

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.

Keywords: gastrointestinal health

I. INTRODUCTION

In today's fast-paced world, maintaining gastrointestinal health is paramount for overall well-being. Over-the-counter (OTC) products play a pivotal role in managing common gastrointestinal problems, offering accessible and effective solutions for individuals globally. From alleviating heartburn to relieving indigestion, OTC products provide quick relief, empowering individuals to proactively manage their digestive health.

The importance of OTC products for gastrointestinal issues cannot be overstated. Unlike prescription medications, OTC remedies offer convenience, affordability, and ease of access, making them indispensable for individuals seeking immediate relief from symptoms such as acidity, bloating, and diarrhea. Moreover, OTC products often contain active ingredients backed by scientific research, ensuring efficacy and safety for consumers.^(10,11)

The prevalence of gastrointestinal problems underscores the crucial role of OTC products in healthcare. According to recent studies, digestive disorders affect millions of people worldwide, ranging from occasional discomfort to chronic

conditions. From stress-induced stomach aches to dietary-related issues, gastrointestinal ailments are ubiquitous in today's society, highlighting the need for accessible and reliable solutions.

Gastrointestinal problems refer to any issues or disorders that affect the digestive system, which is responsible for breaking down food, absorbing nutrients, and eliminating waste from the body. These problems include indigestion, acidity, gas, peptic ulcers, constipation, and diarrhea.^(12,13,14)

Gastrointestinal problems afflict millions worldwide, ranging from mild discomfort to debilitating conditions that significantly impact quality of life. From indigestion and heartburn to diarrhea and constipation, these issues can arise from various factors including diet, stress, infections, and underlying medical conditions. Despite their prevalence, many individuals seek immediate relief from these symptoms, often turning to Over the Counter (OTC) products for prompt alleviation.

The availability and accessibility of OTC products offer a convenient solution for individuals experiencing gastrointestinal discomfort, allowing them to address symptoms quickly without the need for a prescription or medical consultation. These products encompass a wide range of formulations tailored to target specific gastrointestinal issues, providing relief through various mechanisms of action.^(16,17)

The purpose of this survey is to provide a comprehensive study of OTC products available for the relief of gastrointestinal problems. By examining the efficacy, safety, and consumer considerations associated with these products,

COMMON GASTROINTESTINAL PROBLEMS ^(18,19,20)

1. Indigestion (Dyspepsia):

Indigestion, also known as dyspepsia, refers to discomfort or pain in the upper abdomen, often accompanied by bloating, belching, and nausea.

It can occur due to overeating, eating too quickly, consuming fatty or spicy foods, or experiencing stress.

Symptoms may include a feeling of fullness during or after a meal, burning sensation in the stomach or upper abdomen, and acidic taste in the mouth.

Treatment typically involves lifestyle changes, such as eating smaller meals, avoiding trigger foods, and managing stress. Antacids or other OTC medications may also provide relief.

2. Heartburn (Acid Reflux):

Heartburn, or acid reflux, occurs when stomach acid backs up into the esophagus, causing a burning sensation in the chest or throat.

It is commonly triggered by certain foods (e.g., citrus fruits, tomatoes, spicy foods), beverages (e.g., coffee, alcohol), or lifestyle factors (e.g., smoking, obesity).

Other symptoms may include regurgitation of food or sour liquid, difficulty swallowing, and a persistent cough.

Management strategies include avoiding trigger foods, eating smaller meals, raising the head of the bed, and taking antacids or other acid-reducing medications.

3. Diarrhea:

Diarrhea is characterized by frequent, loose, or watery stools and is often accompanied by abdominal cramps, bloating, and urgency to use the bathroom.

It can be caused by various factors, including viral or bacterial infections, food intolerances, medications, or underlying medical conditions (e.g., irritable bowel syndrome, inflammatory bowel disease).

Treatment involves staying hydrated by drinking plenty of fluids, avoiding foods that may worsen symptoms (e.g., high-fiber, greasy, or spicy foods), and using anti-diarrheal medications if necessary.

4. Constipation:

Constipation refers to infrequent bowel movements or difficulty passing stools, often associated with straining, bloating, and discomfort.

It can be caused by inadequate fiber intake, dehydration, lack of physical activity, certain medications, or underlying health conditions (e.g., hypothyroidism, irritable bowel syndrome).

Management typically involves increasing fiber intake through fruits, vegetables, and whole grains, staying hydrated, exercising regularly, and using laxatives or stool softeners if needed.

These common gastrointestinal problems can vary in severity and duration, but they can often be managed effectively with lifestyle modifications, dietary changes, and over-the-counter medications tailored to specific symptoms.

