

The High Price Of Medicines And Its Negative Impact On Human Health

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| Article History | Abstract |
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| Received: 24 th February, 2026 Accepted: 20 th March, 2026 | This article analyzes the increasing cost of medicines and its negative impact on human health. In modern society, the high cost of medicines limits the ability of many residents to fully use them. This leads to untimely treatment of diseases, increased complications and a decrease in the overall level of health. The article considers the social, economic and medical aspects of this problem. |
| Keywords: check-up, preventive examination, medical examination, health care, screening, early diagnosis, medicine of Uzbekistan, prevention, public health, healthy life. | |

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Human health is one of the most important values in modern society. Everyone has the right to quality and timely medical care. However, in recent years, the increase in the cost of medicines has become not only an economic but also a social problem.¹

Today, the high cost of medicines limits the ability of many people to receive treatment. Especially for low-income families, the cost of medicines is a huge financial burden, which leads to delayed treatment of diseases.²

Main part

The increase in the cost of medicines is associated with a number of factors. First of all, the development of new medicines in the pharmaceutical industry is a very

complex and expensive process. Scientific research, laboratory tests and clinical trials require a lot of money.³

In addition, in many countries, medicines are dependent on imports, which leads to an increase in prices. Exchange rate fluctuations, transport and logistics costs also directly affect the cost of medicines.⁴

The high cost of medicines, first of all, negatively affects human health. Many patients are unable to purchase the full amount of medications prescribed by their doctor due to financial difficulties or delay treatment. In this case, financial difficulties can be cited as the main reason. At the same time, another important factor is the prescription of excessive medications in some cases during the treatment process. In some cases, this situation is also indirectly related to the interests of the pharmaceutical system, that is, it is possible that there are mutually beneficial relationships with pharmacies and other commercial structures. As a result, instead of 2 types of drugs that are actually enough, the patient is prescribed more than 5-6 “necessary” drugs. This not only increases the financial burden on the patient, but also leads to an aggravation of the disease.⁵

Also, some patients are forced to choose cheaper drugs due to limited financial resources. However, not all such drugs may have undergone sufficient quality control or their clinical effectiveness may not have been fully proven. As a result, the treatment process does not give the expected result, the disease becomes more protracted, or even the risk of developing other dangerous complications increases.

In addition, in some cases, cheap drugs may be ineffective due to their composition, bioavailability, or non-compliance with storage conditions. This forces the patient to undergo repeated treatment, as a result of which the initially chosen path of “saving” ends up costing even more money and time. This leads to improper treatment and further deterioration of health.⁶

Another important problem is the increasing number of cases of self-medication. Due to the high cost of drugs and the additional costs of a doctor’s examination, many people try to treat themselves without consulting a specialist. They often When choosing, they rely on information on the Internet, recommendations from acquaintances, or advice from pharmacy employees. However, such an approach can lead to serious mistakes. Each disease requires an individual approach, and an incorrectly selected drug can aggravate the disease instead of curing it. In addition, taking drugs in the wrong dosage or irregularly can cause side effects, allergic reactions, or other complications. Also, self-medication leads to only

temporary suppression of symptoms without identifying the true cause of the disease. As a result, the disease develops insidiously, and then moves to a stage that requires more complex and expensive treatment. This leads to incorrect diagnosis and increased complications.⁷

The high cost of drugs is one of the important factors that further deepens social inequality in society. People with high financial capabilities have free access to quality medical care, modern diagnostic methods, and proven effective drugs. As a result, they have the opportunity to detect diseases at an early stage and receive quick and effective treatment. On the contrary, such opportunities are limited for representatives of the lower income groups. They are often forced to choose cheaper, but not always effective, medicines or delay treatment altogether. This leads to aggravation of diseases, reduced work capacity and a deterioration in the overall quality of life. In addition, such a gap in the use of medical services creates large differences in health indicators in society. As a result, the gap in health status between the rich and poor will widen even further, which in the long term can negatively affect the sustainable development of society and create a large gap in health status.⁸

This problem is especially urgent and serious for children and pregnant women. Since their bodies are fragile and vulnerable, timely and high-quality receipt of necessary medicines is very important. However, it is precisely because of the high cost of medicines for them that some families are forced to delay or completely abandon the necessary treatment. This situation can lead to aggravation of the disease in children, slowing down development, or the appearance of various complications. In pregnant women, this can negatively affect not only the health of the mother, but also the fetus, causing various dangerous situations. Therefore, the issue of the availability of necessary medicines for this category and their affordability requires special attention. Otherwise, delayed or improper treatment can lead to serious health problems and even life-threatening situations. Thinking about the future generation is one of the most important tasks of today. Because the decisions made today, the measures taken, and every change in society determine our tomorrow. In order to raise a healthy, educated and strong generation, it is necessary, first of all, to ensure their health, education, and comfortable living conditions.

