

## Medicines & Vitamins

<b>1.0</b>	<b>Introduction:</b>
1.1	Man's prime duty is to maintain his health, which is his 'true asset.' It is always better to prevent the onset of a disease than to try to eradicate it after it has occurred. One thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy the retired life. There is a general tendency to run to a doctor for even a small physical problem. One should cultivate the habit of keeping track of his health, read medical literature and try easy across the counter medicines before visiting doctor.
1.2	<b>List of various medicines are given below for ready reference. One can try these medicines at his own risk or after consulting his family doctor.</b>
1.3	<b>Your attention is drawn to Preface to Medical section. Kindly read the same before you read this section.</b>

	Disease	BC	Homeopathy	Ayurvedic	Allopathic
1	Anaemia	1, FP		Amla churna	
2	Asthma	2			
3	Colic	3			
4	Constipation	4		Tripathla	
5	Cold	5	Aconite, Ars. Alb.		Dr. Morepen's Lemolat Crocin Cold n' Flu
6	Cough	6	Briyonia	Kurex	Benadril Syrup
7	Diabetes	7		Madhumehari	

	Disease	BC	Homeopathy	Ayurvedic	Allopathic
8	Diarrhoea	8		Biquinol	
9	Dysentery	9	Merc. Sol	Amobica tablet	
10	Enlarged Tonsils	10		Ceptilina	
11	Fever	11		Tribhuvan kirti	Panjon, Crocin
12	Headache	12		Trishun	Panjon
13	Leucorrhoea	13			
14	Measles	14			
15	Menstruation Problems	15			
16	Nervous Exhaustion	16, KP			
17	Piles	17		Pilex-Tab & cream	
18	Phorrhoea	18			
19	Rheumatism	19	Rus Tox		
20	Skin diseases	20			
21	Teething Troubles	21			
22	Toothache	23		Gumex liquid	
23	Indigestion	25		Pudin hara	Sodamint
24	Acidity		Nux Vom.	Sutasekhar	Gelucil
25	Abdominal pain			Shankhavati	
26	Backache		Rus Tox		Brufen
27	Pulled muscle, cramps			Mahanarayan Tel	Move cream Idoex
28	Eye care - General				I Kul drops
29	Liver problem / Jaundice			Liv 52	
30	Loss of Appetite			Pancharishta, Drakhasav	
31	Worms	NP	Cina	Santomix	Zentil
32	Burning urination			Chandraprabha vati, Gokharu	
33	Kidney stone			Churna-Gokharu, Yavarna, Punannava	
34	Bed Wetting			A-1 Pills	
35	Allergy				Avil 25, Decdak 0.5 mg

## Vitamins & Minerals

<b>1.0</b>	<b>Introduction:</b>
1.1	<ul style="list-style-type: none"> <li>❖ The body needs only very small quantities of these substances.</li> <li>❖ Minerals are needed for the formation and functioning of the cells.</li> <li>❖ Vitamins are essential for the proper digestion &amp; absorption of proteins, carbohydrates and fats and improving immunity of the body.</li> <li>❖ Various disorders are the direct results of the deficiency of vitamins &amp; minerals.</li> <li>❖ Cooking destroys vitamins.</li> <li>❖ The vitamins in fruits &amp; vegetables are rapidly lost if they are not consumed soon after peeling or cutting.</li> <li>❖ The stores of vitamins in the body get depleted during illness as well as due to (i) improper diet (ii) mental distress (iii) pollution (iv) smoking (v) addiction to drugs (vi) chemical medicines.</li> </ul> <p>❖ <b><u>Daily requirement of vitamins:</u></b></p> <ul style="list-style-type: none"> <li>❖ A                      4000-5000 I.U.</li> <li>❖ B complex         0.5 to 5 mg of each vitamin in the group of 8 vitamins.</li> <li>❖ C                      45 mg.</li> <li>❖ D                      300 to 400 I.U.</li> <li>❖ E                      12 to 15 I.U.</li> </ul> <p><b><u>Minerals</u></b></p> <ul style="list-style-type: none"> <li>❖ <b>Daily requirement is given below:</b></li> <li>❖ Calcium 800 mg: Phosphorus 800 mg: Potassium 2500mg: Sodium 2500 mg</li> <li>❖ Iron 10 mg: Sulphur 300 mg: Magnesium 350mg: Chlorine 2000 mg</li> <li>❖ Iodine 0.14 mg</li> </ul>

1.2	Vitamin Tablet	Brand name	Power	Dose	Note
1	Multi vitamin	Supradyn	---	0 - 1 - 0	2
2	B Complex	Beplex forte	---	0 - 1 - 0	2
3	Ascorbic acid -C vitamin	Celin	500 mg.	0 - 1 - 0	3, 5
4	E Vitamin	Evion	200 mg.	0 - 1 - 0	4, 5
5	Calcium	Shelcal	250 mg.	0 - 0 - 1	
6	Liv 52	Liv 52	---	0 - 1 - 0	6
<b>Note</b>					
1	<b>Vitamin supplement should be taken by a person of 45 years and above.</b>				
2	Multi vitamin and B complex tablets should be taken alternatively. i.e. one month multi vitamin tablets and next month B complex tablets.				
3	C vitamin to be taken on alternate days. Only 10 tablets per month. Keep gap of one month and then repeat.				
4	E vitamin to be taken on alternate days. Only 10 tablets per month. Keep gap of one month and then repeat.				
5	C vitamin and E vitamin can be taken in alternate months.				
6	Liv 52: Twice a week. Keep gap of 2 months after consumption of 100 tablets.				