

CDSCO Advises Responsible Use of Painkillers and Antibiotics to Reduce Risk of Kidney Disease



Central Drugs Standard Control Organization (CDSCO) has advised against the indiscriminate use of painkillers and antibiotics, highlighting the associated risk of Chronic Kidney Disease. According to a circular, all drugs, including non-steroidal anti-inflammatory drugs (NSAIDs) and antibiotics, are required to be sold and distributed in the country on prescription of Registered Medical Practitioner and specialist only. It highlighted that these drugs shall only be used when clinically indicated, in the appropriate dose and for the appropriate duration, and under the supervision of a Registered Medical Practitioner. CDSCO also advised that individuals, particularly those with pre-existing kidney disease or other risk factors for renal impairment, should inform their healthcare professional before using NSAIDs. It also urged the general public to avoid taking antibiotics for self-medication or for conditions where antibiotic treatment is not clinically indicated, such as most uncomplicated viral infections.

It called on healthcare professionals to prescribe NSAIDs and antibiotics only when clinically indicated, after considering the patient's clinical condition, age, co-morbidities, concomitant medicines and relevant risk factors. It also said that pharmacists and retailers shall not encourage or facilitate self-medication with antibiotics or prescription-only NSAIDs. Meanwhile, it requested Drugs Control Authorities of States and Union Territories to create awareness among healthcare professionals, pharmacists, retailers and the general public regarding the risks associated with indiscriminate use of NSAIDs and antibiotics.

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