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SELF-MEDICATION PRACTICES DURING COVID -19 IN PUNE

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Abstract: The purpose of this paper is to study the self-medication practices or the perspective of people towards self-medication. Most of the people are habitual of self-medication that they are not even able to stop themselves in the crucial period of Pandemic. The survey is conducted through online structured questionnaire from 50 respondents. With the objective to analyse the self-medication practices during Covid-19 especially in pune. , to study the impact of sources on self-medication practices and understands whether self-medication pattern helped people to save themselves from pandemic effect .

Its observed that people used or adapted self-medication practices during covid-19

Index Terms - Self-medication, Pandemic, Social Media, Covid-19, Drug Abuse, OTC, Prescription.

I. INTRODUCTION

Self-medication is very routine practice in India. The use of ayurvedic medicine is common self-medication practice in most of the areas of ancient India. Self-medication can be defined as the use of drugs to treat self-diagnosed ailments or signs, or the irregular or sustained use of a prescribed drug for chronic or recurrent disease or symptoms.

There are few reasons why people prefer the self-medication that include fear of illness, ignorance, abundance of information available, social media advertisements, easy availability of drugs in pharmacies.

The general symptoms like fever, cough, cold, diarrhoea is considered common for which the people are used to take advice from friends and family, relatives and try treating themselves with self-medication. The antibiotics are such drugs by which the patients get immediate results but are not aware about the exact dosage This may create resistance of that particular antibiotics in their bodies. The interesting part is that if one person gets some positive results of the particular medicine, he or she will claim that the X drug is useful against Y symptom and recommends the drug to the others.

In India, referral buying is one of most important characteristic of Consumer behavior. Most of the people, when they fall sick, prefer to go to the direct pharmacy, ask the pharmacist for a common medicine for the said symptoms and take medication. People also tend to use similar medicines that are readily available at home, with neighbors or friends. In the lockdown period people are taking home based medicines (Gharelu Nuske) or the medicines recommended by the people through whatsapp. The use of this platform is so huge that people even don't bother to check the authenticity of the particular drug or medicine.

The practice of self-medication may be accepted for OTC (On the counter Products) to effective and quick relief. Most of the pharmacist recommends people few OTC drugs which gives patients instant relief, such drugs are not harmful, however people do not stop there and use Schedule H drugs as well. This can be an offence to purchase these drugs without prescription. There are earlier studies which shows that the frequency of antibiotic related self-medication to be 37% in rural India and overall self-medication to be 31.3% in urban India.

One side the use of OTC products for self-medication is permitted by Drug Association or WHO, People on the other side using Antimicrobial Agents for self-medication which leads in to resistance of Antimicrobial agents. This behaviour is seen in literate people who thinks by adopting knowledge available on internet they can manage their own health & competent enough to treat or manage the chronic sickness. Here they missed out about the authenticity of information, missing information and very importantly the adverse effects of the said drugs, drug interaction.

There can be few solutions for this problem like Limiting sales of antimicrobials with medical prescriptions only, well-organized observation of antimicrobial usage, use of celebrity endorsements for spreading awareness on the ill use of antibiotics, effective use of mass media such as television, newspapers, and internet for providing reliable, authentic, and complete knowledge about the drugs and improving awareness about adverse consequences of antimicrobial usage, But in the critical & examinary situation of pandemic one can't stop the drug abuse as the loaded information is available on social media and people are using this in panic situations. & forget to think about the adverse effect of use of multiple drugs for symptoms or signs which are related to covid-19 under multiple streams like Allopathic, Homeopathy, & Ayurvedic drugs.

TYPE STYLE AND FONTS

The data collection period is ranging from May 5 2021 to May 20 2021.

Objective:

1. To study the self-medication practices used by people during Covid-19 especially in pune city.
2. To study the effect of medicine on people in protecting themselves from covid-19.

Scope of the study:

Pune.