IMPORTANCE OVER THE COUNTER (OTC) PRODUCTS FOR THE RELIEF OF GASTROINTESTINAL PROBLEMS ^(21,22)

- **Accessibility:** OTC products are readily available without a prescription, making them easily accessible to consumers. This accessibility is particularly important for individuals experiencing mild gastrointestinal symptoms who may not have immediate access to healthcare providers or prescription medications.
- **Convenience:** OTC products provide a convenient and immediate solution for individuals experiencing gastrointestinal discomfort. They allow individuals to address symptoms promptly without the need for a healthcare provider visit, saving time and hassle.
- **Cost-Effectiveness:** OTC products are generally more affordable than prescription medications, making them a cost-effective option for individuals seeking relief from common gastrointestinal issues. This affordability can help lower healthcare costs and improve access to treatment for individuals with limited financial resources.
- **Empowerment:** OTC products empower consumers to take control of their gastrointestinal health by providing them with a range of options for symptom relief and management. This empowerment allows individuals to make informed decisions about their healthcare and take proactive steps to address their symptoms.⁽²⁴⁾
- **Variety of Options:** OTC gastrointestinal products come in various formulations, strengths, and dosage forms, allowing individuals to choose the product that best suits their needs and preferences. This variety ensures that individuals have access to a diverse range of treatment options tailored to their specific symptoms and preferences.⁽²³⁾

OBJECTIVES

- Identification of the most commonly used OTC products for gastrointestinal relief.
- Mostly which Gastrointestinal problems facing by people .
- To check the awareness of gastric problems.

II. METHODOLOGY

I) SURVEY DESIGN

This descriptive study was performed by five students of B. Pharmacy final year from vardhaman college of pharmacy KoliKaranja Lad from DBATU Dr. Babasaheb Ambedkar technological University lonere in 2024 . Which is guide by the Dr. Bhanupratapattidar. This survey is conducted at medical stores which are located in MAGARULPIR AND KARANJA (LAD) ,Both are the taluka's in Washim district Maharashtra India .

The students were responsible for all data collection and also provided patient counseling (under supervision of a registered pharmacist). Before the start of the study, students attended an educational session about upper (GI) Gastrointestinal problems.

All patients gave written information on the survey form including the following questions.

1. Which gastrointestinal problem(s) are you experiencing ? From how long ?
2. How frequently do you experience gastrointestinal problem(s) ?Daily /weekly once / weekly twice or thrice/monthly once .
3. Which Over The Counter(OTC) product you have purchased to get relief from gastrointestinal problem(s) Relief?
4. How much dose you take? Quantity and frequency
5. How will you state the relief you got after taking dose of the OTC product you have purchased? (Time Being / Partial / Complete / One day / One week / One month) .
6. How do you decide the dose ?

7. Do you feel any side effect of the OTC product you are taking ?
8. Do you have any idea about ingredients in the OTC product you have taken

The question is designed in two languages one is English and other is Marathi because the places choose for the survey their people understand this language and give the proper correct answer of questions in survey form.

The question is included in like not need to write more answers in which some are chosen answer on the following options and some close ended or yes no type questions for patient/people convenience or save their time .

Because the peoples/patient did not give much time for to take the survey they are in bustling for their work .

II) SAMPLE SELECTION

Those patients which is sufer from GI Gastrointestinal problems like acidity, Indigestion, stomach pain , constipation, diarrhoea

Patient comes to on medical stores for purchasing the OTC products for it's Gastrointestinal problems the student gave the survey form to the patient for writing the

Question's answers which patient are illiterate the student asking the question to patient and asking the answer and students write his/her answer on survey form.

To prevent gastrointestinal problems, consider these measures:

- Eat a balanced diet rich in fiber, fruits, and vegetables.
- Stay hydrated by drinking enough water throughout the day.
- Limit intake of processed foods, fatty foods, and sugary drinks.
- Chew food slowly and thoroughly.
- Practice portion control to avoid overeating.
- Maintain a healthy weight through regular exercise.
- Manage stress through relaxation techniques or activities.
- Avoid smoking and limit alcohol consumption.
- Practice good hygiene, especially before eating and preparing food.
- Follow food safety guidelines to prevent foodborne illnesses.

GASTROINTESTINAL PROBLEMS WHICH IS INCLUDED IN SURVEY (26,27,28)

ACIDITY:-

Acidity, commonly known as acid reflux or heartburn, occurs when the stomach acid flows back into the esophagus, causing a burning sensation in the chest or throat. This condition is often triggered by factors such as certain foods, overeating, obesity, smoking, or pregnancy.

Symptoms of acidity may include:

- Burning sensation in the chest or throat
- Regurgitation of food or sour liquid
- Difficulty swallowing
- Persistent cough
- Hoarseness or sore throat

To alleviate acidity, various OTC products are available, including antacids like Gelusil syrup, which work by neutralizing stomach acid and providing relief from symptoms. Additionally, medications like proton pump inhibitors (PPIs) and H2-receptor antagonists (H2 blockers) are available in capsule or tablet form (e.g., Omee capsule), which reduce the production of stomach acid, providing longer-term relief for chronic acidity.

It's essential to manage acidity promptly to prevent complications such as esophagitis, ulcers, or Barrett's esophagus. Lifestyle modifications, such as avoiding trigger foods, eating smaller meals, and maintaining a healthy weight, can complement the use of OTC medications in managing acidity effectively. However, individuals experiencing frequent or severe symptoms should consult a healthcare professional for proper diagnosis and treatment.

INDIGESTION:-

Indigestion, also known as dyspepsia, refers to discomfort or pain in the upper abdomen often associated with difficulty in digesting food. It can manifest as bloating, belching, nausea, and a feeling of fullness during or after meals. Indigestion can occur due to various factors, including overeating, eating too quickly, consuming fatty or spicy foods, stress, smoking, or certain medications.

