



J.K.K.MUNIRAJAH MEDICAL RESEARCH FOUNDATION'S ANNAI JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY

Ethirmedu, **B.Komarapalayam** – 638 183, Namakkal Dist. Tamilnadu. India
Approved by : Pharmacy Council of India, New Delhi & The Tamilnadu Dr.M.G.R Medical University, Chennai.
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Contact No. : +919789456750, +919943069944, +919943066944

Pharm.D Students under taking Project work/Field work /
Internship for the Academic Year 2021-2022.

S.NO	DESCRIPTION
1	Certificate of Head of Institution
2	List of Pharm.D Students under taking Project work/Field work / Internship-HOI
3	List of Students under taking Project work/Field work / Internship.



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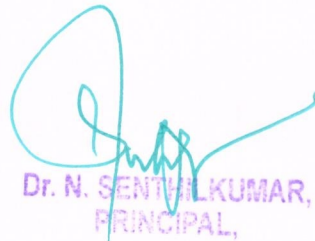
**Dr N.SENTHIL KUMAR. M.Pharm.,Ph.D.,
Principal**

TO WHOMSOEVER IT MAY CONCERN

Number of Students undertaking **Project work / Field work / Internship** for the Academic Year 2021-2022 is **32**.

The Students Participated in More than one activity has been counted as **ONE** only.




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TO WHOMSOEVER IT MAY CONCERN

This to certify that the List of **Pharm.D** Students under taking Project work/Field work / Internship for the Academic Year 2021-2022 are given below.

S. No	Reg.No	Name of the Student	Year	Project Work-Topic	Field work	Internship
1.	381610401	AARTHY V	V	KNOWLEDGE, ATTITUDE, PRACTICE ON CAFFEINE, PREVALENCE AND AWARENESS ON CAFFINATED BEVERAGES CONSUMPTION AMONG COLLEGE STUDENTS	-	-
2.	381610409	FEBA SHAJI	V		-	-
3.	381410410	HARISH M	V		-	-
4.	381510402	AZAD VP	V		-	-
5.	381610402	AKSHARA RAJU	V	A COMMUNITY BASED COMPARITIVE OF KNOWLEDGE; ATTITUDE AND PREVENTIVE PRACTICE OF OSTEOPOROSIS -BEFORE AND AFTER PHARMACIST COUNSILING	-	-
6.	381610412	KRIPA VARGHESE	V		-	-
7.	381510422	SENAF K	V		-	-
8.	381610403	ALFIYA S KHAN	V	ASSESSING THE PREVELANCE OF RESPIRATORY SYMPTOMS AND QUALITY OF LIFE AMONG	-	-
9.	381610407	BITTY R	V		-	-
10.	381610408	DEEPAK K	V		-	-



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11.	381610410	HARIHARAN V	V	TEXTILE MILL WORKERS- NAMAKKAL DISTRICT TAMILNADU	-	-
12.	381610404	ASHLY STANLEY	V	ASSESEMENT OF KNOWLEDGE,A	-	-
13.	381610405	BALAMURUG AN V	V	TTITUDE AND PRACTICE TOWARDS	-	-
14.	381610406	BHARATH K	V	POLYCYSTIC OVARIAN AND	-	-
15.	381410415	MOHAMED ADNAN PK	V	ASSESEMENT OF PREVELANCE AND IT'S RISK FACTORS IN DEVELOPING PCOS	-	-
16.	381610413	LINSHA BABU	V	PREVALANCE OF NON- COMMUNICAB	-	-
17.	381610416	NAVEEN KUMAR V	V	LE DISEASES AND CURCUMIN	-	-
18.	381610420	ROSHNY A	V	USE.A MULTI- CENTRIC STUDY TO	-	-
19.	381610429	VISWA S	V	CORRELATE THE IMPACAT AND SUGGEST AND OPTIMAL REGIMENS WITH ADVANCED CURCUMIN PRODUCTS IF ANY AVAILABLE A COMMUNITY PHARMACISTS PERSPECTIVE	-	-
20.	381610414	MANOJ S	V	PREVELANCE AND ASSESEMENT	-	-



(Signature)
Dr. N. SENTHILKUMAR,
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21.	381610419	RAJARAJARA THINAM R		OF SELF MEDICATION PRACTICE ALONG WITH ASSOCIATED FACTORS AMONG POPULATION OF NAMAKKAL DISTRICT	-	-
22.	381610421	SABEERBASH A K	V		-	-
23.	381610426	TAMJID B	V		-	-
24.	381610415	MONITTA ROBINSON D	V	A COMPARATIVE STUDY OF	-	-
25.	381610423	SHEEBA S KOSHY	V	KNOWLEDGE,A TTITUDE AND PERCEPTION OF	-	-
26.	381610424	SUBHASHINI A	V	JAUNDICE,PAR AMEDICAL AND NON- PARAMEDICAL STUDENTS	-	-
27.	381610430	YESHWANTH S	V		-	-
28.	381610418	NIKIN S	V	ASSESEMENT OF ADVERSE DRUG REACTION FOLLOWING COVID-19 VACCINATION AND AWARENESS ABOUT COVID- 19 VACCINE AMONG PUBLIC,SOUTH INDIA	-	-
29.	381610427	UDHAYA KUMAR P	V		-	-
30.	381610428	VELSREEYA RAJR	V		-	-
31.	381610431	PEZHMAN GHADAMI	V	PREVELANCE OF SELF MEDICATION PRACTICE AMONG THE POPULATION OF TIRUPPUR DISTRICT	-	-
32.	381610417	NEDAMEHRA FAR	V		-	-

Dr. N. SENTHILKUMAR,
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KNOWLEDGE, ATTITUDE, PRACTICE ON CAFFEINE, PREVALENCE,
AND AWARENESS ON CAFFEINATED BEVERAGES CONSUMPTION
AMONG COLLEGE STUDENTS

Dissertation submitted to
THE TAMILNADU Dr. M.G.R. MEDICAL
UNIVERSITY
CHENNAI - 32.

In partial fulfillment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

AARTHY.P	(Reg.No: 381610401)
FEBA SHAJI	(Reg.No: 381610409)
HARISH. M	(Reg.No: 381410410)
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Under the Guidance of
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OCTOBER-2021



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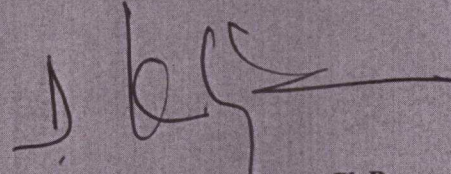
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CERTIFICATE

This is to certify that the dissertation work entitled "KNOWLEDGE, ATTITUDE, PRACTICE ON CAFFEINE, PREVALENCE, AND AWARENESS ON CAFFEINATED BEVERAGES CONSUMPTION AMONG COLLEGE STUDENTS" is the bonafide work carried out by Ms. AARTHY.P (Reg.No: 381610401), Ms. FEBA SHAJI (Reg.No:381610409), Mr. HARISH. M (Reg.No: 381410410), Mr. AZAD VP(Reg.No: 381510402), Department of Pharmacy Practice, under the guidance of me and co-guidance of Dr. C.J. GLADY GLORIA GRANT, Pharm D, Assistant professor, JKKMMRF'S ANNAI JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY, Komarapalayam.

This is forwarded to the Tamil Nadu Dr.M.G.R Medical University, Chennai for the partial fulfillment of requirements for the degree of **Doctor of Pharmacy**.

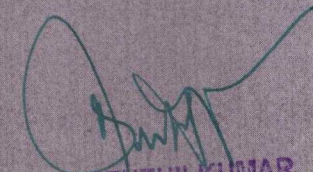


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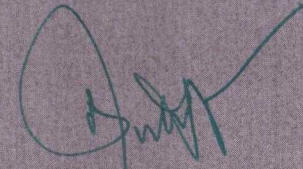
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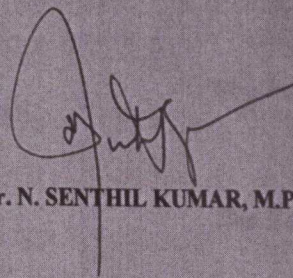
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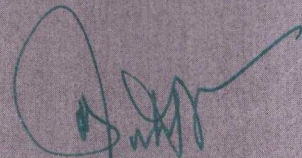
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Date: 24/1/22



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CONCLUSION

Now a day, caffeine intake is increased among students especially 17-21 years in our study. They have more knowledge about caffeine and caffeinated beverages but not the safest amount. Caffeine has both beneficial effects and side effects. Due to stress, work tension, tiredness, and addiction some students believe that their caffeine consumption is increased over the years, and during exam time has been observed mostly in 17-21 years. Despite awareness, some of them were aware of caffeine-containing ingredients in energy and carbonated drinks. The majority of them were agreeing with the statement of coffee, that consumption of coffee decreases the quality of sleep.

Use of caffeinated beverages, most students experience side effects and withdrawal symptoms such as headache after suddenly stopping caffeine consumption. So they need more attention or to reduce the amount of caffeine daily intake.

Among these, the beneficial effect of caffeinated beverages is to maintain concentration and focus on their studies, to stay awake, and help to relax.

As a result, the possible way to avoid caffeine is to maintain a proper energy level by consuming an adequate level of water, proper nutrition, walking for at least 15-20minutes, yoga, and meditation will help relieve stress and addiction. Adequate sleep can help to relieve tiredness. The students need an awareness program to develop proper knowledge and also for beneficial to prevent future health-related problems.