Literature Review:

Ahmad A (2014) in his article Evaluation of self-medication practices in rural area, highlighted the extent & pattern of Self-medication in relation to demographic factors. After the data analysis, he concluded that Frequency of self-medication was high mainly among uneducated males, aged 15 years and above, of low-income group. In his article he suggested that the conducting of patient health awareness programs and educating the masses is necessary for monitoring self-medication practices. The need of the hour is to endorse balanced self-medication through mass media channels.

It is observed many studies carried out and very few studies have been carried out regarding self-medication.

Hypothesis:

1. Majority of people used to take self –medication
2. People get protected by self-medication against Covid-19.

Research Methodology:

The modified questionnaire was provided to around 50 patients through google form

- a. Descriptive
- b. Random Sampling
- c. Universe: All those who have taken self-Medication
- d. Pune
- e. Sample Size: 50

The major challenge faced by the Research scholar was she has to rely on her network in Pune city.

Findings and Analysis:**Table No. 1**

Qualification
50 responses

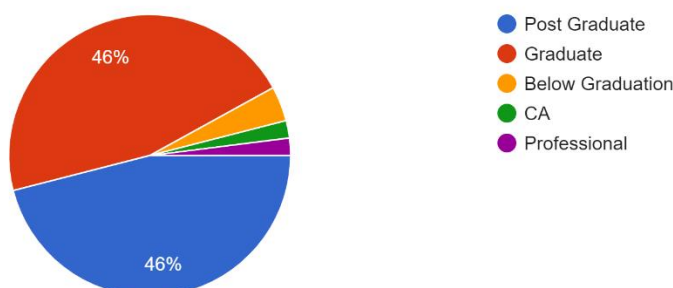
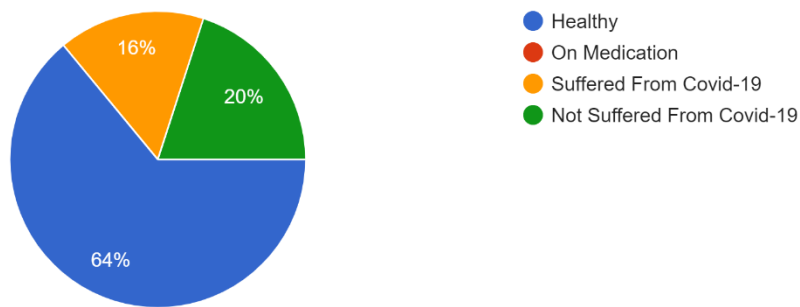


Table no.2

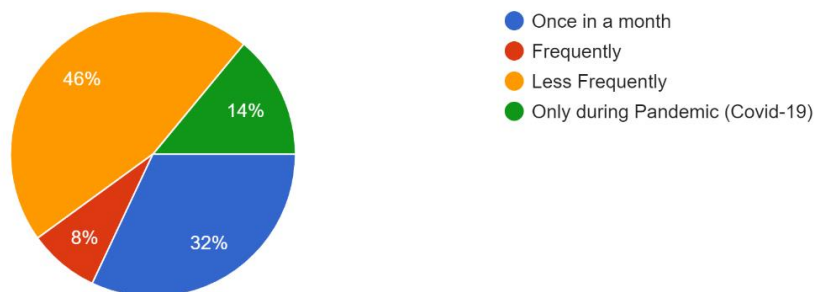
Medical Condition

50 responses

**Table no.3**

Frequency of visits to medical store (Online /Offline)

50 responses

**Self-medication Practices during (Pandemic) Covid -19 in Pune.****Table. No.4**

How often do you take Self-medication?

