



STUDY OF ADVERSE DRUG REACTIONS IN TUBERCULOSIS PATIENTS UNDER RNTCP DOTS IN TERTIARY TEACHING HOSPITAL

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ABSTRACT

Introduction: Tuberculosis is one of the leading causes of deaths worldwide. DOTS is a measure implemented under RNTCP with STOP TB STRATEGY to control the rise of incidences of all types of tuberculosis cases. It comprises of multidrug regimen treatment for longer duration of time. Almost every anti tubercular drug is associated with some or the other adverse drug reaction (ADR's). Patients decision to stop the treatment were influenced majorly by adverse drugreactions occurring during the treatment and also because of lack of knowledge regarding the adverse drug reactions and the importance of early reporting at the first sign and symptom of its occurrence to the treating physician. In view of above we undertook the present study to evaluate the burden of adverse drug reactions due to tuberculosis treatment in our hospital, we also tried to evaluate the cause of adverse drug reactions in these patients. **Material and methods:** A total number of 100 patients were included in the study from the pulmonary medicine department of D.Y. Patil University School of Medicine and hospital for period of 11 months. Those patients who fulfilled the inclusion criteria of the study were taken into the study after obtaining a written informed consent form. The case record files of patient included in the study were scrutinized and statistically analyzed using frequency and percentages. Causality and Severity was analyzed using Naranjo's causality scale and Modified Hartwig's and Siegel scale. No laboratory parameters analysis was done to assess the adverse drug reaction or to find the cause of the reaction. The causal drug for any adverse reaction was evaluated with the help of treating physician and the findings of causal drug were purely knowledge based. **Results:** 75% of patients had ADR's. Females were more affected with adverse drug reaction during the treatment as compared to males. Majority of study population was in the age group of 30-40years and high no. of adverse drug reaction was observed in the age group of 20-40 years of age. There was no association of alcohol intake, smoking or tobacco use in occurrence of adverse drug reaction.44% of total population had suffered from ADR in the intensive phase of treatment and 14% in the continuation phase. Vomiting was the most common adverse drug reaction seen in patients with almost 24% of patients suffering from it. GIT was the most common system involved. Isoniazid was found to be the most common drug responsible for majority of adverse drug reactions. 60% of patients out of the total suffering from ADR required management of ADR by the treating physician. 54% of patients scored Probable causality assessed and treated by the treating physician Majority of Patients i.e. 84% had ADR of mild severity. **Conclusion:** Anti TB drugs may cause high incidences of adverse drug reactions resulting in non-compliance and sometimes stoppage of treatment. This leads to increase in mortality and morbidity. The study concluded that there is high burden of adverse drug reactions among patients taking anti tubercular drugs. Early detection of adverse drug reactions and its notification to the treating physician is very important for early remission and patient compliance. Counseling of patients for early detection, prevention and management of adverse drug reaction is highly suggestive.

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INTRODUCTION

Tuberculosis (TB) is a major health problem in India with a rising count of more than 20 per cent of the global incident cases [1]. Tuberculosis (TB) is one of the most common infectious causes of morbidity and mortality, being a curable and preventable disease; it continues to impose an enormous health and economic burden on India. According to World Health Organization (WHO) the global impact of TB is such that it is prevalent in every part of the world [1, 2]. TB is a treatable and curable disease. Active, drug-sensitive TB disease is treated with a standard six-month course of four antimicrobial drugs that are provided with information, supervision and support to the patient by a health worker or trained volunteer [3].

Antitubercular drugs, in addition to their role in destroying and inhibiting Mycobacterium tuberculosis, also cause different kinds of adverse drug reactions involving almost all systems in

the body including the gastrointestinal system, liver, skin, nervous system, otovestibular apparatus and eyes [4] for e.g. First line drugs like Isoniazid causes peripheral neuritis, hepatotoxicity and sometimes symptoms like rash, fever, anaemia, optic atrophy, lupus like syndrome, psychosis and gynaecomastia. Rifampicin causes orange discoloration of urine. Ethambutol is associated with optic neuritis and hyperuricemia is seen in Pyrazinamide. Amongst second line drugs the side effects mostly commonly seen are bone marrow suppression and Steven Johnson syndrome seen with Thiacetazone, Para aminosalicylic acid (PAS) causes kidney, liver and thyroid dysfunction, whereas Capreomycin is associated with hypokalemia and hypomagnesaemia, Rifabutin a derivative of rifampicin causes yellow discoloration of skin (pseudo jaundice) along with anterior uveitis and polymyalgia syndrome, and Cycloserine is a second line drug leading to neuro psychiatric adverse effects [5]. Also ADR of one drug may be potentiated by companion drug. These Adverse drug reactions are the major cause of non-compliance to antitubercular treatment.

