1. PARACETAMOL(500 mg):

**MRP:**Rs. 305 for 1 Strip(s) (1000 Tablet each)

Uses

Paracetamol is used for the relief of mild to moderate pain in conditions such as headache (including migraine), toothache, ear pain, joint pain, pain during menstruation, fever, feverish colds, and flu.

How it works

Paracetamol belongs to class of medications called analgesics (painkiller) and antipyretics (fever reducing). Paracetamol reduces pain by increasing the pain threshold. It reduces fever by acting on the temperature-regulating region of brain, resulting in increased blood flow across the skin, sweating and heat loss.

Dosage

Always follow the instructions of doctor regarding the dosage and duration.

* Adults, elderly and adolescents over 12 years: 0.5 to 1 g every 4 to 6 hours.
* Children 6 to 12 years: 250 to 500 mg every 4 hours to a maximum of 2 g (4 tablets of 500 mg) in 24 hours.
* Children below 6 years of age: paracetamol oral suspension (120 mg/5 ml) should be given. 3 – 6 months: 2.5 ml 4 times a day, 6 – 24 months: 5 ml 4 times a day, 2 – 4 years: 7.5 ml 4 times a day, 4 – 8 years: 10 ml spoonful 4 times a day.

Common side effects

Rare: Allergic reactions such as shortness of breath, abnormalities of blood cells, skin reddening, blisters or rash, swollen facial features, or a runny nose. Overdose (more than 4 g in adults and more than 2 g in children) may cause severe liver damage.

Who should not take

Patient who are allergic to paracetamol or any of the constituents.

1. NAPROXEN:

Uses

Naproxen is used to relieve the pain and swelling due to diseases affecting the muscles, joints and tendons, like strains, gout, ankylosing spondylitis (pain and stiffnessin the neck and back) or arthritis, andalso period pain (dysmenorrhea) in women.

How it works

Naproxen belongs to a class of medications called non-steroidal anti-inflammatory drugs (NSAIDs) which works by blocking the effect of enzyme called cyclooxygenase resulting in decreased production of prostaglandins (a chemical associated with pain) thereby causingease of pain and inflammation.

Dosage

Always follow the instructions of doctor regarding the dosage and duration.

* Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis: 500 mg to 1 g, taken in two divided doses.
* Acute gout: 750 mg initially, then 250 mg 8 hourly till the pain and swelling go away
* Other muscle and joint pain, and period pain: 500 mg initially, then 250 mg 6-8 hourly, up to a maximum of 1250 mg.

Common side effects

Nausea, vomiting, diarrhea, gas, constipation, indigestion, abdominal pain, stomach pain, stomach ulceration or bleeding, mouth ulcers, worsening of ulcerative colitis, allergic reaction including swelling of the eyes and lips, worsening of asthma, breathlessness, skin rash, sleeplessness, nightmares, depression, confusion and hallucinations, fits, dizziness, headache, light headedness, drowsiness, inability to concentrate, palpitations, heart failure, high blood pressure, pain and swelling over blood vessels due to inflammation, kidney dysfunction, kidney failure, blood in urine, liver dysfunction, inflammation of the nerve to the eye, visual disturbances,ringing in ears, vertigo ,abnormal blood counts, muscle weakness, female infertility, thirst, fatigue and malaise.

Who should not take

* Children under 15 years.
* Patients who have or ever had any problems with stomach or gut (intestine) like an ulcer or bleeding.
* Patients who have previously experienced bleeding or perforation of stomach while taking. NSAIDs (pain-relieving medication).
* Patients who have severe problems with kidneys, liver or heart.
* Women in the last three months of pregnancy.

1. Zenflox oz(200/500 mg):

**MRP:**Rs. 46.20 for 1 Strip(s) (6 Tablet each)

Uses

Zenflox oz is used to treat bacterial infections including upper and lower urinary tract infections, lower respiratory tract infections, skin and soft tissue infections and sexually transmitted infections (of urethra and cervix).

