



Influence and Causes of Non-Prescribed Over-The-Counter Drugs in the Market

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ABOUT THE STUDY

Every year, billions of health problems are treated with one or more over-the-counter medications as first-line or critical adjunct therapy. The prevalence of non-prescription drug use, and the potential for therapeutic accidents, requires the attention of pharmacist specialists. Safe and effective non-prescription drugs are used to treat or assist in the treatment of over 450 conditions, many of which occur tens of millions of times a year. For example, non-prescription drugs are primarily used to treat non-migraine and heartburn. Over-The-Counter (OTC) medicines are a type of medicine that can be purchased directly without a prescription. OTC medicines are used to treat a variety of symptoms and illnesses, including acne, cough, pain, and diarrhea. Some of these medications contain ingredients that can be abused if used improperly for the medication or in a manner higher than the recommended dose. This may include mixing different medications to achieve the desired effect or taking the method or high dose indicated on the package. OTC sleep aids are widely used to induce sleep. Diphenhydramine, an antihistamine, is a common ingredient in cough and cold remedies and is also marketed as a sleep aid. In overdose, diphenhydramine causes symptoms of acute anticholinergic intoxication like fever, seizures, coma, agitation, addictive psychosis, and tachyarrhythmias.

The use of Non-Prescription Drugs (NPPD) is becoming an increasing pattern in Western societies and can be understood as the need for an adult population for self-medication. Taking medicines without a doctor's prescription can pose a health risk, especially for young adults are a sensitive user group. There are many forms of prescribed drugs that might be used in this way, which include steroids, non-benzodiazepines, a few anti-psychotics, and codeine. Pharmaceutical pills with the best non-prescribed use in Australia are opioids and sedatives, particularly benzodiazepines. These pills are indexed as essential medicines with the aid of using the World Health Organisation, and whilst used as suggested with the aid of using fitness professionals, may be powerful and safe. Popular examples include analgesics such as acetaminophen (Tylenol) and ibuprofen (Advil, Motrin),

cough suppressants such as dextromethorphan (Robitussin), and antihistamines such as loratadine (Claritin 24H). These medicines are usually found on the shelves of pharmacies, grocery stores, and even at gas stations. Most commonly abused over-the-counter drugs are Acetaminophen (Tylenol), dextromethorphan or DXM (Nyquil), diphenhydramine (Benadryl), Pseudoephedrine/Phenylephrine (Sudafed), Loperamide (Imodium A-D), Diet pill/caffeine.

Acetaminophen

Acetaminophen is commonly used as a treatment for mild pain such as headaches and as an antipyretic for fever and it is well-known as Paracetamol. Overdose of these drugs can cause liver problems such as liver failure, elevated liver enzymes, and liver damage.

Dextromethorphan

Dextromethorphan (DXM) is a cough suppressant found in many OTC cold and cough medicines like Nyquil and Robitussin. Like some illegal substances, DXM is a dissociative anesthetic.

Diphenhydramine

Diphenhydramine is a drug that reduces allergic symptoms and is found in many OTC allergic drugs like Benadryl. However, abuse of diphenhydramine can lead to elevated mood, increased energy levels, and mild euphoria.

Pseudoephedrine/phenylephrine

Pseudoephedrine is a decongestant commonly found in OTC medicines like Sudafed. It is often used to relieve symptoms of a stuffy nose and to treat allergic symptoms.

Loperamide

Loperamide is a drug used to control and relieve diarrhea and is a general term for Imodium A-D. People with diarrhea can

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control their bowel movements by taking this medicine according to the recommended usage on the medicine label. However, loperamide is at risk of misuse and abuse, and when used in large amounts, it can produce the same effects as opioids.

Diet pill/caffeine

Diet pills and caffeine are often used by people who are trying to lose weight or manage their weight. People with eating disorders often abuse both diet pills and caffeine to suppress their appetite, both of which also act as central nervous system stimulants, increasing the risk of abuse and addiction. Both diet pills and caffeine are as effective as amphetamines. Ephedrine is a drug that has been used in diet medicine for years before it was banned by the Food and Drug Administration (FDA), but it is still widely used in many over-the-counter herbal products sold in stores and online. However, it has not been approved by the

FDA. Similarly, caffeine is found in beverages such as sodas, energy drinks, and coffee, but it is also found in OTC pills that are advertised to provide energy and help with weight loss. Both substances can be harmful to health and offer the risk of a regular user developing physical dependence.

About 10.7% of recent users of painkillers/analgesics and opioids and 8.0% of recent users of tranquilizers/sleeping drugs stated that they couldn't stop or reduce their use. Some people being are at better threat of non-prescribed use of pharmaceutical pills, overdose and dependency. Many people underestimate the potential risks that are associated with the non-prescription use of pharmaceutical drugs and believe them to be safer than illicit drugs. However many people die due to overdose of combined illicit drugs. Approximately 1 in 8 human beings will interact with the non-prescribed use of a pharmaceutical drug over their lifetime.