



## Huge Information and Major Risks of Self-Medication

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### DESCRIPTION

Self-medication is the practice of abusing drugs or alcohol to make our self-feel better. It is usually used to deal with stress and pain caused by health conditions. Instead of seeking professional treatment and counselling, many resort to drugs and alcohol to cope. For example, many people who suffer from mental health problems such as depression or anxiety self-medicate with drugs or alcohol to alleviate or avoid symptoms. Some people resort to self-medication in an attempt to numb the physical pain it causes.

Since the 1970s, the medical community has argued that self-medication evolved to manage stress in the absence of adequate solutions and social relationships. In other words, drug use is an attempt to fill the gap left by limited medical options. In theory, abused substances can help people relieve pain and control their emotions.

The epidemic of opioids and prescription drug abuse is recognized as one of the most prevalent public health threats facing Americans nationwide. New research suggests that increased addiction and overdose may be linked to chronic pain. It turns out that most patients who do experience chronic pain. Many people use these substances to self-medicate their pain.

Furthermore, this theory provides new insights into alcohol and drug treatment. Physicians have the opportunity to address underlying issues such as pain and mental health, instead focusing solely on alcohol and substance abuse.

Self-medication has now become a global practice, and people tend to purchase over-the-counter medications based solely on symptom mapping. Medication has become a global public health concern. A study conducted in Europe reported that at

least 21% of the population uses self-medication. Self-medication prevalence was found to be 38.8% in Asia and 75.7% in Africa. In Bangladesh, self-medication practices have become commonplace, consuming and reusing prescription medications when experiencing health problems such as fever, nausea and fatigue. Previous studies have reported prevalence of self-medication in Bangladesh's urban population ranging from 16.0% to 81.4% and antibiotic self-medication prevalence of 26.7%. Similar observations were reported in neighbouring countries, with self-medication prevalence ranging from 12.0% to 78.6% in India, 38.2% to 82.0% in Nepal, 35.3% to 78.0% in Sri Lanka, and 83.0% in Iran. Studies have shown that the most common reasons for self-prescribing medications are previous illness, inadequate information about the illness, financial difficulties to see a doctor, lack of time, and ease of access to medication. It is known that access is easy.

Every substance on the market, legal or illegal, has its own chemical composition. According to the self-medication hypothesis, each drug available has its own practical applications. For example, coffee is a well-known luxury food consumed by millions of people. Coffee is a great way to temporarily relieve fatigue. Unfortunately, its effectiveness wears off and insulin levels drop dramatically. In the long run, it does not solve underlying problems such as fatigue and lack of stimulation. It can even cause other health problems.

The correlation between drugs and emotional or physical discomfort shows the true dangers of self-medication. Alcohol and drugs can temporarily relieve symptoms of mental health and chronic pain, but they can also exacerbate symptoms and make mental and physical problems worse. Here are some forms of self-medication to recognize or learn about the dangers of anxiolytics.

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