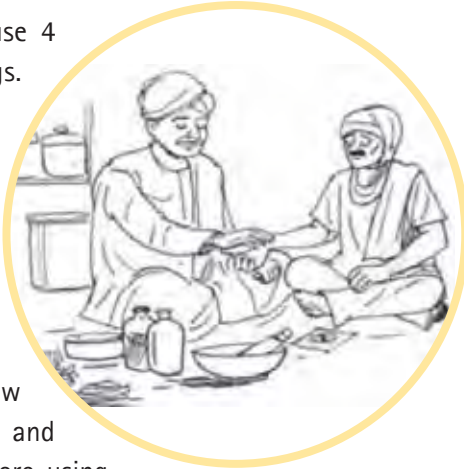


In this programme you will learn to use 4 some internal medicines/drugs. Paracetamol (para), chloroquine (chloro), Iron Folic acid (ferrous) and ORS. You will learn to use medicines belonging to other systems (Ayurveda) later.



Annexure at the end of this book tells you about use of each drug; dose, how many times to be given, side effects, and precautions. Read carefully all this before using the drugs.

These medicines are safe, cheap and very effective. They will help us in many illnesses. We will learn about some more medicines in the subsequent books.

Overuse of Injections and saline (bottle)

Injections and saline are necessary only in some situations.

Injections and saline used in clinics are not so often necessary. Frequently injection and saline are given for profit and not for cure. False beliefs about injections and saline are rife. We become poorer by paying the hard earned money for many needless injections and saline. We can save these expenses with help of simple remedies and raising health awareness. But peoples' attitudes take time and efforts to change.

Patients are being charged anything like 50 Rs more for one bottle. It is just water and salt and some sugar. If we prepare and drink at home it, the cost is just fifty paise. Its effect by mouth is also equal to saline. Some patients insist on injections and bottles and doctors also are driven by profit motives. You can educate people about utility/futility of injections and bottles.

Tonics

Tonic bottles are also very popular. Many healers prescribe and patients ask for tonics. Are tonics necessary, do they give us strength as promised?

The answer is NO. No medicine book prescribes tonics. Tonics are just some water, sugar, vitamins and some minerals. The cost is often very high. In the