

# A Review on Over the Counter Medication

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**Abstract:** Over-the-counter (OTC) medications constitute an essential component of modern healthcare systems by enabling convenient, accessible, and cost-effective treatment of minor illnesses without the need for a medical prescription. These products are formulated and regulated to ensure a favourable benefit-risk profile, allowing safe self-medication when used as directed. Their increasing global demand is driven by rising health awareness, improved regulatory frameworks, and the growing emphasis on patient-centred care. However, inappropriate use of OTC drugs—such as overuse, drug interactions, polypharmacy, and misuse—poses potential risks, highlighting the need for pharmacist-guided counselling and strict adherence to regulatory standards. This review summarises the classification, regulatory status, advantages, challenges, and public health significance of OTC medications, underscoring their role in promoting responsible self-care and reducing the burden on healthcare systems

**Keywords:** OTC medication, Prescription, U.S, Paracetamol