

Contents

Preface to Second Edition (vii)

Part A **General Topics**

Chapter 1

You as Consumer of Medicine Use (Consumers' Rights)..... 3

Chapter 2

You must know about your Medicine 5

Chapter 3

Names of Medicines (Medicine -What is in a Name?) 7

Chapter 4

Types of Medicines (Dosage Forms)..... 9

Chapter 5

Branded vs Generic Medicines..... 15

(a) Branded vs Generic Medicines..... 15

(b) Generic Prescribing-Whose Dilemma! 18

Chapter 6

Buying Medicines 20

Chapter 7

Medicines' Price 22

Chapter 8

Expiry Date of Medicines 25

(a) Expiry Date of Medicines 25

(b) Do Really Medicines Expire? 27

Chapter 9	
Storing Medicines at Home	29
Chapter 10	
Laws and Regulations Governing Medicines.....	31
Chapter 11	
Rational use of Medicines	34
Chapter 12	
How do Medicines Work	37
Chapter 13	
Fate of Medicines in the Body	
(How does Body Handle Medicines?).....	39
Chapter 14	
Safety of Medicines	
(How do you Protect Yourself?).....	42
Chapter 15	
Medicines can be Toxic Too	45
Chapter 16	
Adherence to Medications	48
Chapter 17	
Missing a Dose (If you Miss a Dose ----).....	50
Chapter 18	
Prescription and Non-prescription Medicines.....	53
Chapter 19	
Medicines for Children	56

Chapter 20	
Medicines for Elderly Persons	59
Chapter 21	
Medicines during Pregnancy	
(Are Medicines during Pregnancy Safe?)	62
Chapter 22	
Medicines during Breast Feeding	
(Avoid Medicines during Breast Feeding)	66
Chapter 23	
Development of Medicines.....	68
Chapter 24	
Clinical Trials	71
Chapter 25	
Be Informed before Participating in Clinical Trials.....	74
Chapter 26	
New Drugs: Pros and Cons.....	77
Chapter 27	
Drink and Medicines	79
(a) On Medication - Then keep off Alcohol).....	80
(b) Medication with Drink Endangers Health!	83
Chapter 28	
Food and Medicines	
(Does Food affect Medicine?).....	85
Chapter 29	
Home Medicines Kit.....	88

Chapter 30	
Medicines during Travel	
(For Safe Travel, Pack Your Medicines Too!).....	90
Chapter 31	
Combination Medicines (Fixed Dose Combination	
Medicines – How useful they are!).....	92
Chapter 32	
Advertisement on Medicines	
(Say No to AD Treatment).....	95
Chapter 33	
Internet Medicines (e-Medicines)	97
Chapter 34	
Medicine Information Sources	
(Where to Get Information)	99
Chapter 35	
Patenting of Medicine	102
Chapter 36	
Patent Medicine-Battle Finally Won!.....	104
Chapter 37	
Use, Misuse and Abuse of Medicines	107
Chapter 38	
Use and Abuse of Medicines in Sports	110
Chapter 39	
Splitting of Tablets	113

Chapter 40	
Use of Injections	116
Chapter 41	
Jan Aushadhi for Affordable Quality Medicines	119
Chapter 42	
Off Label Use of Medicines (Pill Poppers, Wake Up!).....	122
Chapter 43	
Herbal Medicines.....	125

PART B

Medicine Administration

Chapter 44	
Orally Taking Medicines	131
Chapter 45	
Ophthalmic Medicines	135
(a) Ophthalmic Medicines	135
(b) When less is better – Using Eye Drops!.....	139
Chapter 46	
Ear Products	141
Chapter 47	
Nasal Products	144
Chapter 48	
Metered Dose Inhalers	147

Chapter 49	
Rectally Administered Products	150

Chapter 50	
Vaginally Administered Products.....	151

PART C
Individual Medicines

Chapter 51	
Pain and Fever Relieving Medicines.....	155
(a) Pain Relievers.....	155
(b) Pain Killers: Pill Poppers –A Word of Caution!	157
(c) Aspirin: A Common Pain Killer.....	159
(d) Paracetamol: Fever Relieving Medicine	161
(e) Revisiting Paracetamol!	164
(f) Nimesulide: a Not to Use Medicine!.....	166
(g) Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) in Pain Management.....	168
(h) Topical Pain Killers.....	170

Chapter 52	
Gastric Acid Relieving Medicines.....	173
(a) Gastric Antacids	173
(b) Ranitidine	175
(c) Omeprazole	177
(d) Peptic Ulcer Healing Medicines.....	180
(e) Proton Pump Inhibitors (PPIs) – Hazardous Group of Medicines.....	183
(f) Choice of Proton Pump Inhibitors.....	185

Chapter 53

Antibiotics	186
(a) Antibiotics - Save them for Tomorrow	186
(b) Penicillin Group of Antibiotics	189
(c) Macrolide (Erythromycin) Group Antibiotics.....	192
(d) Cephalosporins.....	194
(e) Quinolone Group Antibiotics	196
(f) Metronidazole.....	199
(g) Phasing out of Antibiotics as Growth Promoters!	201
(h) Avoid Antibiotics that Lower the Blood Glucose to a Dangers Level in Diabetics!	204