Symptoms of indigestion may include

- Feeling full quickly during a meal
- Discomfort or pain in the upper abdomen
- Bloating or gas
- Nausea or vomiting
- Acidic taste or belching

OTC products like antacids (e.g., Gelusil syrup), which neutralize stomach acid, and digestive aids (e.g., Jivan mixture), which promote proper digestion, can provide relief from indigestion symptoms. These products may contain ingredients like calcium carbonate, magnesium hydroxide, or simethicone, which help alleviate discomfort by easing gas and bloating.

In addition to OTC medications, lifestyle modifications such as eating smaller, more frequent meals, avoiding trigger foods, reducing stress, and maintaining a healthy weight can help prevent and manage indigestion. However, persistent or severe symptoms should prompt consultation with a healthcare professional to rule out underlying conditions and determine the most appropriate course of treatment.

BITTER WATER IN MOUTH

The sensation of bitter water in the mouth, also known as bitter taste or bitter mouth, can be a distressing symptom often associated with various underlying health issues, particularly those affecting the gastrointestinal system. This sensation can occur due to several factors, including:

Acid reflux: When stomach acid flows back into the esophagus, it can reach the mouth, causing a bitter or sour taste.

GERD (Gastroesophageal Reflux Disease): Chronic acid reflux can lead to GERD, characterized by frequent heartburn, regurgitation, and bitter taste in the mouth.

If the sensation of bitter water in the mouth persists or is accompanied by other concerning symptoms, it's important to consult a healthcare professional for proper evaluation and treatment. Identifying and addressing the underlying cause is key to effectively managing this symptom and restoring oral comfort.

STOMACH PAIN :-

Stomach pain can be caused by various factors such as indigestion, gas, gastritis, ulcers, or even more serious conditions like appendicitis or pancreatitis. The severity and location of the pain, along with accompanying symptoms, can help determine the cause. It's always best to consult with a healthcare professional for a proper diagnosis and treatment plan.

BURNING SENSATION IN STOMACH:-

A flame-like sensation in the stomach could be indicative of several conditions. One possibility is acid reflux, where stomach acid flows back into the esophagus, causing a burning sensation. This can be triggered by certain foods, alcohol, caffeine, or being overweight. Another possibility is gastritis, which is inflammation of the stomach lining, often caused by excessive alcohol consumption, certain medications, or bacterial infections like *H. pylori*. Peptic ulcers, which are sores in the lining of the stomach or duodenum, can also cause a burning sensation. Other potential causes include gallstones, pancreatitis, or even stress. It's important to see a healthcare professional for proper diagnosis and treatment. They may recommend lifestyle changes, medication, or further tests depending on the underlying cause.

SURVEY FORM

REFERENCE NO: 01

SURVEY OF OVER THE COUNTER (OTC) PRODUCTS FOR RELIEF OF GASTROINTESTINAL PROBLEMS

CONDUCTED AT: K. SATEGADE.....

DATE: 24/04/2024

Name of the consumer (नाम) : शांता तांक

Mobile Number (संपर्क नं): 9950111684

Age of the consumer (वय) : 58

Weight of the consumer (कम) : 76 Gender of the person (लिंग) : Male

Address of the consumer (पत्ता) : झापुर मं. नाडा

Economical condition of consumer (आर्थिक स्थिति) : Poor / Middle / Wealthy M.a.Hdy.

Occupation of consumer (व्यवसाय) - Farmer/Private Job/ Government Job /Self Employed/Small business

Monthly income of consumer (परिश्रमा स्थान) : < 15000, 15-20,000, 20-50,000, > 50,000

INFORMATION OF MEDICAL SHOP
 NAME OF SHOP : शुक्रकृपा मेडिकल कारंजा.
 REGISTRATION NUMBER OF PHARMACIST : अभिजात देसायुध.
 LICENCE NUMBER OF SHOP :
 SIGNATURE OF REGISTERED PHARMACIST :
 STAMP OF MEDICAL SHOP

(Q1) Which gastrointestinal problem(s) are you experiencing?
 गुणे मसुवा आसात की गुण?

..... पोटातडेय बुडवुड इनें खुव दिवसा पासुव पोस्ट दुखा.

..... शुक्रकृपा मेडिकल स्टोर
 शुक्रकृपा इन्डिया मने,
 कारंजा (नाडा), जि. चरिना
 मो. ९८९९५५२७२७२७

(Q2) How frequently do you experience gastrointestinal problems?
 (Daily, weekly, once / weekly, twice or thrice monthly once / (दुनियां घावसावे सादिद वा किने बेड जावती ? तीकाठोडोसुवण फेड)

..... आठोडावती एका वेळा

(Q3) Which Over The Counter (OTC) product you have purchased to get relief from gastrointestinal problems?
 रेलीविएशन सेवेवण सावेवण वावण आठोडावती गुणे केशवा आठ & कडक मंडरे दिवत वावण ?

..... सिटीसायड १५५५

(Q4) How much dose you take quantity and frequency (गुणे किने मंडरे घना ? घना आणि किने वेडा)

..... 10 ml 3 times

(Q5) How well you are the relief you get after taking dose of the OTC product you have purchased? (Time being / Period / Complete / One day / One week / One month) (गुणे वाढी केशवण मदींवे केशवण मंडरे केशवणिक गुणवत दिवतवा आठ केशवण वावण 7/वेदिम / मंडरा / हण्ड / एक दिवस / एक आठोडा / एक मासेना)

..... जोडा.

