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Department of Pharmacy Practice

VIVEKANANDHA PHARMACY COLLEGE

Veerachipalayam, Sankagiri - 637 303.

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CLINICAL INSIGHTS VPC EDITION

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Over-the-counter Drugs use: A Boon or Bane

Over-The-Counter (OTC) drugs referred to those drugs that are sold by pharmacist or purchased by patient without prescription of a healthcare professional. Self-medication is becoming more common as a result of factors such as people's socioeconomic level, growing healthcare costs, rising literacy rates, easy access to information, time constraints, and the accessibility of OTC medications.

Very often drugs like pain relievers, antihistamines, cough syrups, antacids and even sometimes antimicrobial agents are misused for self-medication, recreational purposes, or even dependency. This may be due to the lack of consumer awareness about potential risks, combined with easy availability. Many individuals misuse these drugs due to misinformation, believing they are entirely safe since they are sold without a prescription.

OTC drugs use is very common in India because of its easy availability without any regulations. Safety and effectiveness of OTC drugs is doubtful if they are used without knowledge. To mitigate OTC drug abuse, we need a multifaceted approach including policy reform, industry accountability, and community engagement. The regulatory reforms should include Creation of a National OTC Drug List, Mandatory Training for Pharmacists and an effective monitoring tool for online sales.

Contrary to the claim that the OTC drugs can be economical, time-saving, helpful in relieving acute condition, and also help in decreasing the health care burden, can be potentially harm to the individual and incorrect knowledge, handling of these antimicrobial agents can result in the development of drug resistance. Hence the authorities should strike a balance between the access of OTC drugs and its misuse.

Reference:

1. World Health Organization. Guidelines for the regulatory assessment of medicinal products for use in self-medication. Geneva: WHO; 2000, [cited 2026 May 2].
2. Central Drugs Standard Control Organization. Drugs and Cosmetics Act, 1940 and Drugs and Cosmetics Rules, 1945. New Delhi: Ministry of Health and Family Welfare, Government of India; [cited 2026 May 2].

By

Dr. J.Mohan M.D,

Professor of Pharmacology,
Swamy Vivekanandha Medical College Hospital and Research Institute,
Tiruchengode.



MONTHLY DRUG SAFETY ALERT

The preliminary analysis of Adverse Drug Reactions (ADRs) from the PvPI data base 2026, revealed that the following suspected drugs are associated with the ADRs as given below.

S.no	Suspected Drugs	Indications	Adverse Drug Reactions
1.	Dacarbazine	Chemotherapy of malignant melanoma, Hodgkin's lymphoma and soft tissue sarcomas.	Transient reversible blurred vision
2.	Dolutegravir	In combination with other antiretroviral agents for the treatment of Human Immunodeficiency Virus Type 1 (HIV 1) infection.	Sexual dysfunction
3.	Metronidazole	For the treatment of amoebiasis, urogenital trichomoniasis & giardiasis.	Acute Generalised Exanthematous Pustulosis (AGEP)
4.	Luliconazole	For the treatment of cutaneous mycosis viz. Tinea pedis, Tinea corporis and Tinea cruris.	Chloasma/Melasma
5.	Dalteparin	For the extended treatment of symptomatic Venous Thromboembolism (VTE) proximal Deep Vein Thrombosis (DVT) and/or Pulmonary Embolism (PE) to reduce the recurrence of VTE in patients with cancer.	Muscle spasms
6.	Gliclazide	Indicated for the treatment of all types of maturity onset diabetes, diabetes without or with obesity in adults.	Erythema multiforme
7.	Tramadol	For the treatment of severe acute and chronic pain, diagnostic measures and surgical pain.	Fixed Drug Eruption

Healthcare Professionals, Patients/Consumers are advised to closely monitor the possibility of the above ADRs associated with the use of above suspected drugs. If, such reactions are encountered, please report to the nearby ADR monitoring centre (SVMCH&RI, Tiruchengode) or send mail to our ADR Monitoring Centre (svcpvmchamc@gmail.com) or NCC-PvPI, IPC by filling Suspected Adverse Drug Reactions Reporting Form / Medicines Side Effect Reporting Form for Consumer, through Android Mobile App "ADR PvPI" and PvPI Helpline No. 1800 - 180-3024.

