

Home Medicine & First Aid Chest (Illustrative)

Alert:-

- This is not a recommendation but an Illustrative list of medicines to be kept at home for simple symptoms, please ask your doctor to help make this list as per your needs.
- To be taken only under a doctor's supervision. Be mindful of dosage and method of intake.

Symptoms	Commonly Suggested Medicines
Headache/ Fever/ Pain/ Backache	Paracetamol, Crocin, Tylenol 500 mg
Cold, Sneezing, running nose, Cough, Allergy	Allegra 120; Cetirizine/10 mg
Dry Cough/ Wheezing	Lozenges, Steamer, Cough syrup, Salbutamo inhaler
Diarrhea	Econorm, Electral powder, Isabgol
Constipation	Isabgol; Cremalax
Muscle Spasm / Sprain	Metaxalone/ Myoril (muscle relaxant)
Skin cuts/ Bruises	Betadine ointment
Burns	Silver Ointment / Burnol
Insect Bite/ Bee Sting	Cold pack/ Anti Allergic- Allegra 120 mg
Nausea/ Gastritis/ Indigestion	Gelusil, Nexpro 40 / Pan 40
Acute Vomiting	Ondem 4 mg, Domstal
Giddiness/ Travel/ Motion sickness	Avomine 25 mg SOS
Mouth Ulcers	Zyttee ointment locally
Stomach pain/ Colic intestine/ Renal	MefalSpas
Antibiotic for infections	<i>strictly under Doctors' supervision</i> Azithromycin Azee 500 mg (throat, lungs-once day-3 days); Cifran 500 mg (stomach infections)
First Aid Kit: Cotton, Band-Aids, alcohol swabs, micropore tape, Crepe bandages, Sterile dressings-gauges multiple sizes, Betadine Crepe bandages, wrist band, knee cap for sprains and local pain in joints	
Devices: BP Monitor; Oxymeter; Thermometer; Steamer, Glucometer for Diabetes	

Note: Be mindful of keeping medicines under the right temperatures. Cool, closed and dark places are most suitable, some need to be refrigerated. Please read instructions for storage for all medicines. Keep track of any allergies you may have to any of the above.

Disclaimer: The above list of medicines may be taken after approval of your doctor. These do not account for any history or allergies you may have. Some are to be taken under doctor's supervision only.