(Q6) How do you describe the dose 'गुणे घना मंडरे केशवण वावण ?

..... + DR. सादिव ऑट सिटीसायड.

(Q7) Do you feel any side effect of the OTC product you are taking? (गुणे वावण आठोडा केशवण के गुणवण गुणे मसुवा आसात वा ?

..... नाई.

(Q8) Do you have any idea about ingredients in the OTC product you have taken? (गुणे वेदिमण मीदींनी वावणवावण वावणवावण गुणवण केशवण आठोडा मंडरे वा ?

..... नाई.

..... गुणे मसुवावती वावण आठोडा केशवण

..... Anild Chaven.

REFERENCE NO.: 02

SURVEY OF OVER THE COUNTER (OTC) PRODUCTS FOR RELIEF OF GASTROINTESTINAL PROBLEMS

CONDUCTED AT: Mangalore, P.K.

Date: 25 / 06 / 2024

Name of the consumer (नाम): जयदेव देवगुडा

Mobile Number (अनुसंधान): 8308393243

Age of the consumer (वय): 53

Weight of the consumer (वजन): 63 Gender of the person (लिंग): male

Address of the consumer (पता): जोशी Middle

Economical condition of consumer (आर्थिक स्थिति): Poor / Middle / Wealthy

Occupation of consumer (व्यवसाय): Farmer/Phdnic Job/ Government Job / Self Employed/Small business

Monthly income of consumer/patient (मासिक आय): < 15000, 15-20,000, 20-50,000, > 50,000

INFORMATION OF MEDICAL SHOP

NAME OF SHOP: Om medical mangalore


NAME OF REGISTERED PHARMACIST: Jay Rathod

REGISTRATION NUMBER OF PHARMACIST:

LICENCE NUMBER OF SHOP:

SIGNATURE OF REGISTERED PHARMACIST:

STAMP OF MEDICAL SHOP



Q1) Which gastrointestinal problem(s) an (आम) acidity दोष. 2 year before.

Q2) How frequently do you experience gastrointestinal problem(s) ? Daily / weekly / once / twice or thrice / monthly once / irregularly (आवृत्ति) कितनी बार? रोज/आठवडा/एके/दो/मासिक/अनियमित

Which Over The Counter(OTC) product you have purchased to get relief from gastrointestinal problem(s) (आठवडा/एके/दो/मासिक/अनियमित) कितना बार? रोज/आठवडा/एके/दो/मासिक/अनियमित

Q3) Which Over The Counter(OTC) product you have purchased to get relief from gastrointestinal problem(s) (आठवडा/एके/दो/मासिक/अनियमित) कितना बार? रोज/आठवडा/एके/दो/मासिक/अनियमित

Q4) How much dose you take? quantity and frequency (दुग्दी) कितना डोज देता? प्रमाण आणि कितनी वेळा

Q5) How will you state the relief you got after taking dose of the OTC product you have purchased? (Time being / Partial / Complete / One day / One week / One month) (दुग्दी) खरीद केलेला ओटीसी डोस/डोस घेतल्यानंतर तुम्हाला मिळालेला आराम कसा? सातत्याने/एके/दो/मासिक/अनियमित/एके/दो/मासिक/अनियमित

Q6) How do you decide the dose? (दुग्दी) तुम्हाला डोस कसा निश्चित होता?

Q7) Do you feel any side effect of the OTC product you are taking? (दुग्दी) वेत असलेल्या ओटीसी डोस/डोस घेतल्यानंतर तुम्हाला असायला काही त्रास होतो आहे का?

Q8) Do you have any risk about ingredients in the OTC product you have taken? (दुग्दी) घेतलेल्या ओटीसी डोस/डोस घेतल्यानंतर तुम्हाला काही त्रास होतो आहे का?

Signature of consumer (हस्ताक्षर)

Signature of Pharmacist (हस्ताक्षर)

REFERENCE NO : 03

SURVEY OF OVER THE COUNTER (OTC) PRODUCTS FOR RELIEF OF GASTROINTESTINAL PROBLEMS
CONDUCTED AT : Main Road, Pith...

Date: 25/04/2024

Name of the consumer (नाम) : Ravi Mehta

Mobile Number (संख्या) : 8308889263

Age of the consumer (वय) : 50

Weight of the consumer (वजन) : 71 Gender of the person (लिंग) : Male

Address of the consumer (पता) : पुणे, महाराष्ट्र

Economical condition of consumer (आर्थिक स्थिति) : Poor / Middle / Wealthy POOR

Occupation of consumer (व्यवसाय) - Farmer/Private Job/ Government Job /Self Employed/Small business

Monthly income of consumer/patient (निर्यात उत्पन्ना) : < 15000, 15-20,000, 20-50,000, > 50,000

INFORMATION OF MEDICAL SHOP

NAME OF SHOP : Ashw OM Medical


NAME OF REGISTERED PHARMACIST : Akshay Salunkar

REGISTRATION NUMBER OF PHARMACIST :

LICENSE NUMBER OF SHOP :

SIGNATURE OF REGISTERED PHARMACIST :

STAMP OF MEDICAL SHOP



Q1) Which gastrointestinal problem(s) are you experiencing? From how long? (प्राण संस्था बदल कोणत्या समस्या तुम्ही अनुभवत आतात? कधी पासून ?)

