



## MEFTAL ADVERSE REACTIONS

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### ABSTRACT:

### KEYWORDS:

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### INTRODUCTION

Meftal 500mg tablet is a non-steroidal anti-inflammatory (NSAID) medicine used to relieve pain associated with acute musculoskeletal disorders such as sprains, strains, injuries, osteoarthritis, rheumatoid arthritis, etc. It also relieves dental pain, post-operative, and post-partum pain. It helps to relieve pain and cramps during menstrual periods.

### SIDE EFFECTS ASSOCIATED WITH THE USE OF MEFTAL

Major and minor side effects of meftal 500mg tablet

- Diarrhoea
- Constipation
- Bloating
- Dizziness
- Ringing or buzzing in the ears
- Blurred vision
- Weight gain
- Shortness of breath
- Fast heartbeat
- Unusual bleeding or bruising
- Difficult or painful urination
- Bloody and Cloudy urine
- Excessive tiredness
- Nausea and Vomiting

The Indian Pharmacopoeia Commission (IPC) issued a drug safety alert about Meftal painkiller, stating that its constituent, mefenamic acid, can cause adverse reactions,

including drug reactions with eosinophilia and systemic symptoms (DRESS) syndrome.

The commission, in its alert, said that a preliminary analysis of adverse drug reactions from the Pharmacovigilance Programme of India (PvPI) database revealed DRESS syndrome drug reactions with eosinophilia and systemic symptoms (DRESS) syndrome.

### DRESS SYNDROME

Drug rash with eosinophilia and systemic symptoms, or DRESS syndrome, is a severe hypersensitivity reaction to certain medications. DRESS syndrome, also known as drug-induced hypersensitivity syndrome (DIHS) or drug hypersensitivity syndrome, experts classify DRESS syndrome as a type 4 hypersensitivity reaction.

### SYMPTOMS OF DRESS SYNDROME

The symptoms can vary, but they typically develop over several days, with the typical onset being 2–6 weeks after starting the responsible medicine. This rare adverse drug allergy is potentially life threatening. It occurs due to the immune system overreacting to certain medications. Symptoms may manifest weeks after a person begins the problematic medicine. Typical signs of DRESS syndrome include:

- Fever
- Skin rashes or eruption
- Eosinophilia
- Atypical lymphocytosis
- Swollen lymph nodes
- Inflammation of internal organs

Another concern with the use of meftal is related to gastrointestinal issues. "Prolonged use of drugs like Meftal may increase the risk of

- **Risk of Ulceration, Bleeding, and Perforation:** NSAIDs, including mefenamic acid, can cause serious gastrointestinal (GI) adverse events including inflammation, bleeding, ulceration, and perforation of the stomach, small intestine, or large intestine, which can be fatal. These serious adverse events can occur at any time, with or without warning symptoms, in patients treated with NSAID
- **Hepatic Effects:** Borderline elevations of one or more liver tests may occur in up to 15% of patients taking NSAIDs, including mefenamic acid. These laboratory abnormalities may progress, may remain unchanged, or may be transient with continuing therapy. Notable elevations of ALT or AST (approximately 3 or more times the upper limit of normal - ULN) have been reported in approximately 1% of patients in clinical trials with NSAIDs. In addition, rare cases of severe hepatic reactions, including jaundice and fatal fulminant hepatitis, liver necrosis and hepatic failure, some of them with fatal outcomes have been reported.

Additionally, Meftal has been associated with potential adverse effects on the

- **Cardiovascular system**
- **Cardiovascular Thrombotic Events:** Clinical trials of several COX-2 selective and nonselective NSAIDs of up to 3 years duration have shown an increased risk of serious cardiovascular (CV) thrombotic events, myocardial infarction (MI), and stroke, which can be fatal.
- **Hypertension:** NSAIDs, including mefenamic acid, can lead to onset of new hypertension or worsening of pre-existing hypertension, either of which may contribute to the increased incidence of CV events
- **Congestive Heart Failure and Edema:** Fluid retention and edema have been observed in some patients taking NSAIDs. Mefenamic acid should be used with caution in patients with fluid retention or heart failure
- **Renal complications** is a potential side effect of meftal.
- **Anaphylactoid Reactions:** Mefenamic acid should not be given to patients with the aspirin triad. This symptom complex typically occurs in asthmatic patients who experience rhinitis with or without nasal polyps, or who exhibit severe, potentially fatal bronchospasm after taking aspirin or other NSAIDs
- **Skin Reactions:** NSAIDs, including mefenamic acid, can cause serious cutaneous adverse events

such as exfoliative dermatitis, Stevens-Johnson syndrome, and toxic epidermal necrolysis, which can be fatal. These serious events may occur without warning.

- **Haematological Effects:** Anemia is sometimes seen in patients receiving NSAIDs, including mefenamic acid. This may be due to fluid retention, GI blood loss, or an incompletely described effect upon erythropoiesis.

## CONCLUSION

Healthcare professionals, patients/consumers are advised to closely monitor the possibility of the above adverse drug reaction (ADR) associated with the use of the suspected drug. Those with a history of gastrointestinal problems or concurrently using other NSAIDs or anticoagulants should exercise caution

## KEYWORDS

1. **Osteoarthritis-** Osteoarthritis is the most common form of arthritis. It occurs when the protective cartilage that cushions the ends of the bones wears down over time.
2. **Rheumatoid arthritis-** Rheumatoid arthritis is a chronic inflammatory disorder. An autoimmune disorder, which occurs when the immune system mistakenly attacks the own body's tissues.
3. **Eosinophilia-** Eosinophilia is the medical term for an increased eosinophil count. Eosinophils are a type of white blood cell.
4. **Atypical lymphocytosis-** High levels of atypical lymphocytes may be present in lymphocytosis
5. **Perforation-** Gastrointestinal perforation (GP) occurs when a hole forms all the way through the stomach, large bowel, or small intestine
6. **ALT (Alanine Aminotransferase) Test-** An alanine aminotransferase (ALT) test measures the level of the enzyme ALT in the blood.
7. **AST or aspartate aminotransferase-** is one of the two liver enzymes. It is also known as serum glutamic-oxaloacetic transaminase, or SGOT.
8. **Exfoliative dermatitis-** Exfoliative dermatitis is a skin condition that causes redness and peeling of the skin over at least 90 percent of the body.
9. **Stevens-Johnson syndrome-** Stevens-Johnson syndrome (SJS) is a rare, serious disorder of the skin and mucous membranes. It's usually a reaction to medication that starts with flu-like symptoms, followed by a painful rash that spreads and blisters. Then the top layer of affected skin dies, sheds and begins to heal after several days.
10. **Toxic epidermal necrolysis-** Toxic epidermal necrolysis (TEN) is a rare and serious skin condition caused by an abnormal reaction to medication.
11. **Erythropoiesis-** Erythropoiesis is the body's

process of making red blood cells (erythrocytes) from the bone marrow.

(medicalnewstoday.com)

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