

Exercise of persona-medication in Asthmatic Patients with Ayurvedic Medicines together with Allopathic Formulations

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Abstract- The aim of study is to gather information on extent of self medication practice of Ayurvedic medicines along with allopathic formulations in asthmatic patients. The outcome of the study will provide data regarding reasons, public awareness and safety aspects of self medication and herb-drug interaction between herbal and allopathic anti-asthmatic formulations in Jabalpur city. This was a questionnaire based survey which was conducted on male and female population of all age group in Jabalpur region. On a personal interview session questions were asked to the participants and responses were noted. Questionnaire include the variables like conditions, reason, system of medicine used, type of medicine consumed and source of information etc. Self medication with Ayurvedic anti-asthmatic drugs is practiced mostly by males (71%) favouring the age group of 40-60 years. Maximum participants (58.6%) considered that they use self medication for quick relief, 23.2% said that they have lack of time to go to doctors due to their busy schedule. Very common Ayurvedic medicine used for chronic asthma is Vasaka which is one of the key ingredient of every anti-asthmatic formulation. concomitant use of herbal and allopathic anti-asthmatics is very common among the middle aged male with high prevalence rate. Literacy and the economy are the major factors. Although general people have the knowledge, but more awareness on self medication of Ayurvedic medication is needed.

Key words: - Asthmatics, Herb-drug interaction, Self medication.

INTRODUCTION

The Global Strategy for asthma attack Management and bar tips outline asthma attack as a chronic inflammatory disorder of the airways related to raised airway hyper-responsiveness, repeated episodes of asthmatic, breathlessness, chest tightness, and coughing, notably at night/early morning. in step with World Health Organisation (WHO) estimates three hundred million

people suffer from asthma [1] and over eightieth of asthma connected deaths ar rumored from low and lower-middle financial gain countries[2]. In India, associate calculable that fifty seven thousand deaths were attributed to asthma attack in 2004[1] and it absolutely was seen together of the leading explanation for morbidity and mortality in rural India[3].

India is the hub of Ayurvedic medicines, and is naturally gifted with wide variety of herbs. Ayurvedic formulations are available for almost all ailments and have been sold without prescription. Therefore likelihood of herb-drug interaction is very high in India. In China, where the study of food and herb interactions has been a component of traditional Chinese medicines for thousands of years, it is common for herbs to be combined with modern drugs if combination is observed to be beneficial. Patients often use the Over The Counter (OTC) Ayurvedic medicines without prescription along with allopathic drugs for better relief. However increasing availability of non-prescription medicines may encourage patients to believe that there is an OTC drug treatment available for every ailment[4] but sometimes this self medication may cause serious herb-drug interaction. Self medication can be defined as the use of drugs to treat self-diagnosed disorders or symptoms, or recurrent disease[5]. Like all drugs, the safety of non-prescribed medicines depends on appropriate use and dosage[6]. It is now evident that self medication is widely practiced in both developing and developed country. India is also experiencing the problem of inappropriate use of self medication in significant number[7]. To ensure the optimal use of medicines, consumers should have timely access to quality information about their benefits, risks and appropriate usage[8].

MATERIAL AND METHOD

Study Design: A question based descriptive survey was carried out in adult asthmatic patients of both sexes in Jabalpur Hospital and Research Centre (JHRC),

Jabalpur between March – April 2011. Questionnaires were distributed among the IPD and OPD asthmatic patients under supervision of Dr. Parimal Swamy. Total of 60 participants were given the questions out of which only 50 participants actively answered the question. Rest of them answered incompletely hence data of 50 patients were considered for the study and rest were excluded.

Questionnaires: A questionnaires was developed containing two sections. First sections include the question regarding the general demographic information such as age, gender, name, etc. Second section of questionnaires consisted of questions related to the medical history, which includes use of Ayurvedic medicines without prescription along with prescribed allopathic medicines for asthma.

RESULT

From a total of 60 patients, questionnaires were completed by 50 people in which 58% patient population was male and 42% was female. Among these 24% male and 20% female were found to administer both Ayurvedic and allopathic anti-asthmatic formulation (Table 1). Two patients (4%) were under age group 0-20 years, 19 patients (38%) were under age group 20-40 years, 18 patients (36%) were under 40-60 years and 11 patients (22%) were under age group of 60-80 years. Out of these 0% patients are of 0-20 years, 16% patients of 20-40 years, 22% patients of 40-60 years and 6% patients of 60-80 years age group were using Ayurvedic formulations without prescription along with prescribed allopathic formulations (Table 2). Nausea, insomnia, restlessness and headache are frequent side effects found in patient group which are using only allopathic anti-asthmatic treatment. Tremors, diarrhoea, excessive sweating and vertigo are other side effects which have been found. Tremors, diarrhoea, vertigo were less reported in patients using allopathic and Ayurvedic combination (Table 3).