Reference:

1. Home - Indian Pharmacopoeia Commission. [online] Available at: <https://www.ipc.gov.in>.

By
Dr. P. DINESHKUMAR, Pharm.D(PB),
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LIST OF NEW DRUGS APPROVED IN THE YEAR 2026

S.no	Name of New Drug	Indications	Date of Approval
1.	Brexpiprazole Tablets 0.25/0.5/1/2/3/4 mg	Brexpiprazole is indicated for treatment of schizophrenia.	16.02.2026
2.	Brexpiprazole Bulk Drug	Not applicable as it is a bulk drug	24.02.2026
3.	Sotorasib 240mg Film Coated Tablets.	Treatment of adult patients with KRAS G12C-mutated locally advanced or metastatic non-small cell lung cancer (NSCLC), who have received at least one prior systemic therapy	10.03.2026

MNEMONICS FOR NEWLY INTRODUCED DRUGS IN INDIA (2025-2026)

SEMAGLUTIDE (GLP-1 agonist)

“SEMA makes you SLIM”

- Weekly GLP-1 agonist
- Type-2 Diabetes
- Obesity / Weight loss
- ↓ HbA1c
- ↓ Body weight



Brand: Obedo, Wegovy, Ozempic

TIRZEPATIDE (Dual GIP/GLP-1 agonist)

“TIRZEPA-TIGHT = Tight sugar & tight waist”

- Dual action:
 - GIP agonist
 - GLP-1 agonist
- ↓ HbA1c
- ↓ Body weight



Brand: Mounjaro

MAVACAMTEN (Cardiac myosin inhibitor)

“MAVA calms the MUSCLE”

- Obstructive Hypertrophic Cardiomyopathy (HCM)
- Improves heart function & symptoms



Brand: Kopozgo

ZANUBRUTINIB (BTK inhibitor)

“ZANU blocks B-cell avenue”

- B-cell malignancies (CLL, Lymphoma)
- Selective BTK inhibitor
- ↓ Disease progression



Brand: Brukisa

INSULIN ICODEC (Weekly basal insulin)

“I-CODEC = Insulin once in 7 days”

- Long acting basal insulin
- Weekly injection
- Better adherence
- Type-2 Diabetes



Brand: Icodec

ZOLIFLODACIN (Antibiotic)

“ZOLI fights resistant GONO easily”

- Drug-resistant gonorrhea
- Novel mechanism
- Not a quinolone
- Once daily oral dose

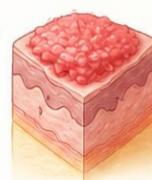


Brand: Zoliflodacin

ICOTROKINRA (IL-23 inhibitor)

“ICO controls itchy plaques”

- Oral IL-23 inhibitor
- Plaque psoriasis
- Reduces skin inflammation



Brand: Icotrokinra

RESMETIROM (THR-β agonist)

“REScue fatty liver”

- Non-alcoholic steatohepatitis (NASH)
- Improves liver fibrosis
- ↓ Liver fat



Brand: Resmetirom



These drugs are important updates for GPAT, Pharm.D, B.Pharm and Pharmacy Practice.

By

Dr. R. ARVINTHKUMAR, Pharm.D.,

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CARDIOVASCULAR DRUGS

MNEMONICS



1. ANTIHYPERTENSIVES (CLASSIFICATION)

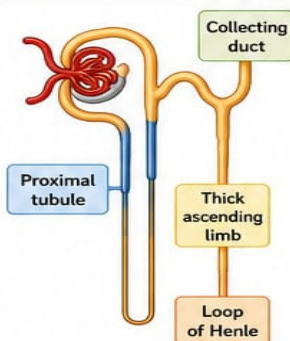
"ACE Inhibitors Are Naughty Boys. ARBs Don't Do That."

