

Cinematic Conversations: Exploring Self-Medication in the Lives of Muslim Female University Students

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Abstract: Self-medication refers to the consumption of illicit drugs and medicine by an individual to resolve primal health problems through the cheapest and effective way as possible, without the consultant of any pharmacist. The after mates of self-medication could be harmful as it tends to cure disease like cough headache and physical pain from the body temporarily but frequent use of these remedies could result in a drastic disability in the body ranging from unconsciousness till permanent side effects. Self-medication is determined as the self-care of oneself by consuming drugs and medicine to ensure health and health care system to a wide extend. It's an aspect that is largely depended upon the factors like its socio- economic status, life style, urban and rural areas its stand upon and the most important factor for the implementation of consumption of medicine among youth is the convenience. Self-medication is a process used worldwide as the rate of consumption of medicine by own choice increases day by day. It is observed that the state suffering from under privileged resources and economy tends to save its financial wealth by self-medicating and under mining certain strategies to overcome low cost diseases, however Muslims states suffers with certain diseases, as the resources provided to them are either available or at a risk to take but even Islam permit Muslims to eat anything to escape severe death. The main aim of this paper would be to clarify the main cause and effect of the intake or use of illicit drug on female students in Karachi through assuming the usage of medicine both allopathic and homeopathic intake of medicines as households remedies. The testimonial pattern of the research would be rank through percentage method and questionnaire would be based on descriptive level covering observation from university (girls) between the ages of 18 to 25 or approx.

Key Words: Self - medication, nutrition malfunction, disease dysphonia. Remedial medication.

Introduction

Self-medication in a vast global and phenomenal practice done by individual to regain strength and compatibility. Self-medicating is coined to be the usage or intake of inappropriate drugs and medicine to ensure curability of an individual from primal disease as its remedial medication is to be known by individual suffering from it, without having any consultant from doctors or other pharmacists.

People often prefer self-medication to be the most cheapest and efficient ways to get cured without any exemption of clinical tax and appointment checks and wastage of time. It is a prevailing phenomenon which largely influence individual on a broader scale. (1) According to the research conducted by the university of Jordon which theorized the aspect of self-medication as a practice use by people to intake medicine by their own will and personal choice or initiatives rather than the pharmacist approval or concerns (1).

(2) Following by the department of food and drug USA observed that “ the intake of illicit medicines are often safe to be use by citizen generally as it is effective and least budgeting rather than seeing a doctor or pharmacist for cure and durability “. (2)

(3) During advent courses of technology men has always founded easier ways to reduce stress and pain by consultancy and advice but as the advent of 21 century drew to a close turn many people tends to seek meditational remedies to be more effective and less time consuming. The notion of self-medication is extensively increasing among men and female as primal diseases become a part of their lives, headaches, flu, cold, cough and other diagnosable diseases. (3)

Self-medication is a practice that has been discouraged by the society in the past due to unawareness which still exist today in some extends but frequent use of medicine to cure primal diseases may cause secondary health problems as the people are un aware by their side effects.

Some of the reason why self-medication is so common in today's time is due to the lack of financial aid provided to each and every individual faces in an over populated region like Pakistan. self-medication in Pakistan is caused by financial affordability, finding ease in times, family diagnosis, and pharmacist opinion rather than doctorate's advice or even the increase usage of medicines from one selves can also tends to influence of in taking medicine without prescription.

Some primal diseases present in the urban and rural areas also doesn't require prescription from the doctor

to cure disease like headache, flu, cold and even allergies even other medicines for blood pressure relief and dental medicines are also being used as household remedies to cure minor disease. Fostered by a physician William it is theorized "self-medication is in various times are in appropriate and a source of causing diseases" self-medication is durable for some distant measure but often cause severe internal disorder when used in an ill-mannered way.

If we talk about PAKISTAN, the most common reason of any individual or girl to self-medicate for disease were head ache, cold, flu, sore throat. Self-medication is the phenomena and practice which is presently increasing day by day. Self-medication is mostly common among university girls and teenagers because they use certain pain killers, in minor diseases.