In particular, attention should be paid to healthcare. Affordable and high-quality medicines and equal access to medical services are important factors in the healthy growth of the future generation. Otherwise, today's problems may worsen

tomorrow and hinder the development of society. Therefore, every person, every organization and the entire society must act responsibly, thinking about the future generation. Because the future is the result of what we do today. Failure to treat diseases in children in a timely manner negatively affects their physical and mental development. ⁹

The high cost of medicines has a significant impact not only on physical health, but also on a person's mental state. The need to constantly buy medicines, especially in cases where long-term treatment is required, can cause severe stress, anxiety and depression in a person.

In such a situation, the patient is forced to constantly think about his health, as well as his financial capabilities. This increases internal pressure, leading to problems such as sleep disorders, irritability, and decreased performance. As a result, a person becomes tired not only physically but also mentally. In addition, a constant feeling of anxiety can reduce the patient's confidence in treatment and worsen the quality of life. Thus, the high cost of medicines has a complex negative impact on all aspects of human health - physical, mental and social. These statistics show that a part of the population in Uzbekistan is not indifferent to their health and to some extent undergoes preventive examinations. However, it is still a problematic situation that one in four people does not undergo a medical examination at all.

Preventive examinations are the most effective way not only to detect diseases, but also to prevent them. Therefore, further development of the check-up system, increasing the medical literacy of the population and making examinations financially affordable are urgent tasks.

In particular, through the expansion of screening programs, an increase in the number of free or subsidized examinations, it is possible to form a healthy lifestyle in society. This will contribute to a decrease in the level of diseases in the future and an improvement in overall health indicators.

Solutions

It is necessary to apply an integrated approach to solving this problem. First of all, it is important to further strengthen the mechanisms for regulating the prices of medicines by the state. In addition, it is necessary to increase transparency in the activities of pharmacies, openly and clearly set drug prices, and improve market control mechanisms. This will help prevent excessive markups and unjustified price increases. Also, through the development and widespread

promotion of generic drugs, it is possible to offer the population cheaper and more effective alternatives. As a result, patients will have the opportunity to choose drugs that meet their capabilities, without giving up the opportunity to receive quality treatment. By controlling the prices of socially important drugs, it is possible to expand the population's access to them.¹¹

The development of the local pharmaceutical industry is also of great importance. Drugs produced in our country are usually cheaper than imported drugs, which significantly increases the population's ability to purchase them.¹² The development of local production not only helps stabilize prices, but also reduces the country's external dependence on drugs. This makes it possible to ensure the continuity of drug supplies even in the event of any economic or logistical problems. In addition, the development of the local pharmaceutical industry creates new jobs, stimulates research and development, and provides an impetus for the introduction of modern technologies. As a result, not only the population's need for medicines is met, but also a positive contribution is made to overall economic development.

Another important area is the further development of the medical insurance system. If effective insurance mechanisms create the opportunity to partially or fully cover the costs of medicines and medical services, this will significantly ease the burden on patients.¹³ Such a system reduces the financial burden on the population and encourages them not to refuse necessary treatment. As a result, patients will be able to consult a doctor in a timely manner and take the full course of necessary medicines. This will contribute to the early detection and effective treatment of diseases. The health insurance system also helps ensure social justice in the field of health care, that is, every citizen, regardless of their income, has access to the necessary medical care. As a result, a healthy lifestyle is formed in society and overall health indicators improve.

It is also important to increase the medical literacy of the population. People should take a responsible approach to their health, follow the recommendations of doctors, and refrain from self-medication.¹⁴

Conclusion

In conclusion, the high cost of medicines has a significant negative impact on human health. This problem leads to limited access to treatment, exacerbation of diseases, and increased social inequality.

A person lives only once in this life. Therefore, the most important thing for a person is not to live a long life, but to live a meaningful and healthy life. A healthy

life is directly related to the availability of quality medical services and medicines. Therefore, to solve this problem, the state, society and the medical sector must work together. Only then will everyone have the opportunity to live a healthy and happy life.

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