अcidobंध्य, जोर, आणि तीजता, कांडा, पाणी सुटणे, वरव खाण्या, जोर.

Q2) How frequently do you experience gastrointestinal problem(s)? (Daily /weekly once / weekly twice or thrice /monthly once / (दिवसात वास्तविकसे संश्लित वार किती वेळा आतात ? दैनंदिन/आठवड्यातून एकदा /आठवड्यातून दोन किंवा निव्वार/दोनदा एकदा वरव)

वरव (दुसरे) खाण्या नंतरच जोर

Q3) Which Over The Counter(OTC) product you have purchased to get relief from gastrointestinal problem(s) related to your symptoms? (समस्यांसाठी तुम्ही कोणत्या ओवर द काउंटर विकत घेतले ?)

मी omece capsub, किंवा ENO ड्रॉप.

Q4) How much dose you take? quantity and frequency (तुम्ही किती मात्रा घेतले ? प्रमाण आणि किती वेळा)

उन capsub किंवा ENO द्यायची ENO ड्रॉप, एक ड्रॉप, एकदा

Q5) How well you state the relief you get after taking dose of the OTC product you have purchased? (Time being / Partial / complete : (One day / One week / One month) (तुम्ही जरीही केलेला ओटीसी उत्पादन मात्रा घेतल्यानंतर तुम्हाला किती आराम करा लागत ?/दैनंदिन /साप्ताहिक /मासा / संपूर्ण / एक दिवस/ एक आठवडा/ एक महिना)

जोर, सुकले, खूप जोर आणि जोराने वरव घेतले.

Q6) How do you decide the dose? (तुम्ही तुम्हाला मात्रा निश्चित केला ?)

खोला: ता

Q7) Do you feel any side effect of the OTC product you are taking? (तुम्ही घेतलेला ओटीसी उत्पादन तुम्हाला दुष्परिणाम तुम्ही अनुभवत आतात का ?)

नाही.

Q8) Do you have any idea about ingredients in the OTC product you have taken? (तुम्ही घेतलेला ओटीसी उत्पादन/दुष्परिणाम तुम्हाला कधी माहित आहे का?)

ENO मध्ये सेनेटा असोना, असे, नेकले, 3-तांदू, सॉफ्ट, मॉनोज ग्रीस

Q9) How do you decide the dose? (तुम्ही तुम्हाला मात्रा निश्चित केला ?)

खोला: ता



REFERENCE NO : 04

SURVEY OF OVER THE COUNTER (OTC) PRODUCTS FOR RELIEF OF GASTROINTESTINAL PROBLEMS
CONDUCTED AT: Main Road Dist.
Date: 25/04/2024

Name of the consumer (नाम): सुभाष शर्मा
Mobile Number (संयोजक): 8308393243

Age of the consumer (वय): 24
Weight of the consumer (वजन): 48 Gender of the person (लिंग): Male

Address of the consumer (पता): राशिप

Economical condition of consumer (आर्थिक स्थिति): Poor / Middle / Wealthy

Occupation of consumer (व्यवसाय):-Farmer/Private Job/ Government Job /Self Employed/Small business
 Monthly income of consumer/patient (परिचर्यता सपना): < 15000, 15-20,000, 20-50,000, > 50,000

INFORMATION OF MEDICAL SHOP
NAME OF SHOP: OM Medical
NAME OF REGISTERED PHARMACIST: Ajay Chavan
REGISTRATION NUMBER OF PHARMACIST:
LICENSE NUMBER OF SHOP:
SIGNATURE OF REGISTERED PHARMACIST:

STAMP OF MEDICAL SHOP

OM MEDICAL

MAIN ROAD

MANGRUDIBRY

Q1) Which gastrointestinal problem(s) are you experiencing? from how long? (प्राचन सतत त्गत कोणत्या समस्या तुम्ही अनुभवत आता? कधी पास ?)
अतः acidity पेय, बाहेर विचारा.

Q2) How frequently do you experience gastrointestinal problem(s)? Daily/ weekly once / weekly twice or thrice /monthly once (तुम्हाला पाचनसंबंधी समस्या किती वेळा आताती? रोज/आठवड्यातून एकदा / आठवड्यातून दोन किंवा तिन्नादा/दिव्यातून एकदा/आठवड्यातून दोन किंवा तिन्नादा)
दोन ते तिन्नादा दिव्यातून

Q3) Which Over The Counter(OTC) product you have purchased to get relief from gastrointestinal problem(s) (प्राचनसंबंधी समस्या सातत पासु आताताती तुम्ही कोणत्या औषत व काढत कोणत्या विचार घेतला ?)
OTC OMIE OTC किंवा Gelwelil OTC.

Q4) How much dose you take? quantity and frequency (तुम्ही किती औषत घेता? प्रमाण आणि किती वेळा)
1 OTC वेळा बाहेर आठवडा एकदा

Q5) How will you state the relief you get after taking dose of the OTC product you have purchased? (Time being / Partial / Complete / One day / One week / One month) (तुम्ही कोणत्या वेळामुळे औषत घेतल्यानंतर तुम्हाला किडनेला आराम करा सातत ?(दिव्यातून / संपूर्ण / एक दिवसा एक आठवडा एक महिना)
एकदा

Q6) How do you decide the dose? (तुम्ही प्रमाण किडनेला किडने ?)
DR. साहायता विचारले.

