

## Abuse and Misuse of Drugs

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Drug is used for diagnosis, treatment and prevention of diseases. To do this a rationale prescription is essential. Rationale prescribing means right drug for right patient and that are safer, cheaper and easily available. To write a prescription only a piece of paper is required. But rationale use of drugs in the prescription is required only the proper knowledge about drugs. In one hand drug saves the life of that patient; on the other hand drugs kill that patient. Drug can be a double edged sword. If some one look around what is happening with the drugs. abuse, misuse, addictions, resistance not probably that even death due to drug besides the rationale use. Abuse and misuse of the drugs may occur prescriptional and non prescriptional. Non prescriptional means misuse of drugs by social or non social persons. Drug abuse or misuse by the medical persons are now a days gradually increasing. The main reason is inadequate knowledge about the drugs and mostly motivated by the medical representatives. On the other hand abuse of drugs by the non medical persons develop by

1. Continuous use of opiates, alcohol, barbiturates, benzodiazepines

2. Intermittant or occasional use of drugs like LSD, cocaine, cannabis, antimicrobial drugs, paracetamol, drugs of like ephedrine, steroids, propionazol, benzodiazepines. The main motives for this is to relief anxiety, tension, depression from frustration or psychological problem. To overcome this problem only answer is proper implementation of drug policy and education.

Irrational drug use and inappropriate prescribing by professionals is a global phenomenon. It is more prevalent in developing countries due to lack of continuous education, training and up-to-date knowledge of clinical pharmacology, information from promotional materials of pharmaceutical

companies, patient's pressure for medications of their choice, uncertainty about diagnosis and direct stake of prescribers in selling more drugs. Although there is a drug policy but its implementation is not properly supervised. Moreover due to increased illiteracy and lack of knowledge about side effects of prescribed medicine there is increased irrationale use of drugs. Continuous medical education programme for medical professionals should be carried out periodically and compulsorily regarding writing of prescription, appropriate use of proper drugs, knowledge about is side effects, dose of the prescribed drug. Publicity of knowledge about unnecessary drugs, its side effects, economic burdeon and addiction should also be disseminated to the public through writing in news paper, Television, Radio broadcast, internet message, leaflets, brochures handouts. Only then irrationale prescription writing in other words use and misuse of drugs could be minimized to a tolerable level.