50 responses

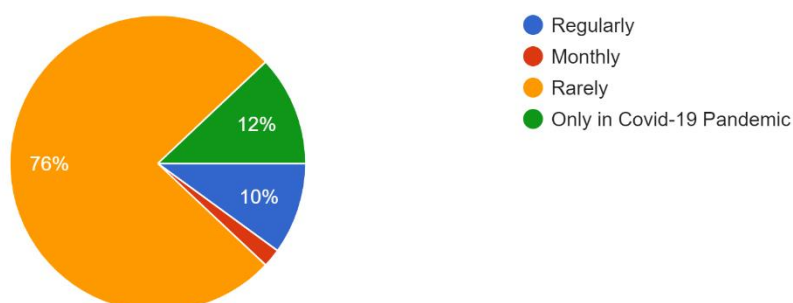
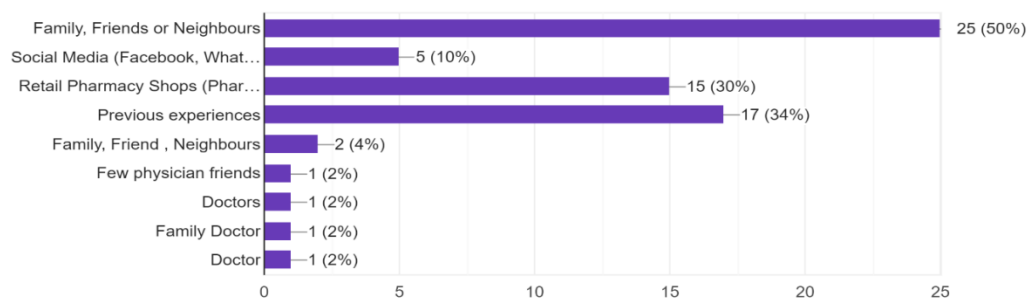


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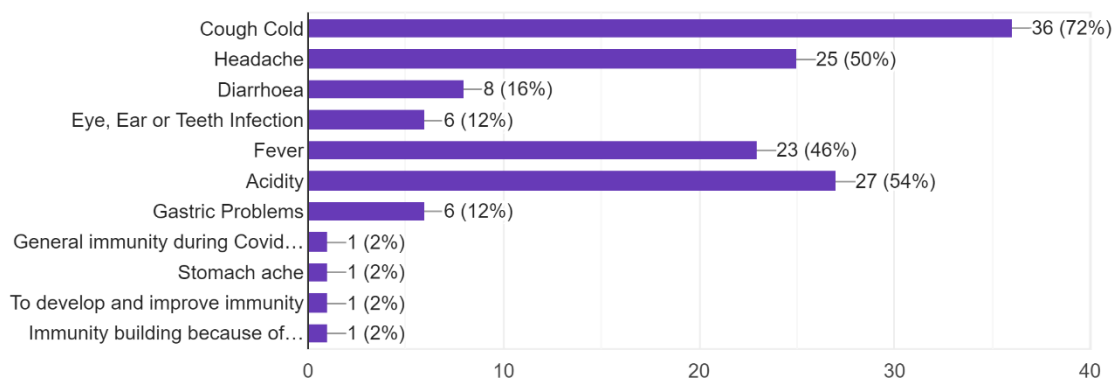
From where do you come to know about the choices of medicines or Drugs?

50 responses

**Table no. 6**

For which Diseases/Ailments do you take Self-medication?

50 responses

**Table no.7**

Have you taken any Self-medication in Covid-19 Pandemic period?

50 responses

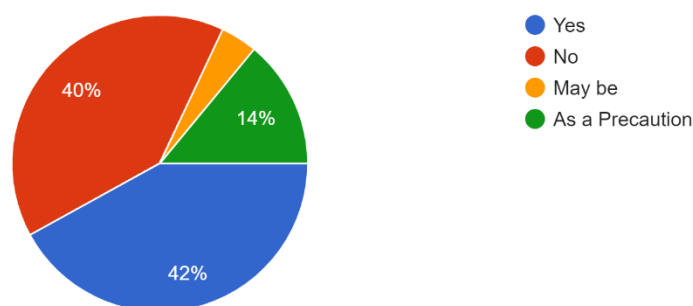
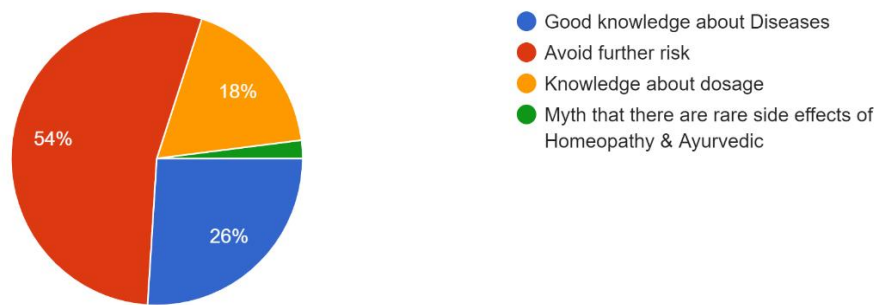


