

# Self Medication Practice Among OP Patient of Certain Chronic Illness at Government Siddha Medical College, Palayamkottai, Tirunelveli (From May To August 2018)-A Cross Sectional Study

Al Rahmath Razeena H<sup>1\*</sup>, Kingsly A<sup>2</sup>, Rajarageswari A<sup>3</sup>

<sup>1</sup> PG Scholar, Department of Gunapadam, <sup>2</sup> Reader and Head of the Department, Department of Gunapadam, <sup>3</sup> Lecturer Grade II, Research methodology and medical biostatistics, Government Siddha Medical college, Palayamkottai, Tirunelveli, India.

## ABSTRACT

### Background

According to the WHO's definition, self medication is the use of drugs to treat self diagnosed Disorders or symptoms. Or the intermittent or continued use of a prescribed drug for chronic or recurrent disease or symptoms. self medication can be described as a double edged sword for its user's because it has both beneficial and harmful effect. The practice of self medication is influenced by various factors.

### Corresponding author

H.Al Rahmath Razeena

PG Scholar, Department of  
Gunapadam  
mdameerabbas@gmail.com

**Aim:** This study was designed to determine the out patient who practices self medication and the reason for resorting self medication.

**Materials and methods:** The study was a hospital based, cross sectional study carried out at government siddha medical college, Palayamkottai, Tirunelveli district, India. A total of 126 respondents of 18-50 years of age or more were randomly selected for the study.

**Result:** Prevalence of self medication in the study was found to be majority of the respondents 116. The most frequent reason for self medication was low cost 44%. Our study found that most common source of information for self medication was advice from others 41%.

**Conclusion:** Self medication is highly prevalent in out patient who are unaware of risk involved

**Key words:** self medication-self care-cross sectional study-hospital based- prevalence.

## INTRODUCTION

Every day, we are practicing self medication in the form of self care of our health.<sup>(1)</sup>

According to the WHO's definition, self medication is the use of drugs to treat self diagnosed

Disorders or symptoms. Or the intermittent or continued use of a prescribed drug for chronic or recurrent disease or symptoms.<sup>(2)</sup>

The practice of self medication is very common in developing countries like India. Every day, all over the world people, irrespective of how much knowledge they may got, act on their health without consulting qualified health personals.

Potential risk for self medication is incorrect self diagnosis, incorrect choice of therapy, rare but severe adverse effect, incorrect route of administration, inadequate or excessive dosage, excessively prolonged use.<sup>(3)</sup>

Self medication can be practised and is appropriate for short term relief of symptoms where accurate diagnosis is not needed and in uncomplicated cases of

some chronic disease.<sup>(4)</sup> A major shortfall of self medication is a lack of clinical evaluation of the condition by a trained medical professional which could result in missed diagnosis and delay in appropriate treatment.<sup>(5)</sup>

## AIM OF THE STUDY

To assess the self medication practice among op patients of *iraippu* (Asthma), *mathumegam* (diabetis), *keel vaayu* (arthritis) at government siddha medical college, palayamkottai, Tirunelveli

## OBJECTIVE OF THE STUDY

To assess the self medication practice.

### SUB OBJECTIVE OF THE STUDY:

To estimate the prevalence of self medication

To know the sources of Information- about medication used.

To identify the reason of using self-medication.

## MATERIALS AND METHODS

Questionnaire of this study about.

Personal details

History of previous self medication

Common reason of self medication

**STUDY DESIGN:**

Observational study

**STUDY TYPE:**

Cross sectional study (Hospital based)

**STUDY CENTRE:**

OPD of Government Siddha Medical College & Hospital  
Palayamkottai, Tirunelveli.

**STUDY PERIOD:**

4 Month

**STUDY SUBJECT:**

Op patient of  
*iraippu, mathumegam, keelvayuat*  
government siddha medical  
college, palayamkottai, tirunelveli,

**SAMPLE SIZE:**

sample size is calculated by the epi info, confidential level 95% with estimated hospital population (total population) 21350, with expected frequency 90.9% and confidential limits 5% got a sample size is 126.

Further studies were followed with calculated sample size 126.

**INCLUSION CRITERIA:**

- Op patients of  
*iraippu, mathumegam, keel vaayu.*

- Both gender

- Those who are willing to participate in this study

- Age of the respondents between 18 years to 50 years

**EXCLUSION CRITERIA:**

- Inconvenience and non cooperative patient
- Unable to communicate patient
- Taking medicines for chronic illness with a valid prescription

**RESULTS**

Our study conducted in government siddha medical college, palayamkottai district of Tirunelveli had a total of 126 respondents. out of those, 74 respondents (59%) were male and 52 (41%) were female (figure 1.1). among them, 7 respondents (7%) were the age group of 20-30 years while 29 respondents (23%) were in the age group of 31-40 years, while 88 respondents (70%) were in the age group of 41-50 years. (figure 1.2)

Prevalence of self medication in the study was found to be majority of the respondents 116 (92%) of self medication practice. while the remaining proportion 10 (8%) did not practice self medication. (figure 2)

Figure 1.1

SPSS Trial package 21version

age				
	Frequency	Percent	Valid Percent	Cumulative Percent
less than 19 years	2	1.6	1.6	1.6
20 -30years	7	5.6	5.6	7.1
31-40years	29	23.0	23.0	30.2
41-50 years	88	69.8	69.8	100.0
Total	126	100.0	100.0	

Figure 1.2

sex					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	female	74	58.7	58.7	58.7
	male	52	41.3	41.3	100.0
Total		126	100.0	100.0	

