

****Vicks VapoRub Ointment 500mg is a topical rub used to relieve cough, nasal congestion, and minor muscle aches. It contains a blend of aromatic ingredients that produce soothing vapors when applied to the skin.****

🧴 Chemical Composition

Each 5 mL of Vicks VapoRub contains:

- ****Camphor (5.25%)**** – cough suppressant and topical analgesic
- ****Menthol (2.82%)**** – relieves nasal congestion and muscle pain
- ****Eucalyptus oil (1.35%)**** – helps ease breathing and reduce inflammation

Inactive ingredients may include cedarleaf oil, nutmeg oil, petrolatum, thymol, and turpentine oil.

💧 Dosage & Administration

- ****Route:**** Topical (external use only)
- ****Recommended Dosage:****
 - ***For cough and congestion:*** Apply a thick layer to chest and throat up to 3 times daily
 - ***For muscle aches:*** Rub into affected area up to 3 times daily
- ****Instructions:****
 - Do not apply inside nostrils or mouth
 - Avoid use on broken or irritated skin
 - For children over 2 years and adults only

🩺 Medical Uses

- ****Primary Indications:****
 - Temporary relief of cough due to minor throat and bronchial irritation
 - Relief of nasal congestion
 - Minor muscle or joint pain
- ****Mechanism of Action:****
 - Vapors from menthol and eucalyptus oil stimulate cold receptors, easing breathing
 - Camphor and menthol provide a warming sensation that helps reduce pain

⚠️ Side Effects

****Common:****

- Mild skin irritation
- Temporary burning or tingling sensation

****Rare but Serious:****

- Allergic reactions (rash, swelling)
- Respiratory distress if misused (e.g., applied inside nostrils or ingested)

- Eye irritation if accidentally contacted

⚠️ Risks & Precautions

- ****Contraindications:****
 - Children under 2 years
 - Broken or damaged skin
 - Known allergy to any ingredient
- ****Pregnancy & Breastfeeding:****
 - Generally considered safe; consult a healthcare provider
- ****Drug Interactions:****
 - None significant due to topical use
- ****Overuse Risk:****
 - Excessive application may cause skin irritation or systemic absorption of camphor

💬 Patient Feedback & Complaints

- **Positive Feedback:****
 - Effective for nighttime cough relief
 - Soothing aroma helps with sleep
 - Useful for muscle soreness
- **Common Complaints:****
 - Greasy texture
 - Strong smell
 - Skin sensitivity in some users
 - Misuse risks (e.g., applying inside nose)

📄 Summary Table

Category	Details
Drug Name	Vicks VapoRub Ointment
Active Ingredients	Camphor 5.25%, Menthol 2.82%, Eucalyptus oil 1.35%
Use	Cough, congestion, muscle aches
Dosage	Apply to chest/throat or sore muscles up to 3x/day
Common Side Effects	Skin irritation, burning sensation
Serious Risks	Allergic reaction, respiratory distress if misused

Patient Feedback	Effective; greasy feel, strong smell, misuse concerns
Contraindications	Children <2 years, broken skin, allergy to ingredients

Sources:

- [Drugs.com - Vicks VapoRub](<https://www.drugs.com/mtm/vicks-vaporub.html>)
- [Truemeds - Vicks VapoRub 5ml](<https://www.truemeds.in/medicine/vicks-vaporub-5-ml-tm-liid1-000034>)
- [FDA DailyMed - Vicks VapoRub](<https://fda.report/DailyMed/6b16b47e-9cbe-4e62-825b-f65416c900a1>)