- A** ACE inhibitors
- I** Calcium channel blockers
- A** Diuretics
- N** β -blockers
- B** ARBs
- A** Aldosterone antagonists
- D** Direct vasodilators
- D** α_1 -blockers
- T** Central α_2 -agonists



2. DIURETICS (MNEMONIC BY SITE OF ACTION)

"Wanna Get Down The Loop?"

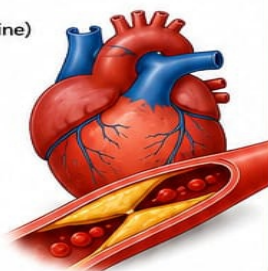


- W** – Water (Collecting duct)
(K^+ sparing: Spironolactone, Amiloride, Triamterene)
- G** – Go (Proximal tubule)
(Carbonic anhydrase inhibitors: Acetazolamide)
- D** – Down (Loop of Henle)
(Loop diuretics: Furosemide, Bumetanide, Torsemide)
- T** – The (Thick ascending limb)
(Thiazides: Hydrochlorothiazide, Chlorthalidone, Indapamide)

3. ANTIANGINAL DRUGS

"NITRO Glycerin Will STOP The Pain."

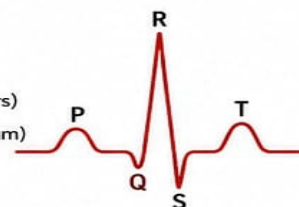
- N** Nitrates
- I** If channel blockers (eg. Ivabradine)
- T** β -blockers
- R** Theophylline
- O** Ranolazine
- G** Calcium channel blockers
- S** Short acting Nitrates
- T** Trimetazidine
- O** Oxygen
- P** Pain relief



4. ANTIARRHYTHMICS (VAUGHAN WILLIAMS CLASSIFICATION)

"My Very Educated Mother Just Served Us Noodles."

- M** – Class I (Membrane stabilizers)
- V** – Class II (β -blockers)
- E** – Class III (K^+ channel blockers)
- M** – Class IV (Calcium channel blockers)
- J** – Others (e.g., Adenosine, Magnesium)
- S** – Others (e.g., Digoxin)
- U** – Others (e.g., Potassium)
- N** – Others (e.g., Nicorandil)



5. DRUGS USED IN HEART FAILURE

"ABCDE to Manage the Failing Heart."

- A** ACE inhibitors / ARBs / ARNI
- B** β -blockers
- C** Calcium channel blockers (in selected cases)
- D** Diuretics
- E** Eplerenone (Aldosterone antagonist)



6. LIPID LOWERING DRUGS

"Statins Take Large Bites; Others Eat Little Fat."

- S** Statins
- T** Ezetimibe
- L** PCSK9 inhibitors
- O** Omega-3 fatty acids
- E** Fibrates
- N** Niacin
- F** Bile acid sequestrants



7. ANTITHROMBOTIC DRUGS

"PLAN Your Escape From Clots."

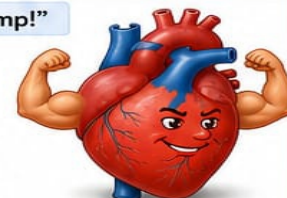
- P** Platelet inhibitors (Aspirin, Clopidogrel)
- L** LMWH (Heparins)
- A** Anticoagulants (Warfarin, DOACs)
- N** Thrombolytics (Streptokinase, tPA)



8. POSITIVE INOTROPES

"DOBUTamine Makes Hearts Pump!"

