

TO UNDERSTAND THE
PRESCRIPTION
BEHAVIOUR OF EPA
AND DHA AMONG
ORTHOPAEDIC AND
CONSULTING
PHYSICIAN

RESEARCH PROJECT

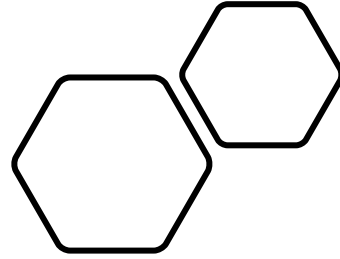
SUBMITTED BY-
ANKITA DIXIT
ROLL NO-170

OMEGA 3 FATTY ACID

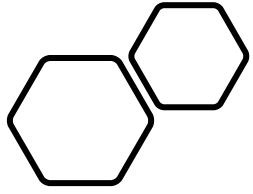
- [Omega-3 fatty acids](#): A class of essential fatty acids found in fish oils, especially from salmon and other [cold](#)-water fish, that acts to lower the levels of [cholesterol](#) and LDL (low-density lipoproteins) in the blood. ([LDL cholesterol](#) is the "bad" cholesterol.)
- EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are the two principal [omega-3 fatty acids](#). The body has a limited ability to manufacture EPA and DHA by converting the essential fatty acid, alpha-linolenic acid (ALA) . Common foods that are high in omega-3 fatty acids include fatty fish, fish oils, flax seeds, chia seed, flaxseed oil, and walnuts.
- DHA(Docosahexaenoic acid) DHA is principally set in cell membranes, wherever it makes the membranes and gaps between cells additional fluid. DHA makes it easier for nerve cells to send and receive electrical signals. Therefore, adequate levels of DHA and EPA(Eicosapentaenoic acid) appear to create it easier, quicker, for your nerve cells to communicate. Having low levels in your brain or eyes could reduce the signals between cells, leading to poor visual sense or altered brain performance.



Continue...



- The active ingredients of omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), these are responsible for lowering the level of triglyceride.
- The prescribed product contains a total of 0.84 g of these two active ingredients in every 1-g capsule of omega-3 fatty acids. The total EPA and DHA dose recommended for lowering triglyceride level is approximately 2–4 g/day. In patient having triglyceride levels more than 500 mg/dl, approximately 4 g/day of EPA and DHA reduces triglyceride levels 45% .



OMEGA 3 FATTY ACIDS HELPS TO-



- Lower pressure level
- Reduce triglycerides level
- Slows down the event of plaque within the arteries
- Reduce the prospect of abnormal rhythm
- Reduce the chance of heart failure and stroke
- Lessen the prospect of sharp internal organ death in folks with cardiovascular disease.
- Reduces joint inflammation
- In rheumatoid Arthritis



OMEGA 3 MARKET OVERVIEW

- To understand the prescription behaviour of EPA and DHA among Orthopaedics and consulting physician.
- Find out at which indication Dr. prescribes Omega 3 capsule?
- Do they prescribe omega 3 capsules in case of Arthritis?
- If yes ,then as a Monotherapy or co-therapy?