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JKKMMRF College of Pharmacy Practice

**ASSESSMENT OF KNOWLEDGE, ATTITUDE AND
PRACTICE TOWARDS POLYCYSTIC OVARIAN SYNDROME
& ASSESSMENT OF PREVALENCE AND IT'S RISK
FACTORS IN DEVOLOPING PCOS**

Dissertation submitted to
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Submitted by

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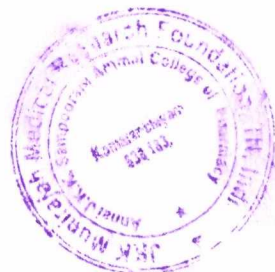
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V. S.
25/11/22



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CERTIFICATE

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Dr C.J. Gladly Gloria Grant, Pharm.D.,
Assistant Professor,
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Place: Komarapalayam

Date: 24/01/2022 -





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Dr. KRISHNARAJAN, M.Pharm, Ph.D.,
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Head of the Department,
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Date: 29/1/2022




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NAMAKKAL DISTRICT, TAMILNADU.

DECLARATION

We here by declare that this thesis entitled "ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICE TOWARDS POLYCYSTIC OVARIAN SYNDROME & ASSESSMENT OF PREVALENCE AND IT'S RISK FACTORS IN DEVELOPING PCOS" is a genuine research work carried out by us under the guidance of Dr. N. SENTHIL KUMAR, M.Pharm., PhD, Principal, JKKMMRF's – Annai JKK Sampoorani Ammal College of pharmacy, Komarapalayam, for the partial fulfillment of requirement for the Degree of Doctor of Pharmacy.

We further declare that this work has not been submitted earlier in part or full for the award of any degree or diploma to this or any other University. The information furnished in this thesis is genuine to the best of our knowledge and belief.

Ashly 7/1/22

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(Reg.No:381610404),

Bala Murugan 7/1/22

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Mr. MOHAMED ADNAN .PK
(Reg. No:381410415)

Place: Komarapalayam

Date:



Dr. N. Senthil Kumar

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CONCLUSION

From the data collected and results obtained it is understood that only half of the participants are aware about PCOS. Our study shows that very few of the young women know what actually this disease and what are the earliest symptoms that should alarm them to consult physician. Attitude and practice revealed misconceptions about PCOS, and a need for awareness.

From this study the crude prevalence rate of PCOS is found to be 15.2%. During subjects identified women with risk of developing PCOS or symptoms of PCOS, we advise them to consult gynaecologists for early recognition, accompanied by prompt treatment with the medication to treat presenting symptoms.

The findings of the study revealed that prevalence and sign and symptoms of PCOS are increasing and it might be an emerging public health challenge in future but women are unaware about PCOS although its sign and symptoms were present in many of them. So different education programs should be done to provide knowledge about such disease to females. Educating females regarding PCOS can help them to identify the sign and symptoms and early recognition of PCOS and prevents complication also improve fertility. A multidisciplinary approach involving periodic screening is required particularly for those with family history of PCOS. This will enable early diagnosis and prompt clinical intervention of this condition to prevent long-term health complications associated with PCOS.



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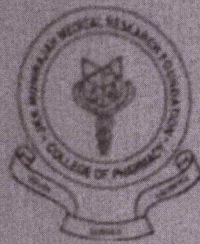
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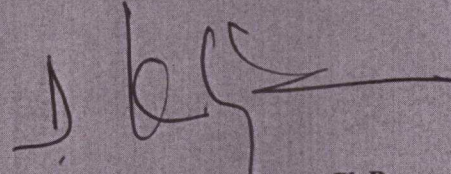
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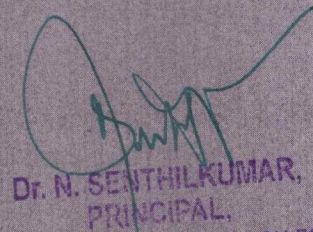


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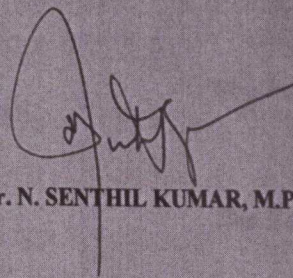
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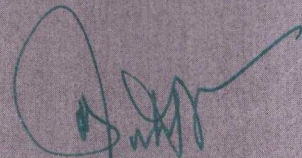
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CONCLUSION

Now a day, caffeine intake is increased among students especially 17-21 years in our study. They have more knowledge about caffeine and caffeinated beverages but not the safest amount. Caffeine has both beneficial effects and side effects. Due to stress, work tension, tiredness, and addiction some students believe that their caffeine consumption is increased over the years, and during exam time has been observed mostly in 17-21 years. Despite awareness, some of them were aware of caffeine-containing ingredients in energy and carbonated drinks. The majority of them were agreeing with the statement of coffee, that consumption of coffee decreases the quality of sleep.

Use of caffeinated beverages, most students experience side effects and withdrawal symptoms such as headache after suddenly stopping caffeine consumption. So they need more attention or to reduce the amount of caffeine daily intake.

Among these, the beneficial effect of caffeinated beverages is to maintain concentration and focus on their studies, to stay awake, and help to relax.

As a result, the possible way to avoid caffeine is to maintain a proper energy level by consuming an adequate level of water, proper nutrition, walking for at least 15-20minutes, yoga, and meditation will help relieve stress and addiction. Adequate sleep can help to relieve tiredness. The students need an awareness program to develop proper knowledge and also for beneficial to prevent future health-related problems.



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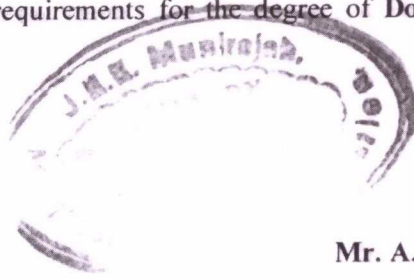


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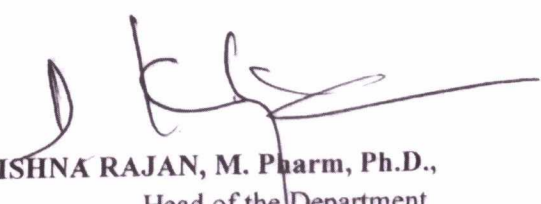
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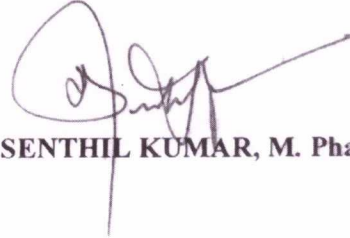

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CONCLUSION

- Comparison of osteoporosis knowledge, attitude and preventive practice pre and post counseling was done and the results of the study was analyzed and compared following completion of the final KAP study, and positive results emerged.
- This study reports that, before counselling there was poor knowledge, attitude and preventive practices of osteoporosis in the general population. Lack of knowledge and preventive practice of osteoporosis can lead to many life threatening situations, including serious and painful fractures.
- The percentage of respondents opting the correct answers in knowledge of osteoporosis was increased after counselling. The attitude towards the seriousness of osteoporosis and practices to prevent osteoporosis was also fairly positive after counseling, but practice in prevention of osteoporosis should be improved.
- This study reveals that, a good knowledge and awareness of disease are pre-requisite for success of preventive measures modification in lifestyles and treatment adherence.
- This study concluded that Health authorities should create awareness raising activities and community level counseling for osteoporosis, especially at the primary health care levels and community pharmacies. Improved public awareness and knowledge of osteoporosis would considerably reduce osteoporosis related fracture and overall economic effect of the disease.



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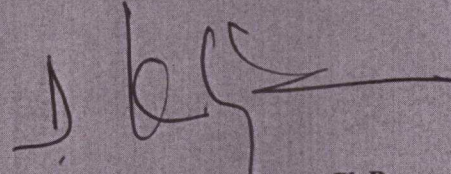
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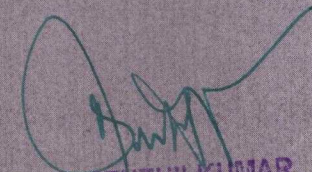


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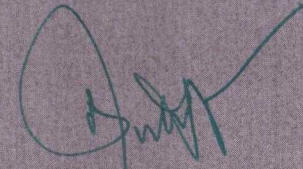
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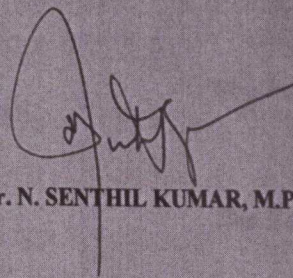
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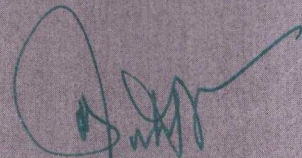
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A COMMUNITY BASED COMPARATIVE STUDY OF KNOWLEDGE,
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AND AFTER PHARMACIST COUNSELING

Dissertation submitted to
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI - 32.

In partial fulfilment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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Under the Guidance of

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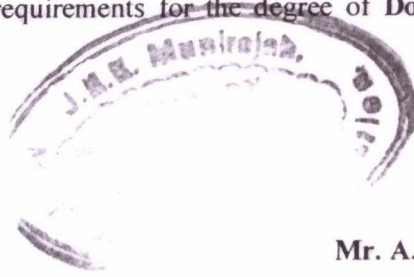


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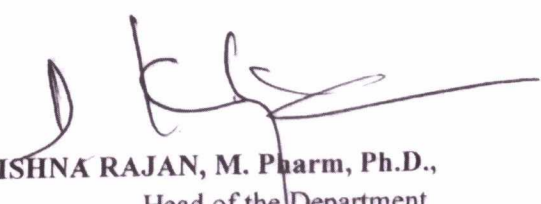
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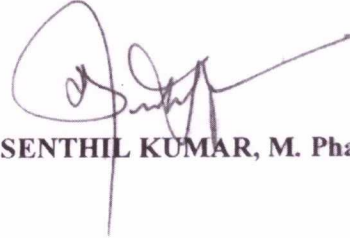

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CONCLUSION

- Comparison of osteoporosis knowledge, attitude and preventive practice pre and post counseling was done and the results of the study was analyzed and compared following completion of the final KAP study, and positive results emerged.
- This study reports that, before counselling there was poor knowledge, attitude and preventive practices of osteoporosis in the general population. Lack of knowledge and preventive practice of osteoporosis can lead to many life threatening situations, including serious and painful fractures.
- The percentage of respondents opting the correct answers in knowledge of osteoporosis was increased after counselling. The attitude towards the seriousness of osteoporosis and practices to prevent osteoporosis was also fairly positive after counseling, but practice in prevention of osteoporosis should be improved.
- This study reveals that, a good knowledge and awareness of disease are pre-requisite for success of preventive measures modification in lifestyles and treatment adherence.
- This study concluded that Health authorities should create awareness raising activities and community level counseling for osteoporosis, especially at the primary health care levels and community pharmacies. Improved public awareness and knowledge of osteoporosis would considerably reduce osteoporosis related fracture and overall economic effect of the disease.



