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Review Article

A BRIEF PHARMACEUTICAL REVIEW ON FAST DISSOLVING TABLET

UTTAM BORAH[1]*, BISWAJIT DASH[1], PADMANATH PEGU[1], ARINDAM SARKAR[2], HRISHAV VARDWAJ[3], PARAG KUMAR SARMA[4]

[1]Girijananda Chowdhury Institute of Pharmaceutical Science, Azara, Guwahati-781017, [2]Department of Pharmaceutical Technology, Jadavpur University, Kolkata-700032, [3]Acharya & BM Reddy College Of Pharmacy, Bangalore-560 107, [4]Sales Executive, Raptakos, Brett &Co.Ltd, Guwahati-01

Email: borahuttam2017@gmail.com

ABSTRACT

Tablet swigging trouble essentially influences the geriatric and pediatric populaces though the unpalatable taste of medications prompts persistent resistance. Swallowing issues additionally are regular in youthful people in light of their immature strong and sensory systems. Quick Dissolving tablets are one of the productive aftereffects of ceaseless mechanical progressions in the pharmaceutical business. Fast dissolving tablets assume a noteworthy part in enhancing the patient's consistence. An assortment of medications can be managed as FD tablets as they give the benefit of the fluid drug in the strong planning. These novel sorts of measurements shapes have discovered acknowledgment among the geriatric, pediatric and dysphasic patients. Quick Dissolving Tablet is a tablet that breaks down or crumbles in the oral cavity without the need of water or biting. It has been produced for the oral organization, likewise called as quick liquefy, quick melts, permeable tablets or quick deteriorating or orally crumbling tablets. Mouth dissolving tablets have been defined for paediatric, geriatric, and laid up patients and for dynamic patients who are occupied and voyaging and might not approach the water. Such tablets promptly break up or deteriorate in the salivation for the most part inside <60 seconds. Quick dissolving tablets can be set up by different regular techniques like direct pressure, wet granulation, shaping, splash drying, solidify drying, Cotton Candy Process, and sublimation. In 1986, the primary lyophilized quick dissolving innovation Zydis® was presented, and a few advancements are as yet making strides.

Key words: Fast dissolving tablets, Manufacturing approaches, Limitations and advantages, prospects and research trends.

INTRODUCTION

Tolerant consistence is a standout amongst an essential perspectives in the drug store rehearse. Presently days, drug store organizations are concocting advancement of new medication conveyance frameworks to guarantee the conveyance of the medications to the patients productively and with fewer reactions. Strong measurements frames are prevalent due to simplicity of organization, exact dose, self-prescription, torment shirking and above all the patient consistence.

The most well known strong measurements frames are being tablets and cases; one imperative downside of this dose shapes for a few patients is the trouble to swallow. Drinking water assumes an essential part in the gulping of oral measurements shapes. Regularly individuals encounter burden in gulping customary measurement structures, for example, tablet when water isn't accessible, on account of the motion sickness and sudden scenes of hacking amid the basic chilly, unfavorably susceptible condition and bronchitis. For this reason, tablets that can quickly break down or crumble in the oral hole have pulled in a lot of consideration. This target prompted the rise of the idea of Fast Dissolving Tablets. A quick-dissolving drug conveyance framework, as a rule, is a tablet that breaks up or disintegrants in the oral cavity without the need of water or biting. Oral courses of medication organization have wide acknowledgment up to 50-60% of aggregate dose shapes. Their developing significance was underlined as of late when European pharmacopeia embraced the expression "Mouth dispersible tablet" as a tablet that to be put in the mouth where it scatters quickly before gulping.

Mouth dispersible tablets are not just shown for individuals who have gulping challenges, yet additionally are perfect for dynamic individuals. Quick dissolving tablets are those when put on tongue break down promptly discharging the medication which disintegrates or scatters in the salivation. The speedier the medication into the arrangement, faster the assimilation and beginning of clinical impact. It has been accounted for that dysphagia (trouble in Swelling) is basic among all age gatherings and more particular with pediatric, geriatric populace alongside organized patients and patients with queasiness, heaving, and movement ailment complexities. FDTs with great taste and flavor increment the adequacy of biting medications by different gatherings of the populace.