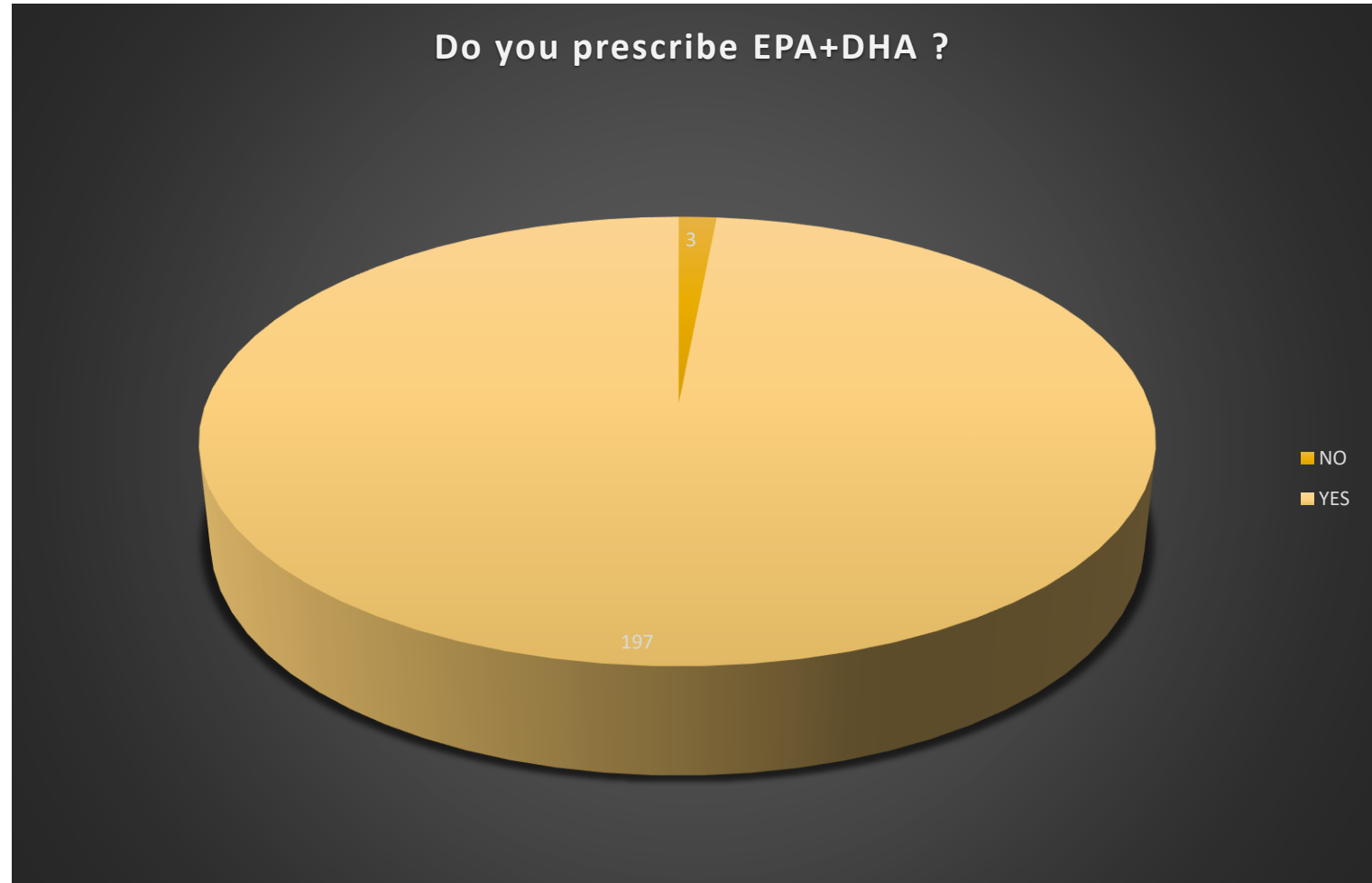
RESEARCH METHODOLOGY

- **Sample design-** Descriptive study
- **Sampling-** Nonprobability convenience sampling
- **Data collection-** primary data will be collected through the questionnaires and meeting with respondents.

Secondary data will be collected through published journals and literatures.

- **Sample size-** 200 doctors
- **Sample area-** Lucknow
- **Duration-** 60 Days
- **Inclusion criteria-** Orthopaedics and General physicians.
- **Tools-** Questionnaire to collect primary data
Microsoft Excel for analysis