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ASSESSING THE PREVALENCE OF RESPIRATORY
SYMPTOMS AND QUALITY OF LIFE AMONG TEXTILE MILL
WORKERS – NAMAKKAL DISTRICT, TAMILNADU

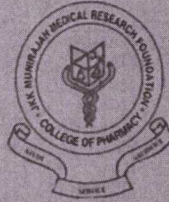
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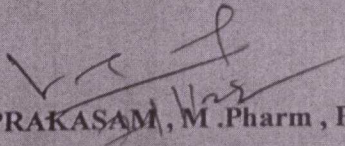
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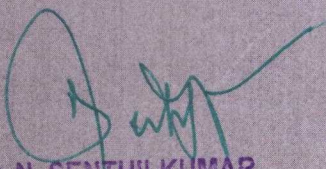
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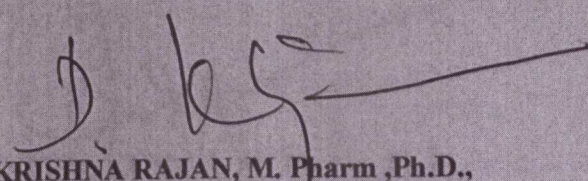

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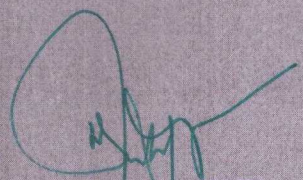

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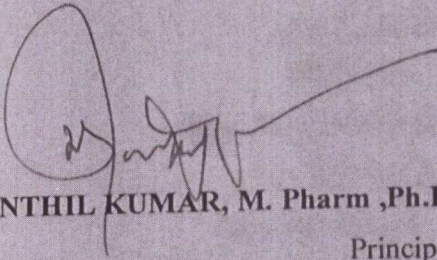

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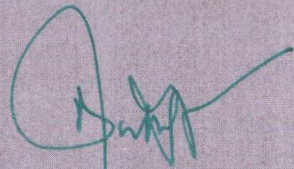
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CONCLUSION

- This study concluded that the level of respiratory symptoms in the textile mill workers was relatively high.
- Most of the workers experienced Breathlessness.
- Many of them were illiterate.
- Majority of the workers were not using masks.
- Variables such as age, educational status, experience, smoking, alcohol habits and usage of mask were significantly associated with the respiratory symptoms.
- Educating the workers about the consequence of cotton dust exposure, encourage the use of masks and the provision of personal protective equipments(mask) are the important task to be followed to reduce respiratory symptoms in textile mills.
- Workers who were between age 18-30, educated above secondary, with experience ≤ 5 , working in weaving section , who were without respiratory symptoms and using mask experience better quality of life.



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**ASSESSMENT OF KNOWLEDGE, ATTITUDE AND
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& ASSESSMENT OF PREVALENCE AND IT'S RISK
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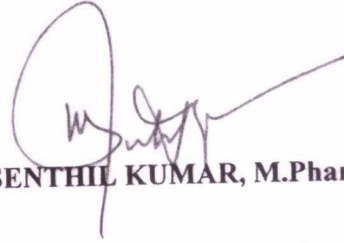
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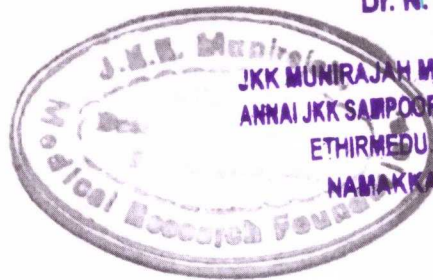
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DECLARATION

We here by declare that this thesis entitled "ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICE TOWARDS POLYCYSTIC OVARIAN SYNDROME & ASSESSMENT OF PREVALENCE AND IT'S RISK FACTORS IN DEVELOPING PCOS" is a genuine research work carried out by us under the guidance of Dr. N. SENTHIL KUMAR, M.Pharm., PhD, Principal, JKKMMRF's – Annai JKK Sampoorani Ammal College of pharmacy, Komarapalayam, for the partial fulfillment of requirement for the Degree of Doctor of Pharmacy.

We further declare that this work has not been submitted earlier in part or full for the award of any degree or diploma to this or any other University. The information furnished in this thesis is genuine to the best of our knowledge and belief.

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CONCLUSION

From the data collected and results obtained it is understood that only half of the participants are aware about PCOS. Our study shows that very few of the young women know what actually this disease and what are the earliest symptoms that should alarm them to consult physician. Attitude and practice revealed misconceptions about PCOS, and a need for awareness.

From this study the crude prevalence rate of PCOS is found to be 15.2%. During subjects identified women with risk of developing PCOS or symptoms of PCOS, we advise them to consult gynaecologists for early recognition, accompanied by prompt treatment with the medication to treat presenting symptoms.

The findings of the study revealed that prevalence and sign and symptoms of PCOS are increasing and it might be an emerging public health challenge in future but women are unaware about PCOS although its sign and symptoms were present in many of them. So different education programs should be done to provide knowledge about such disease to females. Educating females regarding PCOS can help them to identify the sign and symptoms and early recognition of PCOS and prevents complication also improve fertility. A multidisciplinary approach involving periodic screening is required particularly for those with family history of PCOS. This will enable early diagnosis and prompt clinical intervention of this condition to prevent long-term health complications associated with PCOS.



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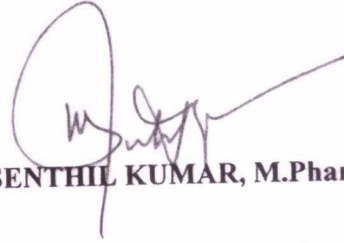
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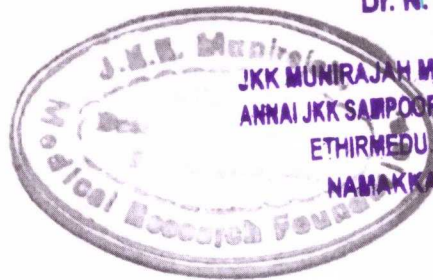
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DECLARATION

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CONCLUSION

From the data collected and results obtained it is understood that only half of the participants are aware about PCOS. Our study shows that very few of the young women know what actually this disease and what are the earliest symptoms that should alarm them to consult physician. Attitude and practice revealed misconceptions about PCOS, and a need for awareness.

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**ASSESSMENT OF KNOWLEDGE, ATTITUDE AND
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FACTORS IN DEVELOPING PCOS**

Dissertation submitted to
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In partial fulfillment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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WORKERS – NAMAKKAL DISTRICT, TAMILNADU

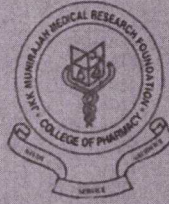
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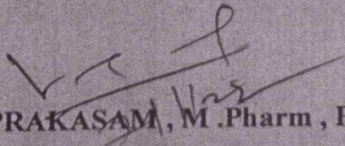
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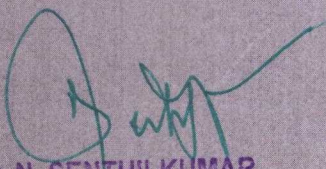
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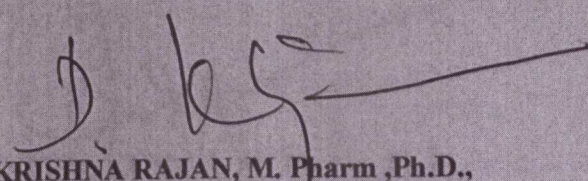

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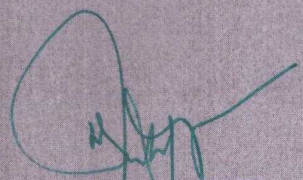

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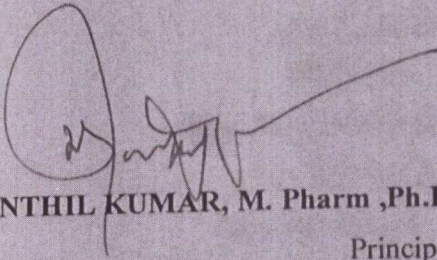

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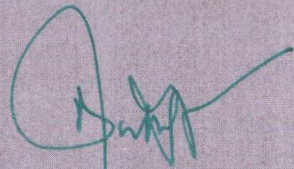
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CONCLUSION

- This study concluded that the level of respiratory symptoms in the textile mill workers was relatively high.
- Most of the workers experienced Breathlessness.
- Many of them were illiterate.
- Majority of the workers were not using masks.
- Variables such as age, educational status, experience, smoking, alcohol habits and usage of mask were significantly associated with the respiratory symptoms.
- Educating the workers about the consequence of cotton dust exposure, encourage the use of masks and the provision of personal protective equipments(mask) are the important task to be followed to reduce respiratory symptoms in textile mills.
- Workers who were between age 18-30, educated above secondary, with experience ≤ 5 , working in weaving section , who were without respiratory symptoms and using mask experience better quality of life.