The part of advances identified with the definition of successful medication conveyance frameworks with upgraded tolerant consistence is remarkable and interesting. Over the drawn-out stretch of time, it has been watched that more than 50 percent of Pharmaceutical items are orally regulated for a few reasons; a large number of these items contain drugs which have a disagreeable taste, frequently sharp. The significant result of the intense taste is to confine extraordinarily the further advancement of oral arrangements and clinical uses of these medications. Alongside the proceeding with a change in the social way of life, it is never again worthy for helpful medications to have a severe taste. Individuals expected to take successful medications that have a pleasant taste and can be controlled effectively. In like manner, it is essential to veil the unpalatable taste of a medication keeping in mind the end goal to enhance the item quality. This will likewise build the estimation of the completed item and also understanding consistence, particularly where new-born children, kids and elderly are concerned. Thus, Pharmaceutical Industries contribute time, cash and assets into creating acceptable and wonderful tasting items and Industries likewise receive different taste veiling procedures to build up a proper definition.

FDTs offer a few points of interest over other measurements frames like foaming tablets, dry syrups and biting gums/tablets, which are used to improve patient's consistence. Controlling fizzing tablets/granules and dry syrups include an unavoidable arrangement that incorporates the admission of water. Elderly patients can't bite expansive bits of tablets or gums and infrequently encounter the intense or offensive taste of the medication in the

measurement frame, if the taste is concealing coat bursts amid rumination. Organization of an oral medication conveyance framework having astringent taste and worthy level of tastefulness has dependably been a challenge in building up a detailing for a paediatric and geriatric reason. The sharpness of medication or medication item is limited or dispensed with by different physical, concoction and physiological means, for example, utilization of flavours, sweeteners, amino acids; and by utilizing different methods, for example, lipophilic vehicles, covering, incorporation complexation, particle trade, bubbling operators, rheological adjustment, strong scattering framework, bunch change and prodrug approach, solidify drying process, wet circular agglomeration procedure and ceaseless multipurpose dissolve innovation. Building up a detailing with wonderful taste and quick patient consistence has led the Pharmaceutical segment to work with more up to date and compelling strategies for taste veiling and item improvement. Subsequently, the definition of taste conceals items test to Pharmacists.

The essential approach being developed of FDT is the utilization of super deteriorates like cross-connected carboxymethyl cellulose (croscarmellose), sodium starch glycolate, poly vinyl pyrrolidine and so forth, which gives prompt breaking down of tablet in the wake of putting on the tongue, their by discharge the medication in spit. The bioavailability of a few medications might be expanded because of ingestion of medication in the oral cavity and furthermore due to pregastric retention of spit containing scattered medications that go down into the stomach. All the more ever, the measure of medication that is subjected to first pass digestion is diminished when contrasted with a standard tablet. Quick dissolving Tablets which may discharge these medications in the mouth are exceptionally encouraging for the conveyance of high atomic weight protein and peptide.

The advances utilized for assembling quick dissolving tablets are solidify drying, splash drying, tablet forming, sublimation, sugar-based excipients, tablet pressure, and breaking down the expansion. Because of expanded future, the elderly constitutes an extensive segment of the overall populace today. Prior reports uncovered that 26% out of 1576 patients experienced trouble in gulping tablets because of their substantial size, trailed by their surface, shape, and taste. The issue of gulping tablets is additionally obvious in voyaging patients who might not have prepared access to water.

DEFINITION [8]

The Centre for Drug Evaluation and Research (CDER), US FDA defined Oral Disintegrating Tablets (ODT) as “A solid dosage form encompassingtherapeuticingredients or dynamic ingredient which disintegrates quickly, usually within a staple of seconds, as soon as positioned upon the tongue.”

- A quick-dissolving tablet can be characterized as a strong dose shape that can deteriorate into littler granules which gradually break down in the mouth. The breaking down time for quick dissolving tablet changes from a couple of moments to over a moment relying upon the plan and the extent of the tablet.
- A quick crumbling or dissolving framework or tablet can be characterized as a strong measurement shape that can deteriorate or break up inside 30 seconds, in the oral hole bringing about an answer or suspension without the organization of water. The fast disintegrating tablets are synonymous with fast dissolving tablets; melt in mouth tablets, rapid melts, Porous tablets, Mouth dispersible, quick dissolving or rapidly disintegrating tablets.

