

Snakes guard some treasures hidden underground.

Drug kit to be used for first learning exposure¹

Medicines	Action & use	Dose	Side Effects
Paracetamol	Reduces fever and pain: useful in fever, headaches, backaches, body aches etc ³ to	More than 12 years: 1 to 2 tablet 3 to 4 times a day 8 to 12 years: 1 tablet 3 to 4 times a day 4 to 8 years: ½ tablet 3 to 4 times a day Less than 4 years: ¼ tablet 4 times a day. Crushed in honey	No side effects. If taken too many tablets at one time, it can cause damage to liver. Keep the medicine away from children. Should be taken only after meals.
* Chloroquine Tablet	<ul style="list-style-type: none"> ■ Fever with chills ■ Malaria fever 	More than 14 years: 4 tablets 9 to 14 years: 3 tablet 5 to 8 years: 2 tablet 1- 4 years: 1 tablet	May cause nausea, vomiting or giddiness. Can be given to a pregnant woman. Keep the medicine away from children.
Iron Tablets (adult)	<ul style="list-style-type: none"> ■ Preventi on of ■ Anaemia Treatment 	2 tablets daily for 100 days; for prevention of anemia, one Tablet for 100 days	Should be taken after meals. Can cause stomach upset. Stool (motions) may be hard and black.
ORS packet	Replaces salt and water in our body	As required. In adults: Half a glass with every stool. In child: 1 teaspoon after every stool.	Throw ORS solution after 24 hours. Make it fresh. Do not use a packet if it is like a cake.
* Gentian Violet liquid	Kills many germs	For application on wound, inside mouth, vagina etc	Stains clothes. Let is dry before putting on clothes.
* Antiseptic lotion	Kills wound germs	Only for external use, wound wash etc	Make very dilute solution. 2 drops in 1 cup of water. May sometimes cause irritation.

* These and some more medicines will be covered in the next book.

¹ For Ayurvedic and herbal remedies, pl see section on Ayush