

# Study of Awareness Regarding Self-Medication with Over-the-Counter Analgesics: Usage and Safety

Mayuresh Bhondivale<sup>1</sup>, Yash Chaudhari<sup>2</sup>, Dr. Pushpalata Patil<sup>3</sup>

Department of Pharmacology, Pravara Rural College of Pharmacy Pravaranagar, Ahmadnagar, Maharashtra, India<sup>1</sup>

Department of Pharmaceutical Management, JSPM University, Wagholi, Pune, Maharashtra, India<sup>2</sup>

Assistant Professor, SOBM, JSPM University, Pune, Maharashtra, India<sup>3</sup>

**Abstract:** *Our study aimed to assess patient awareness of maximum doses and investigate the prevalence of overdosing on paracetamol from recommended doses. As we observed Paracetamol is a very commonly used medication. Incidence rates of hospital-presenting self-harm are highest in people under 25 years due to Self-medication, Lack of awareness, Lack of family communication, Over the counter medicine use and are reportedly increasing in some countries. Intentional drug overdose (IDO) is the most common self-harm method among young people, with paracetamol the drug most frequently used. A Questionnaire consisting of demographic questions and questions on illnesses in the last two months; prior to the interview and treatment strategies was prepared and administered to the 853 people, selected as the sample population, from the total no of 1066 people 213 reported at least one episode of an illness, and 640 of them practiced self-medication. Most drugs for self-medication were obtained from the pharmacy or drug stores; and the most commonly used drugs were Paracetamol and Non-steroidal anti-inflammatory drugs. The purpose of this Survey is to study the self-medication practices or the perspective of people towards self-medication. It was observed that all the surveyed drugs (acetaminophen, ibuprofen, azithromycin, multivitamin (nutritional supplements) Cofcils Cetirizine, Omeprazole, Nicip were consumed for various symptoms including: fever, fatigue, cough, sneezing, muscle pain, headache, vomiting (motion sickness), cold, Diarrhoea, people responded to a questionnaire-based survey. 922 people responded to A questionnaire-based survey.*

**Keywords:** Awareness, Over –The –Counter, Analgesic, Self-medication, Non-steroidal anti-inflammatory drugs