

**The Council proposes to prescribe a model prescription format to be utilized for prescription and dispensing of Ayurved and Unani Medicines under code of ethics. Opinions are invited on the draft of this model prescription format.**

**Standard Prescription Format for ASU Drugs**

**Part -1 – Information about the Prescribing Doctor**

Full Name with prefix Dr. /Vd./Hakim

Qualification: U.G. and if applicable P.G. with speciality

Exp. -B.A.M.S., M.D. (Ayu) – Kayachikitsa

Registration No.

Full Address with contact telephone number and e-mail

Prescription serial number

Date of prescription

**Part -2 Information about the patient**

Full Name

Full address with contact number and e-mail

Sex            Age            Prakruti            Identity marks (Minimum two)

**Part 3- Information of the prescribed drug**

Rx

Sr. no.	Name of formulation in capital letters Legible writing with per unit strength	Granthadhar and Rogadhikar, if applicable	Dosage form e.g. Tab./ Powder, Kvath etc.	Dose in metric measure e.g. mg./ ml etc.	Frequency and Time of administration w. r. t. Bhaishajya Sevana Kala	Anupan	Total quantity and Duration
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Refill advised / not advised    If advised frequency of refill (not more than 2)

**Part -4 - Instructions regarding diet**

Diet to be preferred

Diet to be avoided

**Part 5 - Authentication**

Prescribing Doctor's signature with date and seal

**Part 6 – Information of dispensing pharmacist**

If full prescription is not dispensed, name or the Items dispensed with quantity

If refill, number of refill

Date of dispensing

Name and address of dispenser

## **Guide to prescription format**

This prescription format is being issued for Ayurvedic and Unani doctors to be used while prescribing to the patient Ayurvedic or Unani drugs. The prescription is divided into six parts.

### **Part-1- Information about the prescribing doctor**

**Name of doctor-** It is mandatory that each prescription should bear the full name of the prescribing doctor as mentioned in his registration certificate with his registration number and qualification.

**Registration No. -** Every doctor should enter the registration number allotted to him by the registering council. It should be prefixed with the part of the schedule in which the practitioner is registered. E.g. I- 9999

**Qualification-** Every doctor should enter his primary qualification followed by additional qualification if applicable and on the prescription. The additional qualification should be suffixed with the system and branch of specialization e.g. M.D. (Ayu) Kayachikitsa or M.D. (Unani).

No person shall add to his name any title, description, letters, or abbreviations unless authorized as prescribed under clause 36 of MMP Act 1965.

**Address of the prescriber –** It is statutory requirement for the pharmacist to record the full name and address of the prescriber on the cash memo and the register under clause 65 (3) (1) of Drugs and Cosmetic Rules 1945. Therefore the prescription should bear full name and address of the prescriber otherwise the prescription may not be honoured.

### **Date of prescription and authorization-**

Under clause (4)10 (a) of Drugs and Cosmetics Rules 1945 the prescription should always be in writing and signed by the prescriber with his usual signature and be dated by him.

**Contacts of the Doctor –** Telephone number and e-mail address of the prescriber should be mentioned on the prescription will help the patient and pharmacist to contact the doctor if required.

**Doctor's seal –** The prescription should be authenticated with a seal of the doctor below the signature. The seal should bear full name, qualification and registration number of the doctor.

**Prescription serial number –** The prescription should be serially numbered for the purpose of record.

**Rx superscription –** As a customary practice the prescription is superscripted with Rx mark.

### **Part -2 Information about the patient**

**Full name and address of the patient –** As per rule 65 (10) of Drugs and Cosmetics Rules 1945 every prescription should bear the full name and address of the patient to whom the treatment is being given. This will enable the follow up of the patient in case of dispensing or prescription errors and recall of medicines by the pharmacist if required.

**Sex of the patient –** Sex of the patient should be mentioned on the prescription as some drugs are gender specific.

**Age of the Patient –** The dose of the drug varies with the age of patient. Therefore the age of the patient must be mentioned on the prescription.

**Prakruti of the patient-** Prakruti plays a very significant role in deciding the prescription of drugs. Therefore Prakruti must be mentioned on the prescription.

