

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA  
UNSTARRED QUESTION NO.735  
TO BE ANSWERED ON 13<sup>th</sup> DECEMBER, 2022**

**UNREGULATED USE AND SELF-ABUSE OF STEROIDS**

**735: SHRI JAGGESH:**

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

- (a) whether it is a fact that the unregulated use and self-abuse of steroids have reached an alarming level and have become a public health problem especially the skin creams containing steroids that are being sold as an over-the-counter drug;
- (b) whether the biggest cause of the rise of side effects of these steroids is their easy availability over the counter; and
- (c) if so, the steps taken by Government to regulate the sale of these steroids and to create awareness among the people about the side effects of steroids?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(DR. BHARATI PRAVIN PAWAR)**

(a) to (c): To regulate the usage and prevent self-abuse of steroids, which may contribute to health issues, following steps have been taken by the Government:

1. The Drugs Rules, 1945 were amended vide G.S.R. 277(E) dated 23.03.2018 for inclusion of 14 steroids under Schedule H of Drugs Rules, 1945.
2. Further, the Drugs Rules, 1945 were amended vide G.S.R 408(E) dated 26.04.2018 mentioning that the salts, esters, derivatives and preparations containing steroids or Hydroquinone for topical or external use shall also be covered under Schedule H.

Any drugs included in Schedule H are required to be sold by retail on the prescription of Registered Medical Practitioner (RMP).

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