

## **Audit of buying patterns of drugs from various pharmacies of New Delhi and surrounding rural areas of Haryana**

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### **BACKGROUND**

Self-medication refers to using drugs which have not been prescribed, recommended or controlled by a licensed health care specialist. In recent years there has been an increasing trend in self-medication with non-prescription drugs available in pharmacies and in retail outlets.

### **OBJECTIVES**

The purpose of the study was to estimate the extent of over the counter buying of non prescription drugs and prescription drugs. And to compare over the counter drug purchasing pattern in urban and rural areas.

### **METHODOLOGY**

A prospective study was conducted as Exit Interviews with customers at various pharmacy shops across New Delhi and some rural areas of Haryana .The data collected was compiled using MS Excel and represented in a report.

### **RESULTS**

21.41% of the rural consumers took self medication. In comparison, the proportion of urban consumers who took self medication was only 14.3%.The most frequent class of drugs purchased was NSAIDS (35%) followed by Antibiotics(30%) and Antacids(20%) in rural areas while urban consumers purchased Drugs for Cardiovascular Diseases(25%), Antibiotics(18%) and Oral Hypoglycemic (17%) most commonly.

### **CONCLUSIONS**

Self medication is more common in rural areas because the population is relatively illiterate and unaware of the health facilities, and get influenced by pharmacists and quacks. Thus, self medication is a "Double Edged" Weapon and it depends upon Authorities, physicians, pharmacists and consumers that how well this principal of medication works for them.