- D** Dopamine
- O** Dobutamine
- B** β_1 -agonists (e.g., Adrenaline)
- U** PDE-3 inhibitors (e.g., Milrinone)
- T** Thyroid hormone (Adjunct)



Note: Mnemonics are memory aids and not a substitute for understanding pharmacology.



Use together with proper study and clinical correlation.

By
Dr. C. AROKIARANI, Pharm.D.,
Assistant Professor,
Department of Pharmacy Practice, VPC.

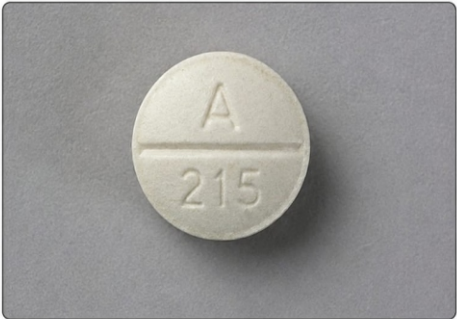
DRUG PUZZLE

DRUG PUZZLE

DIFFICULT

Based on the information provided, identify the most likely drug.

PHYSICAL CHARACTERISTICS
- Form: Tablet - Color: Off-white - Shape: Round - Imprint: "A" over "215" (score line) - Diameter: 8 mm - Score: Present
CHEMICAL TEST RESULTS
- Marquis: Dark purple - Mecke: Yellow - Mandelin: Purple - Simon's: Blue - Ehrlich: No reaction - Fluorescence (365 nm): None
ADDITIONAL INFORMATION
- Found in a prescription bottle labeled "Sleep Aid" (no further details) - Odor: None - Taste: Bitter
PATIENT INFORMATION (UNKNOWN SOURCE)
- Reported use: Insomnia - Onset: 30–60 minutes - Duration: 6–8 hours - Common side effects: Drowsiness, dizziness, dry mouth



YOUR TASK

Based on the physical characteristics, chemical test results, and patient information, identify the most likely drug.

RULES

- There may be multiple possibilities, but choose the single most likely answer.
- Assume all test results are accurate.
- Consider both prescription and controlled substances.

ANSWER FORMAT

Most likely drug: _____

DIFFICULTY RATING

★★★★☆

SAFETY ALERT

HIGH ALERT: PARTICULAR DRUGS

PAY SPECIAL ATTENTION WHEN PRESCRIBING, DISPENSING AND ADMINISTERING THE FOLLOWING DRUGS

 INSULIN 100 units/mL For Injection	 POTASSIUM CHLORIDE for Injection CONCENTRATE	 HEPARIN 5,000 units/mL For Injection	 METHOTREXATE 50 mg/2 mL (25 mg/mL) For Injection Cytotoxic
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- These drugs have a **NARROW THERAPEUTIC RANGE**.
- Dosing errors can cause **SERIOUS HARM** or **DEATH**.
- Always verify the drug, dose, route and patient.
- Use double check for high alert drugs.
- If in doubt, **STOP** and seek clarification.

OUR COMMITMENT: SAFE MEDICATION, SAFE PATIENTS

 KNOW your drugs	 CHECK every time	 DOUBLE CHECK for high alert drugs	 SPEAK UP for safety	 REPORT errors or near misses
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A SMALL ERROR CAN LEAD TO A BIG TRAGEDY. BE ALERT. BE CAREFUL. BE SAFE.

Answer for Drug Puzzle:

- Zolpidem (Brand name: Ambien)
- Drug Class: Non-benzodiazepine hypnotic (Z-drug)
- Indication: Treatment of insomnia (sleep disorders)
- Onset of Action: 30–60 minutes
- Duration of Action: Approximately 6–8 hours
- Common Adverse Effects: Drowsiness, Dizziness, Dry mouth, Headache
- Mechanism of Action: Enhances GABA-mediated inhibition by selectively binding to GABA-A receptors (BZ1 subtype)
- Tablet Appearance: Usually round, off-white tablet in many generic formulations
- Reason for Identification: The clues related to sleep induction, rapid onset, short duration, and common adverse effects best match Zolpidem.