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DOCTOR OF PHARMACY

Submitted by

ALFIYA . S. KHAN

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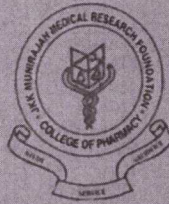
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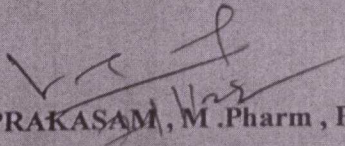
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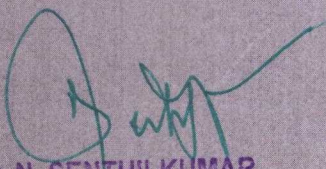
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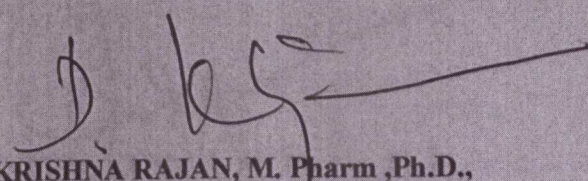

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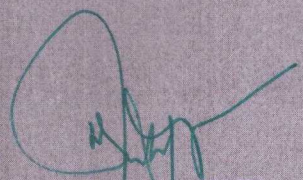

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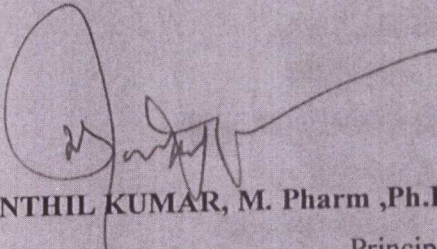

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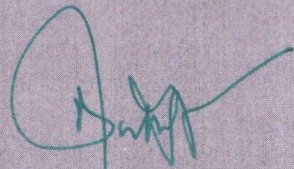
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CONCLUSION

- This study concluded that the level of respiratory symptoms in the textile mill workers was relatively high.
- Most of the workers experienced Breathlessness.
- Many of them were illiterate.
- Majority of the workers were not using masks.
- Variables such as age, educational status, experience, smoking, alcohol habits and usage of mask were significantly associated with the respiratory symptoms.
- Educating the workers about the consequence of cotton dust exposure, encourage the use of masks and the provision of personal protective equipments(mask) are the important task to be followed to reduce respiratory symptoms in textile mills.
- Workers who were between age 18-30, educated above secondary, with experience ≤ 5 , working in weaving section , who were without respiratory symptoms and using mask experience better quality of life.




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KNOWLEDGE, ATTITUDE, PRACTICE ON CAFFEINE, PREVALENCE,
AND AWARENESS ON CAFFEINATED BEVERAGES CONSUMPTION
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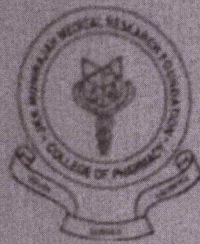
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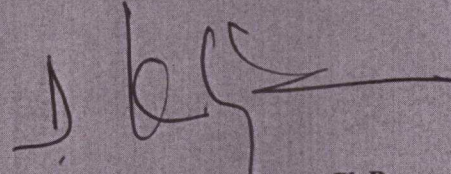
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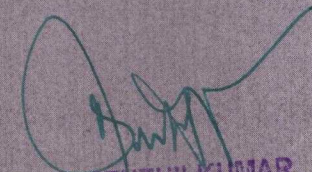


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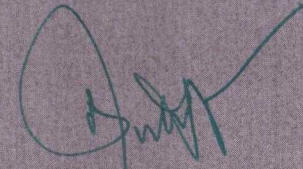
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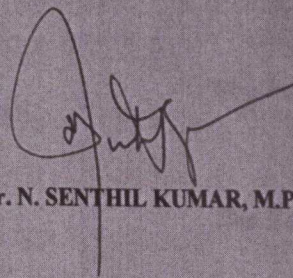
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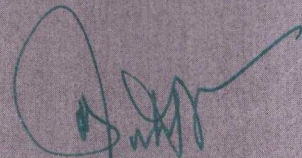
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CONCLUSION

Now a day, caffeine intake is increased among students especially 17-21 years in our study. They have more knowledge about caffeine and caffeinated beverages but not the safest amount. Caffeine has both beneficial effects and side effects. Due to stress, work tension, tiredness, and addiction some students believe that their caffeine consumption is increased over the years, and during exam time has been observed mostly in 17-21 years. Despite awareness, some of them were aware of caffeine-containing ingredients in energy and carbonated drinks. The majority of them were agreeing with the statement of coffee, that consumption of coffee decreases the quality of sleep.

Use of caffeinated beverages, most students experience side effects and withdrawal symptoms such as headache after suddenly stopping caffeine consumption. So they need more attention or to reduce the amount of caffeine daily intake.

Among these, the beneficial effect of caffeinated beverages is to maintain concentration and focus on their studies, to stay awake, and help to relax.

As a result, the possible way to avoid caffeine is to maintain a proper energy level by consuming an adequate level of water, proper nutrition, walking for at least 15-20minutes, yoga, and meditation will help relieve stress and addiction. Adequate sleep can help to relieve tiredness. The students need an awareness program to develop proper knowledge and also for beneficial to prevent future health-related problems.



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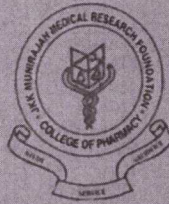
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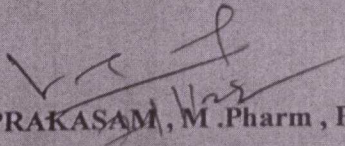
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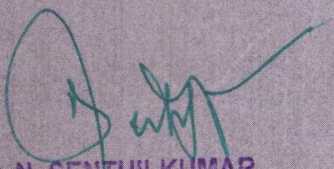
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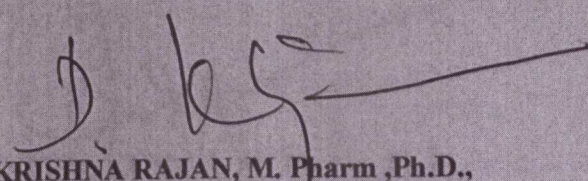

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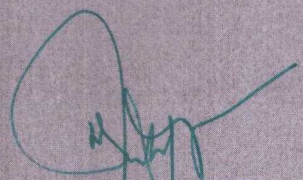

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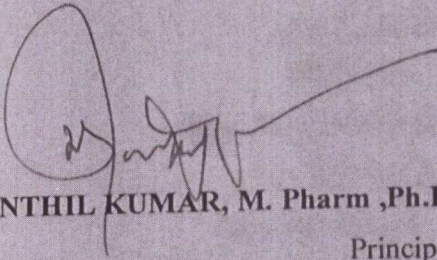

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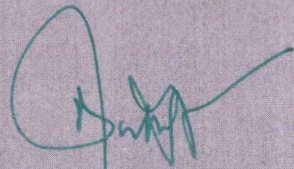
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A COMMUNITY BASED COMPARATIVE STUDY OF KNOWLEDGE,
ATTITUDE AND PREVENTIVE PRACTICE OF OSTEOPOROSIS -BEFORE
AND AFTER PHARMACIST COUNSELING

Dissertation submitted to
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI - 32.

In partial fulfilment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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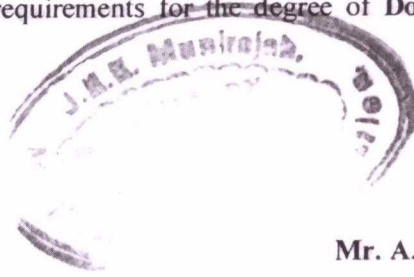


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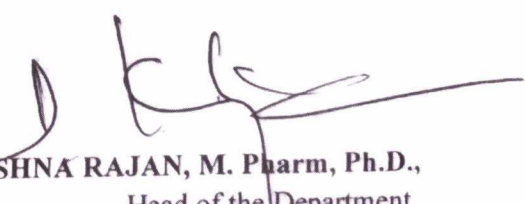
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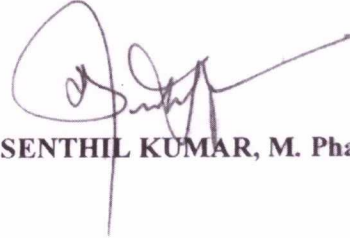

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CONCLUSION

- Comparison of osteoporosis knowledge, attitude and preventive practice pre and post counseling was done and the results of the study was analyzed and compared following completion of the final KAP study, and positive results emerged.
- This study reports that, before counselling there was poor knowledge, attitude and preventive practices of osteoporosis in the general population. Lack of knowledge and preventive practice of osteoporosis can lead to many life threatening situations, including serious and painful fractures.
- The percentage of respondents opting the correct answers in knowledge of osteoporosis was increased after counselling. The attitude towards the seriousness of osteoporosis and practices to prevent osteoporosis was also fairly positive after counseling, but practice in prevention of osteoporosis should be improved.
- This study reveals that, a good knowledge and awareness of disease are pre-requisite for success of preventive measures modification in lifestyles and treatment adherence.
- This study concluded that Health authorities should create awareness raising activities and community level counseling for osteoporosis, especially at the primary health care levels and community pharmacies. Improved public awareness and knowledge of osteoporosis would considerably reduce osteoporosis related fracture and overall economic effect of the disease.



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**PREVALENCE OF NON- COMMUNICABLE DISEASES AND
CURCUMIN USE. A MULTI- CENTRIC STUDY TO CORRELATE
THE IMPACT AND SUGGEST AN OPTIMAL REGIMENS WITH
ADVANCED CURCUMIN PRODUCTS IF ANY AVAILABLE - A
COMMUNITY PHARMACISTS PERSPECTIVE**

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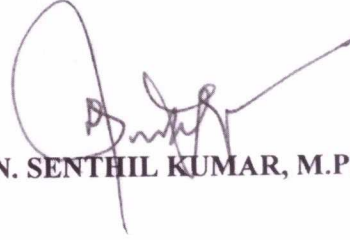
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CONCLUSION

The historical use of curcumin as a therapeutic natural plant product dates back hundreds of years ago, but the most recent advances regarding this agent have extended the possibilities of its use as therapy. This clinical overview highlighted that there is a promising potential of turmeric and its major constituents on different non-communicable diseases. It is hoped that the results of the current laboratory and clinical trials not only help prove the effectiveness of curcumin, but also that they may serve as catalysts for future research in large-scale clinical trials to demonstrate the efficacy and safety of curcumin for the treatment of a multitude of human diseases.

