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Chapter 8
Over the Counter (OTC) Medications

- → OTC drugs mean Over the Counter drugs. They are also known as non- prescription drugs, and can be sold or purchased without a prescription order.
- → OTC drugs have minimal abuse potential of the controlled constituents and contain formulations with limited amounts of few narcotic drugs, usually for anti- tussive and anti-diarrhoeal purposes.
- → The most significant difference between non-prescription and prescription medicine is established on the availability of acceptable ways for use under which a layman can use the medicine safely.
- → OTC drugs are those drugs which can be purchased without a prescription. Few OTC drugs relieve aches, pains, and itches, whereas few of them prevent or treat diseases, such as tooth decay and athlete's foot. They also help to manage migraine conditions.
- → Few examples of OTC drugs are painkillers (like ibuprofen and acetaminophen). decongestants, anti-fungal creams, laxatives, acne creams, and sunscreens.

Need and role of pharmacist in OTC meditation dispensing

- ➢ While providing otc medication the pharmacists should analyse the patient symptoms /conditions to decide whether the medicines are suitable or not.
- ➢ The pharmacist should provide drug related information while dispensing OTC drugs .
- ➢ They should guide on choosing otc meditation .
- ➢ They should advise the patient to contact doctors /physicians or medical staff for medical treatment
- ➢ The pharmacists should advise the patient to contact Health care professionals if any drug show severe adverse effect.
- ➢ The pharmacist should advise the patient to verify the drugs active constituent if they are taking multiple otc drugs .
- ➢ pharmacists are the person whom people contact for OTC meditation generally , so there is great demand of pharmacist for OTC meditation
- ➢ When they are initial point of contact for OTC Medication they should be careful regarding their responsibilities of otc meditation.
- ➢ They should track the uses of otc meditation .
- ➢ They are required to limit to the frequency of otc medications.
- ➢ The pharmacists should raise awareness about the importance of otc meditation's safety, correct usage , dosage and storage.
- ➢ They should aware the people about disadvantages of otc medication

OTC medications in India

- → In India, over-the-counter (OTC) medications are widely available and commonly used by the general public for self-treatment of minor ailments and health conditions.
- → Some examples of OTC medications in India include pain relievers, cough and cold medications, antacids, and anti-allergy medications.
- → The regulatory framework for OTC medications in India is overseen by the Central Drugs Standard Control Organization (CDSCO), which is responsible for ensuring the safety, efficacy, and quality of pharmaceuticals in India.
- → In addition, pharmacists play an important role in advising patients on the proper use of OTC medications and checking for potential interactions with other medications.

Counseling for OTC Products

- ➢ Counseling for over-the-counter (OTC) products is an important part of the role of pharmacists and healthcare providers. Here are some key points that may be covered during counseling for OTC products:
    1. **Indication and dosage :** The pharmacist or healthcare provider should explain the indication for the product and the recommended dosage based on the patient's age, weight, and medical history.
    2. **Potential side effects :** Patients should be informed of potential side effects associated with the product and advised on how to manage them.
    3. **Precautions and warnings :** Patients should be advised on any precautions or warnings associated with the product, such as avoiding certain activities or foods while using the product.
    4. **Interactions with other medications :** Patients should be advised on potential interactions between the product and other medications they may be taking, including prescription medications, OTC medications, and supplements.
    5. **Duration of use :** Patients should be advised on the recommended duration of use for the product, and when to seek medical attention if symptoms persist or worsen
    6. **Storage and disposal :** Patients should be advised on proper storage and disposal of the product, including keeping it out of reach of children and disposing of it properly according to local regulations.

Self Medication

- → The use of medicinal products to treat self diagnosed disorders or symptoms without the advice of a Health Care Professional.(WHO)
- → Self-medication is the practice of treating illnesses and disorders with OTC drugs that are licensed and available without a prescription and are safe and reliable when used as intended

Role of pharmacist in promoting safe practice during self Medication

- ➢ The pharmacist should advise the people that it is not good idea to treat self without proper knowledge otherwise it may be dangerous.
- ➢ The pharmacist should provide safe and good quality of medicine .
- ➢ The pharmacist should provide drug related information.
- ➢ The pharmacist should advise the patient to visit the doctors / physicians if self medication is ineffective .
- ➢ The pharmacist should consider the condition of patient if patient is not present, he should ask about the symptoms of the patients .
- ➢ If pharmacist seems that the drugs being asked are not suitable for the patient he should suggest the appropriate medicine .
- ➢ The pharmacist should ask some key questions related to patient condition and medication history.