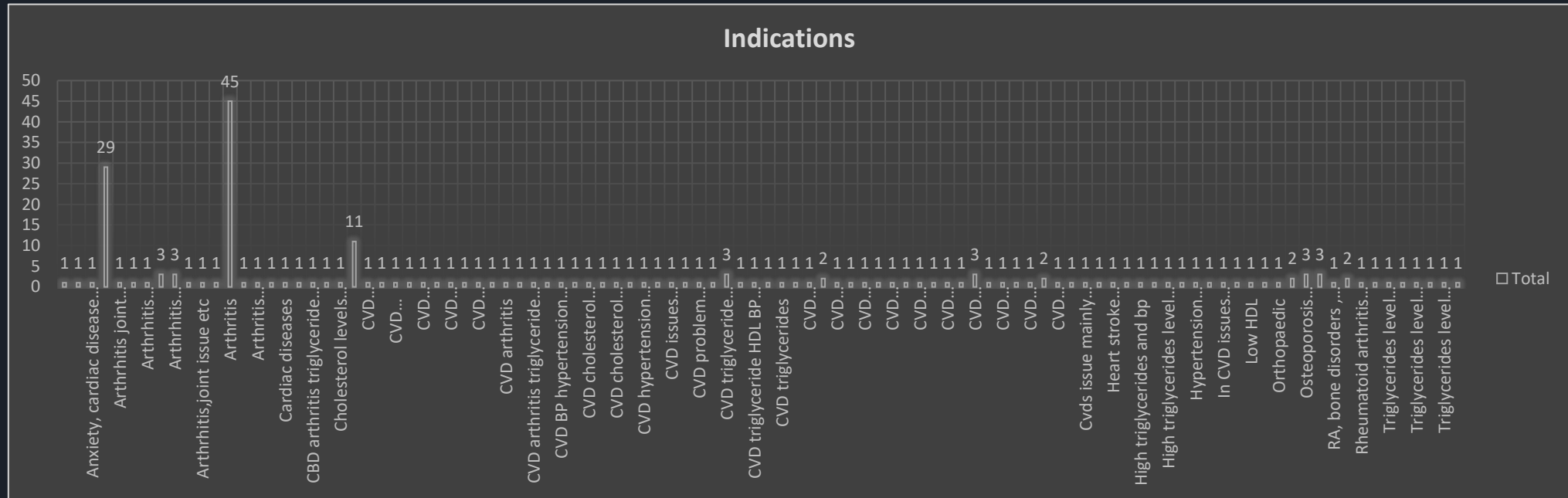
DATA ANALYSIS:-



- Answer of Q1:-

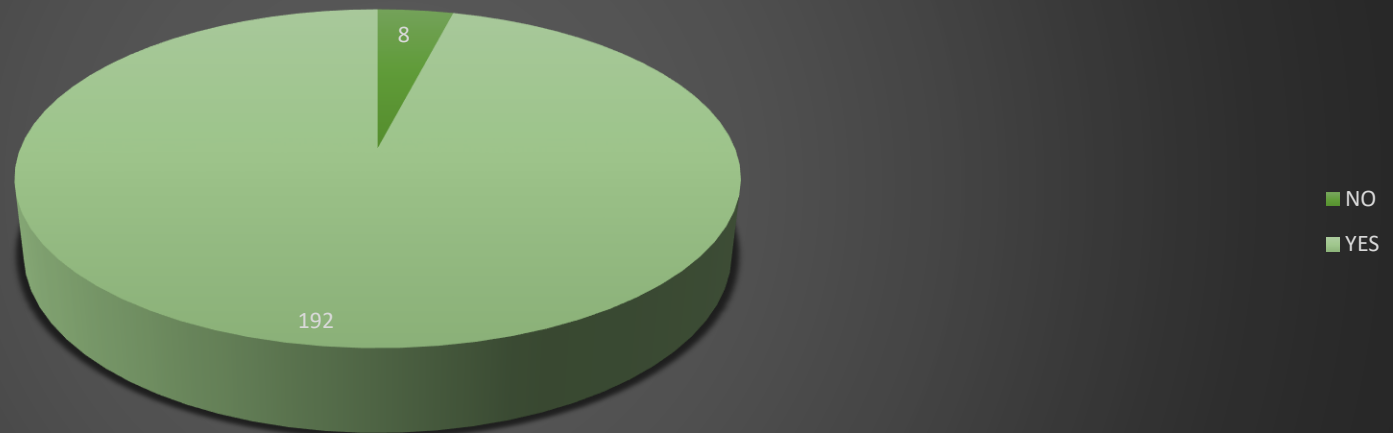
- ARTHRITIS
- CVD PROBLEMS i.e heart attack, stroke , Arrhythmia, Angina etc
- BLOOD PRESSURE
- HIGH TRIGLYCIRIDE
- HDL,LDL
- CHOLESTEROL
- JOINT INFFLAMATION
- Etc

