

## Irrational use of antibiotics in India: Time to work together

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Dear Editor,

Antimicrobial resistance is the major public health problem in India due to higher incidence of inappropriate use of antibiotics.<sup>[1]</sup> India has been reported as a country with one of the number of tropical infectious disease. Recent reports have shown an inappropriate use of antimicrobial agents against these diseases, which has led to increase in microbial resistance.<sup>[2,3]</sup>

An excessive or inappropriate use of antibiotics by healthcare professionals against these organisms lead to development of resistance against these organisms.<sup>[1]</sup> Moreover, people also must realize that every fever is not because of an infection, and most of the time does not require use of an antibiotic. General practitioners should also avoid antibiotics until there is a necessity and culture report has confirmed bacterial infection. It is harmful to rely on antibiotics to cover up any lapses in infection control or treatment. Carbapenem, a broad spectrum of antibiotic; resistance has been reported against this antibiotic across the Globe.<sup>[3]</sup> In my opinion, most upper respiratory infections do not warrant antibiotics as most of them are

viral infections. Antibiotics have no effect against those viral infections.<sup>[1-3]</sup>

Self-medication and sale of over-the-counter medications have also deteriorated the situation in creating antibiotic resistance. Detection of new cases of multiple drug resistant tuberculosis (MDR-TB) and extensively drug resistant (XDR) TB has created an alarming situation in India. It is high time that all professional bodies working in the field of healthcare should come together to promote the appropriate use of antibiotics through various awareness and educational programmes.

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