

Unintentional abuse of drugs

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In recent scenario, drugs or medicines are one of the unavoidable parts in our life. After observing scientifically drugs and medicines are not the same products that we think. In very simple way drug can be defined as any chemical agent that has effect of any biological system like human, animal or plant. On the other hand medicines are those drugs that have healing effect only. So there is a chance of misuse or abuse of drugs whether intentionally or unintentionally. If we recall the global history there's lot of examples or tragedies due to misuse of drugs that resulted psychological disorder, affecting the infants in mother's womb or even death. The Sulfanilamide Disaster of 1937 was one of the examples that took more than 100 lives. Then the name of 'Thalidomide' is unforgettable in the history of medicine. In 1957 one of the most popular drugs was 'Contergan' or chemically known as thalidomide. This drug was mainly used to reduce the morning sickness so it was rapidly used on pregnant women, were suffering from morning sickness. But who knew that drug will introduce the darkest parts of history entitled as "Thalidomide Tragedy". In this tragedy more than 10,000 children from over 46 countries came to the world with deformities including a very rare disorder called 'phocomelia'. These tragedies were resulted from unsuccessful clinical trials. Time like after 2000 there were many drugs those

had been recalled from market for their unavoidable adverse effect or slow poisoning. The example can be 'Rofecoxib' or 'Vioxx' recalled in 2004 because of resulting heart attack then 'Valdecoxib' or 'Bextra' another pain killer was banned in 2005 for the same reason including skin disorders. These all were commonly used that time and was also popular in market. Now come to the regional issue, Bangladesh has banned the use of methionine in paracetamol syrup because of previous history of killing more than 25 children. On 14th June, 2016 DGDA, Directorate General of Drug Administration of Government of the People's Republic of Bangladesh has cancelled the permission of manufacturing of antibiotic for 11 pharmaceuticals as they were not meeting criteria or cGMP (Current Good Manufacturing Practice of World Health Organization).

The major threats of drugs adverse effects are kidney failure, cardiovascular problems or liver damage. Without these there can be other problems that can be resulted by the misuse of drug. There are some specific reasons playing vital role in these incidences. Technical failure can be the unjustified clinical trial that means before marketing that was not tasted among other biological systems like animals. The second one is the most crucial and notable that is people are not concerned on the drug they are having. The tendency to take drugs without the prescription of physicians or consulting with clinical pharmacists is the main reason of facing drug adverse effect. It is very important to know that except OTC (Over The counter) drugs like normal painkiller or anti-vomiting people are not allowed to take any medicine by their own. There are some drugs that are highly recommended to take after the permission of physician. Antibiotics are in this group, before taking any antibiotic anyone needs to consult or visit a doctor because a misuse of antibiotic is the main reason of antibiotic resistance. Antibiotic resistance is another burring issue in this decade. In early G7 Summit in Japan, it was discussed by British Prime Minister David Cameron and took the concern of other policy maker of G7 countries. Individual mistakes collectively make a huge threat for the future.

Now come to some examples which are very common. Heart problems are one of the major diseases in our country so it's very common to have 'Farevan' or 'Warain' according to the prescription of doctors; basically both of the drugs contain 'warfarin', an anticoagulant. Now if you take regularly pain killer like aspirin in the same time of warfarin treatment. This drug interaction can results deadly bleeding from a very simple wound or GI excessive bleeding in the case of GI ulcer. On the other hand if you are a patient of insomnia or sleeping disorder and having 'Barbit' or any drug that has 'phenobarbitone' then there is no meaning of use warfarin as this drug highly reduces the effect of warfarin.

These are very simple examples of drug interactions and misuse of drugs. Regular use of steroidal drugs has devastating organ damaging effects, or some drugs can create addiction and after stopping those drugs patients can fell physical or psychological abnormalities. Drug adverse interactions should very crucially counted in the case of pediatric (child) patients.

Except the previous mentioned there are food drug interactions and idiosyncratic factors. It is not possible to have a proper knowledge on drug interactions for a common people but it is possible to contact with the doctor or clinical pharmacist before taking a new drug. One thing is very important to know your time and money are not more valuable than your life.

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