CRITERIA FOR FAST DISSOLVING DRUG DELIVERY SYSTEM [9]

- The tablets ought Not to expect water to swallow. However, it should break down or deteriorate in the mouth in a matter of seconds.
- Leave least or no deposit in the mouth after oral organization.
- Exhibit low delicate to the ecological condition as temperature and moistness.
- Allow the produce of the tablet utilizing ordinary preparing and bundling hardware easily.
- Ease of Administration to the patient who can't swallow, for example, the elderly, stroke casualties, disabled patients, tolerant influenced by renal disappointment and patient who decline to swallow, for example, pediatric, geriatric and mental patients.
- No need of water to swallow the measurements frame, which is a profoundly advantageous element for patients who are voyaging and don't have quick access to water.
- Rapid disintegration and retention of the medication, which will create the speedy beginning of the activity.
- Some medications are ingested from the mouth, pharynx, and throat as the spit goes down into the stomach. In such cases, the bioavailability of medication is expanded.
- Pregastric assimilation can bring about enhanced bioavailability and because of lessened measurement; enhance clinical execution through a diminishment of undesirable impacts.
- Good mouth feels property changes the view of the solution as a severe pill, especially in the pediatric patient.
- The danger of chocking or suffocation amid oral organization of regular plan because of physical deterrent is evaded, along these lines giving enhanced security.
- A new business opportunity for item separation, item advancement, patent expansions and life cycle administration.
- Beneficial in cases, for example, movement disorder, sudden scenes of hypersensitive assault or hacking, where the ultra-fast beginning of activity required.

ADVANTAGES OF FAST DISSOLVING TABLETS[10, 11]

- Administered without water, anyplace, whenever.
- Suitability for geriatric and pediatric patients, who encounter troubles in gulping and for alternate gatherings that may encounter issues utilizing regular oral dose shape, due to being rationally sick, the formative impair, and the patients who are un-agreeable, or are on lessened fluid admission designs or are sickened.
- Beneficial in cases, for example, movement disorder, softened cowhide scenes of unfavorably susceptible assault or hacking, where the ultra-quick beginning of activity required.
- An expanded bioavailability, especially in instances of insoluble and hydrophobic medications, because of fast crumbling and disintegration of these tablets.
- Stability for a longer span of time, since the medication stays in strong dose frame till it is devoured. Thus, it joins preferred standpoint of strong measurement frame as far as soundness and fluid dose shape regarding bioavailability.
- FDT passes every one of the upsides of strong measurement shapes like great security, simple assembling, join together and precise dosing, simple taking care of and so forth.
- Provides quick medication treatment intercession.
- There is no danger of physical deterrent because of measurements shape.
- The plausibility of an enhanced bioavailability because of quick ingestion and speedier beginning of the activity.
- Ease of organization to patients who can't or decline to swallow a tablet, for example, pediatric, geriatric and mental and impaired patients.
- Ability to give focal points of fluid pharmaceutical as strong planning.

RESTRICTIONS OF MOUTH DISSOLVING TABLETS [12]

- The tablets, as a rule, have inadequate mechanical quality. Thus, watchful taking care of is required.
- The tablets may leave offensive taste and additionally abrasiveness in the mouth if not figured appropriately.
- Drugs with generally bigger measurements are hard to plan into MDT, e.g., anti-toxins like amoxicillin with grown-up measurement tablet containing around 500 mg of the medication.

- Patients who simultaneously take anticholinergic pharmaceuticals may not be the best possibility for MDT.
- Similarly, patients with Sjogren's disorder or dryness of the mouth because of diminished spit generation may not be a great possibility for these tablet definitions.

SYSTEMS USED FORMULATION OF FAST DISSOLVING TABLETS (FDTS) [13, 14,15]

The quick dissolving property of the FDTs is ascribed to the brisk entrance of water into tablet grid bringing about fast deterioration. Subsequently, the fundamental ways to deal with create FDTs include:

1. Maximizing the permeable structure of the tablet network
2. Incorporating the proper breaking down specialist/operators
3. Using profoundly water dissolvable excipients in the plan

So far, several techniques have been developed on the basis of different principles.

