

TO CREATE AWARENESS AMONG THE PEOPLE ABOUT ILL EFFECTS OF FREQUENT USE OF MEDICATION

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ABSTRACT

Objective: The main objective of this article is to create awareness among the people of modern world about ill effects of frequent use of medication. **Summary:** The frequent intake of drugs in the form of medications may lead to various other effects that are undesirable. The effects such as overdose of acetaminophen can cause liver toxicity and warfarin which is an anticoagulant drug can cause internal bleeding. All such ill effects caused by frequent use of medications are described in this study along with the advice to reduce these undesired effects produced in the patients. The patients are advised not to take medications for minor ailments and consult your doctor before taking

any medicine. It is very easy to get the many prescriptions but difficult to get single remedy. Similarly, there is a lot that the pharmacists can do to avoid the frequent usage of medicine like counseling the patients, reviewing the medications and selling the drugs on a valid prescription.

INTRODUCTION

Even though we have reached the 21st century, people of today's generation are unaware of serious and drastic illness that may occur due to frequent usage of medication. People are habituated to take the medicines for mild aches. This might result in hepatic and renal disorders in the later years. Such peoples are more prone to serious illness during old age due to toxicity and accumulation of the drugs.

Now-a-days people are in such a condition that they do not know what is going to happen in the very next moment as they are habituated to take the medications frequently for minor aches.

Taking medication may help you feel better and treat the disease, but it is very essential to know that there are benefits as well as risks for each and every medicine which depends upon the condition of the patient. If the benefits are more than risks then that medicine is considered to be safe and can be taken up by the patient. However taking that medicine for a longer time may cause many undesirable effects. It is better to take the medication only when it is necessary and prescribed by the doctor. Avoid too many medicines for minor aches as it was truly said “The best and more efficient pharmacy is within our own system”.^[1]

Each and every drug may have side effects that may or may not be tolerable by the patient.

Adverse effects of the drugs is commonly seen in GIT like nausea, constipation, stomach upset or sometimes causes skin irritation or rashes..

Some of The Adverse Effects of The Most Common Drugs Are Given Below

- **Anti-coagulant**

Warfarin that is used to prevent blood clot is usually well tolerated, but serious internal bleeding can occur if used improperly.^[2]

- **Drug interactions**

Drug might show its effect other than therapeutic effects if they react with certain other foods.

For example

1. Often use of alcohol with narcotic pain killers has caused an alarming increase in accidental overdose deaths.
2. Grapes interact with cyclosporine.^[3]
3. Mango may decrease the blood levels and bioavailability of drugs like midazolam, diclofenac, verapamil.^[4]

- **Anti cholinergic drugs**

These drugs may cause loss of coordination, dry mouth, difficulty in micturation, palpitations, blurring of near vision, photophobia and a scarlet rash may occur.^[5]

- **OTC drugs**

1. Overdose of acetaminophen can cause liver toxicity.^[6]
2. Cold medicines can treat the symptoms but do not shorten the period of cold.

Hence all these medications should not be used frequently.

Description of Topic Related To Patient

It is advised to the patients especially geriatric to decrease the frequency of the drugs taken without a legal prescription.

For minor ailments like nausea, headache etc that are tolerable and cause no serious injury to health of patients, drugs should be avoided.

For example a patient suffering from headache should not immediately consume drugs instead they can take rest and sleep adequately. If the pain does not subside then he should consult a doctor before taking any drug by himself.

The medication which is producing no therapeutic effect should be stopped administering after consulting your doctor mixed point.

Drugs, to which the patient is tolerant, should not be consumed. Such tolerant drugs on frequent administration may lead to toxicity.

Consuming too many drugs also leads to the accumulation of toxic substances in the body.

Frequent use of medications for minor ailments may relieve the symptoms for time being but increase susceptibility for various other disorders.

Frequent use of certain health hazards and decrease the health related quality of life. medications like hypnotics leads to addiction and causes various other disorders hence hypnotics like benzodiazepines should be avoided until absolutely necessary.

Description of Topic Related To Pharmacist

- Counsel the patients on the ill effects of frequent use of over the counter drugs and other medications.
- Pharmacists are advised not to sell the drugs without a valid prescription. Being a healthcare professional, a pharmacist's motto should be to improve the lifestyle and social health of the patients in community.
- Before dispensing the OTC medication, pharmacist must ask the patient whether he is already on any prescription drugs.

- Review all medications taken by the patients.
- Patients are to be encouraged to take guidance from physician or pharmacists instead of taking medicines by himself.
- Pharmacists must check validity of prescription.
- Prescriptions with high doses or high quantities of drug should be referred back to the doctor.
- Should give explanation about early or advanced refills of habit forming or other drugs should be avoided until necessary.
- Pharmacists should help the patient in understanding the instruction for administration of medications to avoid its frequent usage.
- Should promote pharmacovigilance.
- Pharmacist also play a vital role in avoiding frequent usage of medicines.

CONCLUSION

Various undesirable adverse effects both short and long term can be avoided if the drugs are administered as and when needed only, and the health quality of the community can be improved greatly. Hospitalization and deaths due to over dosage or toxic accumulation may decrease due to the increased pharmacovigilance. As health is much more dependent on our habits and nutrition then on medicine.

Suggestions or Advice

- Check all the ingredients before consuming OTC drugs
- Read the directions and cautions carefully

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