

\*\*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.\*\*

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## ## 🖊 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.

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## ## 💊 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

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## ## 🌹 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

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## ## ⚠ 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

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## ## 🌟 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

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## ## 🗣 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)

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## ## 📊 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>)

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