti-tussive, anti-

allergic category, remaining patients has taken the self-medication for emetic, antacid, laxative and antibiotic category respectively (Figure 2).

Age wise self-medication taken by patients

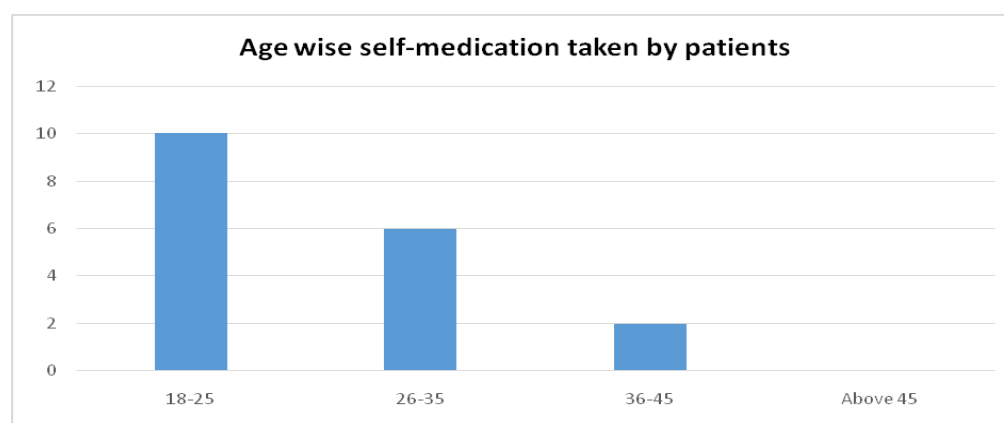


Figure 3: Age wise self medication distribution

Out of total 18 self-medicated patients, age group between 18-25 has taken more self-medication with

respect to the other age group (Figure 3).

Self-medication mode

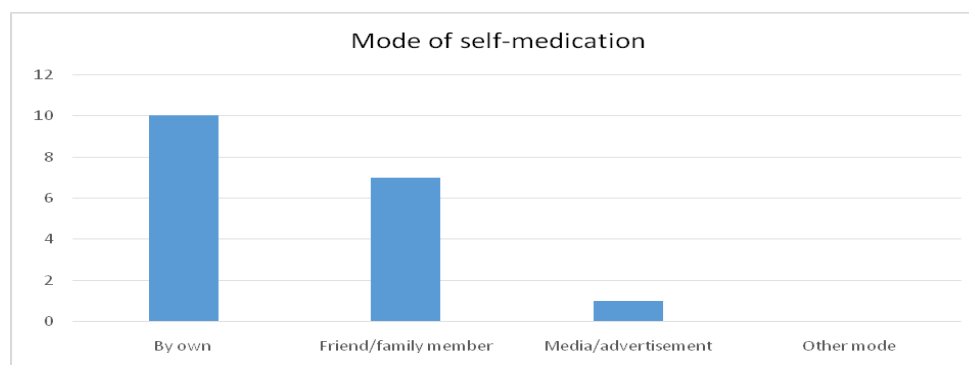


Figure 4: Mode of Self-medication

Out of total self-medicated patients, 10 patients has taken the drug by their own knowledge or experience based and 07 patients has taken the self-medication suggested by

their family member and 1 patient taken self-medication suggested by the media/advertisement.

CONCLUSION

In our study we found that in anand district (Gujarat State,

India) out of total patients came at medical store 60% of the patients taken self-medication and 40% of the patients taken prescribed drug. Age group of 18-25 taken self-medication than the other age group wise category. Anti-tussive, anti cold and anti allergic drugs are the most sold medication as the self-medication drugs. We have observed that most of the patients has taken self-medication by their own and some of inspired by the family member and friends.

CONFLICT OF INTEREST

The authors have no conflicts of interest regarding this investigation.

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