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**Deliberate use of antibiotic - A need for change****Vinod kumar****Research Scholar****Abstract**

The antibiotics are sold without prescription in many parts of the country. I have observed the same in my state in the districts of South Haryana at the chemist shops. The practice is more pronounced in rural areas and poor income communities. Antibiotics are illegally purchased without medical prescriptions and at very little efforts. The role of pharmacists in contributing to healthcare remains debatable. In South Haryana, there are deficiency in the professional practice. Community pharmacist are observed retailers and businessman than healthcare providers. Self medication of antibiotics is a universal problem around the globe. The practice cuts gender, culture, age, social status and occupation. Unprescribed and deliberate use of antibiotics has increased bacterial resistance and drug reactions. It has also created adverse effect on human body and created problem to our immune system. The aim of the paper is to discuss unprescribed and deliberate use of antibiotics in South Haryana. It will discuss the concept of self-medication and probable problems, solutions and resistance of microbes.

**Key words**

Antibiotics, Community Pharmacy, South Haryana, Prescription, unprescribed, deliberate

**Introduction**

Alexander Fleming discovered 1<sup>st</sup> antibiotics penicillin for the treatment of microbial diseases. Later it becomes the leading weapon for the treatment of microbial infections. The dramatic role was attributed to lack of primary resistance among bacteria and scarcity of antibiotics with a high cost. Later on, progressive decrease in the rate of antibiotics in the global pharmaceutical industry took advantage of the decreased cost of production in the world market. In developing countries, the irrational use of antibiotics has driven the relentless expansion of bacteria. The situation is due to inadequate regulations of the drug use. The sale of antibiotics without medical prescription has been observed in many countries of the world. The practice is

more common in developing and in poor income countries. It is due to poor legislation and regulations. Due to this antibiotic are illegally purchased without medical prescription. It is aim of this paper to discussed prescribed and non-prescribed sale of antibiotics in South Haryana. It will discuss the evidence, resistance, legislation, probable solutions and change in the practice for the sale of drugs in South Haryana.

### **Method**

In getting material for this paper electronic data basis were searched. The data includes news reports, Medline, community pharmacy record and visitors' mock observation. The majority of the studies assessed over the counter sale of antibiotics at various community centers. The observation assessed the great pattern of self medication.

### **Evidence**

The evidence based on the sale of antibiotics without prescription is very small. While sale of antibiotics over the counter of the chemist shop is wide spread. The evidences for the unprescribed sale are very poor. The detailed publish data availability is also uncommon. But the assets factors of self medication are found very common in the localities, towns, village communities and poor slum areas. The number of unregistered medical practitioner is very evident in the localities. According to registered council of health the number of pharmacists in the year 2001 was 9210 in the state. Later the number increases 1:50 per city in the state. Government agencies regulate the practice of pharmacy in all aspects even though the illegal sale is at its role.

### **Role of Chemist**

The chemist plays a significant role in the pharmaceutical industry for the discipline sale of drugs. Pharmacist have the great role to contribute great health care. However, due to deficiencies in the quality of current professionals the unprescribed sale is promoted in the state. The weakness of primary health care also promoted the episodes of irrational prescription of drug.

### **Self Medication**

The idea of self medication promotes the person to look after minor problems of health with simple and effective remedies. It has been supported worldwide but it is more common in developing countries and poor health center. Self-Medicated use of antibiotics is one of the most common ways to misuse the antibiotics. The practice of self medication cuts the culture, gender, age, health status, social status and occupation in the state. The self medication rate among various age group observed it 37%. The greatest threat of self medication of anti-biotic has increased bacterial resistance. The human malpractice has resulted in adequate and incomplete treatment course. High level of self medication promotes uncontrolled sale of medicine in the area.

### **Antibiotic resistance**

The irrational use of antibiotics over the state has created many side effects in human. This use of the drugs has promoted bacterial resistance for diseases. It has also promoted the treatment complications. Pregnancy status is critical in the state. Illness and infections have reached complication status. Some class of drug have very poor effect on the disease's treatment. Certain disorders like tooth discoloration are very common in the children. The drugs have a very reverse effect on intestinal and vaginal flora. It will increase a great burden on pharmaceutical industry. On a global scale, resistance to penicillin was estimated between 5% and 98% for gonorrhoea. for tuberculosis it is observed 0% to 20%.

Drug self medication in future will increase failure of pharma industry. It is essential to enforce law and regulation in the state for the sale of drugs. The Registration and licensing of qualified pharmacists should be promoted. The practice of the professionals should also be promoted. Community pharmacists must accept their role as health professionals and not business men, and make necessary changes in behavior to carry out their services.

### **Possible solutions**

In relation to unprescribed use of antibiotics, there is an immediate need for a global action to tackle the problem of self-medication. Public awareness regarding the danger of the practice should be raised and information should be available to the general public legislation and controlled regulations should be applied for the license and the sale of drug. Qualified persons should be given license for the supply of drug. Administration control should be appropriate on

the pharmaceutical bodies. Strategies to improve pharmacy practice should be enhanced. The people should be bound by ethics and moral. Similarly, the people must accept pharmacist as provider of health service rather than promoter of self medication.

### **Conclusion**

The irrational use and known prescription sale of antibiotics will promote antibiotic resistance in the microbes. It will be difficult to control microbial infection due to drug resistivity of the microbes. This practice is unethical and inappropriate for the community, living world and nations. There should be restrictions on some class of antibiotics. There should be great checks on unregistered health practitioner. There should also be provision of fine and punishment. Otherwise in future it will affect all living world and microbial physiology. It is not only the duty of state Government but also it is the duty of nation to stop irrational use of drugs.

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