

Paracetamol, also known as **acetaminophen**, is one of the most widely used medicines for relieving pain and reducing fever. It is classified as an **analgesic** (pain reliever) and **antipyretic** (fever reducer). Unlike nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen or aspirin, paracetamol does not reduce inflammation significantly and is generally gentler on the stomach, making it suitable for people who cannot tolerate NSAIDs.

The exact mechanism of action is not fully understood, but paracetamol is believed to work mainly in the **central nervous system** by inhibiting enzymes called cyclooxygenases (COX), which are involved in pain and fever signaling. It is effective in treating mild to moderate pain such as headaches, toothaches, muscle aches, and menstrual pain, as well as for lowering fever in conditions like the common cold or flu.

Paracetamol is available over the counter in many forms, including tablets, syrups, and suppositories. The usual adult dose is **500–1000 mg every 4–6 hours**, not exceeding **4,000 mg per day**. While safe at recommended doses, overdose can cause **severe liver damage**, making it important to follow dosage guidelines strictly.

Overall, paracetamol remains a trusted, first-line medication for pain and fever worldwide.