DISCUSSION

This is a questionnaire based descriptive survey on self medication of herbal anti-asthmatic formulations which was completely based on the information given by the respondents of Jabalpur city. These days' folks like herbal and Ayurvedic medicines over the allopathic medicine owing to lesser facet effects of the formers or area unit victimisation the mixture of herbal medicine along with allopathic medicine for higher relief and to cut back side effects. the recognition of herbal

medicinal products (HMPs) makes it vital to grasp potential interactions between herbs and pharmaceuticals. The probability of herb-drug interactions may be above drug-drug interactions, it's solely as a result of medicine typically contain single chemical entities, whereas the majority herbal medicinal products (even single herb products) contain mixtures of pharmacologically active constituents.

Present investigation revealed that there are wide range of asthmatic patients which are continuously consuming herbal and allopathic anti-asthmatic medications simultaneously without consent of physician. Asthma is a chronic disorder, and there are possibilities of patient noncompliance, which may cause many drug-drug and herb-drug interactions. This type of self medication practice may result in serious herb-drug interaction. D'Mello et al.[9] has been reported her-drug interaction between Trikatu and Diclofenac. Similarly Soni et al.[10] has been reported effect of *Allium sativum* on pharmacokinetics of salbutamol in Rat plasma. Market survey of anti-asthmatic herbal drugs revealed that most of the formulations have been sold without prescription and they have a growing market. Therefore chances of herb-drug interactions are very high. Survey results showed that patients consuming both types of medications felt some side effects which may be due to additive effects of bronchodilator.

CONCLUSION

This report revealed that self medication is commonly practiced for minor ailments to get quick relief and most prevalent in middle age man. People prefer to use Ayurvedic system of medicine along with allopathic system requiring education to understand the susceptibility of herb-drug interaction. Pharmacist should be more attentive towards the people who take the medicine without the prescription. Helping the peoples to know about the drugs very clearly can reduce the incidence of any adverse effect in future due to indiscriminate and unnecessary self medication. This is an alarming sign as indiscriminate use of allopathic drugs can come out with drug interaction and adverse reaction if the person concerned is using some other drugs on regular basis. This type of practice can be hazardous for pregnant ladies, children and geriatric patients. Public awareness needed to be encouraged about the drug safety.

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APPENDIX

PATIENT PROFILE FORM

Name of patient:Sex:Age: Weight:

.....Height: Address:

..... Blood group:

.....

Phone no.:

Occupation:

1. Since how manyMonths.....years you are having Asthma?

2. Have you ever hospitalized due to Asthma? Yes/No

3. If Yes, no. of times.....Duration.....

4. Current treatment modality.....

5. Allopathic medicine prescribed by physician.....

6. How long you are using this medicine.....

7. Any side effects noticed.....

8. Ayurvedic medicine is taken or not.....

9. If yes, then any side effect.....

10. How long you are using Ayurvedic and Allopathic combination.....

11. Any other supplement therapy for asthma.....

12. Do you believe that your asthma is well controlled after using combination therapy. Yes/no/unsure.

13. Do you use inhaler for quick relief from asthma symptoms? Yes/no/unsure.

14. If yes.....

Do you believe that frequency of puffs in one day get enhanced after using combination therapy. Yes/no/unsure.

15. Do you believe that night awakening is enhanced after using combination therapy. Yes/no/unsure.

16. Do you have a written treatment plan from your doctor or medical provider on what to do if you have an asthma attack.

(Signature of patient)

(Signature of investigator)

Table 1: Practice of self medication in asthmatic patients with Ayurvedic medicines along with prescription allopathic drugs in relation to Sex distribution of the respondents in percent

Population group (n=50)	Patients using allopathic bronchodilator only	Patients using allopathic and Ayurvedic both	Patients using Other therapy also
Male (29)	17	12	5
Female (21)	11	10	3

Table 2: Practice of self medication in asthmatic patients with Ayurvedic medicines along with prescription allopathic drugs in relation to age distribution of the respondents in percent

Patient age group (in years)	Total asthmatic patients (n=50)	Using only allopathic	Using both allopathic and Ayurvedic
0-20	2	2	0
20-40	19	19	8
40-60	18	18	11
60-80	11	11	3

Table 3: Association of self medication practice in asthmatic patients with Ayurvedic medicines along with prescription allopathic drugs in relation to with occurrence of side effects

S.no.	Side effects	Patients using only allopathic formulation	Patients using both allopathic and Ayurvedic drug
1.	Nausea	5	3
2.	Night awakenings	10	5
3.	Tremors	4	0
4.	Diarrhoea	2	0
5.	Excessive sweating	3	5
6.	Restlessness	4	5
7.	Headache	5	0
8.	Irregular heartbeat	2	3
9.	Vertigo	1	0