1. Freeze drying/lyophilization
2. Tablet Moulding
3. Spray drying
4. Sublimation
5. Direct compression
6. Mass extrusion
7. Cotton candy process
8. Nanonization

Freeze-Drying or Lyophilization

Freeze drying is the procedure in which water is sublimed from the item after it is solidified. This method makes a shapeless permeable structure that can disintegrate quickly. The salivation goes into the framework bringing about the disintegration of the lattice. The dynamic medication is broken down or scattered in a fluid arrangement of a bearer/polymer, for example, suspending operators, wetting specialists, additives, cell reinforcements, hues and flavors which enhance the procedure attributes or improve the nature of the conclusive item. The blend is finished by weight and poured in the dividers of the preformed rankle packs. The plate holding the rankle packs are gone through fluid nitrogen solidifying passage to solidify the medication arrangement or scattering. At that point, the solidified rankle packs are put in refrigerated cupboards to proceed with the Freeze drying. After Freeze-drying the aluminum thwart backing is connected to a rankle fixing machine. At long last the rankles are bundled and delivered. Basic qualities for Freeze drying plans incorporate little molecule estimate with low measurement and water-insoluble, synthetically stable medication atom. TheFreeze drying method has shown enhanced retention and increment in bioavailability. The real impediments of lyophilization procedure are that it is costly and tedious; delicacy makes regular bundling unacceptable for these items and poor soundness under focused on conditions. Lyophilization is likewise used to build up an oral definition that disintegrated quickly as well as showed enhanced bioavailability of a few medications.

The real preferred standpoint of this innovation is that it offers less breaking down time yet the method is very costly and uncommon bundling systems are required. The capacity conditions ought to be legitimately kept up as these tablets are less steady to evolving condition; henceforth unique bundling methodology is required. Amid lyophilization, detailing excipients and process factors assume an imperative part. Hydrochlorothiazide was utilized as a model medication for distinguishing the impact of different definitions and process parameters on the qualities of FD tablets. As per them, maltodextrins are helpful for the definition of tablets framed by lyophilization strategy. Additionally comes about uncovered the part of detailing excipients in the improvement of lyophilized quick breaking down tablets. It was presumed that the utilization of 5% gelatine in the blend of mannitol is the perfect detailing. Carbopol 974P-NF and Plutonic F127 (6%) were finished up to have the best thickness adjusting properties.

Table 1: Excipients and their uses in the manufacture of FD Tusing freeze-drying technique [16].

Excipient	Use	Examples
Polymer	Strength and rigidity	Gelatine,alginateand dextrin
Polysaccharides	Crystallinity, hardness, and palatability	Mannitol and sorbitol
Collapseprotect ants	Preventsshrinking	Glycerine
Flocculating agents	Uniform dispersion	Xanthumgumandaca cia
Preservatives	Preventmicrobialandfu ngalgrowth	Parabens
Permeation enhancer	Tranmucosalpermeabili tyenhancer	Sodium lauryl sulfate
adjusters	Chemical stability	Citricacidandsodium hydroxide
Flavoursandswe eteners	Patientcompliance	-
Water	Porousunitformation	-

Tablet Moulding

Embellishment process is of two sort's, i.e., dissolvable technique and warmth strategy. The tablets produced in this way are less minimized than packed tablets and groups a permeable structure that rushes disintegration. The mechanical quality of formed tablets involves awesome concern. Restricting specialists, which increment the mechanical quality of the tablets, should be fused. Taste concealing is an additional issue to this innovation. The taste veiled medication particles were set up by splash hardening a liquid blend of hydrogenated cottonseed oil, sodium carbonate, lecithin, polyethylene glycol and a dynamic fixing into a lactose-based tablet triturate shape. Contrasted with the lyophilization strategy, tablets delivered by the embellishment method are simpler to scale up for modern fabricate.

Following are the different tablet molding techniques:

a) Compression Moulding Process: Solvent method

This assembling procedure includes saturating the powder mix with a hydro alcoholic dissolvable took after by squeezing into shape plates to frame a wetted mass (pressure forming). The dissolvable is then evacuated via air drying, a procedure like the produce of tablet triturates. Such tablets are less minimal than compacted tablets and have a permeable structure that hurries disintegration.

B) Heat-Moulding Process:

Warmth shaping procedure includes setting the liquid mass containing a scattered medication. This procedure utilizes agar arrangement as a fastener, and a rankle bundling admirably as a form to produce the tablet. A suspension containing medication, agar, and sugar is readied trailed by emptying the suspension into the rankle bundling admirably, setting the agar arrangement at room temperature to shape a jam lastly drying at around 30°C under vacuum.