Q7) Do you feel any side effect of the OTC product you are taking? (तुम्ही घेतलेल्या औषतची कोणत्या अडथळा तुम्ही अनुभवत करता का ?)
बाहेर दुखासिता नाही.

Q8) Do you have any idea about ingredients in the OTC product you have taken? (तुम्ही घेतलेल्या औषतची कोणत्या घटक/आरसाबद्दल तुम्हाला कोणी माहित आहे का?)
नाही

उपरोक्त/उपरोक्तचे नाव आणि मधी। सही करणाऱ्याचे नाव आणि मधी।
Kunal Aniket Chavan
Aniket



REFERENCE NO : 05

SURVEY OF OVER THE COUNTER (OTC) PRODUCTS FOR RELIEF OF GASTROINTESTINAL PROBLEMS

CONDUCTED AT : Maharashtra, Kolhapur.

Date: 24/04/2024

Name of the consumer (नाम) : मोहेश पाटिल

Mobile Number (संख्या) : 9284353867

Age of the consumer (वय) : 23

Weight of the consumer (वजन) : 68 Gender of the person (लिंग) : male

Address of the consumer (घर) : तुळजा अमरावती Middle

Economical condition of consumer (आर्थिक स्थिती) : Poor / Middle / Wealthy

Occupation of consumer (व्यवसाय) : Farmer/Private Job/ Government Job /Self Employed/Small business

Monthly income of consumer/patient (मासिक उत्पन्न) : < 15000, 15-20,000, 20-50,000, > 50,000

INFORMATION OF MEDICAL SHOP

NAME OF SHOP : शुद्धधन मेडिकल

NAME OF REGISTERED PHARMACIST : कनिष्ठा देशमुख

REGISTRATION NUMBER OF PHARMACIST :

LICENCE NUMBER OF SHOP :

SIGNATURE OF REGISTERED PHARMACIST :

STAMP OF MEDICAL SHOP

शुद्धधन मेडिकल स्टोअर्स

मुम्बई, महाराष्ट्र, भारत

कारंजा (ता.क), जि.कोल्हापूर

फोन: ९८४६९५५२७२९

Q1) Which gastrointestinal problem(s) are you experiencing?
कुसी समस्या जाणवत आहे? कोणते तक्रार?

Acidity, 2 month

Q2) How frequently do you experience gastrointestinal problem(s)? Daily/ weekly once / weekly twice or thrice / monthly once / (दुसऱ्या घातांकात कोणते तक्रार जाणवत आहेत? दैनिक / साप्ताहिक एकदा / साप्ताहिक दोनदा / साप्ताहिक तीनदा / मासिक एकदा)

साप्ताहिक दोनदा

Q3) Which Over The Counter(OTC) product you have purchased to get relief from gastrointestinal problem(s) / relief/pain from stomach? (कोणते ओवर द काउंटर (OTC) उत्पादन आपण आरोग्यासाठी कुसी तक्रार जाणवत आहे ते तक्रार घेऊन किती घेतले?)

MeLuGIT.

Q4) How much dose you take? quantity and frequency (कुसी किती घेतले? कसा आणि किती घेतले?)

10ml. १०ml. १०ml. १०ml. १०ml. १०ml. १०ml. १०ml. १०ml. १०ml.

Q5) How well you state the relief you got after taking dose of the OTC product you have purchased? (Time being / Partial / Complete / One day / One week / One month) (कुसी तक्रार किती वेळी घेतल्यानंतर तक्रार जाणवत आहे? (वेळ / आंशिक / पूर्ण / एक दिवस / एक आठवडा / एक महिना))

एक दिवस

Q6) How do you describe the dose? (कुसी घेतलेल्या खुराक काय? (पूर्ण / आंशिक / अल्प / जास्त))

अधिकतम खुराक

Q7) Do you feel any side effect of the OTC product you are taking? (कुसी तक्रार घेतल्यानंतर कोणते दुष्परिणाम जाणवत आहेत?)

नाही

Q8) Do you have any idea about ingredients in the OTC product you have taken? (कुसी घेतलेल्या ओवर द काउंटर (OTC) उत्पादनात कोणते घटक आहेत?)

नाही

नाम / कुसी तक्रार

मोहेश पाटिल

Omkar Thakur

REFERENCE NO.: 08

SURVEY OF OVER THE COUNTER (OTC) PRODUCTS FOR RELIEF OF GASTROINTESTINAL PROBLEMS

CONDUCTOR: Manjushree P. J.

Date: 25/04/2024

Name of the consumer (नाम): शंभवाजी शंभवर

Mobile Number (दफतरीतली): 8908393248

Age of the consumer (वय): 48

Weight of the consumer (वजन): 68

Gender of the person (लिंग): Male

Address of the consumer (पता): शाहीट, चोखंबा, कोल्हापूर

Economical condition of consumer (आर्थिक स्थिति): Poor / Middle / Wealthy

Occupation of consumer (व्यवसाय):- Farmer/Private Job/ Government Job /Self Employed/Small business

Monthly income of consumer/patient (मासिक उत्पन्नाय अथवा उत्पन्नाय): < 15000, 15-20,000, 20-50,000, > 50,000

INFORMATION OF MEDICAL SHOP

NAME OF SHOP: OM Medical.

