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Necessity Of Awareness About The Side Effects Of Some Commonly Used Drugs

“.....they use antibiotics as a fashion in treatment The world may run out of effective antibiotics by the end of this decadeabout 78,400 people are dying annually in the USA alone due to modern medical interventions.... without making aware the common people about the side-effects of the Drugs, therefore, we have no other way to adopt....”

Discovery of penicillin brought about a revolution in the treatment of diseases. Since then modern medicine has never looked back and a large number of antibiotics and other drugs have been discovered and patented. Just like penicillin, many of the modern day medicines were first studied and isolated from plants. Most pharmaceuticals are the compounds identified in plants as active ingredients beneficial for a health problem. After a long painstaking process of isolating and developing the chemical route for manufacturing them, these ingredients are claimed to have discovered, which were always there. However, this system of chemical bulk production is profitable for drug companies, but many times the isolated active ingredients might not work as well as the entire plant.

The context in which medical research is done has changed. Earlier, medical research was fundamentally academic done mainly in the universities and research institutes. However, now most medical researches worldwide is financed by pharmaceutical companies who are constantly looking for new

drugs they can produce and sell. Since drug companies predominantly fund the medical researches, scientists have to keep in mind not only the effectiveness of treatment, but also most importantly the profits, that is, the economics of production. Most of the time pharmaceutical companies are busy proving how beneficial a drug is and not bringing out sufficiently its many side effects. Because of these selfish kinds of researches, many drugs own a number of reasonable adverse effects.

Here are the side effects of some drugs/supplements which are seen being used widely by the common people without asking doctors –

- A. **Pain killer:** Till now, a majority of peoples are seen variably dependent on pain killers. Whenever they feel any kind of pain, they immediately seek for pain killer drugs. Such medicine generally contains some Non-steroid, spirin, Ibuprofen etc. These drugs make harm to bicarbonate layer of stomach. Bio-carbonate layer protects the inner gastric wall from excess acid, pepsin etc. Recently the researchers of “American society of ephrology have prevailed that” long term use of such Analgesics cause even failure of kidneys.
- B. **Antacid:** Antacids are the most used drug by the common peoples without asking doctors. With mild abdominal pain, chest burn etc, they directly go for antacid. Unnecessary and frequent use of such antacids (Ranitidine, Fenatidin, Aminarazol, Lensoprazol, Sucralhet etc) cause complications like kidney stone, Heart failure, osteomalasia etc.
- C. **Vitamins:** In modern system of medicine, with any general weakness/physical debility etc, vitamins and minerals are prescribed. Common peoples are also found taking vitamins frequently without any need. Taking such vitamins (produced outside the body) in excess/unnecessarily may cause many complications.
- **Vitamin A:** Causes Headache, dryness and severe itching of skin, osteoporosis, lack of hunger etc.
 - **Vitamin B Complex:** Causes redness of eye, gastric ulcer, jaundice, low blood pressure, liver complication etc.
 - **Vitamin C:** Increases Oxalate in urine and make harms to kidney. It also increases the probability of skin diseases.

- **Vitamin D:** Causes Anorexia, irritation of mind, over indulgence in sleep, constipation, increasment of calcium in the body and thus causing renal failure.
 - **Vitamin E:** Causes increasment of serum lipid and thus making complication to normal blood circulation.
 - **Vitamin K:** Causes jaundice, hemolytic anemia of children.
- D. **Contraceptive Pills:** To control the population out bursting many birth control pills are becoming very popular. But the dangerous side effects of these hormonal pills are not noticed. Common peoples are not made known about these side-effects. The regular use of such kind of hormonal pills results to stroke of the brain, then paralysis, genetic deformities in the coming progeny and, many time, hormonal instability. If we see briefly, these contraceptive pills are ultimately enthusing only the non-married young generation to do unethical and socially restricted sin and also enhancing the polygamies in the society.
- E. **Antibiotics:** Some pharmacy holders and some other medical diplomats of rural area are always seen to give antibiotics compulsorily in any type of infectious or non-infectious diseases. They are seen convincing the common people that the Antibiotics are the permanent relief. And so on, a mentality has grown up among the peoples to consume antibiotics in any case of fever, GIT disorders, and even in case of any pain also. Such pet Doctors (who think themselves a doctor after a little study of only some books on medicine) use to give antibiotics compulsorily along with pain killers. Fevers due to heatstroke, excess labour, severe cold etc. don't need antibiotic to be cured. It is said that viral fevers, if treated takes seven days to be cured, and if not treated takes a week. But they use antibiotics as a fashion in treatment, as if without it any treatment is impossible. They are even without knowing that which antibiotic is used in which case. They think all the antibiotics to be same and applicable irrespective of site and type of infection.