Table no.8

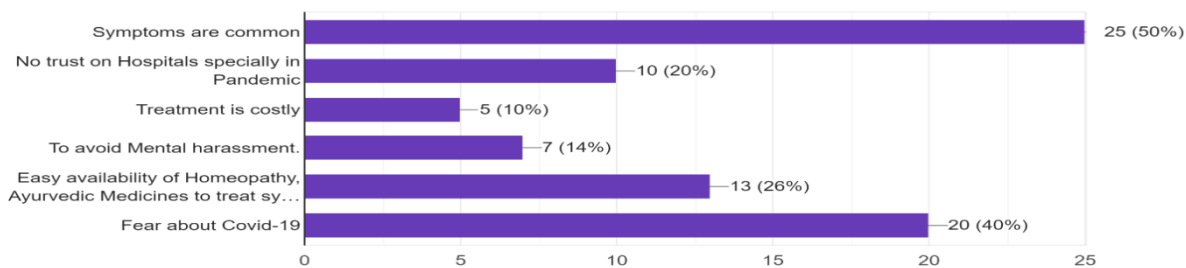
Why do you prefer to take Self-medication?

50 responses

**Table no.9**

Why do you prefer to take Self-medication in Covid -19 Pandemic especially?

50 responses

**Table no.10**

Are you aware about the complexity of Covid-19 mutated virus resistance against antibiotics?

50 responses

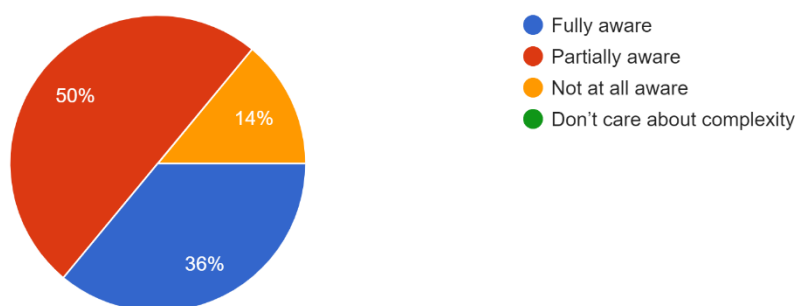
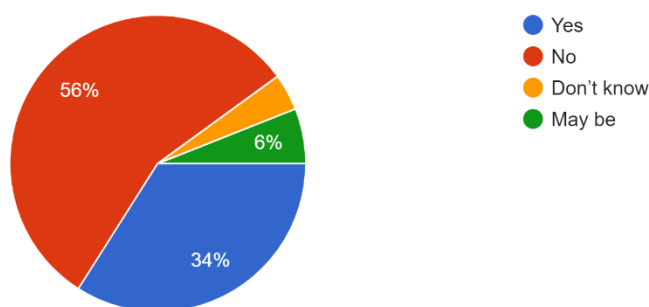


Table no. 11

Do you know anyone who has suffered from Covid-19 even after taking Self-medication?

50 responses

**IV. RESULTS AND DISCUSSION:**

Majority of people used or adopted self-medication practices during Covid-19 and understands whether self-medication pattern helped people to save themselves from pandemic effect. People are accepting the prevention helped them to avoid covid-19.

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