Responding to symptoms minor ailments, and advise for self-care in conditions such as:

- Pain management,
- Cough ,
- Cold ,
- Diarrhoea ,
- Constipation ,
- Vomiting,
- Fever,
- Sore throat ,
- Skin disorders ,
- Oral health (Mouth ulcer , Dental pain , Gum swelling) .

Pain

→ Pain is a broad term that encompasses a wide range of unpleasant body sensations. It is caused by nerve system activity. It may be irritating or unbearable. It might be a sharp stab or a dull ache. Throbbing, pinching, stinging. burning, or pains are some names for it

Symptom

- Restlessness
- Moaning and groaning
- Muscle spasm
- Difficulty in sleeping
- Difficulty in Concentrating

Self-care

✓ A towel wrapped Cold pack or ice should be used to reduce painful swelling and inflammation caused by injury.
✓ To relieve muscles stiffness heating pads should be applied or warm bath should be taken.
✓ The things trigger should be avoided like noise , sharp light , stress lack of rest and sleep.
✓ Light exercise should be done on a regular basis.
✓ Analgesic balms should be used.

Cough

→ Cough is a normal reflex that occurs as the body attempts to remove irritants from the upper (throat) and lower (lungs) airways. Coughing aids the body's ability to recover and defend itself.

Symptoms

- Congested or running nose
- Coughing
- Sore throat
- Breathing difficulty
- Wheezing
- Coughing out blood or sputum

Self care

✓ Inhalation of warm Steam,
✓ Taking warm Beverages such as Black tea,
✓ Use of Ginger , Clove , Cardamom , Lemon with Honey .
✓ Use of Lozenges Like strepsils , vicks , etc.

Cold

→ Cold is an infectious upper respiratory illness of the nose, throat, sinuses, and trachea. It can be caused by more than 200 different viruses; however rhinoviruses are responsible for causing majority of colds.

Symptoms

- Sneezing
- Runny nose
- Sore throat
- Cough
- Headache
- Fever
- Nasal Congestion

Self Care

- ✓ Gargling with salt water
- ✓ Inhalation of warm Steam
- ✓ Use of topical ointments Like Vicks VapoRub.
- ✓ Taking enough water to replace the fluid loss.

Diarrhoea

→ Diarrhoea can range from a little inconvenience to a potentially fatal illness.
→ Diarrhoea is characterised by excessively loose or watery faeces. Bacteria,
→ viruses, and parasites are the most common causes of diarrhoea. Chronic
→ diarrhoea can also be caused by digestive system issues.

Symptoms

- loose or watery stool more than times a day .
- In severe diarrhoea these symptoms may be observed :
- Fever
- Weight loss
- Severe pain in stomach
- Blood in faeces .
- Dehydration

Self-Care

- ✓ Drinking enough water to avoid dehydration.
- ✓ BRAT diet should be taken : B: Banana R: Rice A : Apple Sauce T : Toast (bead)
- ✓ Laxative things should be avoided like (Tea , Coffee , fig ,etc)
- ✓ Curd , mint , may be used.

Constipation

→ Constipation is a condition in which bowel motions become less frequent and faeces become harder to evacuate. Changes in food or lifestyle, as well as lack of fibre, are the most common causes.

Symptoms

- Less than three time defecation a weak .
- Dry, heard stool .
- Difficulty in passing stool (pain)
- Pain in stomach or cramps.

Self -care

- ✓ To increase water intake,
- ✓ Intake of high Fibre diet.
- ✓ Intake of more vegetable , fruits in diet.
- ✓ Avoiding intake of high - fat foods , meats eggs , etc.
- ✓ Exercise at daily basis.
- ✓ Walking after taking meals.

Vomiting

→ Vomiting is forcible voluntary or involuntary emptying of stomach contents through mouth. Issues in stomach and intestines (infection, damage, and food irritation), inner ear (dizziness and motion sickness), and brain (head injury. brain infections, tumours, and migraine headaches) are potential causes of vomiting.