NAME OF REGISTERED PHARMACIST:

REGISTRATION NUMBER OF PHARMACIST:

LICENSE NUMBER OF SHOP:

SIGNATURE OF REGISTERED PHARMACIST:

STAMP OF MEDICAL SHOP

Q1) Which gastrointestinal problem(s) are you experiencing? From how long? (पाचन संस्था बद्दल कोणत्या समस्या तुम्ही अनुभवत आतात? कधीपासून?)

शंभवाजी शंभवर जीने कधी-कधी

Q2) How frequently do you experience gastrointestinal problem(s)? (Daily / weekly once / weekly twice or thrice / monthly once / (दुर्जात पाचनसंस्था संबंधित त्रास किती वेळा आतात?) (दैनिक/साप्ताहिक एकदा / साप्ताहिक दोन किंवा तिसरीदा / साप्ताहिक एकदा किंवा दोनदा किंवा तिसरीदा / मासिक एकदा किंवा दोनदा किंवा तिसरीदा))

शंभवाजी शंभवर जीने कधी-कधी

Q3) Which Over The Counter (OTC) product you have purchased to get relief from gastrointestinal problem(s) (over-the-counter संस्थागत उत्पादने तुम्ही कोणत्या औषधे किंवा औषधे किती वेळा घेतले?)

देलुसिल, स्ट्रुप

Q4) How much dose you take? quantity and frequency (तुम्ही किती डोस घेतले? कित्याक किती वेळा घेतले?)

10 मॅग्, २-३ वेळा

Q5) How well you state the relief you get after taking dose of the OTC product you have purchased? (Time being / Partial / Complete - One day / One week / One month) (तुम्ही खरीदलेल्या औषधीची प्रभावकारिता किती वेळा घेतल्यानंतर तुम्हाला कितीवेळा आराम करावा लागेल?) (दैनिक / साप्ताहिक / एक महिना) एक आठवडा एक महिना)

शंभवाजी शंभवर उत्तम प्रभावकारिता

Q6) How do you describe the dose? (तुम्ही घेतलेल्या डोस काय विवक्षित करावे?)

मोडीकडले, दौल्यमाना, विन्यासना, निश्चित केला.

Q7) Do you feel any side effect of the OTC product you are taking? (तुम्ही घेतलेल्या औषधीची प्रभावकारिता कधीतरी दुष्प्रभावकारिता आणते का?)

नाही, मनाला, कोळी, दुष्प्रभावकारिता

Q8) Do you have any idea about ingredients in the OTC product you have taken? (तुम्ही घेतलेल्या औषधीची प्रभावकारिता घटकसंघटनेबद्दल तुम्हाला काही माहिती आहे का?)

नाही

सहकार्यालय: शंभवाजी शंभवर
शंभवाजी शंभवर
Manish Chauhan.

By analysing the survey form which is given by the patient or people which is suffer from Gastrointestinal problems the following information are fill in the table NO.1.

TABLE 1 :

Sr.no.	Gastrointestinal problems	Treatment	FORM REFERENCE NO.
1.	Stomach Pain	Gelusil syrup	Reference no.1
2.	Acidity	Jivan mixture	Reference no.2
3.	Acidity/Bitter water	ENO/Omee capsule	Reference no.3
4.	Acidity	Omee capsule/Gelusil syrup	Reference no.4
5.	Acidity	Gelusil syrup	Reference no.5
6.	Acidity	ENO	Reference no.6
7.	Indigestion/sensation like Flame in stomach	Gelusil syrup	Reference no.7
8.	Indigestion	Gelusil syrup	Reference no.8

OBSERVATION

On the observation of survey form mostly people have acidity problem and the indigestion Problem .(2,3,4,5,6,8)

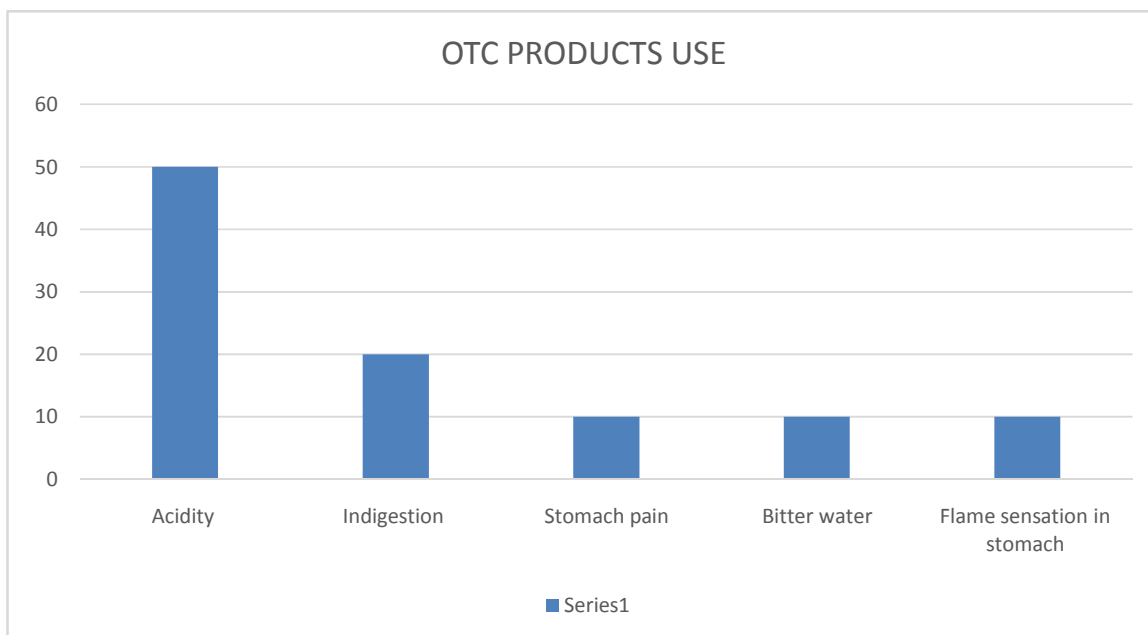
In this survey including all the age group people but by observing the survey form the patient have age above 40 year mostly suffering the gastrointestinal problems.(1,2,3,8)