In general self-medication is common in both educated and illiterate population respectively. On traditional and cultural basis the climax of self-medication changes from races, gender, age and region. The self-medication ratio is frequently high among women and girls as compare to men that is estimated to be 31% in male and 51% female girls and women self-medicate to cure diseases.

The usage of allopathic drugs are often for the cure of illness like headache, allergies, cold, flu and other secondary disease whereas homeopathic medicines are used to cure diseases like pain, headaches, wound's and other external skin diseases. So which of this medicine prefers to be the most effective?

Self-Medication among Muslim Girls in University Worldwide

Self-medication is defined as the illicit consumption of medicine, in order to cure disease in fewer amounts of time and capital. Self-medication is a practice done by both men and women and even teenagers in the modern age. The prevalent analysis of self-medicating is high in Pakistan as unawareness and ease of availability of medicine have increased dramatically.

Self-medication is often common among girls as they try to cure things by using home remedies and also by in taking commoner medicines like Panadol, paracetamol, dispersing for common diseases. Often, girls and women use old prescription to cure their disease because they are often guided for it. (4) According to java report theorized in the past that self-reliance and intake of medicine or remedial practices are done by those female individuals, deprived, isolated, effected by the social and economic chronicle of the society and are seriously ill or tormented psychologically in their early ages and in learning pupils " (4)

Self-medication is a phenomena that is propelled by teenager specially girls the most because they are pressurized by the society to work hard as they can to

promote a lively living, anxiety, depression and other physical pain and weaknesses in the body.

Self-medication is a global act that has been increasing drastically worldwide and the rate of consumption of both allopathic and homeopathic medicine as increase to a height. In most of the developing states where restriction is not bounded prevalence of self-medication is high as people often purchase medicine without any prescription or by following old prescription to cure diseases, but in remote areas self-medication is considerate as a social norm of the society.

Although, self-medication is done in regions, where poor economical settlements and high expenditures exist. It is also practiced in those areas where traditional and nominal believes of curing disease puts a toll on its awareness and consequences, when taken in an in appropriate ways exist.

(5)Self-medication is considered to be a worldwide problem of developing and developed states ranging up to 67%. It is observed that the rate of consumption of medicine in Iran is much higher than the global rate, about 399 dosage of medicine are taken per person a year, which in comparison is 2 to 4 times greater than global rate. If we talk about the UNITED STATES OF AMERICA about 42 %of people take drugs or medicine without any prescription of pharmacist or physician, whereas in Indonesia about 91% take medicine without prescription. other states like India races up to 57% for using self medicated medicine for disease of Indian women. (5)

Among these theories where does the self-medication among Muslim lies? For Muslims staying and being healthy is one of the spiritual, physical, and social well-being for them. They believe in the fact that all the pain and illness they suffer are a kind of a test of Allah or a trail to remove their sins.

Self-medication is a practice applicable for all men and women, girls and teenagers of all ages no matter what the consequences may be convenience and saving cost for seeing the doctors are the main reason why they self treat themselves. Muslims all over the world are conscious about their religious believe and faith that they self-medicate according to it.

(6)Self-medicated medicine doesn't contain any illicit material that are prohibit ate to Muslims and during certain times and months like in Ramadan Muslims may avoid certain medication that can endanger their fasting process or may even break it. Medicines not to be preferred by Muslims at this time of the year or they are hardly convenience to use maybe (nasal sprays, oral medicine, or any specific drugs containing alcohol). These types of medicines are believed to break fasting in Ramadan. (6)

Numerous factors of self-medication also include the intake of medicine among student to fasten the relieve in pain or to stay awake during exams months and hours, which may cause catastrophic result ranging from laziness to depression and anxiety. Self-medication are far most common in Muslim states rather than western states because of the work load and social circles they live on.

(7)According to a study conducted at the University of Egypt in Mansoura has indicated that female, girls and younger teen often self-medicate a lot rather than their peers and it is estimated to be 62%. (7)

The reason behind it is so obvious to comprehend because developing and economically deprived countries tend to save their economy by self-medication, due to the lack of resources and availability.

