

Understanding The Risks and Implications of Self-Medication

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Abstract

Self-medication has turned out to be a common issue, with the increased usage of online medical information. Though knowledge is empowering, a lack of adequate comprehension may result in perilous misconceptions, most notably over the use of antibiotics. Overuse of antibiotics is the cause of antibiotic resistance, one of the world's most serious health issues. In India, as there is an uneven patient-doctor ratio, individuals tend to use self-medication with busy schedules or due to insufficient access to healthcare. This practice is risky to health, with wrong medication usage, side effects, and even deaths. To counter this, new legislation mandates physicians to prescribe drugs with generic names in capital letters, and telemedicine has made medical services more convenient. Online consultations allow patients to access professional medical advice at ease, minimizing the dangers of self-medication

According to a saying, having too much knowledge can be dangerous. When it comes to self-medication, people can be misled by a lack of understanding into thinking they are more knowledgeable and experienced than they actually are. One of the most common causes for antibiotics resistance [1]. People may now read from a variety of sources thanks to increased technology, and since they don't consult a doctor, they often take self-medication, which is harmful to their health. Some patients take antibiotics rather than painkillers, etc. Due to busy schedules or lack of information. Some patients take antibiotics, but they don't know how important it is to take the medication as prescribed

In India, where the patient to doctor ratio is significantly different. Patients' hectic schedules prevent them from seeing doctors. Self-medication poses a risk to one's physical well-being. In these situations, some people may take the incorrect prescriptions, which can be lethal [2].

New procedures have been implemented to address all of these issues. It is required of doctors to write the medication's generic name in capital letters. People can now schedule an online consultation instead of physically visiting a doctor [3]. they can use their laptop or phone to make an appointment, communicate with doctors, get the answers to their questions, and obtain the necessary prescriptions.

References

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