By
Dr. S. RUBAN, Pharm.D.,
 Assistant Professor,
 Department of Pharmacy Practice, VPC.

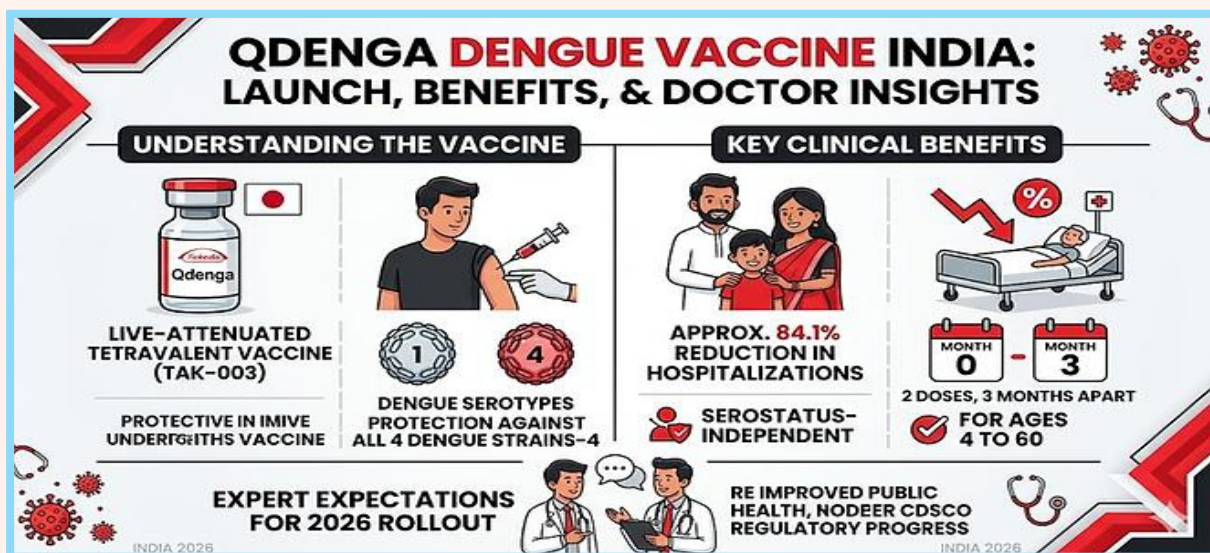
Qdenga – Dengue Vaccine Introduction 2026

Qdenga is a modern tetravalent live attenuated dengue vaccine developed by Takeda Pharmaceutical Company for the prevention of dengue fever caused by all four dengue virus serotypes (DENV-1, DENV-2, DENV-3, and DENV-4). In 2026, Qdenga gained major global attention due to expanded approvals, increased public vaccination programs, and growing international use in dengue-endemic countries.

The vaccine is designed to stimulate strong immune protection against dengue infection and reduce the risk of severe dengue complications, hospitalization, and dengue-related mortality. Qdenga is administered as a two-dose schedule given three months apart through subcutaneous injection.

Unlike earlier dengue vaccines, Qdenga has shown effectiveness in individuals both with and without previous dengue infection, making it an important advancement in dengue prevention strategies. The vaccine contains weakened forms of dengue viruses that safely activate the immune system to produce protective antibodies and long-term immune memory.

In 2026, several countries expanded dengue immunization initiatives using Qdenga following recommendations from the World Health Organization and national regulatory agencies. WHO recommends Qdenga mainly for children and adolescents living in areas with high dengue transmission intensity.



Reference:

1. World Health Organization. Dengue and severe dengue [Internet]. Geneva: WHO; 2025 [cited 2026 Jun 1]. Available from: <https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue>

By
Dr. R. A. HIRIJA, Pharm.D.,
 Assistant Professor,
 Department of Pharmacy Practice, VPC.