And , the people who have age above 20years which is also suffering from the Gastrointestinal problems.(7,6,4,5)

On the observation the Gelusil syrup is mostly used by the people in Gastrointestinal problems like acidity, indigestion, inflammation in stomach, stomach pain than other Products.(1,4,5,7,8)

By observing the survey form the graph are plotted on the uses of OTC PRODUCTS in which the Gelusil syrup is widely used by the people for Gastrointestinal problems and the ENO, JIVAN MIXTURE AND OMEE CAPSULE is also used for gastric problems.

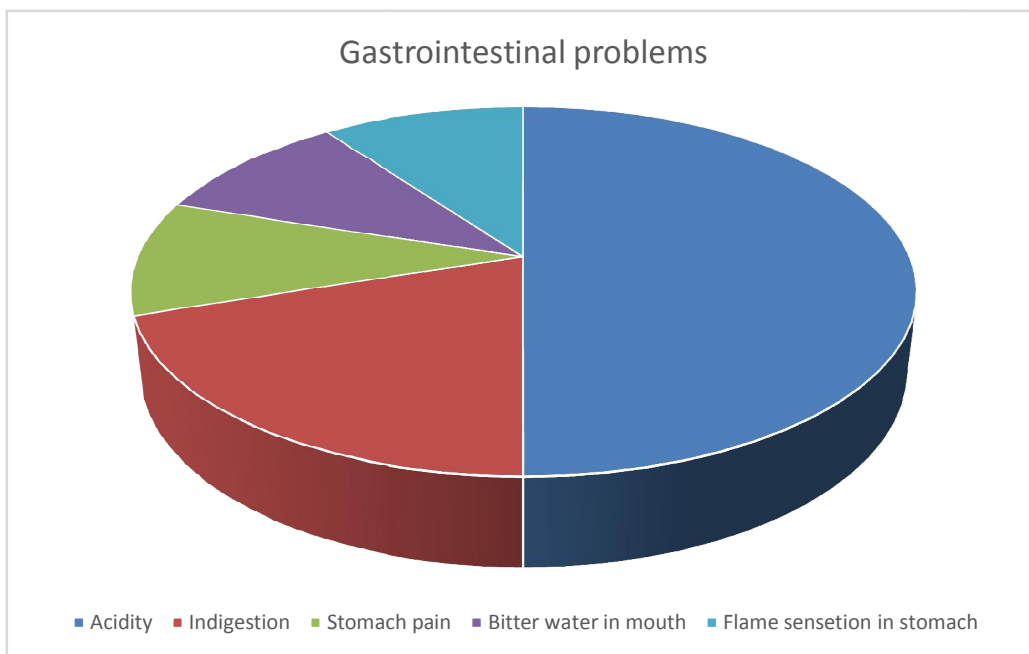
GRAPH NO. 1



On the y-axis the percentage of project are mentioned and on the x-axis OTC Products are mentioned

On the observation the most of the people have acidity and indigestion problem for showing this the pie chart is plotted
(2,3,4,5,6,7,8)

PIE CHART 1



On the survey middle class people mostly used the OTC PRODUCTS.
 Most of the people they are not know the information about the content or constitutes in the product use.
 On the survey people not might be causes the side effects or any other adverse effects.
 In the survey, it was found that middle-class individuals predominantly utilized over-the-counter (OTC) products. However, many of these individuals lacked awareness regarding the contents or constituents of the products they used. Additionally, the survey indicated that people might not be fully aware of the potential side effects or adverse reactions associated with these products.

TABLE 2 : OTC PRODUCTS USE IN GASTROINTESTINAL PROBLEMS

SR No.	PRODUCT	Use for by patient/people	% Products use
1.	Gelusil syrup	Acidity stomach pain , acidity, inflammation in stomach , indigestion.	50 % people
2.	ENO	Acidity , bitter water in mouth	20 % people
3.	Jivan mixture	Acidity	10 % people
4.	Omee capsule	Acidity	10% people
5.	Other	Gastrointestinal problems	10 % people

RESULT

Acidity ,stomach pain , acidity, inflammation in stomach , indigestion , bitter water in mouth we found this Gastrointestinal problems on taking survey .
 in the survey we found most of the people suffer from acidity problem and also indigestion problem.
 For that the people use the Gelusil syrup ,ENO,Jivanmixture,Omee capsule the dose of that product which is decided to asking the pharmacist .The people not getting any side effects of that product but it is habit forming when use regularly

for proper digestion or any other gastric problems. Most of the people not know the product contain. But the long term use of this product it can show the side effects.

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