

Inclusion of Bupropion SR (A.5) for tobacco cessation

We run a Tobacco Cessation Centre at the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore India since 1993. We have also been the nodal centre for training various facilities across the country in tobacco cessation. In addition, I have been involved in developing the content for mCessation and co-ordinate the tobacco quitline for South India. All of this involves the application of counselling for tobacco cessation. In addition, at the outpatient clinic of our hospital, where we run the tobacco cessation clinic, along with counselling, we routinely prescribe both nicotine replacement and non-nicotine treatments for tobacco cessation. As far as non-nicotine treatments are concerned, we have been using bupropion for nearly three decades. We find that it is a cost-effective treatment for tobacco cessation and have used it for both smoking and smokeless forms of tobacco dependence. It improves outcomes and is well-tolerated. Especially for tobacco users who do not want to take any form of nicotine, Bupropion is a very affordable medication to quit tobacco. We have also made it available in our free drugs for patients below the poverty line who require tobacco cessation support. Bupropion is also included in our national guidelines for tobacco cessation.

We would thus support the inclusion of Bupropion in the model list and encourage its wider use to help people quit, as tobacco use represents a major public health problem and it is critical for countries to provide evidence-based cessation support.



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