How it works

Zenflox oz belongs to the group of medicines called 4-fluoroquinolone antibacterial antibiotics. It acts by killing the bacteria that cause infection.

Dosage

* Always follow the instructions of doctor regarding the dosage and duration.
* Adults: 200-400 mg 1-2 times daily.

Common side effects

Diarrhea, stomach pain, nausea, vomiting, headache, sleeping problems, feeling dizzy or restless, agitation, skin rash or itching of skin, cough, infection of nose, throat or chest, eye irritation, sensation of spinning or rotation (vertigo),  numbness or tingling in the hands and feet or being very sensitive to touch, fainting, itching and flushing of skin, coughing, sneezing, breathlessness, swelling of eyes and lips (angioedema), anxiety, confusion state.

Who should not take

* Children or adolescents.
* Pregnant and breast feeding women.
* Elderly people.
* Patients with a past history of inflammation of the bands of tissue that connect muscles to bones (tendinitis), fits (epilepsy).
* Patients with latent or actual defects in glucose-6-phosphate dehydrogenase activity.

1. ASPIRIN:

**MRP:**Rs. 10.62 for 1 Strip(s) (14 Tablet each)

Uses

Aspirin is used to treat pain including headache, migraine, neuralgia, toothache, sore throat, pain in joints, period pains and to reduce fever. It is also used as an anti-platelet agent (blood thinner) to decrease chances of heart attack in patients who have had an attack in the past and in patients with certain heart diseases and stroke.

How it works

Aspirin (acetyl salicylic acid) is a nonsteroidal anti-inflammatory drug. Aspirin reduces the production of a chemical (prostaglandin) in the body by blocking the enzyme that makes prostaglandins (cyclooxygenase). Therefore,  swelling, pain, and fever are reduced. This also helps in blood thinning and in preventing clotting.

Dosage

Always follow the instructions of doctor regarding the dosage and duration Treatment of all type of pain (analgesic), reducing fever (anti-pyretic) including migraine pain:

* Adults and adolescents: 300 to 900 mg; 3-4 times a day (maximum 4 gm per day).
* Children: 10 to 15 mg/kg orally every 4 to 6 hours (maximum 4 gm per day).

Treatment of acute rheumatic fever in

* Adults: 4 to 6 g or 75 to 100 mg/kg daily in divided doses.

As anti-platelet agent for adults with heart disease: 75-325 mg per day.

Common side effects

Increased bleeding tendencies, indigestion (dyspepsia), infection of nose (rhinitis), breathlessness (dyspnea), rashes due to allergy (urticaria). abnormal blood counts, hypersensitivity reactions, Steven-Johnsons syndrome (serious, widespread, allergic reaction with a rash involving the skin and internal lining of the organs).

Who should not take

* Children under 16 years of age due to possible risk of Reye’s syndrome (rare illness that can affect the blood, liver, and brain who has recently had viral infections).
* Patients with active peptic ulceration or a past history of ulceration or dyspepsia.
* Patients with hemophilia or other hemorrhagic disorder (including thrombocytopenia).
* Patients who are receiving concurrent anticoagulant therapy.
* Patients with severe hepatic impairment, severe renal impairment or severe cardiac failure.
* Patients using methotrexate at doses >15mg/week.
* Patients with menorrhagia and glucose-6-phosphate dehydrogenase deficiency should avoid aspirin.

1. CYCLOPAM(10/250 mg):

**MRP:**Rs. 36.90 for 1 Strip(s) (10 Tablet each)

Uses

It is used to treat pain during periods (dysmenorrhea), heavy bleeding during periods (menorrhagia), fever, inflammation, migraine headache, tooth pain, muscle and joint pain (arthritis) and  pain after surgery.

How it works

Mefenamic acid belongs to the class of medications called non-steroidal anti-inflammatory drugs (NSAIDs). It works by stopping the body's production of a substance (prostaglandins) that causes pain, fever, and inflammation.