Figure 2. Self medication

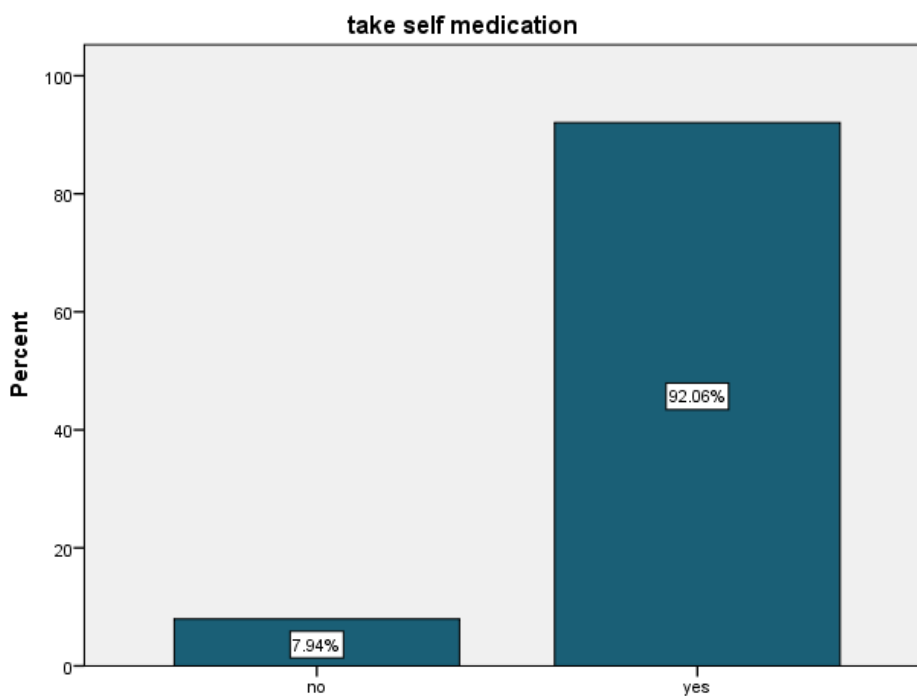


Figure 3 information sources

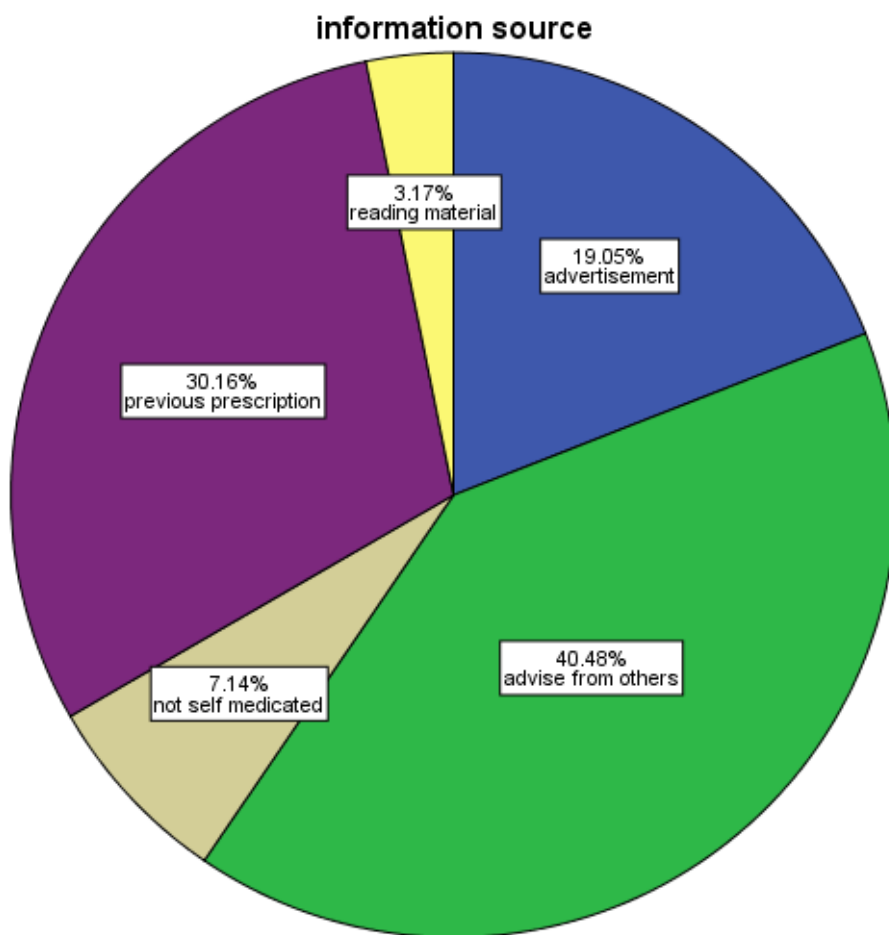


Figure 4: Reasons for self medication

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	low cost	56	44.4	44.4	44.4
id	minor illness	31	24.6	24.6	69.0
	not self medicated	9	7.1	7.1	76.2
	quick relief	19	15.1	15.1	91.3
	urgency of the problem	11	8.7	8.7	100.0
	Total	126	100.0	100.0	

**REFERENCES****DISCUSSION**

The most frequent reason for self medication was low cost 44% followed by no need to visit the doctor for minor illness. the other reason quick relief 15% and urgency of the problem 9%.(figure3)

Our study found that most common source of information for self medication was advice from others 41%.previous prescription were the second most common source of information.The other sources of advertisement 19% and reading materials 3.2%.(figure 4)

**CONCLUSION**

World wide consumers commonly reach the for self care products.To help them solve their common health problem.self medication indeed a very common practice.

Health education to people regarding respondents self medication is nessary to prevent misuse and adverse effect of self medication.

Self medication is an important health issue. Health education of the public and medical education and regulation of pharmacist may help in limiting the self medication practices.

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