ABSTRACT

Background: Corticosteroids (cortisone-like medicines) are basically used to give comfort for inflamed areas or different portion of the human body. They lessen swelling of body, redness in the body, itching, and allergic reactions. They are basically used as procedure of the treatment for a numerous different diseases, like as acute allergies or dermatological problems which are very common, Problem in breathing, or arthritis. There are Two main division of corticosteroids, One is glucocorticoids and another is mineralocorticoids, Which are include in a lots of range of physiological processes, It creates stress response and immune response in the person, and regulation of inflammation, carbohydrate and protein catabolism, electrolyte levels in the blood, psychological behavior. The corticosteroid has two types of mechanism of action one is Genomic and another is Non genomic actions. It is administered in three different ways in the body. Objectives: To observe the adverse effect of corticosteroids. I try to find the different physiological response of the body for different doses of corticosteroids. Corticosteroid drugs - include cortisone, hydrocortisone and prednisone. But these drugs also carry a high risk of serious physiological side effects. So I try to find different effects of corticosteroids in the human body. Methodology: Systematic data collected from the electric database. I also use qualitative methods and gather some data. Content analysis method is used. Main Findings: Osteoporosis, adrenal suppression, hyperglycemia, dyslipidemia, cardiovascular disease, Cushing's syndrome, psychiatric disturbances and immunosuppression are among the more serious side effects noted with systemic corticosteroid therapy, particularly when used at high doses for prolonged periods. Glucocorticoids cause Osteoporosis is one of the commonly known and destructive adverse effects glucocorticoids for long term use. Systemic glucocorticoids cause a dose-dependent grow in fasting glucose levels and a more significant increase in postprandial worth in patients without preexisting diabetes mellitus. Moderate to high dose use of glucocorticoids poses a significant risk of infections in the human body. Including common mild infections as well as very serious life-threatening infections. Mineralocorticoid effects in Cardiovascular, especially as seen with cortisol and cortisone, can lead to fluid retention in the body, edema, weight gain, hypertension, and arrhythmias by increasing renal excretion of potassium, calcium, and phosphate. Several cutaneous adverse effects can take place even at a low dose use of glucocorticoids, although the risk may increases linearly with the increasing dose and duration of glucocorticoid therapy. The risk of cataract disease is significantly high in patients taking prednisone dose more than 10 mg daily for more than one year it is an ophthalmologic disorders. Glucocorticoids expand the risk of adverse Gastro-intestinal effects, such as gastritis, gastric ulcer formation, and internal bleeding. Patients who takes glucocorticoids often feels an improved sense of well-being within several days of starting the taking of glucocorticoids; mild euphoria or anxiety may also happen. Hypomanic reactions and activated states are more common thing in early therapy than depression. So these are the main findings of the adverse effect of corticosteroids. Conclusion: So I find Corticosteroids are hormone mediators produced by the cortex of adrenal glands of the human body that are further classified into glucocorticoids (e.g. in human body is cortisol), mineralocorticoid (produced in the body is aldosterone), and
androgenic sex hormones. Glucocorticoids are a group of drugs structurally and pharmacologically similar to the endogenous hormone cortisol with various outcomes like anti-inflammatory, immunosuppressive, anti-proliferative, and vaso-constrictive effects. These are mainly used for the treatment of various medical conditions. We also find the use of corticosteroids in different diseases. Along with their positive effects there are a lot of adverse effects of corticosteroids. We aimed to further evaluate the different adverse effects of corticosteroids like Musculoskeletal adverse effects, Metabolic and endocrine adverse effects, Infections, Cardiovascular effects, Dermatologic adverse effects, Ophthalmic adverse effect, adverse effects, Neuropsychiatric adverse effects. Future perspectives: In Future we can further research on different demography. We can try to find is there any different effects present in hill area’s people compare to normal area’s people. We can also find the effects of corticosteroids in athletic population. We also find the difference of adverse effect in children and adult. So these are some future perspectives of this study.