Answer of Q2:-

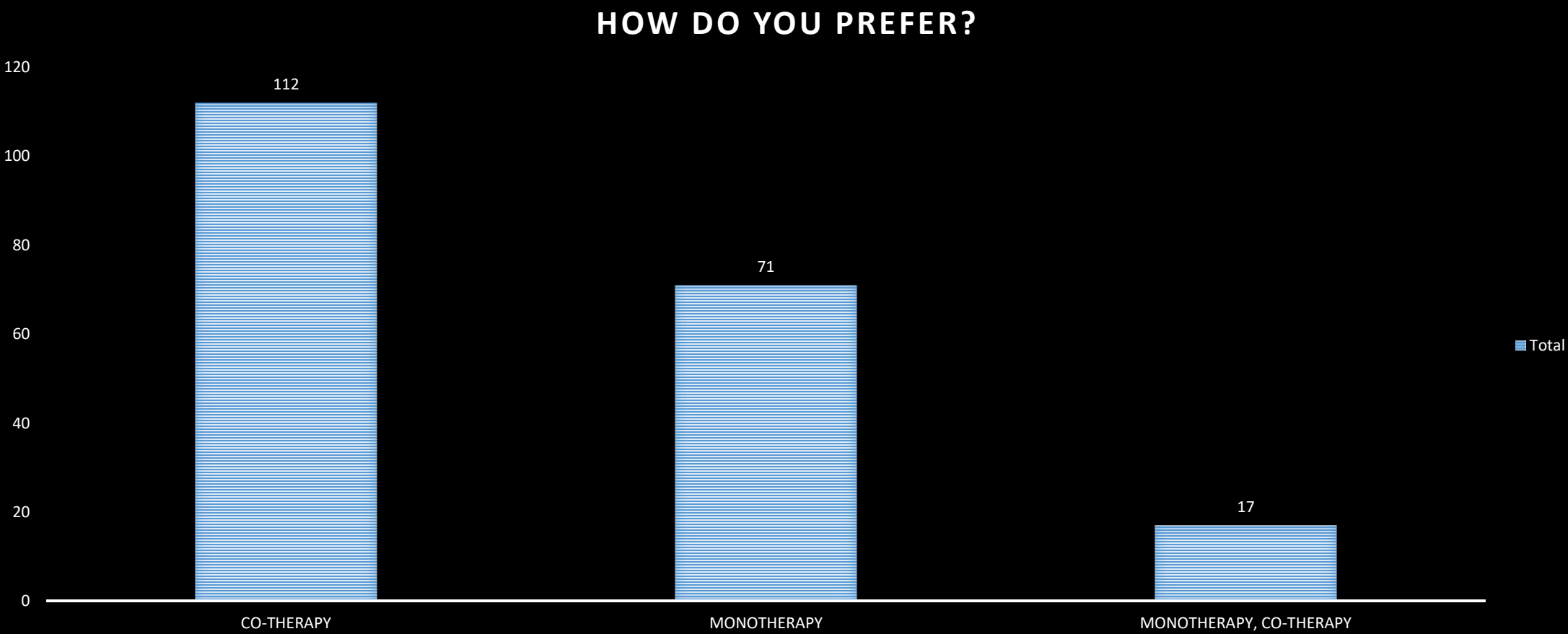


Answer of Q3:-