Symptoms

- Empting of stomach content through mouth Voluntary or involuntary . symptoms
- Before vomiting
- Abdominal Pain
- Excessive sweating
- Rapid pulse

Self - Care

- ✓ Taking liquids gradually
- ✓ Solid food should be avoided.
- ✓ Citrus fruits should be taken in low amount.

Fever

- → Fever can be defined as a body temperature that is higher than normal. It can be a symptom of the body's natural defence mechanism
- → The average body temperature is 98.6" Fahrenheit (37° Celsius). 2) A fever can be defined as a temperature of more than 100.4"P in adults.
- → A fever in children can be defined as a temperature of 100.4°F (measured rectally), 99.5°F (measured orally), or 99°F (measured axillary)

Symptoms

- High temperature (More than 100.4°C)
- Chills , trembling .
- Fatigue
- Weakness .
- Headache

Self -Care

- ✓ Drinking more ware than usual
- ✓ Taking Paracetamol , aspirin,
- ✓ Taking rest.

Sore throat

- → Sore throat is a condition in which the throat becomes swollen, itchy, painful or
- → Excessive dry due to bacterial or viral infection, allergies, acid reflux, overuse
- → And straining of vocal cords, or keeping mouth open for a long time while
- → Sleeping. Severe pain in throat may be experienced while swallowing

Symptoms

- May be different Because of different Causes :
- Itchiness
- Burning in throat
- Irritation .

Self care

- ✓ Intake of lemon tea .
- ✓ Lozenges
- ✓ Gargle with salted water .
- ✓ Taking water time to time to prevent dryness of throat .
- ✓ Taking rest , (teaching , too much speaking should be avoided)
- ✓ Allergens should be avoided like dust , pollen etc.

Skin Disorders

→ Skin disorders are conditions which clog, irritate or inflame the skin, resulting in rashes or changes in skin appearance.

Symptoms

- Dryness of skin
- Open sores , ulcers .
- Rashes
- Red , white pus filled blisters
- Discoloured patches

Self care

- ✓ Sugar or dairy products should be avoided .
- ✓ Skin Hygiene should be maintain .
- ✓ Fats , and high protein diet should be avoided .
- ✓ Boiled water with neem leaves should be use to wash the affected area .
- ✓ Taking enough water to prevent dryness .
- ✓ Different types of creams and soaps should be avoided

Oral Health (mouth ulcer , Dental pain , Gum Swelling)

→ Oral health is a disease free condition of teeth, gums, and overall oral-facial system responsible for smiling, speaking, and chewing. Oral health can be affected by certain diseases, like tooth decay (cavities), gum (periodontal) disease, and oral cancer.

Mouth Ulcer

→ Mouth ulcer (or aphthous ulcers or canker sores) is a condition in which yellow or red coloured lesions form in the mucus membrane (soft tissue lining) of tongue, gums, inner cheeks, lips, or palate, and cause mild pain.

Symptoms

- Pain in mouth
- Increased sensation while brushing teeth.
- Feeling of pain and irritation on eating specially spicy and salty foods.

Self -Care

- ✓ Mouth should be rinsed with warm salt water
- ✓ Spicy foods should be avoided.
- ✓ Oral Hygiene should be maintained
- ✓ Topical anaesthetics should be used like Orajel or Anbesol.

Dental Pain

→ Dental pain or toothache occurs in or around a tooth. Minor toothaches occur due to a temporary gum irritation and can be treated at home. Severe toothaches occur due to dental and mouth problems that can be treated by a dentist.

Symptoms

- Pain in tooth
- Headache
- Swelling around tooth .

Self Care

- ✓ Gargle with warm saltwater (half teaspoon of salt in a glass of warm water)
- ✓ A towel wrapped Cold pack or ice should be put to painful are fore 20 minutes to reduce pain and swelling.
- ✓ Placing Clove in mouth . or Clove oil in Cotton .
- ✓ Household medication like Paracetamol , ibuprofen or aspirin may be used

Gum Swelling

→ Swollen or inflamed gums often bleed and appear bright red in colour due to increased blood flow to the affected site. Red and puffy gums do not heal by themselves

Symptoms

- Swollen gum that bleed easily , even during brushing or eating something like Banana , apple
- Bad odour.

Self- Care

- ✓ Brushing of teeth at least twice a day .
- ✓ Mouth should be rinsed with warm saltwater to remove swelling and bacteria .
- ✓ Intake of vitamin C should be increased .
- ✓ Brushing with Neem Twig .