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In India, Tuberculosis is a disease which is strongly associated with poverty and deprivation. TB patients encounter innumerable constraints in getting proper treatment and adhering to it. Many studies have shown various reasons for default such as inconvenience of clinic timings resulting in loss of wages, cost of travel to the clinic, lack of provision for continuity of treatment in case of a family emergency resulting in a missed visit to the clinic, poor management of adverse events and toxicity. Therefore despite the availability of effective chemotherapy, TB is still a major health problem in most countries. This can be attributed to poor patient compliance, to primary multidrug resistance and to interruption partly due to adverse drug reactions [5].

Adverse drug reactions due to their severity not only contribute to noncompliance to therapy but, may also lead to stoppage of treatment leading to development of resistant strains requiring second line therapy of drugs with higher cost and more serious adverse drug reactions.^[5] Various factors like genetic, environmental, diet, disease pattern, and nutritional status, paucity of data because of limited ADR monitoring centres and use of modern drugs along with traditional remedies influence the nature of adverse drug reactions [7]. The increasing rate of adverse drug reactions also contribute to excessive healthcare cost through increased patient morbidity and mortality which is of great concern to the general population, the pharmaceutical industry, the regulatory authorities and the medical profession [6]. Adverse drug reaction can be prevented by early detection by the treating physician. Health personnel can monitor adverse drug effects by teaching patients how to recognize the symptoms of common effects, urging them to report if they develop such symptoms, and by asking about symptoms when patients come to collect drugs.^[6] Some of the adverse drug reaction for eg. Isoniazid induced peripheral neuropathy shows symptoms like peripheral numbness or a tingling or burning sensation of the hands or feet and occurs more commonly in pregnant women and in people with the following conditions: HIV infection, alcohol dependency, malnutrition, diabetes, chronic liver disease, renal failure, if reported early can be given immediate preventive treatment with pyridoxine, 10 mg/day along with their anti-TB drugs and the adverse reaction thus can be avoided. Thus we are conducting this study to: 1) Monitor adverse drug reaction of anti-tubercular drugs. 2) To identify the causes of adverse drug reactions in patients on anti-tubercular drug with the help of treating physician 3) To find out the effect of management in case of adverse drug reaction.

Aims and Objectives

Our aim is to study the adverse drug reaction in tuberculosis patients who are under RNTCPDOTS treatment.

1. To find out Adverse Drug Reactions in patients on anti-tubercular drugs under RNTCPDOTS regime.
2. Effect on adverse drug reaction on stopping or decreasing the dose of causal drug.
3. Benefit to the patient by early detection of adverse drug reaction and its treatment by the treating physician.

MATERIALS AND METHODS

This is a prospective cross sectional observational study conducted at RNTCP-DOTS centre in tertiary teaching

hospital to observe the adverse drug reactions due to antitubercular drugs.

Study Subjects

Patients with pulmonary and extra pulmonary Tuberculosis attending the RNTCP-DOTS centre of D.Y.Patil University School of Medicine and hospital were taken as a part of the study for a period of 11 months. All the patients were screened for fulfillment of eligibility criteria. 100 patients were included in the study after obtaining written informed consent form from legally accepted representative. Approval and clearance from institutional ethical committee was taken. The patient information was recorded on a customized data collection sheet.

The inclusion criteria- was Adult patients diagnosed with sputum positive pulmonary or extra pulmonary tuberculosis and undergoing treatment under RNTCP-DOTS regime, Patients of either sex with TB, pediatric patients under the age group of 12 years, and patients who gave informed consent to participate in the study.

The exclusion criteria was Critically ill patients admitted in hospital, HIV Positive patients with tuberculosis, Patient lost to follow up due to any reason, Patients unable to respond to verbal questions.

The study included 100 consecutive diagnosed TB patients attending RNTCP –DOTS center of Dr.D.Y. Patil University School of medicine and hospital. The patients were selected irrespective of age, sex, and race.