Furthermore, self-medication also tends to be known to the youth if and only if the dosage and duration of taking the medicine is recognized by them. It is observed that self-medication among youth especially girls are done by consulting their peer group or even more precious social media. Social media is an aspect that tends to create an ease in guiding people to self-medicate because it reasonably available at all cost and places. Media advertisement often manipulates the population to take medicine and other products without consulting a physician. Self-medication or self-care is a dominating change of the society now-a-days, as people take medicine without the prescription of any pharmacist or doctor and tend to gain self-reliance in diagnosing minor diseases and taking care of it.

Self-care is common worldwide; it is a process that provides the result of both pros and cons to the individuals as they practice self-medication frequently in their life span. It can endanger individual's health in many ways. Inappropriate usage of stored medicine may cause health disorders and rapid reaction that may influence our internal and external health. In many cases self-medication could lead to adverse result.

(8)In KSA, self-medication is considered high. Moreover, unsafe self-medication is common in KSA due to lack of knowledge about drugs, both OTC and prescription medicines. Therefore, the population of KSA is at risk of problems generated by OTC drugs. The prevailing case in KSA was made to distinguish frequent. The results of the study may help produce guidelines on OTC drugs and self-medication in order to offer better healthcare services to the population of KSA. (8)

(9) Self-medication has also influence populations like adolescent's elderly population physician and medical students for particular countries. As self-medication has a UN balanced impact on public health. Self-medication presents an important public health issue; it may not only be a problem but could also offer

advantages in many situations. Self-medication practices in the last decade worldwide. Self-medicating practices have a changeable impact individual health, with growing practice; it is helpful to integrate global self-medication data. Which in terms give us comprehensive yet comparative results for, structuring, planning, interconnecting, methods and techniques to identify targeted or identical diseases in respected sampled specimen. On the other hand self-medication can also be reviewed globally as a self-reliant and self-mediated practices on different levels on different ground. (9)

(10) In taking of medicine by own wills administrates a person's choice to intake medicine for the cure diagnosable diseases. The use of medicine by an individual is distinguished in two ways either the patience take medicine responsibly or irresponsibly without knowing the side effects.

Several studies have theorized that the consumption of medicine as a source of self-medication is done and promoted by the awareness of certain medicine by advertisement, socioeconomic factors, field of education and availability of medicine by the pharmacy and other source of experiences obtain by taking any specific medicine in any specific situation. (10)

(11)Self-medication is one the alarming issues of Pakistan now a day as people often in states dies annually due to consumption of medicine wrongly. Over dosage of medicine causes harm to the personal health of the individual and girls and can even cause death.

It is estimated that about 500,000 people including women and children dies yearly in Pakistan along with the death toll 800,000 people in USA. (11)

(12)Analytically, there are reports regarding Sindh to be alarming as medicine are being sold to people from several medical stores, without any prescription and advice from the doctor on open ground s. Even in economically UN stable areas people use to self-medicate for disease without even consulting a governmentally authorized doctor. Self-medication in Pakistan has become a dangerous threat and illicit practice among drugs stores. (12)

(13) Self-medication among states is about 79.2%.Also the usage and consumption of medicine in various states among university students is enlisted as follow. Serbia accounts 79.9 percent, India accounts 78.6 percent, Nepal accounts 81.9 percent, Egypt accounts 62.9 percent, Iran as the decreasing rate 33.7 percent and Nigeria come at the top of self-medication practices accounting 91.4 percent to be exact. (13)

(14) The phenomena of self-medication has been studied in the past few decades over various societies

on different scale and the symptoms always indicated that people always self-medicate due to conveniences and where sustainable law is nowhere to be found. In the northern areas of Pakistan, especially in Pothohar region; people often self-medicate on the basis of lifestyle, availability of drugs, self-reliance to cure disease on the basis of self-diagnose and cure of disease, and common displacement of pharmaceutical material and items. (14)

self-medication is a prevailing and alarming situation of modern states as the time passes the prevalent studies theorized the common aspect of every state to prevail certain opportunities to afford or to implement self-medication among their daily to cure infection like cold, cough, flu along with certain antibiotics for the betterment of nasal infection, skin allergies, throat, infections and other durable disease that may endanger or dramatically decrease human health.

Consumption of medicine, especially antibiotics has become many common now a days has it give instant relieve against major diseases rapidly and the usage of it is generally noticeable among families and members of the families and peer groups in the society. (15) Taking augmenting and anoxic for example the intake of these medicines and products may generally be advice of every Pakistani from a self-proclaimed medical expert to other family and friends because they are compatible and fond of using it.