The present study revealed that the prevalence of diabetes and arthritis was significantly associated with curcumin use which supports the hypothesis that the mean intake of 0.54 gm of curcumin per day reduces the risk of type 2 diabetes and arthritis. On the other side, people in india were more aware about curcumin as a medicinal herb and consuming higher amount particularly during the COVID-19 pandemic.

Mostly curcumin is available in combinations rather than plain curcumin. Curcumin has got his overall broad spectrum of activity from immunity to anticancer, anti inflammatory and antiarthritic. So curcumin is always used in various speciality products. Usually plain Curumin has low bioavailability but combination of curcumin with Piperine has some better bioavailability. On the other hand, nanocurcumin is highly effective used only in the treatment of cancer but it was high cost. Compared to curcumin, curcumin with piperine, nanocurcumin and biosolve curcumin; biosolve curcumin is better in terms of cost effectiveness and bioavailability. Curcumin is not used alone but in combination with respect to the need of any different indication. Based on affordability and availability, curcumin with piperine preferred for short term illness, biosolve curcumin for long term conditions and nanocurcumin for treating specific diseases.


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**PREVALENCE AND ASSESSMENT OF SELF
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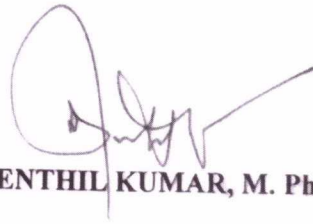
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CONCLUSION

- The study indicated that most of the patients (82.85% of participants) get medicines from nearby community pharmacies for treating minor ailments, thus people should be aware that the person dispensing medicines is qualified pharmacist, patients should ask question regarding the medicine to person who is dispensing and get complete knowledge regarding its usage, incase if person who is dispensing medicine in community pharmacy doesn't provide adequate information regarding drug avoid getting medicine from that pharmacy.
- Study shows high prevalence of self medication practice among participants (86.4 %), aged between 18 to 30 years, these aged people are highly exposed to internet compared to elders thus people should collect information regarding the medicine through internet as various medical websites such as , IBM Micromedex, Medscape, Drugs.com, 1mg.com, Webmd.com provide adequate information regarding drugs 62.7 % of participants in this study mostly practice self medication for treatment of Headache, people should self diagnose the causes that lead to headache such as lack of sleep, high usage of mobile phones, food, stress, tension and try to avoid those triggers of headache, this leads to less usage of medications .
- 45.8% of participants take pain relievers in practice of self medication , people should avoid opioids medicines for mild and moderate pain and be aware of fact that non-steroidal anti-inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioids usage then medicines for constipation have to be co administered as high dose of opioids leads to constipation .


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A COMPARATIVE STUDY OF KNOWLEDGE, ATTITUDE
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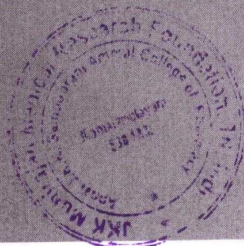
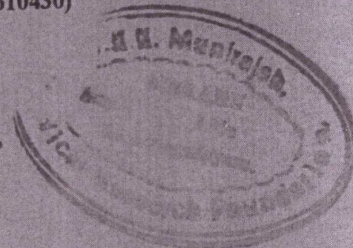
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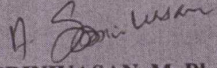
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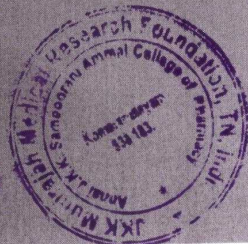
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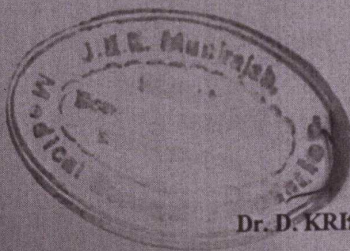
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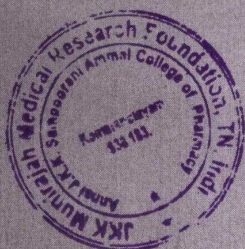
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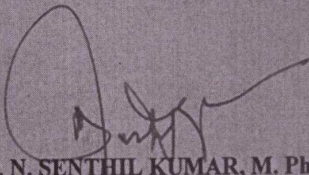
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CONCLUSION

- This study concluded that Paramedical students had better knowledge and attitude than non-paramedical students. The majority of students reported that they heard about jaundice. The paramedical students had better knowledge in types, signs and symptoms, causes, diagnosis of jaundice than non-paramedical students. So, we are recommending many awareness programs, seminars, and workshops and need to be conducted for all the students especially non-paramedical students to enhance their knowledge and attitude on Jaundice.
- The study reports that many students of both paramedical and non-paramedical students have a positive perception towards Jaundice and some of them have a negative perception towards Jaundice as Jaundice is a disease that could be cured by treating the main cause behind the disease. So, the poor perception of some respondents should be changed through education and training programs.
- This study reports that a total of 130 students had a prevalence of Jaundice in their past medical history and traditional medicine was predominantly used rather than modern medicine for the management of Jaundice in their past medical history.
- This study shows that paramedical and non-paramedical students would like to prefer both traditional and modern medicine for the treatment of Jaundice.
- In modern medicine, Drug therapy was predominantly preferred by both paramedical and non-paramedical students.
- In traditional medicine, Keelanelli (gale of the wind) and Karisalankanni (yellow false daisy) was predominantly preferred by both paramedical students and



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non-paramedical students. The Karisalankanni (*Eclipta prostrata L.*) and Keelanelli (*Phyllanthus amarus*) are the most commonly used hepatoprotective herb in the Indian system of medicine. In Karisalankanni, Coumestans (wedelolactone and demethylwedelolactone) have been mentioned as the important components for the hepatoprotective effect. The plants of Keelanelli have been used as a natural remedy for Jaundice and Hepatitis.

- This study reports that most of the students responded that taking preventive measures is effective against Jaundice.
- This study reports that most of the students responded that they prefer a home remedy for Jaundice as a home remedy is effective in the treatment of Jaundice.
- And also, other studies at the community level should be conducted to know more about Jaundice and to create awareness about Jaundice in the community.



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**PREVALENCE OF NON- COMMUNICABLE DISEASES AND
CURCUMIN USE. A MULTI- CENTRIC STUDY TO CORRELATE
THE IMPACT AND SUGGEST AN OPTIMAL REGIMENS WITH
ADVANCED CURCUMIN PRODUCTS IF ANY AVAILABLE - A
COMMUNITY PHARMACISTS PERSPECTIVE**

Dissertation submitted to
**THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI - 32.**

In partial fulfillment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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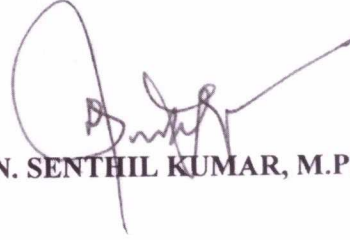
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CONCLUSION

The historical use of curcumin as a therapeutic natural plant product dates back hundreds of years ago, but the most recent advances regarding this agent have extended the possibilities of its use as therapy. This clinical overview highlighted that there is a promising potential of turmeric and its major constituents on different non-communicable diseases. It is hoped that the results of the current laboratory and clinical trials not only help prove the effectiveness of curcumin, but also that they may serve as catalysts for future research in large-scale clinical trials to demonstrate the efficacy and safety of curcumin for the treatment of a multitude of human diseases.

The present study revealed that the prevalence of diabetes and arthritis was significantly associated with curcumin use which supports the hypothesis that the mean intake of 0.54 gm of curcumin per day reduces the risk of type 2 diabetes and arthritis. On the other side, people in india were more aware about curcumin as a medicinal herb and consuming higher amount particularly during the COVID-19 pandemic.

Mostly curcumin is available in combinations rather than plain curcumin. Curcumin has got his overall broad spectrum of activity from immunity to anticancer, anti inflammatory and antiarthritic. So curcumin is always used in various speciality products. Usually plain Curumin has low bioavailability but combination of curcumin with Piperine has some better bioavailability. On the other hand, nanocurcumin is highly effective used only in the treatment of cancer but it was high cost. Compared to curcumin, curcumin with piperine, nanocurcumin and biosolve curcumin; biosolve curcumin is better in terms of cost effectiveness and bioavailability. Curcumin is not used alone but in combination with respect to the need of any different indication. Based on affordability and availability, curcumin with piperine preferred for short term illness, biosolve curcumin for long term conditions and nanocurcumin for treating specific diseases.


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**PREVALENCE OF SELF MEDICATION PRACTICE AMONG THE
POPULATION OF TIRUPPUR DISTRICT**

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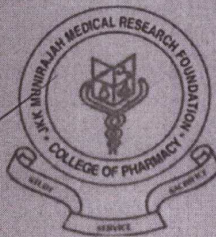
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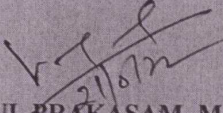


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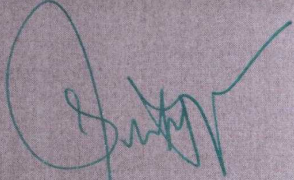
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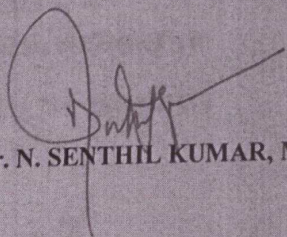
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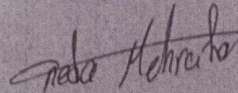

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DECLARATION

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We further declare that this work has not been submitted earlier in part or full for the award of any degree or diploma to this or any other University. The information furnished in this thesis is genuine to the best of our knowledge and belief.