Chapter 54

Anti-Malaria Medicines	206
(a) Fighting Malaria with Artesunate Combination Therapy ...	206
(b) Other Anti-Malarial Medicines	209

Chapter 55

Anti-Tuberculosis Medicines.....	211
(a) DOTS a Sure Cure for Tuberculosis	212
(b) DOTS – Plus for Multi Drug Resistant TB	215
(c) DOTS for Paediatric Tuberculosis	218
(d) New anti-TB Drugs for Resistant TB Bedaquiline 100 mg Tablet [for MDR-TB]	220

Chapter 56

Anti-Asthma Medicines	222
(a) Beat the Wheeze.....	222
(b) Keep Inhalers Handy	225
(c) Use of Spacers and Rotahalers in Asthma.....	228
(d) Salbutamol.....	230
(e) Theophylline	231
(f) Corticosteroids in Asthma Care	233
(g) Choice of Medicines for Asthma Treatment	236

Chapter 57

Constipation Treating Medicines.....	238
(a) Treating Constipation with Ispaghula	239
(b) Other Laxatives	241

Chapter 58

Contraceptives	244
(a) Oral Pills.....	244
(b) Injectable Contraceptives	247
(c) Emergency Contraceptive Pills	250
(d) Women have Better Choice.....	253

Chapter 59

Cold and Cough Medicines.....	256
(a) Medicines Used in Common Cold	256
(b) Soothe Your Cough.....	258
(c) Codeine as Cough Suppressant	261

Chapter 60

Anti-diabetic Medicines	264
(a) Do's and Dont's of Insulin	265
(b) All about Metformin.....	268
(c) Glibenclamide [also known as glyburide].....	271
(d) Act Today for a Better Tomorrow: Join Diabetes Screening!	273
(e) Diet for Diabetic Patients	275
(f) Using Glucose Meters and Test Strips: Safety Tips.....	276

Chapter 61

Anti-diarrhoeal Medicines.....	277
(a) Fighting Cholera.....	277
(b) Oral Rehydration Salts	280
(c) ORS with Zinc – an Effective Treatment for Paediatric Diarrhoea	282
(d) Zinc in Diarrhoea	286

Chapter 62	
Medicines for Filariasis.....	288
Chapter 63	
Medicines for Anaemia	291
(a) Iron in Anaemia.....	291
(b) Folic Acid Preventing Birth Defects	294
Chapter 64	
Vaccines.....	296
(a) Immunization - Saving Children through Vaccination	296
(b) Protect against Seasonal Human Influenza: Get Vaccinated	301
Chapter 65	
Vitamins	304
(a) Vitamins: How much do We Need?.....	304
(b) Vitamin A.....	307
(c) Vitamin B Complex	310
(d) B – Complex Vitamins: Diet a Better Source!	313
(e) Fight Diseases with Vitamin C.....	317
(f) Vitamin C – a Vitamin for Many Conditions!	319
Chapter 66	
Anti-Emetic Medicines (Medicines for Vomiting).....	321
Chapter 67	
Cosmetics Use	324
(a) Cosmetics User – Beware!	324
(b) Darker Side of Skin Care Products!	326
(c) Ugly Truths of Your Fairness Creams!	328
Chapter 68	
Anti-High Blood Pressure Medicines	
(a) New Hypertension Guideline	330

(b) Salt Intake - How much is too much?	332
(c) Dietary Potassium – Beneficial in Hypertension	334
(d) Calcium Channel Blockers Make Dangerous Combination with Most Macrolide Antibiotics.....	335
(e) Healthy Life Style for High Blood Pressure Management	337

Chapter 69

Medicine for Lice Treatment

(a) Troublesome Lice.....	338
(b) Medicines for Head Lice Treatment.....	340

Chapter 70

Cholesterol Lowering Medicines

(a) Cholesterol lowering medicines	342
(b) Statins for Lowering Cholesterol Level – Using Rationally!	344

Chapter 71

Probiotics

(a) Probiotics in Childhood Therapy	346
(b) Probiotics in Clinical Use.....	348
(c) Friendly Bacteria – for Improved Health!	350

Chapter 72

Others 352

(a) Aspirin a Day Keeps the Heart Attack Away.....	352
(b) Aspirin to Prevent Coronary Heart Diseases – Is Routine Use Justified?.....	355
(c) Word of Caution for Aspirin Poppers!	357
(d) Clopidogrel.....	359
(e) Power of Antioxidants.....	360
(f) Steroids in COPD Management	362
(g) Nicotine Replacement Medicines.....	364

(h) Worrisome Worms	368
(i) Steam Inhalation in Acute Respiratory Tract Infection!	371
(j) Fighting Bird Flu with Tamiflu	372
(k) Chikungunya Treating Medicine.....	374
(l) Darker Side of Your Antibacterial Toilet Soaps!	376
(m) Body Mass Index (BMI) – Your Health Barometer!.....	378
(n) Disposing Unused or Expired Medicines	380
(o) Wash Your Hands of Hazards	382
(p) Pop Up But Know Them Well!	384

<i>Index</i>	387
---------------------------	------------