According to an article published in express tribune. It is pretty much clear that the illicit and misuse of antibiotics without any prescription from any medical expertise is resulting as a tick tock bomb in the Pakistani society.

According to a survey conducted on the behalf of liquidate national hospital affiliated with the international institute of health theorized some anti-bacterial resistance? Over 500000 medicines are unnecessarily registered in Pakistan and about 700000 people worldwide dies from it. The countries which are indulged in this chain include Pakistan, India, and Afghanistan. (15)

If we talk about the consumption and intake of medicine among individuals in the society than it is mainly determined that self-medication among girls, teens, men and women are done on the following basis which are enlisted below.

- (16) Stress among teens is the foremost reason why they self-medicate, in countries like America about 44% of the citizen reduce extreme stress by self-medicating for it.
- Physical pain is the second reason why people self-medicate because it is often unbearable for the youngster to withstand the pain in certain circumstances. It is rated that about 29 percentage of population intake painkillers to

reduce the symptoms of pain from their body.

- Mental illness is also a cause of self-medication in some negative extent as its often created by the society pressures and workload burden among teens and girls to accomplish their goals, in which anxiety and depression are two symptoms to be treated by self-medication. (16)

On community bases Karachi is one of the cities where the notion of self-medication among girls, female and men to a very high extent.

(17) A survey on community health was conducted in Karachi at specific areas in order to estimate the rate of consumption of medicine as a source of self-medicating tool over specific areas like (Defense, Goshen-e-Iqbal, North Karachi, Nazimabad, Malicant, Orange town) over the course of three consecutive months.

The results indicate that the usage of medicine in both consecutive gender's compromises to be 84.8%. Commonly self-medication practices are observed within individual female during headache estimating about the total rate of 32.7%. Fevers account 23.3%, whereas painkillers are observed to be use at a rate of 28.8% along with pain reducing agent or supplement which accounts up to 19.8%. However Karachi is a hub of high consumers of medicine by own initiative which is estimated to be recorded 84.4%. Painkiller, healing tablets and dietary tablet, cough reducing syrups etc. In most of the cases the idea self-medication was suggested by friend, family, and was implemented largely both male and females (17)

The above paragraphs indicates the prevalent studies of self-medication among girls, men, teens and female on cultural, traditional, sciatica and communities levels along with the estimation of worldwide rate of consumption of drugs and medicine for pleasure and relieve of unbearable pain.

Self-medication is a chain of practices that influence men and women of every age from 15 to 26 and beyond, the major factors that contribute to this exempt attempt are the socio metric and economical period of settlements and society pressure along with traditional lack.

The biggest problems that the world of, developing, developed and under developed countries faces is the globalization of advertisement, products, and remedies from one geographical location to another. As the world is a sphere what goes around comes around and if we put this fact to the notion of self-medication then the philosophy and traditional practices of self-medication and self-care had been present in the past and more frequently is increasing up to date with modern modification to cure insidious diseases at less amount of time.

Self-medication is a concept and a bounded concept of the world that can't be omitted as fasten it has originated but relevant diagnosed, with constant prescription and consultancy by the medical expertise in urban and less deprived countries the problem of lack diagnosed disease and its fatal addiction and effects could be reduce.

On governmental measures the check and balance of drugs and exporting and importing in and out of their countries should be enforced and implemented, along with the resistance of certain diseases by home remedies and treatment can reduce the indulged addiction of in taking medicine by people.

Self-medication techniques and assumption should be acknowledge and should be implemented by the approval of medical consistence, furthermore on global forums the selling of certain drugs and medicine should be banned and should be restricted among girls and teens under the supervision of their community health care professional or medical clinics. Self-medication is a practice done by citizen due to lack of community health care centers and hospital in remote and deserted areas, which used be acknowledge as a public responsibility and should be established at every forums (i.e.) from lower finance areas to highly finance areas. It is also observed that over and out intake of medicine among girls and elderly female cause counter effects as, they feel uncomfortable and less socialized due to the reaction of certain effects of medicine ranging from laziness to improper diet and weakness along with irritation from their fellow mates. In order to assist such symptoms and effects addiction of in taking medicine or home remedies whether it's done by allopathic consumption of medicine or homeopathic should be limited to the extent along with the intake of proper diet and activities. Self-medication in a broader sense is the self administration of medicine for self treating any sort of disease from self experiencing it for the first time or on the basis of advice from the doctor, family and peer group.