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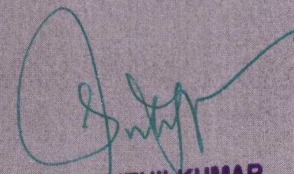


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7. CONCLUSION

- The study indicated that most of the patients (90.48% of participants) get medicines from nearby community pharmacies for treating minor ailments, thus people should be aware that the person dispensing medicines is qualified pharmacist, patients should ask question regarding the medicine to person who is dispensing and get complete knowledge regarding its usage, incase if person who is dispensing medicine in community pharmacy doesn't provide adequate information regarding drug avoid getting medicine from that pharmacy.
- Study shows high prevalence of self medication practice among participants (76.1 %), aged between 18 to 27 years, these aged people are highly exposed to internet compared to elders thus people should collect information regarding the medicine through internet as various medical websites such as , IBM Micromedex, Medscape, Drugs.com, 1mg.com, Webmd.com provide adequate information regarding drugs .
- 77.43 % of participants in this study mostly practice self medication for treatment of Headache, people should self diagnose the causes that lead to headache such as lack of sleep, high usage of mobile phones, food, stress, tension and try to avoid those triggers of headache, this leads to less usage of medications .
- 62.39% of participants take pain relievers in practice of self medication, people should avoid opioids medicines for mild and moderate pain and be aware of fact that non-steroidal anti inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioids usage then medicines for constipation have to be co administered as high dose of opioids leads to constipation.

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Study concluded that 55.53% of patients stop taking medicines after disappearance of symptoms, incase occurrence of relapse of such ailments, immediate consultation to general practitioner or healthcare professional have to be done.



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ASSESSMENT OF ADVERSE DRUG REACTION FOLLOWING
COVID-19 VACCINATION AND AWARENESS ABOUT
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CERTIFICATE

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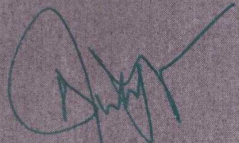
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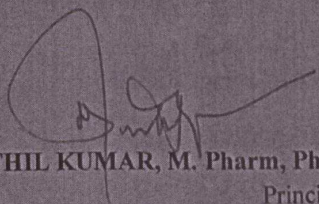

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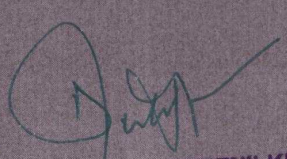
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CONCLUSION

- ❖ This study concludes that adverse drug reaction of covid-19 vaccination reported that mild to moderate symptoms (fever, myalgia, pain at injection site, body pain). Some of them have experienced symptoms like dry cough (under medication for 1 month), menstrual irregularity, increased blood pressure, right-hand pain, alopecia(rare). No serious adverse drug reaction was reported.
- ❖ The pregnant women and lactating women who have experienced Adverse drug reactions of the covid-19 vaccine were mild to moderate levels of pain at the injection site, fever, body pain, fatigue, vomiting, and hypogalactoria. Due to more potential risks and benefits of the covid vaccine, pregnant and lactating women should consult with their physician before taking the vaccine.
- ❖ In lactating mother need more attention because the baby has experienced adverse drug reaction of the covid-19 vaccine was diarrhea (major) and vomiting(minor).
- ❖ Based on an online survey about awareness of covid 19 vaccination, the majority of participants have aware of covid 19 vaccination. In our study, when compared to males, females are more aware of covid-19 vaccination. Some of the participants are not get vaccinated due to the insufficient clinical trial data, fear of the side effects, and worry about the safety of the covid-19 vaccination.
- ❖ When compare to undergraduate and postgraduate participant has adequate knowledge about covid-19 vaccination. So, need to provide continuous education and training to improve the acceptance of public vaccines and



decrease vaccine hesitancy. To avoid vaccine hesitancy among the rural public, provide continuous campaigns, vaccination education programs, and promotion of trust by the local health authorities.



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**PREVALENCE AND ASSESSMENT OF SELF
MEDICATION PRACTICE ALONG WITH ASSOCIATED
FACTORS AMONG POPULATION OF NAMAKKAL
DISTRICT**

Dissertation submitted to

THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI - 32.

In partial fulfillment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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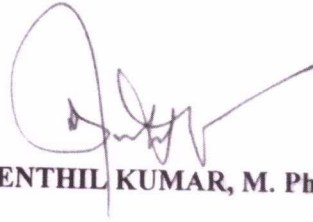
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CONCLUSION

- The study indicated that most of the patients (82.85% of participants) get medicines from nearby community pharmacies for treating minor ailments, thus people should be aware that the person dispensing medicines is qualified pharmacist, patients should ask question regarding the medicine to person who is dispensing and get complete knowledge regarding its usage, incase if person who is dispensing medicine in community pharmacy doesn't provide adequate information regarding drug avoid getting medicine from that pharmacy.
- Study shows high prevalence of self medication practice among participants (86.4 %), aged between 18 to 30 years, these aged people are highly exposed to internet compared to elders thus people should collect information regarding the medicine through internet as various medical websites such as , IBM Micromedex, Medscape, Drugs.com, 1mg.com, Webmd.com provide adequate information regarding drugs 62.7 % of participants in this study mostly practice self medication for treatment of Headache, people should self diagnose the causes that lead to headache such as lack of sleep, high usage of mobile phones, food, stress, tension and try to avoid those triggers of headache, this leads to less usage of medications .
- 45.8% of participants take pain relievers in practice of self medication , people should avoid opioids medicines for mild and moderate pain and be aware of fact that non-steroidal anti-inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioids usage then medicines for constipation have to be co administered as high dose of opioids leads to constipation .


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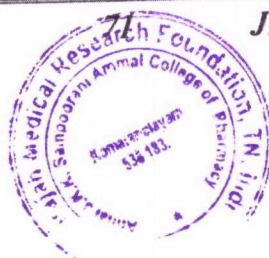
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Department of Pharmacy Practice



**PREVALENCE OF NON- COMMUNICABLE DISEASES AND
CURCUMIN USE. A MULTI- CENTRIC STUDY TO CORRELATE
THE IMPACT AND SUGGEST AN OPTIMAL REGIMENS WITH
ADVANCED CURCUMIN PRODUCTS IF ANY AVAILABLE - A
COMMUNITY PHARMACISTS PERSPECTIVE**

Dissertation submitted to
**THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI – 32.**

In partial fulfillment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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CONCLUSION

The historical use of curcumin as a therapeutic natural plant product dates back hundreds of years ago, but the most recent advances regarding this agent have extended the possibilities of its use as therapy. This clinical overview highlighted that there is a promising potential of turmeric and its major constituents on different non-communicable diseases. It is hoped that the results of the current laboratory and clinical trials not only help prove the effectiveness of curcumin, but also that they may serve as catalysts for future research in large-scale clinical trials to demonstrate the efficacy and safety of curcumin for the treatment of a multitude of human diseases.

The present study revealed that the prevalence of diabetes and arthritis was significantly associated with curcumin use which supports the hypothesis that the mean intake of 0.54 gm of curcumin per day reduces the risk of type 2 diabetes and arthritis. On the other side, people in india were more aware about curcumin as a medicinal herb and consuming higher amount particularly during the COVID-19 pandemic.

Mostly curcumin is available in combinations rather than plain curcumin. Curcumin has got his overall broad spectrum of activity from immunity to anticancer, anti inflammatory and antiarthritic. So curcumin is always used in various speciality products. Usually plain Curumin has low bioavailability but combination of curcumin with Piperine has some better bioavailability. On the other hand, nanocurcumin is highly effective used only in the treatment of cancer but it was high cost. Compared to curcumin, curcumin with piperine, nanocurcumin and biosolve curcumin; biosolve curcumin is better in terms of cost effectiveness and bioavailability. Curcumin is not used alone but in combination with respect to the need of any different indication. Based on affordability and availability, curcumin with piperine preferred for short term illness, biosolve curcumin for long term conditions and nanocurcumin for treating specific diseases.


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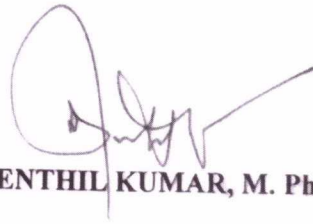
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CONCLUSION

- The study indicated that most of the patients (82.85% of participants) get medicines from nearby community pharmacies for treating minor ailments, thus people should be aware that the person dispensing medicines is qualified pharmacist, patients should ask question regarding the medicine to person who is dispensing and get complete knowledge regarding its usage, incase if person who is dispensing medicine in community pharmacy doesn't provide adequate information regarding drug avoid getting medicine from that pharmacy.
- Study shows high prevalence of self medication practice among participants (86.4 %), aged between 18 to 30 years, these aged people are highly exposed to internet compared to elders thus people should collect information regarding the medicine through internet as various medical websites such as , IBM Micromedex, Medscape, Drugs.com, 1mg.com, Webmd.com provide adequate information regarding drugs 62.7 % of participants in this study mostly practice self medication for treatment of Headache, people should self diagnose the causes that lead to headache such as lack of sleep, high usage of mobile phones, food, stress, tension and try to avoid those triggers of headache, this leads to less usage of medications .
- 45.8% of participants take pain relievers in practice of self medication , people should avoid opioids medicines for mild and moderate pain and be aware of fact that non-steroidal anti-inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioids usage then medicines for constipation have to be co administered as high dose of opioids leads to constipation .


