

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

STARRED QUESTION NO:399
ANSWERED ON:09.04.2003
SIDE EFFECTS FROM COUGH SYRUPS
M. JAGANNATH

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether any analysis of the various brands of cough syrups has been conducted by the Government in order to assess their side-effects on patients;
- (b) if so, the details thereof and if not, the reasons therefor;
- (c) whether cough syrups available freely in the market have dextro-methorphan (DXM), suppressants and expectorants; and
- (d) if so, the effects of these ingredients on the nervous system of the patients?

Answer

MINISTER OF HEALTH AND FAMILY WELFARE AND PARLIAMENTARY AFFAIRS (SMT. SUSHMA SWARAJ)

(a)to(d): A Statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO LOK SABHA STARRED QUESTION NO. 399 FOR 9.4.2003

Yes, Sir. The rationality of cough preparations which contain different categories of therapeutic ingredients had been examined by an expert committee in the year 1988 and guidelines were made available to State Drugs Control Organisations. These include inter-alia, the usage and doses of various ingredients in different categories of cough preparation, as well as, labelling requirements to indicate precautions and warnings based on the known side-effects of the ingredients used.

Dextro-methorphan (DXM) is a commonly used cough suppressant for the relief of unproductive cough. According to the medical literature, adverse effects of Dextro-methorphan appear to be rare and include dizziness and gastro-intestinal disturbances. Excitation, confusion and respiratory depression may occur after over doses.