

Rational uses of medicines (RUM)

Introduction-RMU is an important, vital and caretaker aspects/subjects include in the pharmacodynamics because of- Body mechanism of persons varies individually (obese, thin, male female, age of person etc.) due to involvement of RUM we decide that- correct medicine for correct individual at correct time for correct diseases.

Day to day, human activities are increases like tree cutting, pollution, more use pesticides, natural conditions are changes leads to born new physiological condition of the body so, it is an also responsible for the RUM.

According to WHO- The rational use of drugs requires the patient receive medication appropriate to their clinical needs, in doses the meet their own individual requirements for an adequate period of time and at lowest cost to them and their community.

Factors responsible for the RUM—

A. Arises during manufacturing procedures— It is the initial step/factor responsible for the RUM because, during the manufacturing drug quantity and measure is the important aspects regarding the drug formulation, it is avoided by the involvement of

1. Correct platform.
2. Correct equipment.
3. Correct procedure.

B. Arise due to individual— Body physiology of individual varies person to person so chemical requirement also varies person to person for treating any disease. It depends on the different factors

1. Body structure.
2. Sex of person.
3. Age of person.
4. Prior disease history.
5. Drug contraindication and allergy.
6. Drug tolerance or resistance.

C. Environmental effects— Environmental condition also varies places to places so, it also act as the factors

1. Seasonal variation.
2. Any pandemic.
3. Any mutations.

How to improve the RUM—

1. Educational promotion—Pharmacy field is the most essential field regarding for the health, because in this, we will study about the human physiology and chemical physiology (action) both and compare. So after gaining the knowledge we are designed the different-different formulation with proper quantity and quality regarding the patient requirement. So we can conclude that, if pharmacy field develop more and more with proper education purpose then many of pharmacists grown up and participate in the health promotion. Education promote by

1. Providing skill educational behaviors.
2. Providing laboratory and practical knowledge.
3. Providing the library.
4. Providing the health and yoga camp etc.

2. Regulatory and management promotion— Management is also an important factor for the regulation and promoting for the RUM. By proper inspection and supervision we are decide the correct requirements (skill person, raw material, perfect platform, perfect equipment etc.) for the manufacturing. If manufacturing are correct and appropriate manner then we finally achieve your goals (correct dose in correct formulation). QA (quality assurance), QC (quality control) and GMP (good manufacturing practice) are supervision department, which inspect the manufacturing and insure that it is proper or not.

3. By proper compounding and dispensing— Packaging and compounding is the final or attentive stage because, if any mistake are arises during the drugs compounding then may leads to positive or negative effect and sometime cause the serious problem. Dispensing is also including to promoting factor because of, many drugs are required special conditions during the dispensing.

4. Establishment of a multidisciplinary national body to co-ordinate policies on medicine uses, development and use of national essential medicine lists, sufficient government expenditure to ensure availability of medicines and staff.

Irrational use of the drugs

Irrational use of drugs means, use of medicines in improper manner and improper formulation it involves as-

- By selection of wrong medicine.
- By selection of wrong doses.
- By selection of wrong person.
- By selection of wrong time.