
GIT Protective Affect of NSAIDS and their efficacy

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INTRODUCTION

Non-steroidal anti-inflammatory drugs (NSAIDs), which are among the most widely used medications and are included in the WHO's Model List of Essential Medicines, are effective at relieving pain and inflammation [1]. NSAIDs are primarily used to treat people with painful and inflammatory illnesses such as osteoarthritis, rheumatoid arthritis, postoperative surgical disorders, menstrual cramps, and even used widely as analgesics and antipyretics. In addition to their analgesic, anti-inflammatory, and antipyretic effects, NSAIDs have been shown to provide protection against a number of serious diseases, such as cancer and heart attacks.

According to published research, NSAIDs have been proven to improve patient satisfaction and reduce the need for opioids, hence reducing adverse events brought on by opiates [2].

Adverse effects of NSAIDS due to misuse:

Data from numerous placebo-controlled studies and meta-analyses, however, alarmingly point to the negative effects of NSAIDs in gastrointestinal, cardiovascular, hepatic, renal, cerebral, and pulmonary problems. According to a study, gastrointestinal system and kidneys are two areas where NSAIDs have a significant negative impact on health [3]. In impoverished nations like Pakistan, the majority of patients are unaware of the dangers associated with NSAIDs and are not particularly interested in learning about them—they just want their pain to go away.

People over the age of 40 who lack literacy frequently get dependent on NSAIDs and take them just like they would take their regular meals. Because of the way certain people behave, society is much at risk for major, maybe fatal problems, and patients may experience acute renal failure and GIT bleeding ulcers. Based on risk stratification, the choice to use a protective strategy to reduce NSAID-related GI clinical events is made. The most crucial component of the judicious use of non-steroidal anti-inflammatory medicines is the prevention of problems from the gastrointestinal tract (GIT).