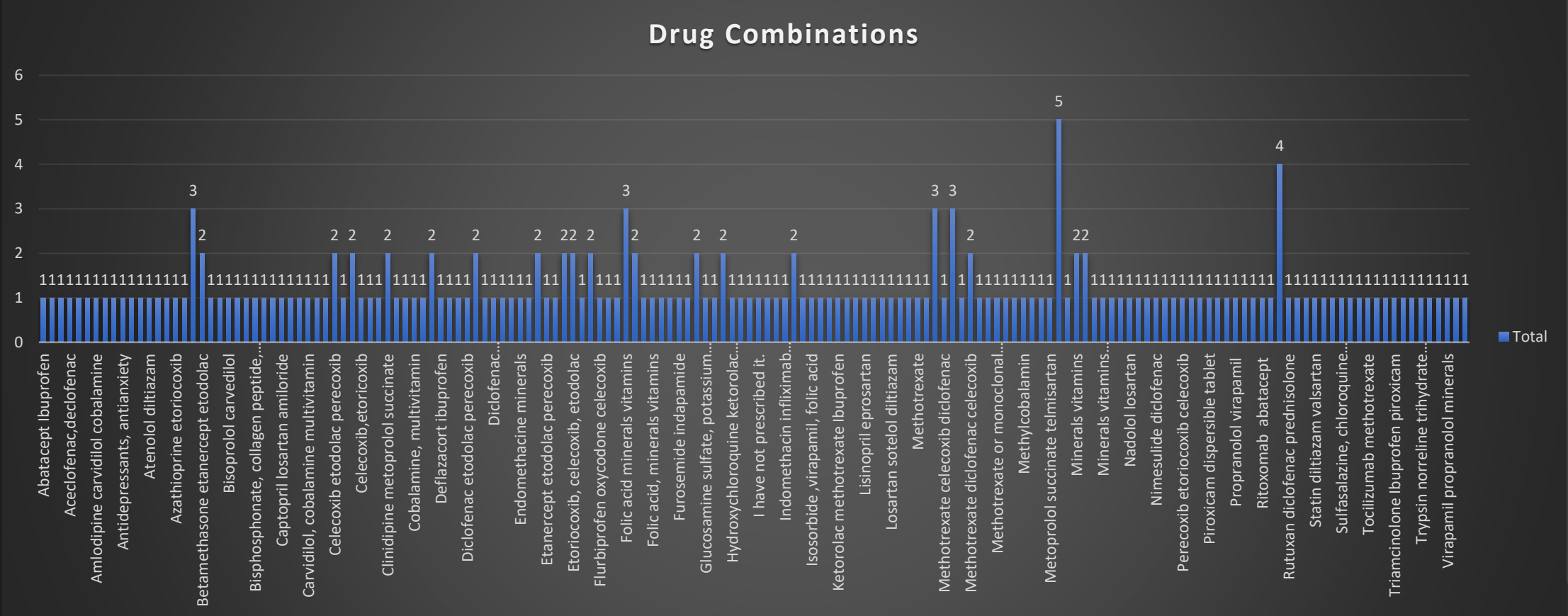
Do you prescribe EPA+DHA(Omega 3)in Arthritis?



