

Survey of Over the Counter (OTC) Products for Relief of Gastrointestinal Problems

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Abstract: *In today's fast-paced world, maintaining gastrointestinal health is crucial for overall well-being. Over-the-counter (OTC) products play a vital role in managing common gastrointestinal problems, offering accessible and effective solutions for individuals globally. This survey, conducted by final-year B. Pharmacy students at Vardhaman College of Pharmacy, aims to provide a comprehensive study of OTC products available for the relief of gastrointestinal issues, examining their efficacy, safety, and consumer considerations.*

This descriptive study was conducted at medical stores in Magarulpur and Karanja (Lad), talukas in Washim district, Maharashtra, India. Data was collected from patients suffering from gastrointestinal problems such as acidity, indigestion, stomach pain, and constipation, who sought OTC products for relief. The survey form, designed in English and Marathi, included questions about the type of gastrointestinal problem, frequency of symptoms, OTC products used, dosage, relief experienced, and awareness of product ingredients.

Results indicated that the most common gastrointestinal problems were acidity and indigestion, with Gelusil syrup being the most frequently used OTC product. Other products included ENO, Jivan mixture, and Omeo capsules. The survey revealed that middle-class individuals predominantly used these OTC products, with a significant lack of awareness about the contents and potential side effects.

The findings underscore the importance of OTC products for gastrointestinal relief due to their accessibility, convenience, and cost-effectiveness. However, the long-term use of these products without proper knowledge of their constituents and potential side effects poses a risk. Therefore, there is a need for increased consumer education and awareness to ensure the safe and effective use of OTC products for gastrointestinal health.

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