C) Moulding by Vacuum Evaporation without Lyophilization:

This procedure includes pouring of the medication excipient blend (as a slurry or glue) into a shape of wanted measurement, solidifying the blend to frame a set grid lastly subjecting it to vacuum drying at a temperature inside the scope of its crumple temperature and harmony solidifying temperature. This outcome in the arrangement of a mostly fallen network. This strategy varies from the lyophilization procedure as in the previous, the vanishing of free unbound dissolvable happens from a strong through the fluid stage to a gas, under controlled conditions, rather than the sublimation which happens in the last procedure. Dissimilar to lyophilization, vacuum drying serves to densify the framework and in this way enhances the mechanical quality of the item. In contrast with lyophilization process, tablets delivered by embellishment strategy are simpler to adjust to the modern scale. Shaped tablets are less expensive and have poor mechanical quality. They can break or get

dissolved amid the way toward dealing with and putting away. To conquer the poor taste, medicate containing discrete particles was fused, which was framed by splash coagulating a liquid blend of hydrogenated cottonseed oil, sodium bicarbonate, lecithin, polyethylene glycol and dynamic fixing into a lactose-based tablet triturate shape.

Sublimation

To make a permeable framework, unstable fixings are fused in the definition that is later subjected to a procedure of sublimation. Exceptionally unstable fixings like ammonium bicarbonate, ammonium carbonate, benzoic corrosive, camphor, naphthalene, urea, urethane and phthalic anhydride might be compacted alongside different excipients into a tablet. This unpredictable material is then expelled by sublimation deserting a very permeable grid.

Spray drying

Splash drying process is used to furnish items with high porosity in fine powder because the preparing dissolvable can be effectively dried. In this method, gelatine can be utilized as a supporting specialist, and as a framework, mannitol and lactose as a building operator and sodium starch glycolate or croscarmellose or cross-povidone and acidic fixing (citrus extract) and additionally basic fixings (e.g., sodium bicarbonate) are utilized as super disintegrants. Tablets made from the splash dried powder have been accounted for to deteriorate in under 20 seconds in the watery medium. This splash dried powder, which compacted into tablets indicated quick breaking down and improved disintegration.

Tablets fabricated by this procedure have answered to for the most part break down in 10-20 sec. Indeed, even solvents like cyclohexane; benzene can be utilized as pore shaping specialists. Sublimation of camphor was done in the vacuum at 80 C for 30 minutes to create pores in the tablets. Another strategy depicts utilization of water to deliver quick dissolving tablets. Dynamic fixing and sugars, for example, glucose or mannitol were soaked with water (1-3% w/w) and compacted into tablets. Expulsion of water yielded profoundly permeable tablets. Ex. Amlodipine besylate, Ebastine, Cinnarizine arranged by sublimation strategy

Direct Compression

Coordinate pressure speaks to the least difficult and most financially savvy tablet producing method. This method would now be able to be connected to the readiness of FDT due to the accessibility of enhanced excipients particularly super disintegrants and sugar based excipients.

(a) Super disintegrants

In many orally crumbling tablet innovations given direct pressure, the expansion of Super disintegrants mainly influences the rate of breaking down and thus the disintegration.

The nearness of other plan fixings, for example, water-solvent excipients and foaming operators additionally rush the procedure of breaking down.

(b) Sugar-Based Excipients

This is another way to deal with make FDT by coordinate pressure. The utilization of sugar-based excipients is particularly building specialists like dextrose, fructose, maltose, mannitol, sorbitol, starch hydrolysate and xylitol, which show high watery solvency and sweetness, and thus give taste concealing property and a satisfying mouthfeel. Sort 1 saccharides (lactose and mannitol) show low mould ability however high disintegration rate. Type 2 saccharides (maltose and mannitol) exhibit high mould ability and low dissolution rate.

Similarly, the use of sugar-based recipients like dextrose, fructose, maltose, mannitol, sorbitol, starch hydrolysate and xylitol is appreciated in masking the bad taste of the tablets and impart sweetness while formulating FD tablets.Examples of FDTs prepared by direct compression method: Albendazole, Chlorpromazine hydrochloride, Hydrochloride, etc.