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Department of Pharmacy Practice



A COMPARATIVE STUDY OF KNOWLEDGE, ATTITUDE
AND PERCEPTION OF JAUNDICE AMONG PARAMEDICAL
AND NON-PARAMEDICAL STUDENTS

Dissertation submitted to
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY
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In partial fulfilment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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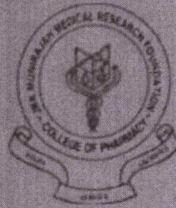
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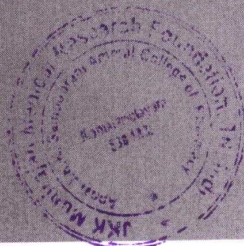
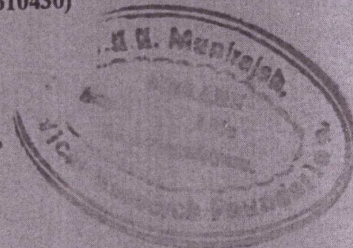
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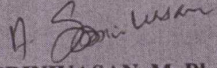
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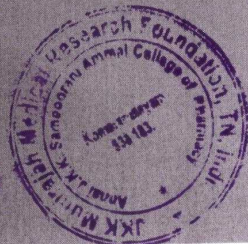
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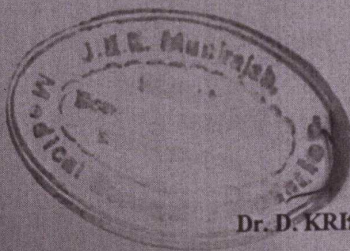
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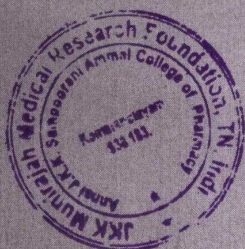
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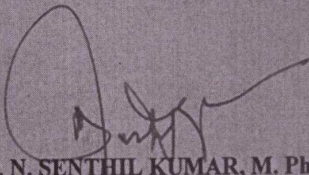
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CONCLUSION

- This study concluded that Paramedical students had better knowledge and attitude than non-paramedical students. The majority of students reported that they heard about jaundice. The paramedical students had better knowledge in types, signs and symptoms, causes, diagnosis of jaundice than non-paramedical students. So, we are recommending many awareness programs, seminars, and workshops and need to be conducted for all the students especially non-paramedical students to enhance their knowledge and attitude on Jaundice.
- The study reports that many students of both paramedical and non-paramedical students have a positive perception towards Jaundice and some of them have a negative perception towards Jaundice as Jaundice is a disease that could be cured by treating the main cause behind the disease. So, the poor perception of some respondents should be changed through education and training programs.
- This study reports that a total of 130 students had a prevalence of Jaundice in their past medical history and traditional medicine was predominantly used rather than modern medicine for the management of Jaundice in their past medical history.
- This study shows that paramedical and non-paramedical students would like to prefer both traditional and modern medicine for the treatment of Jaundice.
- In modern medicine, Drug therapy was predominantly preferred by both paramedical and non-paramedical students.
- In traditional medicine, Keelanelli (gale of the wind) and Karisalankanni (yellow false daisy) was predominantly preferred by both paramedical students and



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- This study reports that most of the students responded that they prefer a home remedy for Jaundice as a home remedy is effective in the treatment of Jaundice.
- And also, other studies at the community level should be conducted to know more about Jaundice and to create awareness about Jaundice in the community.



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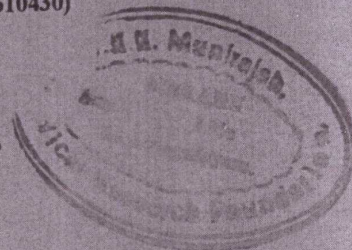
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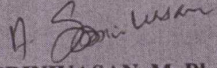
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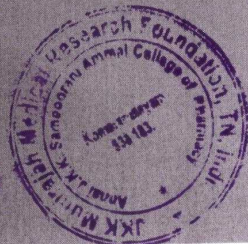
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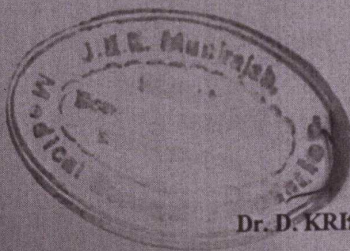
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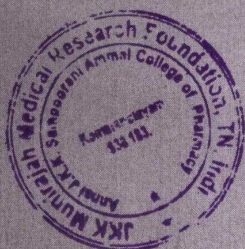
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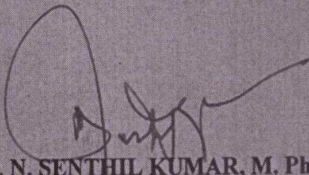
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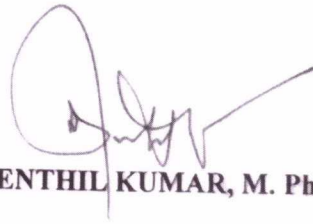
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CONCLUSION

- The study indicated that most of the patients (82.85% of participants) get medicines from nearby community pharmacies for treating minor ailments, thus people should be aware that the person dispensing medicines is qualified pharmacist, patients should ask question regarding the medicine to person who is dispensing and get complete knowledge regarding its usage, incase if person who is dispensing medicine in community pharmacy doesn't provide adequate information regarding drug avoid getting medicine from that pharmacy.
- Study shows high prevalence of self medication practice among participants (86.4 %), aged between 18 to 30 years, these aged people are highly exposed to internet compared to elders thus people should collect information regarding the medicine through internet as various medical websites such as , IBM Micromedex, Medscape, Drugs.com, 1mg.com, Webmd.com provide adequate information regarding drugs 62.7 % of participants in this study mostly practice self medication for treatment of Headache, people should self diagnose the causes that lead to headache such as lack of sleep, high usage of mobile phones, food, stress, tension and try to avoid those triggers of headache, this leads to less usage of medications .
- 45.8% of participants take pain relievers in practice of self medication , people should avoid opioids medicines for mild and moderate pain and be aware of fact that non-steroidal anti-inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioids usage then medicines for constipation have to be co administered as high dose of opioids leads to constipation .


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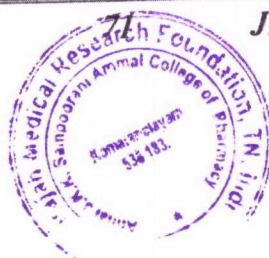
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NAMAKKAL DISTRICT, TAMILNADU

Department of Pharmacy Practice



ASSESSMENT OF ADVERSE DRUG REACTION FOLLOWING
COVID-19 VACCINATION AND AWARENESS ABOUT
COVID-19 VACCINE AMONG PUBLIC, SOUTH INDIA

Dissertation submitted to
THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI - 32.

In partial fulfillment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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UDHAYA KUMAR. P. (Reg. No: 381610427)

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Under the Guidance of

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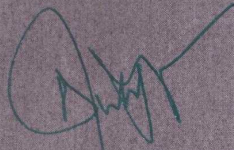
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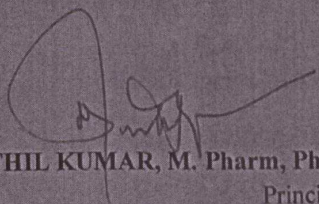

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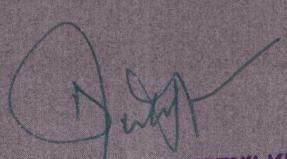
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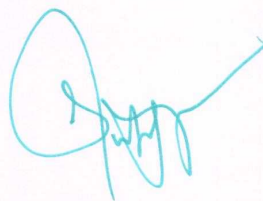

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CONCLUSION

- ❖ This study concludes that adverse drug reaction of covid-19 vaccination reported that mild to moderate symptoms (fever, myalgia, pain at injection site, body pain). Some of them have experienced symptoms like dry cough (under medication for 1 month), menstrual irregularity, increased blood pressure, right-hand pain, alopecia(rare). No serious adverse drug reaction was reported.
- ❖ The pregnant women and lactating women who have experienced Adverse drug reactions of the covid-19 vaccine were mild to moderate levels of pain at the injection site, fever, body pain, fatigue, vomiting, and hypogalactoria. Due to more potential risks and benefits of the covid vaccine, pregnant and lactating women should consult with their physician before taking the vaccine.
- ❖ In lactating mother need more attention because the baby has experienced adverse drug reaction of the covid-19 vaccine was diarrhea (major) and vomiting(minor).
- ❖ Based on an online survey about awareness of covid 19 vaccination, the majority of participants have aware of covid 19 vaccination. In our study, when compared to males, females are more aware of covid-19 vaccination. Some of the participants are not get vaccinated due to the insufficient clinical trial data, fear of the side effects, and worry about the safety of the covid-19 vaccination.
- ❖ When compare to undergraduate and postgraduate participant has adequate knowledge about covid-19 vaccination. So, need to provide continuous education and training to improve the acceptance of public vaccines and



decrease vaccine hesitancy. To avoid vaccine hesitancy among the rural public, provide continuous campaigns, vaccination education programs, and promotion of trust by the local health authorities.



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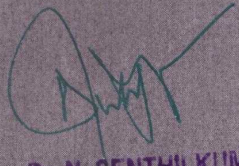
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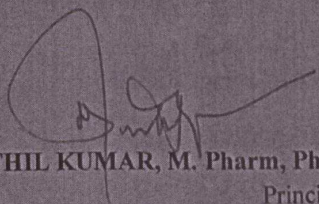

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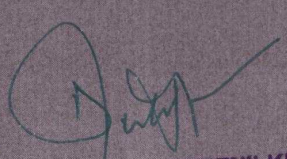
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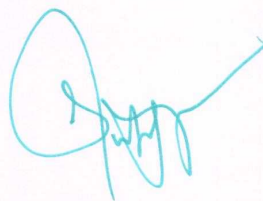

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**PREVALENCE OF NON- COMMUNICABLE DISEASES AND
CURCUMIN USE. A MULTI- CENTRIC STUDY TO CORRELATE
THE IMPACT AND SUGGEST AN OPTIMAL REGIMENS WITH
ADVANCED CURCUMIN PRODUCTS IF ANY AVAILABLE - A
COMMUNITY PHARMACISTS PERSPECTIVE**

Dissertation submitted to
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Submitted by

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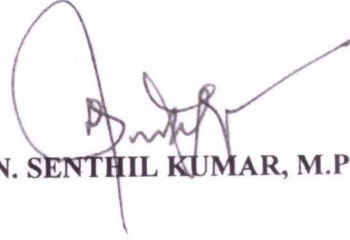
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This is to certify that the dissertation work entitled “PREVALENCE OF NON-COMMUNICABLE DISEASES AND CURCUMIN USE. A MULTI-CENTRIC STUDY TO CORRELATE THE IMPACT AND SUGGEST AN OPTIMAL REGIMENS WITH ADVANCED CURCUMIN PRODUCTS IF ANY AVAILABLE - A COMMUNITY PHARMACISTS PERSPECTIVE” is the bonafide work carried out by **Ms. LINSHA BABU (Reg.No:381610413)**, **Mr. NAVEEN KUMAR B (Reg.No:381610416)**, **Ms. ROSHNY A (Reg.No:381610420)** and **Mr. VISWA S (Reg.No:381610429)** Department of Pharmacy Practice, under the guidance of **Dr. N. SENTHIL KUMAR, M.Pharm, Ph.D**, Principal and co-guidance of **Dr. CJ. GLADY GLORIA GRANT, Pharm.D**, Assistant Professor, JKKMMRF's ANNAI JKK SAMPOORANI AMMAL COLLEGE OF PHARMACY, Komarapalayam.