Patients receiving other treatment regimens were excluded, as were those who were transferred, those who abandoned treatment, and those whose diagnosis was changed during the course of the treatment, and died because of reasons other than ADRs during the monitoring. Patients were divided according to the newer category of treatment they were receiving under DOTS.

Detailed history of patients was taken to note their dietary habits, whether they had the habit of smoking or alcohol consumption. Patients put under RNTCP-DOTS regime under supervision were monitored and were followed up regularly till the end of the course for any adverse drug reaction during their course of treatment. Patients with MDR or XDR TB were also monitored carefully for any adverse drug reaction. Patients were asked for the time of occurrence of the adverse drug reaction, whether during the start of treatment i.e. Intensive Phase or during Continuation Phase. When suspected ADRs were detected, they were brought to the notice of the medical officer for further evaluation. Details regarding the suspected drug, duration of onset of reaction, brief description of the reaction were noted in the patient record form. The adverse drug reaction and the causal drug of the reaction was studied under guidance of treating physician, no laboratory parameters tests however, were done for the assessment of adverse drug reaction. Proper measures taken to decrease the adverse drug reaction by the treating physician were noted.

Severity of the ADRs were classified according to Hartwig *et al* [7]. The findings are based on a questionnaire and the results are evaluated on the basis of score on a scale of 13. Thus a score greater than 9 gives definite score, a score between 5-8 is Probable and a score 1-4 is Possible. [8]

The documented data was subjected for descriptive statistical analysis. All the results were calculated in percentages and frequency. Common ADRs, common drugs accounting for ADRs, systems involvement, causality assessment (assessed by Naranjo's algorithmic scale) [8], Severity of ADRs by Modified Hartwig and Siegel Scale [7] were studied. Causality which was assessed by Naranjo's algorithmic scale [7] is the most common assessment tool of ADR, and verifies the chances of whether an ADR is essentially due to the drug or it is the result of other causes, the likelihood is consigned by the score, termed as definite, probable or possible. Examples of ADRs assessed as severe are those that caused the death, directly life-threatening, lengthened hospitalization, or shift to a higher level of clinical care [8]

RESULTS

The major population in this study consisted of females (51%) than males (49%). Females had more number of incidence of ADR than males (40% females and 11% males). The age group in this study ranged from 20-70 years and the average age when calculated came out to be between 30-40 years of age i.e. more number of patients were in the age group of 30-40 years of age. The average age of occurrence of ADR was seen in the age group of 20-30 years i.e. 24% of patients between the age group 20-30 had some or the other ADR.

Among these, more number of ADR developed in non smokers than in smokers with values 40(53.33%) in non smokers and 35(46.67%), no ADR in this group was seen more in non smokers 16 (64%) than in smokers 9(36%), among alcoholics group, 47(62.67%) of non alcoholics and 28(37.33%) of alcoholics developed ADR.

Maximum number of ADRs were seen at the initial phase of treatment i.e. the Intensive phase of treatment with 44% of study population showing ADR in the intensive phase and 14% in the continuation phase. Out of the patients who did not have any ADR 10% were in the intensive phase of treatment and 7% in the continuation phase.

Most common ADR seen was vomiting i.e. 24% of patients presented with vomiting at the start of treatment; generalised weakness and headache came next with 15% of patients experiencing it. Fever was seen in 12% of patients, other ADR that were seen are arthritis in 10%, abdominal cramps and gastritis 9%, numbness in 7%, blurred vision and pleural effusion was seen in 5% of patients, raised serum Creatinine and skin rash was evident in 4% of patients, loose motions in 3% and lastly skin rash was seen in 2 % of patients.

Table no 1 list of ADRs seen

Adverse event	N	
Vomiting	24	24.00%
Generalized weakness	15	15.00%
Headache	15	15.00%
Fever	12	12.00%
Arthritis	10	10.00%
Abdomen Cramps	9	9.00%
Gastritis	9	9.00%
Numbness	7	7.00%
Blurred Vision	5	5.00%
Pleural Effusion	5	5.00%
Raised Serum Creatinine	4	4.00%
Skin Rash	4	4.00%
Loose Motions	3	3.00%
Burning Sensation	2	2.00

Gastrointestinal system was highly involved with 61% of patients showing GIT signs which included nausea, vomiting, abdominal pain, diarrhea. 27% of patients had CNS and PNS involvement which included headache, fever, numbness, burning sensation. Musculoskeletal involvement showed signs of generalized weakness with 21% of patients affected with it. Skin and appendages included skin rash and 19% of patients were affected. Ophthalmology included blurred vision with 17% patients affected, 11% of patients were affected with arthritis, and renal involvement was seen in 5% of patients.