Answer of Q4:-



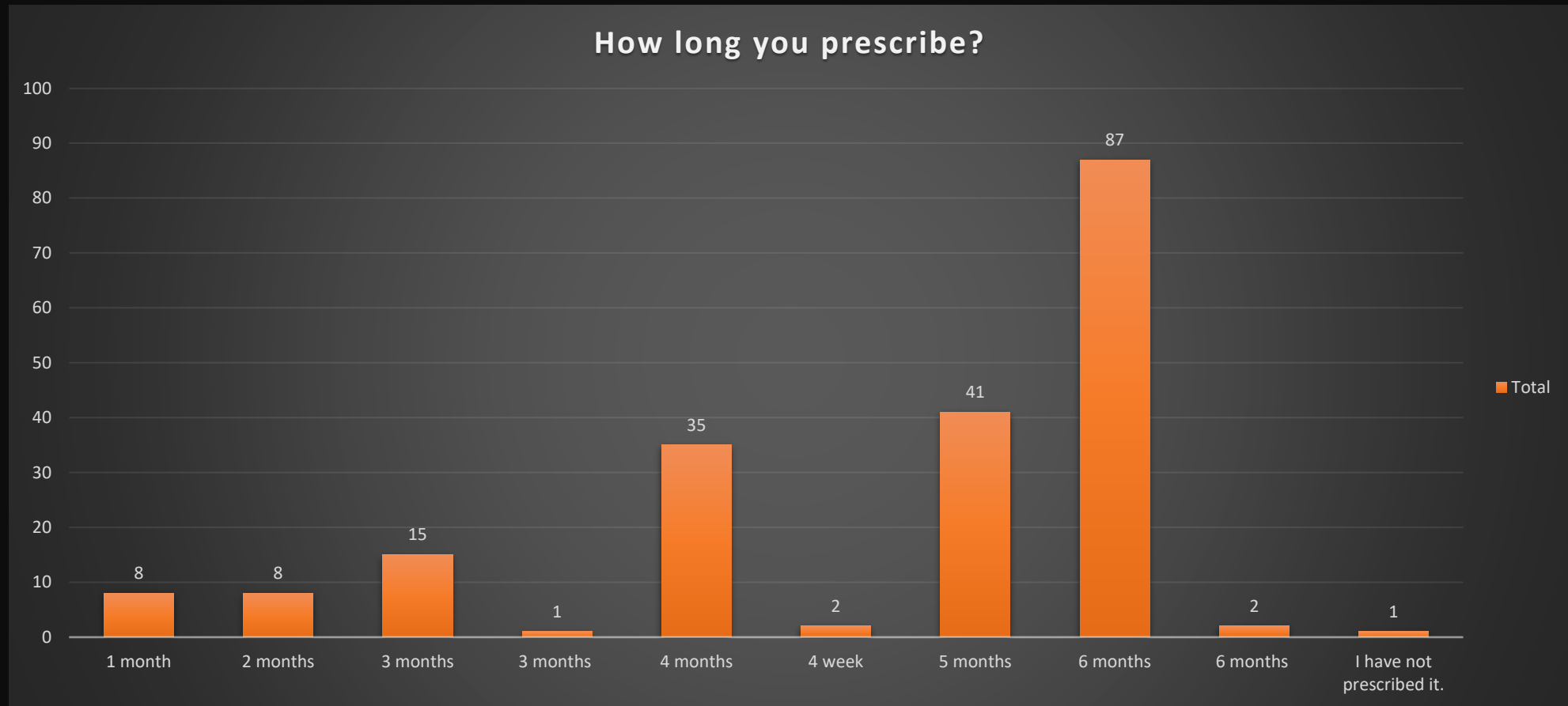
Answer of Q5:-



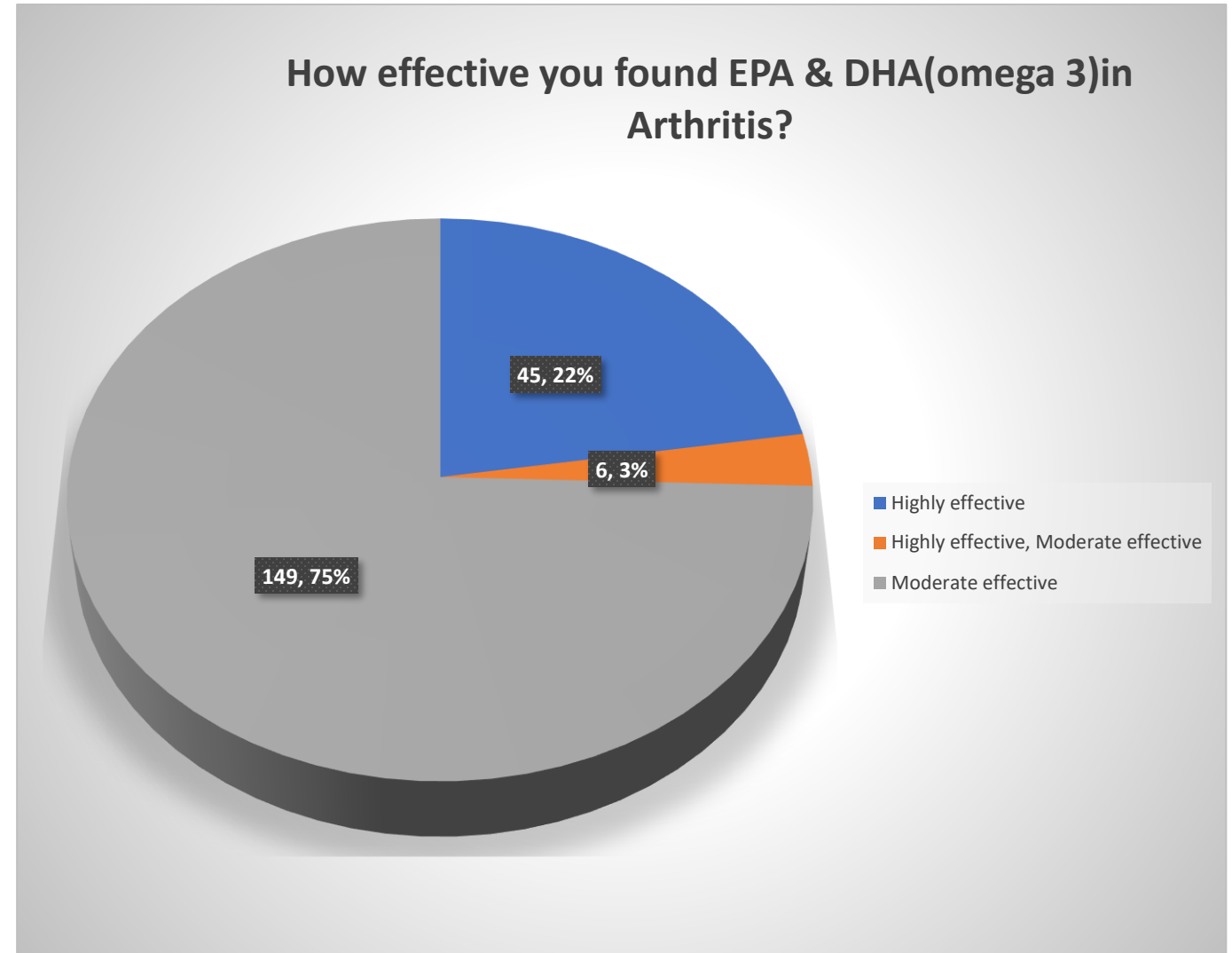
Some of the combinations are:-

- Trypsin norrelinal trihydrate ,Diclofenac sodium
- Glucosamine sulfate potassium chloride
- Celecoxib parecoxib ,etoricoxib
- Sulfasalazine, chloroquine,Celecoxib
- Metoprolol succinate telmisartan
- Clindipine metoprolol succinate
- Rosuvastatin clopidogrel
- Metoprolol succinate telmisartan clindipine
- Vincort azitocort
- Rituxomab abatacept
- Hydroxychloroquine ketorolac
- Rutuxan diclofenac prednisolone
- Hydroxychloroquine ketorolac celecoxib
- Methotrexate celecoxib etodolac
- Deflazacort ibuprofen
- Hydroxychloroquine ketorolac
- Benazepril ramipril valsartan

Answer of Q6:-



Answer of Q7:-



RESEARCH OUTCOME-

- As we can see from the above Graph that maximum Doctor's use to prescribe Omega 3 fatty acid i.e about 98% .they mainly use to prescribe on – arthritis ,CVD problems -Heart-Attack, Stroke ,Angina ,Blood pressure ,to the patient with high cholesterol level ,triglyceride level ,HDL ,LDL ,Hypertension ,Anxiety ,skin related problem ,joint inflammation, etc.
- omega3 are mainly prescribed by the doctor's in arthritis patient i.e about 96%.
- most of the Doctor's use to prefer CO-THERAPY i.e about 56% ,MONOTHERAPY is about 35%,and who use to prefer both i.e co-therapy and monotherapy is about 8.5%.
- And if we talk about the combination which they use to prefer then every Doctor's have their different combinations but they use to give an arthritis drug with NSAIDS with anti-inflammatory drug with the Omega 3 its totally depend on the patient problems.
- most of the doctor's said that they mainly used it about 3-6 months.
- And if we see that omega 3 is how much effective in arthritis then 75% of Doctors said that it is moderate effective and 22% of them said is highly effective.

Thank You!
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