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CONCLUSION

The historical use of curcumin as a therapeutic natural plant product dates back hundreds of years ago, but the most recent advances regarding this agent have extended the possibilities of its use as therapy. This clinical overview highlighted that there is a promising potential of turmeric and its major constituents on different non-communicable diseases. It is hoped that the results of the current laboratory and clinical trials not only help prove the effectiveness of curcumin, but also that they may serve as catalysts for future research in large-scale clinical trials to demonstrate the efficacy and safety of curcumin for the treatment of a multitude of human diseases.

The present study revealed that the prevalence of diabetes and arthritis was significantly associated with curcumin use which supports the hypothesis that the mean intake of 0.54 gm of curcumin per day reduces the risk of type 2 diabetes and arthritis. On the other side, people in india were more aware about curcumin as a medicinal herb and consuming higher amount particularly during the COVID-19 pandemic.

Mostly curcumin is available in combinations rather than plain curcumin. Curcumin has got his overall broad spectrum of activity from immunity to anticancer, anti inflammatory and antiarthritic. So curcumin is always used in various speciality products. Usually plain Curumin has low bioavailability but combination of curcumin with Piperine has some better bioavailability. On the other hand, nanocurcumin is highly effective used only in the treatment of cancer but it was high cost. Compared to curcumin, curcumin with piperine, nanocurcumin and biosolve curcumin; biosolve curcumin is better in terms of cost effectiveness and bioavailability. Curcumin is not used alone but in combination with respect to the need of any different indication. Based on affordability and availability, curcumin with piperine preferred for short term illness, biosolve curcumin for long term conditions and nanocurcumin for treating specific diseases.


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A COMPARATIVE STUDY OF KNOWLEDGE, ATTITUDE
AND PERCEPTION OF JAUNDICE AMONG PARAMEDICAL
AND NON-PARAMEDICAL STUDENTS

Dissertation submitted to
THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI - 32.

In partial fulfilment for the award of the degree of
DOCTOR OF PHARMACY

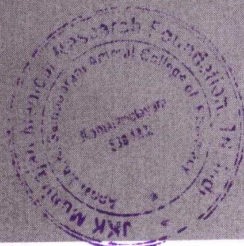
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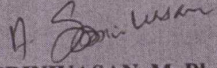
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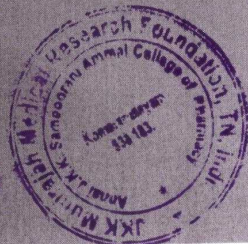
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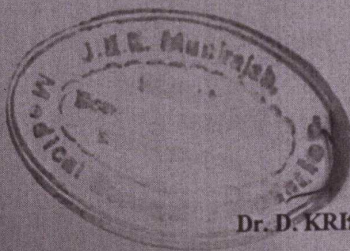
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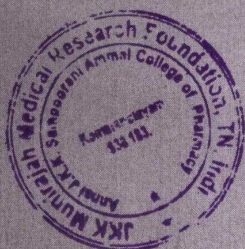
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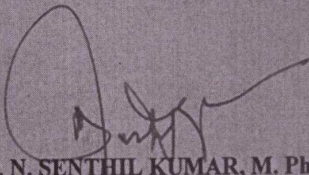
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CONCLUSION

- This study concluded that Paramedical students had better knowledge and attitude than non-paramedical students. The majority of students reported that they heard about jaundice. The paramedical students had better knowledge in types, signs and symptoms, causes, diagnosis of jaundice than non-paramedical students. So, we are recommending many awareness programs, seminars, and workshops and need to be conducted for all the students especially non-paramedical students to enhance their knowledge and attitude on Jaundice.
- The study reports that many students of both paramedical and non-paramedical students have a positive perception towards Jaundice and some of them have a negative perception towards Jaundice as Jaundice is a disease that could be cured by treating the main cause behind the disease. So, the poor perception of some respondents should be changed through education and training programs.
- This study reports that a total of 130 students had a prevalence of Jaundice in their past medical history and traditional medicine was predominantly used rather than modern medicine for the management of Jaundice in their past medical history.
- This study shows that paramedical and non-paramedical students would like to prefer both traditional and modern medicine for the treatment of Jaundice.
- In modern medicine, Drug therapy was predominantly preferred by both paramedical and non-paramedical students.
- In traditional medicine, Keelanelli (gale of the wind) and Karisalankanni (yellow false daisy) was predominantly preferred by both paramedical students and



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non-paramedical students. The Karisalankanni (*Eclipta prostrata L.*) and Keelanelli (*Phyllanthus amarus*) are the most commonly used hepatoprotective herb in the Indian system of medicine. In Karisalankanni, Coumestans (wedelolactone and demethylwedelolactone) have been mentioned as the important components for the hepatoprotective effect. The plants of Keelanelli have been used as a natural remedy for Jaundice and Hepatitis.

- This study reports that most of the students responded that taking preventive measures is effective against Jaundice.
- This study reports that most of the students responded that they prefer a home remedy for Jaundice as a home remedy is effective in the treatment of Jaundice.
- And also, other studies at the community level should be conducted to know more about Jaundice and to create awareness about Jaundice in the community.



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**PREVALENCE OF SELF MEDICATION PRACTICE AMONG THE
POPULATION OF TIRUPPUR DISTRICT**

Dissertation submitted to
THE TAMILNADU Dr. M.G.R. MEDICAL UNIVERSITY
CHENNAI - 32.

In partial fulfillment for the award of the degree of
DOCTOR OF PHARMACY

Submitted by

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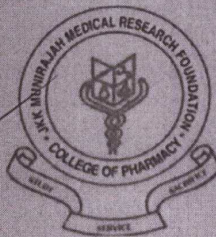
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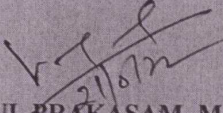


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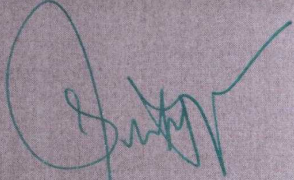
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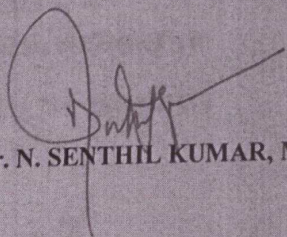
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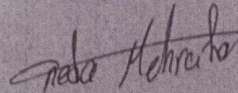

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DECLARATION

We hereby declare that this thesis entitled "PREVALENCE OF SELF MEDICATION PRACTICE AMONG THE POPULATION OF TIRUPPUR DISTRICT" is a genuine research work carried out by us, under the guidance of Dr. K.C. ARUL PRAKASAM, M. Pharm, Ph.D., Professor and Head of the Department of Pharmacy Practice, JKKMMRF's - Annai JKK Sampoorani Ammal College of Pharmacy, Komarapalayam, for the partial fulfillment of requirement for the Degree of Doctor of Pharmacy.

We further declare that this work has not been submitted earlier in part or full for the award of any degree or diploma to this or any other University. The information furnished in this thesis is genuine to the best of our knowledge and belief.



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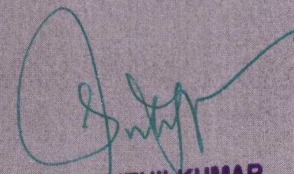


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7. CONCLUSION

- The study indicated that most of the patients (90.48% of participants) get medicines from nearby community pharmacies for treating minor ailments, thus people should be aware that the person dispensing medicines is qualified pharmacist, patients should ask question regarding the medicine to person who is dispensing and get complete knowledge regarding its usage, incase if person who is dispensing medicine in community pharmacy doesn't provide adequate information regarding drug avoid getting medicine from that pharmacy.
- Study shows high prevalence of self medication practice among participants (76.1 %), aged between 18 to 27 years, these aged people are highly exposed to internet compared to elders thus people should collect information regarding the medicine through internet as various medical websites such as , IBM Micromedex, Medscape, Drugs.com, 1mg.com, Webmd.com provide adequate information regarding drugs .
- 77.43 % of participants in this study mostly practice self medication for treatment of Headache, people should self diagnose the causes that lead to headache such as lack of sleep, high usage of mobile phones, food, stress, tension and try to avoid those triggers of headache, this leads to less usage of medications .
- 62.39% of participants take pain relievers in practice of self medication, people should avoid opioids medicines for mild and moderate pain and be aware of fact that non-steroidal anti inflammatory drugs (NSAIDS) may leads to exacerbation in asthma patients, incase theirs need for high dose of opioids usage then medicines for constipation have to be co administered as high dose of opioids leads to constipation.

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Study concluded that 55.53% of patients stop taking medicines after disappearance of symptoms, incase occurrence of relapse of such ailments, immediate consultation to general practitioner or healthcare professional have to be done.



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