Table no 2 Distribution of ADRs according to Causal drug

Causal Drug	N(%)
isoniazid	17 (17.0)
Ethambutol	8 (8.00)
capreomycin	4 (4.00)
pyrizinamide	4 (4.00)
Streptomycin	4 (4.00)

Isoniazid was the most common drug for major adverse effects in this study, with 17% of ADRs due to Isoniazid, second came Ethambutol with 8% involvement and capreomycin, pyrizinamide and streptomycin were the other causal drugs that followed with each 4% involvement.

75% of patients who developed ADR 60% of patient have required symptomatic treatment of ADR and in 40% of patients ADR resolved on its own.

Table no 3 Causality assessment

Causality	N(%)
Probable	54 (54.00)
Possible Causality	35 (35.00)
Certain	11 (11.00)

DISCUSSION

Tuberculosis is becoming a disease of major concern and which requires utmost importance in category of infectious diseases worldwide. The treatment regimen of tuberculosis needs good patient adherence [9] for a better outcome as the antitubercular treatment requires continually taking drug combinations of different antitubercular drugs for a prolonged period of time. [4] Non compliance in tuberculosis is the major cause of loss to follow up or incomplete treatment. In India tuberculosis is often associated with poverty, deprivation. TB patients encounter innumerable constraints in getting proper treatment and adhering to it. Antitubercular treatment along with its proven efficacy comes with a package of adverse drug reactions occurring due to single drug or combination drugs. Most Important adverse drug effect are hepatitis, joint pain, skin rash, gastro intestinal upset (nausea/vomiting/GI upset), hyperuricemia, constipation, peripheral neuropathy, and visual disturbances. Due to these adverse drug reactions TB treatment is hampered with poor patient compliance and intolerance, this was the finding WHO (WHO 1997) and many studies also concluded the same.

DISCUSSION

In this study out of 100 patients 33% population was in the age group of 30-40 years of age and majority of ADR was seen in the age group 20-30 years of age. This result is in contrast with the study conducted by Sinha *et al* in 2015 in Imphal [10] which showed more ADRs in 31-40 years of age group, and in study conducted at Malaysia 2012, most of the ADRs were seen in wide age group of 18-54 years [11]. This study results were due to the fact that maximum no. of patients that attended

RNTCP-DOTS clinic of pulmonary department were in the age group of 30-40 years which is the age of highest responsibilities and occupational stress often leading to health negligence. Among these finding of ADR in the younger age group was i.e. 20-30 years was similar to the study by Abideen PS *et al* in 2013 with the mean age 20.38. [12] Edoh and Adjei, also found higher incidence of TB in the age group of 21-40 years with the highest peak of 29.7% in the group of 31-40 years. [13]

Out of total 100 patient's population, 75% of patients had developed ADR and 25% had not developed ADR. This result is much higher than the results obtained by Anupa Khetri Chhetri in 2008 in Nepal [14] where out of the total study population 54% patients had developed ADR and also by Mishin *et al* [15] in a study conducted in Russia in 2003, where 16.9 % of total study population had developed ADR. Finding similar to the Nepal study was seen in a 2006 study conducted by Kheirollah Gholami [16] where out of 83 patients 44 patients' i.e. 53% were found to have ADR. Another study showed of Malaysia by Fivy *et al* showed that out of 653 study populations 103 had adverse drug reaction which is much less than the findings of current study. Incidence of ADR was less in a study conducted by Hema *et al* [17] where out of the total study population only 11.8% of patients suffered one or more ADR.

Development of ADR highly depends on genetic, demographic, geographical and nutritional status of patients. Tuberculosis treatment consist of 2 phases; Intensive Phase and Continuation Phase. In our study maximum ADRs had occurred during the Intensive Phase of treatment i.e. 44%. This finding is similar to study conducted by K V Ramanath *et al* in 2012 [18] where 46% of study population had occurrence of ADR in the intensive phase. A similar study was conducted in Malaysia in 2012 [11] where analysis of different drug combination used in Intensive phase and continuation phase was done and it was found that majority of ADR occurred in Intensive phase. Thus, these finding correlate with the finding of current study.