(18) According to the WHO "Self-medicating is a tool to treat disordered disease by prevalent medicine, capsule, or other supplement as a course of reducing pain and diseases by self cure. Self-medication is one of the essential components of self-care, which includes health issues and convenient advice from family and other peer members. Given limited access of health care system and scarcity of health care providers in resource-constrained settings, self-medication has been well recognized as an alternative option to relieve symptoms associated with minor illnesses. (18)

Discussion

Self-medication is a universal phenomenon with prolonging effects in modern time. It is one of the most common practice that has both enhance self-reliance among girls and people but also the prevalent and in

just use of self-medication has caused catastrophic consequences from the late diagnosed of secondary and un cured disease to permanent health loss and even death.

Self-medication is mostly common in girls as compared to boys or men because of adverse thought and peer pressure of the society, the prevalence of consumption of medicine in girls at university is also high in Pakistan and other Muslim states which builds up to be severe crises now a days.

The intake of medicine for a long period of time causes certain diseases which are most likely to be noticed at the worst conditioning case as possible. Self-medication is described as the intake of medicine to relieve and eased the pain but continuous use of medicine may endanger the health of the victims with undeniable consequences.

(18)Self-medicating is the most practiced method of curing disease done worldwide and prevalent consumption of it is quite high. However, it is also described to be of different aspects. Studies of designed technique, repeated period, and populous characters, in various studies have been conducted on heterogeneities and prevalent data has been obtained from previous studies. A recently published systemic review on self-medication behavior found that self-medication ranged between 8.5% and 98% with huge disparities and underdeveloped areas across countries. Major and prevalent method of self-medicating medicine included suffering temporary illness, lack of health expenses, lacking sufficient periods, beginner usage of drugs, and long duration of waiting while visiting to a professional user. Analgesics and anti-infective drugs are used Age, gender, education, along with occupation were labeled to be related with higher self-medicating drugs the most.

Result

By the distribution of questionnaire many of the students illustrated that they are quite comfortable in self diagnosing and treating primal disease because it was convenient and cast saving. Among these ten out of three people also suggested using only allopathic medicine for their illness. Students also indicated that they have taken or have changed the course of medicine or antibiotic when the disease, converted to its least effective form, whereas about 3 to 4percent of participant added that they had always change the course of antibiotic or any medicine on worsening condition of disease. They also complaint that the epics of worsening conditions ranged from minor skin problems and spots on skin to high inflammation in skin, stomach ache and other primal infections and constant fever.

Lack of clinics and lack professional doctors for guidance was also the core reason by girls for self-

medicating in the first place. The facts indicates that self- medication is common around girls as their workload and efforts are high in the society and they often try to resist pain on university hours and so on ;but they are also very much concern to switch their self-medicating trend from medicine to home remedies on primary scale or level of disease.

Self-medication is a process that is implemented on world forum on the account

Of lack of convenience, UN awareness, late diagnose, and irresponsible intake of medicine. It is one of the crucial practices done by each and every individual of the society to get instinct relive in short nick of time. Self-medication or self treatment of disease records frequent results of effects from skin to minor fever. It is a process that is very common in regions like the Middle East, and Asia due to low economy and availability of medicines at every corner.

The present article was conducted on the basis of prevalent questionnaire by the students of Jinnah University of women, and their responses were quite interesting. The questionnaire was distributed among ten participant and the results was accounted on the base of majority and social facts. The questionnaire was made by enlisting twenty appropriate questions out of which ten prevalent and up to dated question were selected to satisfy the need of participant answering the question without any bias.

