

Evaluation of Self-Medication Practice among Tribal District Students of South India

[Tanveer A Khan](#), [Mohammed Tajuddin](#), [Shiva Krishna Rao Tavrekar](#), [Srinivas Kondal](#), [Sravan Kumar](#)

Dr. Tanveer Khan. Professor and Head, Department of Pharmacology, Government Medical College, Rajnandgaon (C.G.).

Mob: 09423403782, Email: drtanveerkhan@yahoo.co.in

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Abstract

Introduction: Self-medication practice among students and that of tribal regions are an important issue with serious implications. Even though self medication is useful to treat minor ailments, improper self medication practice may lead to the severe adverse effects and fatal consequences. In the present study the self-medication practice was evaluated among tribal district students of south India. **Materials and Methods:** Degree, diploma and intermediate students belonging to tribal district of Telangana who took self-medication were included in the study. They were given a questionnaire about self-medication. A total of 193 students participated in the study. **Results:** 106 (54.9%) students were involved in self-medication. Fever, cold, headache, bodyache, diarrhea were the common reasons for self-medication. Most common drug was Paracetamol with generic name followed by pain balm with brand name. Main source of information was parents and medical stores. Main advantage mentioned was quick relief and no disadvantage. **Conclusion:** Many students from tribal background are involved in self-medication although restricted to use of one or two drugs. They are searching for quick relief, time, and money benefits but unaware of its serious consequences. There is urgent need to change such attitude.