Department Highlights

Department of Pharmacy Practice proudly appreciates our faculty members for their significant contribution to the outstanding academic performance of our Pharm. D students. Through their continuous guidance, dedication, and student-centered teaching approach, they have played a vital role in achieving excellent examination results. Their commitment to academic excellence continues to inspire student success and uphold the department's standards.



NAME OF THE STAFFS	DESIGNATION	SUBJECT NAME / COURSE	NO OF STUDENTS APPEARED EXAMS	NO OF STUDENTS PASSED EXAMS	PERCENTAGE
Dr. K. Krishnaveni	Professor	Pharmacotherapeutics I Pharm. D II Year	27	27	100%
Dr. K. Krishnaveni	Professor	Pharmacotherapeutics II Pharm. D III Year	8	8	100%
Dr. C. Arokia Rani	Assistant Professor	Pharmaceutical Jurisprudence Pharm.D III Year	8	8	100%
Dr. C. Arokia Rani	Assistant Professor	Pathophysiology Pharm.D II Year	27	26	99%
Dr. Neena Elsa Varghese	Assistant Professor	Community Pharmacy Pharm.D II Year	27	27	100%

Department Highlights



We organized and coordinated a student educational trip to Tanjavur for 2nd and 3rd year Pharm.D students on 29.01.2026. A total of 45 Pharm.D students participated in the trip and visited Kallanai Dam, Thanjavur Periya Kovil, the Museum, and the Palace.



Dr. K. Krishnaveni, Dr. R. Arvinthkumar & Dr. P. Dineshkumar actively participated in "3rd International Symposium on Indexed Literature to Inductive and Deductive Reasoning : The Triad of Research Methodology, Statistical Analysis and Ethical Publishing in the AI Era" on 30.01.2026 which was organized by Periyar Maniammai Institute of Science & Technology, Thanjavur.



Dr. C. Arokia Rani actively participated in "Advancing Clinical Pharmacist - Led Antimicrobial Stewardship: Integrating Precision Therapeutics & Innovation in General Medicine & Oncology Care" Organised by GKNM Hospital, Coimbatore on 31.01.2026. Our 4th Pharm. D students actively participated and gained valued insights in antimicrobial stewardship.

Department Highlights



TOPIC
"MASTERING THE MANUSCRIPT: WRITING, REFINING, AND SUBMITTING COMPELLING RESEARCH AND REVIEW ARTICLES"

SPEAKER



**JANUARY 20TH 2026
3.00PM**

**Dr. Vijiqueen. V., Pharm D., PGDMW.,
Senior life science research Analyst,
MADE AI Capestart, Cambridge**

Google Meet

We organized a webinar titled on "Mastering the Manuscript: Writing, Refining and Submitting Compelling Research and Review Articles," held on 20.01.2026. The Department faculties coordinated the event effectively, and the Pharm.D students actively participated, contributing to the grand success of the webinar.



Dr. K. Krishnaveni actively participated in "World Leprosy Day 2026" Which was organized by Institution's Innovation Council (IIC) on 24.01.2026 at Erode Collectorate.



Dr. Arokia Rani actively attended "Continuing Education Programme" on "Healing Beyond Medicines: Integrating Pharmacology, Clinical practice and Wellness in patient Centered Care" held during 4th – 6th February, 2026, organised by Department of Pharmacy Practice & Pharmacology at Excel college of Pharmacy.

Department Highlights



Dr. R. Arvinthkumar and Dr. P. Dineshkumar actively participated and coordinated the Pharm.D students for World Cancer Day 2026 at Erode Cancer Centre, Thindal, Erode, on 04.02.2026. Dr. K. Velavan, M.D.R.T., Oncologist, delivered an awareness talk about cancer and Dr. Rozario delivered pharmacoepidemiological status of cancer in India to the students. The department also organized a donation drive, and the students distributed essential items such as towels, stress balls, masks, and water bottles to cancer patients.