Moreover, in case of infectious diseases, what happens, when the symptoms disappears or slightly decreases, they stop the treatment and thus, the few strain remained unkilld become resistant and give

rise to a new generation of bacteria which become resistant to the previous drug.

On the other hand, Frequent and over use of antibiotics may also result in development of super bugs (bacteria that are resistant to the common antibiotics available). Because of the overuse of antibiotics, the hospital-acquired infections (infection due to bacteria in hospitals) are often antibiotic resistant and treating them stands almost impossible. The editor of 'The Lancet Medical Journal' says- "... as a result of super bugs a mild surgery may also kill a patient in near future...as because, till then, there will be no more effective antibiotics to prevent the operated zone from infection. "

According to WHO, a "virtually untreatable" form of TB has emerged, generally known as XDR TB (extreme drug resistant tuberculosis) which has been seen nearly in all parts of the world. Researchers are worried about the strains resistant to drugs, as TB causes about 1.7 million deaths a year. This XDR TB is not only resistant to the frontline drugs, but also three or more of the six classes of the second line drugs. It is potentially close to a bacterium we have no weapons against. "...it is extremely worrying that this kind of resistance of bacteria to the antibiotics signals almost a return to the pre-antibiotic days of infective disease treatment" – the chief medical officer of England, Demy shelly Davis, says.

According to Prof. George Poste, Director of the Biodesign Institute of Arizona State University and an advisor to the U.S. Govt., the world may run out of effective antibiotics by the end of this decade and face a gap of at least 10 or 15 years before new drugs can be developed to combat super bugs. For the world as a whole, this kind of drug resistance should be extremely worrying. And in this case, other than the introduction of the traditional and alternative systems of medicine (which existed during the pre-penicillin era), we have no choice. This is why the World Health Organization has granted a few system of traditional medicine as alternative medicine system (like Ayurveda, Homeopathy etc.) and put a serious attention to spread these systems all over the world.

Death by Modern Medicine is a book by Dr. Carolyn Dean, a well known pioneer for 'Drug-free medicine', and 'Health freedom movement'. It discusses the various aspects of modern medicine that result in deaths. According to this book, about 78,400 people are dying annually in the USA alone due to modern medical interventions and drug prescribed in hospitals, in outpatient clinics, errors in hospitals (both medical and surgical), bedsores, etc. Unfortunately, when people die of these medical interventions it is called something else, such as sudden heart attack, stroke etc.

Doctors are trained in the extremes of medicine (emergency and surgical), but when they go in to practice, 80% of the patients have conditions that are lifestyle oriented (aches, fatigue, nerve diseases, different types of chronic diseases etc). Such people who are normal are often treated with abnormal therapies, drugs and surgeries instead of looking for the etiological causes and suggesting simple lifestyle changes wherever required. By a physician, it is more important to diagnose a disease and then only choose the appropriate treatment of correct dose. But many of the doctors (commonly in Government sector) are seen prescribing without thinking deeply over the causative reason of the disease. If a patient reports headache, doctor prescribes a pain killer directly without further investigation, because they have no much more time. And they have no any way to do otherwise, as because doctors are less in the Govt. Sector and fifty or sixty patients are crowding their table.

What up to pharmaceutical companies, they could do nothing in this case, as everyone thinks own business first. When a medicine, curative for one disease, causes a new disease, it is indirectly profitable for the drug companies. Another profitable thing for the drug companies is the interminable treatment of patients with drugs that do not really cure a disease. If one has a long drawn out incurable diseases, it is unfortunate for the patient but great for the pharmaceutical companies. While the patient is suffering, indefinitely he is also buying expensive medicines to make the disease 'manageable'. Manageable diseases are the trend in mainstream medicine, and it is the main message of

pharmaceutical companies and the media market to consumers that you have a mental disorder? That's okay you can live a normal life, if you take these pills (our product) every day. Without making aware the common people about the side-effects of the Drugs, therefore, we have no other way to adopt. Because, 'No drugs' will also mean a lot of sufferings. What is needed is still under research. It is a credit to medical science, that a new type of antibiotic (named as Pre-biotic) has being introduced. Pre-biotics are the culture of those bacteria which are not harmful to body. If these non-harmful bacteria remains abundantly in a site the body, the harmful bacteria will not get the chance to infect there. But, still, this will be very risky to keep another life abundantly in our own body. So, we see that, it has become very urgent to grow awareness (about the side effects of some drugs) among the population. And at the same time, we have to indulge ourselves in popularizing and developing the traditional medicine systems as the alternative systems of treatment