Majority of the study population who suffered from ADR were from category 1 of treatment with values 31% females and 24% males. This result is similar to the result in study conducted in Imphal by Kumarjit Sinha *et al* [10] where majority of population suffering from adverse drug reaction were in category I followed by II and then category III. In our study category I was followed by category II and then category IV according to new classification of TB categories. Also it co-incides with the finding of study in Karnataka in 2012 by K V Ramanath [18] where 46% of patients with ADR were in category I.

In this study with the help of the treating physician the causal drug for specific adverse drug reaction was tried to evaluate and it showed that Isoniazid was most commonly the cause of adverse drug reactions accounting to 17% of all the adverse drug reactions. These findings were similar to a study conducted in 2006 by Gholami *et al* [19] where Isoniazid was found to be the major cause of Hepatotoxicity in their study. The findings of the current study contradicts to findings of 2014 study conducted by Saiprasd Bhise *et al* [20] where CNS was the main system that was affected and it was due to the drug Cycloserine and second line Fluoroquinolones followed. In A study conducted by Farazi *et al* [21] had results similar to

the current study with Isoniazid responsible for most of the adverse drug reaction but it also considered Rifampicin responsible along with Isoniazid. The result of study done by Kumarjit Sinha *et al* [10] shows GIT most commonly involved similar to current study but contradicts in causal drug result, showing pyridazinamide and rifampicin as the most common drugs to cause GIT symptoms ADRs. As no laboratory investigations was done to find the causal drug behind occurrence of any adverse drug reactions, the findings of this study were evaluated by the treating physician.

Out of the 75% of study population who acquired one or the other ADR, 60% of the patients required treatment for the adverse drug reaction and in 40% of patients the ADR was cured without any treatment. This result contradicts the result found in 2006 study by Gholami *et al* [16] where 21% of patients required symptomatic treatment for the alleviation of the side effects and 33.3% patients did not require any specific treatment. In a similar study conducted in Malaysia by Fivy Kurniawati out of total 653 patients 8.6% required add on medication for the adverse drug reactions [11]. Another study by Khade *et al* [22] required additional supplementary medication for treatment of adverse effects like antihistaminic for treatment of rashes and antacids for gastritis; a much smaller no. of adverse drug reactions i.e. 30% were treated in a study conducted by Damasceno *et al* [23] in Brazil. Treatment of adverse drug reactions depends on the time at which it has been noticed by the treating physician, and it can be diagnosed early if the patient is educated about the signs and symptoms of drug reaction. In our findings the higher no. of patients requiring the treatment was may be as a result of lack of knowledge about the adverse drug reactions due to antitubercular drugs.

54% of patients scored Probable and 35% scored Possible causality whereas 11% showed certain causality. In a study by Verma *et al* in 2015 [24] showed similar findings with 58% of study population scoring probable score, 31.86% scored possible and only 9.8% scored Certain. This was in variation with study by Hema *et al* [17] where higher number of patients i.e. 64% scored Possible relation with the drug. A similar assessment by Ramanath K V *et al* [18] showed 100% patients scoring Probable causality. Severity assessment by Hartwig scale analysis in current study majority of study population with ADR had mild ADR accounting to 82%, 28% had moderate ADR and only 1% had severe ADR who had to be referred to higher centre. High number of mild cases was also seen in a study conducted in central India in 2015 by Reena Verma *et al* [24] where 68.8% ADR were of mild severity. Another study by Damasceno *et al* in 2012 [23] had 71% cases with mild adverse drug reaction. Findings of current study was contradict to study by Tag *et al* in Abbasia [25] here 26.2% were mild and 73% were moderate i.e. higher number of patients were seen in moderate category. The current study findings were purely based on patients' compliance and the severity was assessed on the basis of any additional treatment required for the remission of adverse drug reaction. Overall trend of this study was to observe any adverse drug reaction that can occur with antitubercular drugs or during tuberculosis treatment regimen. Early diagnosis of adverse drug reaction is very important in treating adverse drug reactions occurring due to antitubercular drug.

Limitations of this study were a smaller sample size and also no laboratory parameters were done to assess adverse drug

reaction. The duration of study period was also short, thus there is however a need for larger patient population with longer duration of study.

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