The questionnaire illustrated above was the image or picture of concern originate by reading certain articles based on self-medication among girls worldwide and even in Pakistan, the questions asked by the student of social sciences were quite general rather than suspicious and it gave an overall assumption of girls that why, when and how much they consume medicines by their own choice, Also, the questionnaire was a source of interview to judge the opinion of different girls of different departments of social sciences. The relevant questions asked by the student were on basic truth that why and how they came to know about certain medicines to self -medicate along with certain symptoms of effects caused during the course of self- medicating. Intake of medicine is the illicit usage of medicine in a form of home remedies to cure diseases throughout the globe and its effect are a catastrophic as we speak.

In Karachi self-medication is very common among girls and our questionnaire was based on to observe or gather information about university student s to in order determine the increase of self-medication among girls now a days.

Result of the Questionnaire

Through our questionnaire it is pretty much obvious that every university girls thinks that self -medication should be either stopped or should at least be

recommended by the doctors, in order to avoid insidious health problems and effects. By the distribution of questionnaire many of the students illustrated that they are quite comfortable in self diagnosing and treating primal disease because it was convenient and cast saving , on the other hand students also complaint that doing self –medication often has certain side effect due to the irresponsible use of medicines, the usage of self-medication among people often determine that how much they push themselves in life and these pointers indicates to the amount of medicine they consume within weeks ,days ,months and even decades.

All of our selected participant were self –medicating from a couple of years by either the recommendation of their family or peer groups that suggested them medicine for diseases like cold and flu ,as they were either prescribe by the doctor or experienced it curable and beneficial without any doctor’s advice. Among these ten out of three people also suggested using only allopathic medicine for their illness. Lack of clinics and lack professional doctors for guidance was also the core reason by girls for self-medicating in the first place.

It was also stated by girls that they often self-medicate for frequent headache s rather than flu and cold, while a very few suggested that cough is one of the concerns for them to take antibiotics for cure.

Self-medication through own self or on the previous prescription from doctors were suggested by the entire participant as it was then again cost saving or available at every store. During the time of menstrual cycle girls also stated to take medicine during hours of pain as it provided relieve to them, while ten out of 4 people weren’t sure to take medicine at this time.

About 5 to 6 participant students also indicated that they have taken or have changed the course of medicine or antibiotic when the disease, converted to its least effective form, whereas about 3 to 4percent of participant added that they had always change the course of antibiotic or any medicine on worsening condition of disease. They also complaint that the epics of worsening conditions ranged from minor skin problems and spots on skin to high inflammation in skin, stomach ache and other primal infections and constant fever.

The facts indicates that self- medication is common around girls as their workload and efforts are high in the society and they often try to resist pain on university hours and so on ;but they are also very much concern to switch their self-medicating trend from medicine to home remedies on primary scale or level of disease s .

Self-medication has been modernized has the time has passed and awareness of in taking medicines has been increasingly high previous year. As through our

questionnaire it is observed that self-medication is practice done for both men and women, boys and girls but the ratio of its consumption is intensively high among girls than boys.

Conclusion of the Research Article

Self-medication is very frequent and common now a days among girls ranging from 18 to 25 years at university level. The prevalent use of medicine among female youth causes many diseases due to lack of awareness and lack of clinical facilities in various areas in Pakistan, while around the other hand, western and eastern citizen practices self-medication to cure disease due to its ease of availability on local dispensaries. It is estimated that illicit

Self-medication is usage of illicit medicine by own administration, in order to cure illness by own experience along with less time consumption. The present article has indicated that although the usage of self-medication is common among females but their is a constant feeling among girls to switch there trend from

Self-medication to home remedies.

Self-medication is the phenomena that is being practiced globally and has created a chain reaction of self-dependency among girls as they self-treat themselves to cure diseases like flu, cold, cough, headache, and other fever raising diseases.

Self-medication has both advantages and disadvantages, which ultimately depends upon the usage and consumption of medicine by individuals. Female's consumptions of medicine are high all over the world including (Pakistan, India, America, Egypt, and Saudia Arabia) and other Muslim republican states.

The usages of medicine as self medicated treatment is good for people at some extent, because it provides higher capital savings and convenience of trust by own selves. Through our research it can be predicted that self-medication is beneficial if and only if proper consultancy by the doctors are provided to the patient's properly. Otherwise self-medication could lead to drastic measures of side effect and even severe illness among girls and other females as we speak.

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