Dosage

Always follow the instructions of the doctor regarding the dosage and duration. Treatment of pain:

* Adults: 500 mg orally followed by 250 mg every 6 hours as needed, not to exceed 7 days.
* Children: 14 to 18 years: 500 mg orally followed by 250 mg every 6 hours as needed, not to exceed 7 days.

Treatment of dysmenorrhea: 500 mg orally followed by 250 mg every 6 hours starting with the onset of menses.

Common side effects

Ulcers in stomach, perforation or GI bleeding, nausea, vomiting, diarrhea constipation, indigestion, abdominal pain, abnormal dark colored stools, vomiting of blood (hematemesis), ulceration in and around mouth and lips, and gastrointestinal hemorrhage and exacerbation of inflammation of large intestine (colitis) and inflammatory bowel disease (Crohn's disease).loss of appetite, skin allergies.

Who should not take

Patients with inflammatory bowel disease, intestinal ulceration and history of gastrointestinal bleeding or perforation, related to previous NSAIDs therapy should not take this medicine.

1. ZINETAC(150 mg):

**MRP:**Rs. 19.70 for 1 Packet(s) (30 Tablet each)

Uses

Ranitidine is used to treat and prevent ulcers in the stomach and intestines. It also treats diseases in which the stomach produces too much acid, such as Zollinger-Ellison syndrome. Ranitidine is also used to treat gastroesophageal reflux disease (GERD) and other conditions in which acid backs up from the stomach into the esophagus, causing heartburn.

How it works

Ranitidine belongs to a class of drugs called H2 receptor antagonists. It acts by blocking the action of chemical called histamine on proteins called H2 receptors in the stomach and intestine which are involved in producing acid thereby decreasing acid formation.

Dosage

Always follow the instructions of doctor regarding the dosage and duration.

* Adult (including elderly) and adolescent (12 years over): The usual dosage is 150 mg 2-4 times daily
* Children: Non-cancerous stomach and duodenal ulcers- 2 to 4 mg/kg twice daily (doses may be increase to 300 mg daily).

Common side effects

* Uncommon: stomach pain, constipation, urge to vomit (nausea).
* Rare: Severe allergic reactions (hypersensitivity) including skin rashes due to allergy (urticaria), fever, swelling of lips and ankle (angioedema), constriction of air passages (bronchospasm), very low blood pressure (hypotension) and chest pain; increase of serum creatinine in the blood (kidney function test); changes in levels of liver enzymes affecting its functioning.

Who should not take

* Do not take ranitidine if you are allergic to ranitidine or any other ingredients in the medicine.
* Do not take ranitidine if you have ever had a disease involving the nervous system and skin called porphyria- the symptoms of which include sensitivity of skin to sunlight, severe abdominal pain, vomiting, fits, pain in chest, high blood pressure, anxiety etc.

1. 1-AL:

**MRP:**Rs. 19.75 for 1 Strip(s) (10 Tablet each)

Uses

Levocetirizine is used to treat symptoms of allergic conditions such as allergic fever (hay fever), year-round allergies like dust or pet allergies and chronic nettle rash.

How it works

Levocetirizine belongs to a group of medications called antihistamines. It acts by blocking a natural substance (histamine) that is produced in the body during an allergic reaction.

Dosage

Always follow the instructions of doctor regarding the dosage and duration.

* Adult: 5 mg once daily in the evening.
* Children: 6-12 years: 2.5 mg once daily. 6 months to 5 years: 1.25 mg once daily.

Common side effects

* Common: dizziness, headache, sore throat, infection of nose, throat, or chest (in children), dry mouth, feeling sick, tiredness, abdominal pain, sleepiness.
* Uncommon: sensation of tingling or numbness of the skin (paraesthesia), rash, itching, weakness, feeling of discomfort, agitation, diarrhea.

Who should not take

Levocetirizine tablets should not be given to children 6 motnhs to 11 years of age with kidney failure.

1. SINAREST:

**MRP:**Rs. 38.20 for 1 Strip(s) (10 Tablet each)

Uses

Chlorpheniramine is used to relieve symptoms of  runny nose, sneezing, itching, and watery eyes caused by allergies, the common cold, or the flu and allergies due to food and insect bites and hay fever.

