



SELF MEDICATION VS PHARMACIST COUNCELLING INCORPERATE TO TREDITIONAL MEDICINES

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ABSTRACT :

Pharmacists are one of the most easily accessible healthcare professionals. Every pharmacy has a licensed pharmacist, and you can speak to one without making an appointment. As a pharmacist the major role is to give direction about taking medicine with proper dosage. Listening carefully to patients to interpret their needs and issues and offer information and advice. In day today life where the quality of organic foods is being deteriorated, on that point people started taking the extra protein, vitamin, or minerals as dietary supplements by self- medication. Self-medication is one element of self-care. It is a double-edged sword with advantages and disadvantages. Self- medication is the act by which we medicate ourselves with no prescription, which some drugs lead to dependence and therefore the mass consumption of them causes significant damages. The substances most widely used in self-medication are over the counter drugs and dietary supplements, which are used to treat common health issues at home. In a survey of west Bengal, India undergraduate medical school students, 57% reported self-medicating. The type of drugs most frequently used for self-medication were antibiotics

(31%), analgesics(23%), antipyretics(18%),antiulcerics(9%),coughsupressant(8%), multivitamins (6%), and anthelmintics (4%).The WHO notes, however, that "inappropriate use of traditional medicines or practices can have negative or dangerous effects and that & further research is needed to ascertain the efficacy and safety of such practices and medicinal plants used by traditional medicine systems. In these general reviews we have targeted the role of pharmacist to the community relevant to self-medication and its advantages and disadvantages.

INTRODUCTION :

Self-medication is the practice of treating one's own ailment or symptoms using medications, herbs, or natural cures. This can include dietary supplements and over-the-counter medications. Self-medication has advantages, such as convenience for the user and cost savings. It can also lessen the burden on hospitals and medical staff. The prefix 'self-' denotes 'himself/herself', indicating that self-medication (SM) is a behavior aimed at the individual who engages in the action. Nevertheless, this same individual may purposefully direct their behavior towards other subordinate entities, such as children in a pediatric context or pets in a veterinary context. Notably, this self-medication behavior directed towards others can also be observed in various other species. Self-medication, however, can also have adverse effects, such as ineffective or inaccurate therapy, missed diagnoses, missed opportunities for appropriate treatment, pathogen resistance, increased morbidity, disruption of sleep, and diminished energy levels. Additionally, it might weaken the immune system and harm one's mental and emotional health. Self-medication examples include drinking or using drugs to combat depression, taking medicines to stabilize bipolar disorder, and using drugs or alcohol to reduce anxiety. Pharmacists are medical specialists that focus on the administration and use of medications. They oversee organizing the pharmacy, delivering, and tagging prescriptions, as well as reviewing prescriptions. providing patients with information and guidance ensuring safe pharmaceutical usage, tracking patient information, and keeping up with medical breakthroughs giving patients advice on how to take prescriptions, explaining any possible side effects, and responding to their inquiries, advising doctors and other healthcare professionals on pharmaceutical selection, dosage, interactions, and side effects, as well as how to get prescriptions in the most efficient and cost-effective way feasible. Pharmacists are authorities on the actions and interactions of medications on the body. They keep an eye on the use and safety of medications. Additionally, chemists must regularly engage in continuing professional development (CPD) to stay current. Various methods of self-medication that individuals may resort to include: Consuming alcohol to facilitate relaxation and ease social interactions Using illegal substances such as heroin, cocaine, or opioids to alleviate symptoms of anxiety, stress, or depression Administering cold medications or anxiety-relief drugs to enhance sleep quality Utilizing ADHD medications to boost focus and concentration Engaging in smoking or vaping as a means to manage stress or elevate mood Indulging in high-sugar or high-fat foods to enhance emotional well-being Participating in excessive internet or social media activities as a distraction from feelings of sadness or stress It is essential to recognize that, although self-medication is a prevalent behavior, there is no universally accepted definition of it. Activities such as drinking, drug use, and the misuse of prescription medications are considered forms of self-medication, but so too are taking over-the-counter pain relievers for headaches or experimenting with herbal supplements like St. John's worth for mild depressive symptoms. The self-medication theory has gained significant traction among individuals struggling with addictions, as well as among the professionals who provide their treatment. Nevertheless, there exists a faction that adopts a stringent stance on addiction, contending that the self-medication theory serves merely as a justification for reckless conduct. A considerable number of medical practitioners consider it beneficial to guide individuals away from the substances and behaviors to which they are addicted—those that are contributing

to their difficulties—toward prescription medications that more effectively and safely target the root issues. Self medication even has some benefits which really impact our lives such as:

1. Empowerment
2. Access to medicines
3. Healthcare system benefits

But there are some disadvantages as well along with it which may directed to severe adverse effect such as:

1. Drug overdose
2. Misdiagnosis
3. Disturbed mood
4. Worsening immunity system
5. Insomnia
6. Low energy level

The self-medication hypothesis emerged in medical literature during the 1980s, as healthcare professionals observed that individuals addicted to heroin were utilizing the substance to manage various forms of underlying emotional distress, including anger and feelings of isolation. The prevailing theory suggests that, in certain cases like chronic pain, prescribed medications may prove inadequate or present complications. Consequently, individuals may turn to marijuana as a means to alleviate their chronic pain symptoms. This trend has resulted in heightened interest and accessibility of medical marijuana for the treatment of specific conditions. There are those who contend that the theory could potentially relieve illicit drug users of a portion of the accountability for their issues. Additionally, critics of the self-medication theory assert that by suggesting individuals with addictions are engaging in self-medication, the theory effectively legitimizes drug use and medication as acceptable means of addressing emotional difficulties. Individuals who have successfully achieved abstinence often believe that any form of drug use, including prescribed medications, enables individuals to evade confronting psychological challenges and perpetuates a state of denial.

CASE STUDY :

Relating to self-medication and safety, some compound present in giloy have a chemical structure similar to cholesterol, and they compete with cholesterol for absorption in the intestine. This is how giloy lowers the cholesterol levels in the blood. But in some cases, and one vital study was conducted by Liver Research Club of India who reported symptoms of jaundice. Clinical findings revealed that all patients were suffering from chronic liver disease or liver failure. Doctors also found that each of the patients had a history of taking a concoction of giloy. As per Dr Ajay Kumar Patwa, associate professor of gastroenterology, giloy is the main cause of liver issues. Most of those patients had consumed the herbal drug without prescription or taken unprescribed doses for an average 46 days. This generated common antinuclear antibodies which started attacking liver cells and induced acute hepatitis with autoimmune hepatitis like features. In diabetic patients, giloy should be used only after pharmacists' consultation. In some people, giloy consumption may cause constipation and stomach irritation based on the amount that you consume. Giloy also benefits in immunity in the correct dose but over dosage can over stimulate the immune system and cause overreaction. This overreaction can lead to symptoms like multiple sclerosis; lupus and can also increase rheumatoid arthritis. Even though giloy has anti-fertility properties, it can be reversed once you stop consuming giloy. If you are trying to get pregnant you should avoid giloy consumption. Feeding mothers and pregnant women should avoid using giloy.

As per one survey in West Bengal, India 57% students from Ug medical school reported self medicating .the class of drug includes Antibiotics, Analgesics, Antipyretics, cough suppressant and multivitamins.

Even from one more survey it states that 53% of physician from Bangalore, Karnataka were taking antibiotics by self.

Excessive self-medication with benzodiazepines or alcohol over extended periods can exacerbate symptoms of anxiety and depression. This phenomenon is thought to arise from alterations in brain chemistry associated with prolonged use. Among individuals who seek assistance from mental health services for various conditions, including anxiety disorders like panic disorder or social phobia, nearly fifty percent exhibit issues related to dependence on alcohol or benzodiazepines. Although in India maximum people are from conservative family and are going with self medication for newborn or toddler either with herbal or allopathic medicines.

Nicotine dependence appears to exacerbate mental health issues. The process of nicotine withdrawal can lead to a decline in mood, heightened anxiety and stress levels, as well as disturbances in sleep patterns. While nicotine products may provide temporary relief from withdrawal symptoms, the addiction itself tends to elevate stress and mood disturbances on average, primarily due to the mild withdrawal symptoms experienced between doses. Individuals addicted to nicotine often rely on it to achieve a temporary sense of normalcy. Furthermore, marketing strategies employed by the nicotine industry have suggested that nicotine is both less harmful and beneficial for individuals with mental health conditions, portraying it as a means of self-medication. This assertion has faced criticism from independent researchers.

CONCLUSION :

As societal attitudes evolve and become more accepting of drug use and addiction, there is a noticeable increase in compassion towards individuals struggling with these issues. The movements advocating for drug legalization and medical marijuana have gained significant traction in mainstream discourse, endorsing the self-medication theory. This theory is expected to be pivotal in shaping contemporary and future understandings of addiction.

As herbal medication is of various kinds like Ayurveda, Siddha, Yunani and Homeopathy, the tradition is followed from the past many years with effective result. Through from the above general review it is concluded that self-medication is preferable only when consulted with pharmacist. Although self-medication with herbal medication is safe, in some cases it is harmful and addictive as well. Therefore, it is best for the patient to use herbal medicine under counseling. So, we are pleased to be a part of the generation where the Government of India is sponsoring Amrita in Traditional

System of Medicine in India. An increasing number of individuals are openly discussing their struggles with addiction. The topic of addiction and its treatment has emerged from obscurity, gaining visibility in mainstream discourse, including reality television programs like "Intervention." Numerous public figures, including celebrities and politicians, have acknowledged their previous experiences with drug use.

There might have some interesting strategies or plan to minimize the disadvantages and increase the advantages. It includes-

- Proper information about particular drug can otherwise say safe self medication.
- Interlink between Patients, doctors and pharmacists.
- Self monitoring system.