Dr. K. Krishnaveni and Dr. S. Ruban actively participated in and coordinated the Pharm.D students during the observance of World Cancer Day 2026 at Onco Foundation Cancer Hospital on 04.02.2026, where the students created awareness on cancer prevention and early detection through mime performances, oral presentations, and seminar speeches, thereby effectively promoting public health awareness and healthy lifestyle practices among the community.



Cervical Cancer Vaccination Awareness Programme on 04.03.2026 at VPC Seminar hall.

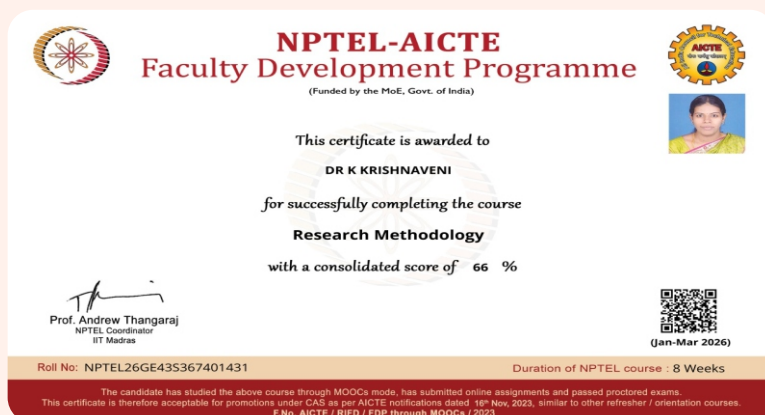
Department Highlights



Dr. K. Krishnaveni invited as a Resource Person for one day seminar on “Pharm. D Excellence: Innovation, Clinical Practice and Career Opportunities” on 18th April 2026 organized by Department of Pharmacy Practice, JKK Munirajah Institute of Health Sciences College of Pharmacy, Gobi in association with APTI, Tamil Nadu branch.



We organized “Comprehensive hands on training in Cardio Pulmonary Resuscitation (CPR)” on 17th April 2026 delivered by Dr. Thilak Raj, MD, Emergency Medicine, Swamy Vivekanandha Medical College Hospital and Research Institute, Tiruchengode.

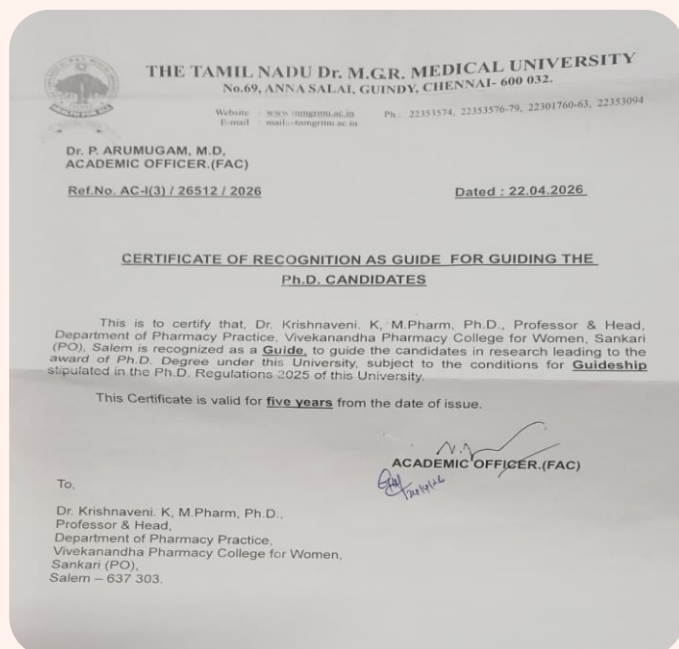


Dr. K. Krishnaveni successfully completed the NPTEL SWAYAM course on Research Methodology.

