

Exploring the Pattern and Preferences of Anti-Inflammatory Reliever in Asthma Management Across India (NAPCON Pune 2025)

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Abstract

Background: AIR combines inhaled corticosteroids (ICS) with fast acting bronchodilators like salbutamol or formoterol and are beneficial for reducing exacerbation and improving compliance as compared to traditional SABA relievers. However, there is limited empirical evidence from India regarding its usage and the factors influencing its adoption by healthcare professionals.

Objective: To understand doctors' prescribing patterns and preferences for anti-inflammatory relievers and their role in asthma management.

Methodology: Clinicians (pulmonologists, general physicians and pediatricians) in India were randomly selected and invited to participate in this study. Data was collected through a structured study instrument, using both self-administered questionnaires and telephonic interviews with doctors.

Results: Among the 404 doctors who participated in this study, 52.0% were pulmonologists, 35.6% were physicians and 12.4% were pediatricians. On average, 73% of asthma patients received reliever medication. AIR was prescribed to an average of 72.5%, while SABA was prescribed to 27.5% asthmatic patients. 29.2 % of doctors prescribed only AIR as reliever while 70.3% of doctors prescribed SABA or AIR. Table 1 shows the prescribing patterns of different AIR combinations. 85.1% of doctors opined that efficacy of AIR therapy was better than SABA alone.

AIR Combination (N=402)	Pulmonologist	Physician	Pediatrician	Total
Beclomethasone + Levosalbutamol	12.8%	15.1%	17.1%	14.1%
Budesonide + Formoterol	44.6%	38.2%	56.1%	43.0%
Beclomethasone+ Formoterol	12.6%	15.1%	12.2%	13.5%
Mometasone + Formoterol	5.6%	5.9%	1.2%	5.3%
Fluticasone+ Formoterol	24.5%	25.8%	13.4%	24.0%

Conclusion: A total of 29.2% of doctors prescribed only AIR as reliever therapy. Budesonide-Formoterol combination was the most commonly prescribed AIR. The concept of AIR is well-accepted in India, however, there is scope to further improve the uptake.