Mass-Extrusion

This technology involves softening of the active blend using the solvent mixture of water-soluble polyethylene glycol and methanol and expulsion of softened mass through the extruder or syringe to get cylindrical shaped extrude which is finally cut into even segments using the heated blade to form tablets. This process can also be used to coat granules of bitter drugs to mask their taste. Ex. Rizatriptan benzoate.

Cotton Candy Process

This method involves Shear form technology, use of a combined form of excipients, either alone or with drugs which are known as floss for preparation of matrix. The floss is a fibrous material similar to cotton-candy fibers, commonly made of saccharides such as sucrose, dextrose, lactose and fructose at temperatures ranging between 180–266 °F.

However, other polysaccharides such as polymaltodextrins and polydextrose can be transformed into fibers at 30–40% lower temperature than sucrose. This modification permits the safe incorporation of thermos labile drugs into the formulation. The tablets manufactured by this process are highly porous and offer very pleasant mouth feel due to fast solubilization of sugars in the presence of saliva.

Nanonization

A recently developed Nano melt technology involves a reduction in the particle size of the drug to nanosize by milling the drug using a proprietary wet-milling technique. The nanocrystals of the drug are stabilized against agglomeration by surface adsorption on selected stabilizers, which are then incorporated into FDTs. This technique is especially advantageous for poorly water-soluble drugs. Other advantages of this technology include fast disintegration/dissolution of nanoparticles leading to increased absorption and hence higher bioavailability and reduction in dose, cost-effective manufacturing process, conventional packaging due to exceptional durability and a wide range of doses (up to 200 mg of drug per unit).

Table 2: List of Super disintegrants [17]

Superdisintegratnts	Example	Mechanism of action	Comment
Croscarmellose	Crosslinked cellulose	-Swells4-8foldsin <10sec -Swelling and licking both	Can be used Direct compression granulation-Starch free
sodium starch Glycolate	Crosslinked starch	-Swells7-12foldsin <30sec	Swellsinthree dimension and high levels sustain release matrix
Cross povidone	Crosslinked PVP	-Swells very little and returns to original size After compression -Act by capillary action	Water insoluble and spongy in nature getporoustablet
AlginicacidNF	Crosslinked alginic acid	-Rapid swelling in aqueous medium	Promote disintegration In both dry and wet granulation
Soy polysaccharides	Natural super Disintegrants	-Wicking action	Highly porous, optimum concentrations between 20-40%

CONCLUSION

Quick dissolving tablets have better patient acknowledgment and offer enhanced biopharmaceutical properties, enhanced viability and better wellbeing as contrasted and customary oral measurements frames. By utilizing new assembling innovations, many medications can be detailed as quick breaking down tablets to give the upsides of fluid medicine as strong readiness. FDT should be defined for pediatric, geriatric, out of commission, crazy patients, for those patients who are occupied in voyaging, patients who are might not approach the water. The clinical investigations demonstrate FDTs can enhance quiet consistence, give a quick beginning time of activity, and increment bioavailability. The advancement of a quick dissolving tablet additionally gives a chance to a line augmentation in the commercial center; an extensive variety of medications (e.g., neuroleptics, cardiovascular medications, analgesics, antihistamines, and medications for erectile brokenness) can be considered a contender for this measurement frame. Pharmaceutical advertising is another purpose behind the expansion inaccessible quick dissolving/crumbling items. As a medication element nears the finish of its patent life, it is normal for pharmaceutical makers to build up a given medication substance in a better than ever dose shape. Quick dissolving/breaking down tablet plans are like many supported discharge details that are present normally accessible. An expansion of market selectiveness, which can be given by a quick dissolving/deteriorating dose frame, prompts expanded income, while additionally focusing on underserved and under-treated patient populace. In spite of the fact that the cost to make these particular measurements frames surpasses that of conventional tablets, this extra cost isn't being passed on to the customer. Because of the imperatives of the current FDDT advances as featured above, there is a neglected requirement for enhanced assembling forms for quick dissolving tablets that are mechanically solid, permitting simplicity of taking care of and bundling and with generation costs like that of customary tablets. To satisfy these medicinal needs, formulators have given a significant push to building up a novel kind of tablet measurement frame for the oral organization, one that deteriorates and breaks up quickly in salivation without the requirement for drinking water.

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