Department Highlights



Dr. K. Krishnaveni & Dr. R. Arvinthkumar successfully guided Pharm.D students in book chapters writing Competition organized by Academic Decipher, Mumbai and one of our team got Consolidated Prize with Cash Award of Rs. 1000/-.



Dr. K. Krishnaveni, Professor & HoD / Pharmacy Practice, has successfully received Ph.D. guideship approval from The Tamil Nadu Dr. M.G.R. Medical University, Chennai, on 28.04.2026.

Students Corner

- 1 AFTER WAKING UP – Activate Internal Organs.**
- 2.AFTER WORKOUT – Bring hear rate back to normal.**
- 3.HALF AN HOUR BEFORE MEAL – Aids in Digestion.**
- 4. BEFORE TAKING BATH – Helps to lower Blood pressure.**
- 5. BEFORE GOING TO BED - Replenish any Fluid loss.**
- 6.WHEN YOU ARE FEELING SICK – Hydrate body for proper function.**
- 7. WHEN YOU ARE FEELING TIRED – Recharge your system.**
- 8. WHEN SURROUNDED BY INFECTED OR SICK PEOPLE – Don't let settle infection in the body.**

PUBLICATIONS

1. Neena Elsa Varghese, **K. Krishnaveni**, Anna Thankachan, A. Porkodi, S. Reshmika, V.N. Indukala. Recurrent Anaphylactic Reaction to Intravenous Iron Sucrose in a Postpartum Woman: A Medically Significant Case Report. YMER. 2025;24(12):375-380.
2. Rajkapoor Balasubramanian, Naina Mohamed Pakkir Maideen, **Krishnaveni Kandasamy**, Mohamed Fahath Shahul Hameed, Palanisamy Amirthalingam, Kumarappan Chidambaram. Neurotoxicity Linked to Nitrous Oxide (Galaxy Gas) Recreation: An Overview of Clinical Evidence. CNS & Neurological Disorders – Drug Targets. 2026. DOI: 10.2174 / 011871527344497226 01210 91523.
3. **Dineshkumar Palanivel**, Mouleeswaran Rajendran, Sakthi Sundaram Subramaniam, Harinee Murugesan, Yamuna Rameshbabu, Dhivya Rajamanickam, Gowri Saravanan. Pharmacological activity of suzetrigine (non-opioid, non-NSAIDS) in pain management. International Journal of Pharmaceutical Sciences. 2026;4(3):1608-1621. doi:10.5281/zenodo.19045203.
4. **Dineshkumar Palanivel**, Mouleeswaran Rajendran, Sakthi Sundaram Subramaniam, Yamuna Rameshbabu, Sharmila Ramachandran, Sobiya Murugan. Tricaprylin (Trioctanoin): A comprehensive review of its physicochemical properties, metabolism, and pharmaceutical applications. International Journal of Pharmaceutical Research and Applications. 2026;11(2):166-175. doi:10.35629/4494-1102166175.
5. Mouleeswaran Rajendran, **Dineshkumar Palanivel**, Sakthi Sundaram Subramaniam, Nisha Balamurugan, Sandhya Shanmukam, Yamuna Rameshbabu, Sasi Venkatachalam, Zeenath Syed. Next generation antidepressants and antipsychotics: novel mechanisms and recent clinical trial evidence. World Journal of Pharmacy and Pharmaceutical Sciences. 2026;15(5):444-457. doi:10.5281/zenodo.19881071.
6. Prithviraj Senthilkumar, Dhanasekar J, Snehal Dashrath Pawar, Lathamani Lakshmanan, Nandakumaran S, **Arvinthkumar R, Ruban S**, Poongodi Ranganathan. Investigation of in-vitro gastroprotective and antioxidant effects of Mimosa pudica and Sesbenia grandiflora. The Bioscan. 2026;21(1):1597-1608. doi:10.63001/tbs.2026.v21.i01.pp1597-1608.



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