### **Part 3- Information of the prescribed drug**

#### **Name of the formulation**

Every Ayurvedic and Unani practitioner is advised to prefer prescription of classical formulation. He should also indicate the reference of the text and if necessary the Rogadhikar of the formulation.

**Per unit strength –** The practitioner should mention per unit strength of the drug e.g. a tablet or pill of 125 mg or 250 mg., powder container of 50 or 100 gm, Bhasma container of 5 or 10 gm, for liquids a bottle of 100 ml, 250 ml etc.

The practitioner should also ensure that rationality is observed in prescribing the drugs considering their use in relation to diseased state and Prakruti of the patient. The prescriber should write the

prescription in legible writing either handwritten or typed in capital letters. Prescription should never be written in coded language. The prescriber should avoid any type of secrecy in the prescription. The practitioner should write down the prescription in detail describing the ingredients (with their quantity) of each of the formulation, when the formulations are prepared and dispensed by him. A copy of the prescription should also be given to the patient.

**Dosage form** – It is necessary to write the dosage form as many of the formulations are dispensed in different dosage form. The dose is also prescribed in accordance with dosage form.

**Dose in metric measure** – The dose should always be mentioned in metric measure. The conventional measures will have to be converted in metric measure for which the conversion table prescribed by Ayurvedic Pharmacopeia of India (API) should be followed.

**Frequency and Time of administration w. r. t. Bhaishajya Sevan Kala** – It is very necessary that the prescriber should mention the frequency and time of administration of drug in his prescription. This should be done considering the Bhaishajya Sevana Kala as advocated in Ayurvedic classics. Bhaishajya Sevan Kala plays a very significant role in the action of drug. The drug may not exhibit its expected pharmacological action if it is not administered at an appropriate time of administration i.e. Bhaishajya Sevan Kala. Some of the drugs need to be administered at a specific time. E.g. Hingvashtaka Churna should be administered following ingestion of the first morsel during the meals.

**Anupan** – Anupan play a significant role in distribution of the drug after its administration which facilitates action of the drug. Some drugs need to be administered with specific Anupan. Therefore the practitioner should always mention the Anupan of each of the drug in his prescription.

**Total quantity and Duration** – As per rule 65 (10) of Drugs and Cosmetics Rules 1945 it is necessary that the total quantity of medicine to be supplied and dose to be taken should be mentioned in the prescription. This is very necessary as the patient is likely to continue consumption of a drug for a time longer than required.

**Refill** – The prescribing doctor should clearly mention if refill of the prescription is advised. If advised the total refills 1 or 2, permitted should also be specified in the prescription. When refill is advised the patient can get the medicines from the pharmacist on the same prescription. He may not approach the doctor when such refill is advised. In any case refill more than two times should not be advised.

#### **Part -4 - Instructions regarding diet**

Diet plays a very important role in the treatment of patient. Particularly diet which is prohibited during the period of administration of drug is very important. Most of Ayurvedic drugs are administered with specific diet. Therefore advice regarding diet should be mentioned in the prescription by the doctor.

#### **Part 5 - Authentication**

Every prescription should be authenticated with a dated signature of the doctor supported with his seal. The seal should indicate his full name, registration number and qualification.

#### **Part 6 – Information of dispensing pharmacist**

The dispensing pharmacist should always ensure that the prescription is appropriately authenticated by a registered medical practitioner. The pharmacist should put his mark of dispensing after dispensing the prescription. If full prescription is not dispensed, the pharmacist should record the name of the items dispensed with the quantity dispensed with date of dispensing. In case of refill dispensing he should ensure that such a refill is prescribed by the prescribing doctor. The number of refill should also be recorded. The pharmacist should record his full name and address of the dispensing vendor on the prescription once the prescription is dispensed.

### General guidelines to prescribing doctors for writing prescriptions

1. Doctors should be careful in writing prescriptions to the patients.
2. The prescription should be written in legible writing.
3. Remember that it is a right of the patient to know what he is receiving as medicine.
4. Overwriting in prescription should be avoided. If unavoidable it should be authenticated by putting a signature near the overwritten matter.
5. Every doctor should use his own prescription pad and should never use prescription pads possessing name of the dispensing pharmacist or medical store or pharmaceutical company. Prescription pads with a message that the medicines are available at a particular place should not be used.
6. Prescription pad should not bear names of more than one doctor even if it is a husband wife team.