How it works

Chlorpheniramine belongs to class of medications called antihistamines. It acts by blocking a natural chemical (histamine) that your body makes during an allergic reaction. Histamine is responsible for many symptoms of allergy.

Dosage

* Adults and children of 12 years and above: 24 mg daily divided in 4-6 doses.
* Elderly and children of 6 to 12 years: 12 mg daily divided in 3 doses.

Common side effects

* Very Common: sedation, sleepiness (somnolence).
* Common: disturbance in attention, abnormal coordination, dizziness, headache, blurred vision, urge to vomit (nausea), dry mouth and fatigue.
* Frequency not known: reduced oxygen carrying capacity of blood due to destruction of red blood cells (hemolytic anemia), abnormal structure, function or quality of blood cells (blood dyscrasias), allergic reaction, swelling of eye and lips (angioedema), sudden, widespread, potentially severe and life-threatening allergic reaction consisting of one or more of the following: rapid heart rate, fall in blood pressure, fainting, itchiness and flushing of skin, swelling of tissue under the skin (angioedema), coughing, sneezing, breathlessness, noisy respiration (wheezing), nausea, vomiting, abdominal cramps, and diarrhea (anaphylactic reactions), loss of appetite (anorexia), confusion, excitation, irritability, unpleasant dreams (nightmares), depression, ringing in ears (tinnitus), thumping, pounding or fluttering sensation in chest (palpitations), increased heart rate (tachycardia), change from normal heartbeat (arrhythmias), low blood pressure (hypotension), thickening of bronchial secretions, vomiting, abdominal pain, diarrhea, indigestion (dyspepsia), inflammation of the liver (hepatitis) including yellowing of the skin and eyes (jaundice), widespread scaling and peeling of the skin associated with itching, skin, and hair loss (exfoliative dermatitis), rash, rashes due to allergy (urticaria), sensitivity to sunlight (photosensitivity), muscle twitching, muscle weakness, urinary retention, chest tightness.

Who should not take

* Children below 6 years.
* Patients who have been treated with mono-amino oxidase inhibitors within last 14 days.
* Patients who are allergic (hypersensitive) to chlorpheniramine or any of the other ingredients of chlorpheniramine tablet or anti-histaminic drugs.
* Breast feeding woman.

1. SUMO (100/500 mg):

**MRP:**Rs. 43.50 for 1 Strip(s) (10 Tablet each)

Uses

Nimesulide is used to treat acute pain, osteoarthritis (pain and swelling of joints due to degeneration) and pain during periods.

How it works

Nimesulide belongs to a class of medications called non-steroidal anti-inflammatory drugs (NSAIDs) which works by blocking the production of prostaglandins (a chemical associated with pain) thereby relieving pain and inflammation.

Dosage

Always follow the instructions of doctor regarding the dosage and duration. Nimesulide is available in the form of tablets, capsules, granules and oral suspension.

* Adults and children ?12 years of age: 100 mg twice daily.
* Children <12 years: not recommended.

Common side effects

Diarrhea, nausea, vomiting and increased level of liver enzymes, Constipation, gas, gastritis (causing pain in abdomen, nausea, vomiting and/or diarrhea), itching, rash, dizziness, high blood pressure, breathlessness, increased sweating and swelling, anemia, abnormal blood counts, hypersensitivity reactions.

Who should not take

Patients allergic to Nimesulide, aspirin, other non-steroidal anti-inflammatory drugs (NSAIDs/ pain-killers) or any of the other ingredients of this medicine. Pregnant and breast feeding women. If you suffer from, or have in the past suffered from:

* Liver dysfunction due to Nimesulide.
* Stomach or gut ulcer or bleeding from the stomach or gut due to ulcer.
* viral or bacterial infections of the eye.
* bleeding tendencies or clotting disorder.
* severe heart, kidney, or liver disease.