



**ASSALAM INTERNATIONAL UNIVERSITY**

**FACULTY OF PHARMACY**



**ASSESSMENT OF SELF MEDICATION WITH  
NATURAL PRODUCTS IN ASSALAM  
INTERNATIONAL UNIVERSITY**

A Project Submitted For The Partial Fulfillment  
Of the Bachelor Degree Of Pharmacy

By

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## Abstract

### **Introduction:**

Self-medication is the use of non-prescribed drugs to treat self-diagnosed disorders or symptoms. This can include the use of over-the-counter (OTC) drugs available without a physician's prescription through pharmacies, the irregular use of a prescribed drug, typically in chronic or intermittent diseases, or the use of leftover drugs from previous prescriptions. It also includes the use of a wide range of natural products such as herbal medicines. Self-medication has now become a common practice among young people due to many factors such as the impact of social media. The incidence of SM around world is varied from 38.5% to 98%. Little data is available on SM prevalence in undergraduate students in Libya.

**Aim of study:** The purpose of this study was to determine the prevalence of SM with natural products and possible factors that are related to self-medication behavior among university students.

**Materials and Method:** This study is a cross-sectional descriptive study carried out at AIU/ Benghazi. Total no of participants were 50 collected using a questionnaire, The questionnaire contained 17 questions. Data were entered into the EXCEL and descriptive analysis conducted. For determination percentage, means, standard division

**Results:** In this study, The result showed that 82 % of the participants reported that they do practice self-medication with natural products. Most of the students purchased the natural products from herbal shops(ATTAR). Most of students use the natural products for management of diseases (62.5%) because the students believe these products are safe (50%). Most of students know use and the method of use of natural products (62.5%) and the community pharmacist is the main source of knowledge about natural products.

**Conclusion:** The findings of the study indicate that a large proportion of students in AIU use Natural products for self-medication.

The current work highlights the need for education of the public regarding the potential risks of self-medication.