

HEB



JOHP

Journal of Hospital Pharmacy
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)

**ASSESSMENT OF SELF-MEDICATION PRACTICES AMONG THE
INDIAN POPULATION: A SURVEY-BASED STUDY**

K V Ramanath^{1}, Akshith S Shetty², Bhavana², Ms.Suhana Shameer³, Mr.Sourabh Suresh³, Mr.
Mbahaotu Faith Chukwuka³*

1. Department of pharmacy practice, Dayananda Sagar university

2 & 3 Pharma D Interns, Dayananda Sagar university

*** Corresponding author:**

Department of pharmacy practice, College of Pharmaceutical Sciences, Dayananda Sagar University,
Kumarswamy layout, Bangalore, Karnataka

Email Id: serviceheb@gmail.com

Abstract:

Background: Self-medication practice is the use of medications without the prescription/supervision of a doctor/ healthcare practitioner. Such practices sometimes may lead to antimicrobial resistance, adverse drug reactions, wrong diagnosis, economic loss, etc.

Aim: The study aims to assess the prevalence, reasons, indications, commonly used class of drugs, and side effects experienced with SMPs, as well as the non-prescription use of antibiotics as a self-medication practice among the Indian population.


Materials and method: It is an online survey-based, cross-sectional study carried out for six months using a validated, well-designed questionnaire after the pilot study. Four hundred study subjects participated in the survey. The data collected was entered in MS Excel and subject to descriptive statistical analysis.

Results: SMP showed the majority in this study was 68%. The study also found that the main reason behind the practice of SM was attributed to the illness being not severe enough to see a doctor. The common

indications for which SM was practiced were fever, cold, and cough. Antipyretics and analgesics followed by anti-allergic were the commonly used drug classes for SM. Some of the common side effects that the study subjects experienced due to SM were skin rash and stomach pain. Prevalence of self-medication with antibiotics was found to be 37.50%, reported that 16.7% of the participants changed the dosage of antibiotics during treatment and 16% of the participants changed the antibiotic during the treatment course. About 37.26% of the participants admitted that they stopped taking antibiotics after symptoms disappeared. The common indications for antibiotics were sore throat followed by fever and cough. The common side effects experienced due to antibiotic use were stomach pain, nausea, and vomiting.

Conclusion: The present study shows that self-medication is more practiced among the study population, with more than half of the participants practicing it. Considering it a minor illness, without prescription/old prescriptions contributed to SMP. The study also observed that a decent proportion of the population does not know their medications. Therefore, it is essential to educate the public and create awareness regarding SMP.

Keywords: SMP: self-medication practice, ADR: Adverse drug reaction, BP: Blood pressure, OTC: Over-the-counter products Antibiotics.

Access this Article Online	Quick Response Code: 
Website: http://www.journalofhospitalpharmacy.in	
Received on 22/03/2022	
Accepted on 05/04/2022 © HEB All rights reserved	