

The importance of using Natural Health Remedies as compared to Pharmaceutical Drugs for healthier living

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1 Purpose of study

The bitter tragedy of human life is that it is all too fragile, our lives are written not in the rock forever, but upon the all too fragile and transitory parchment of human flesh. Can you remember a silly remedy that your mom always made you take when you started to get a cough? Our foremothers worked hard to make such remedies and if they took the time to make a remedy again and again it is because it worked. Modern men and women do not live with death as close a constant companion as our ancestors in the faith did in the medieval world. The advances of medicine, science and technology have created for us a world of illusion. The illusion that is marketed to us by our contemporary age is that we are in control. That we slowly are conquering all those forces which would frustrate and dominate us. But this aggressive marketing of these pharmaceutical drugs has forced us to run to the hospital at the notice of something as simple as a bruise or a cold which are ailments that can be treated at home.

2 Methodology

During the course of the research a various number of methods including conducting interviews with doctors at International Medical Centre, Park Royal Mall that provided lots of knowledge on common illnesses. The pharmacists at Norvik Pharmacy, First Pharmacy and Vine Pharmacy that helped provide market prices for the common drugs and the people of Kalerwe Market that provided the costs of the various fruits and vegetables on the market.

3 Interpretation of data

In the table below is a summary of the results I collected for a few diseases. The figures clearly show that drugs are overpriced and the average person that is unaware of the remedies they continue to be exploited.

Table 1: Comparison of the price of Medicine and Natural Remedies

Disease	Cost of Medicine	Cost of Remedy
Cough	0	30000
Pnuemonia	0	30000
Asthma	12000	5000
Ulcers	5000	35000
Epilepsy	5000	120000

4 Problems Faced

One of the major problems faced was the limited time allocated to conduct the research, as the interviews were quite long. Due to the huge amounts of information required for the project. It was difficult to take pictures of the drugs in the pharmacies due to their strict policy and some of the drugs had to be purchased in order to get images. Another problem was the low funding as most of the entities I visited needed to be paid before they could relay to me any sensible data.

5 Conclusion

Humans are prone to falling sick so its vital that you take of your own personal health. Some diseases can remain in your system without you even knowing you are sick. It is important for everyone to step as an unhealthy lifestyle is very costly. The little things can make a big difference when keeping those around you and yourself healthy. So lets take charge and use the remedies our ancestors gave us and live much better lives.