Home remedies can be just as useful as medicine from a pharmacy.

Class Objective : I will be able to discuss the given topic.

Concept A: Introduction.

Home remedies is a form of medication that is made using simple products, spices, that are usually available at home. There is no guarantee that the person will get cured. The effectiveness is not proven and the medication is given based on belief and trust and not with any prescription or professional supervision. It is usually given to manage known symptoms and to resolve minor health ailments. Eg-herbal teas, essential oils, use of turmeric, ginger etc

Medicines prescribed from the doctors that are bought from pharmacies are tested and proven to cure illness and ailments.

Concept B: Vocabulary

- OTC drug- it is sold directly to a consumer without a requirement for a prescription from a healthcare professional or a doctor.
- Prescription -an instruction written by a medical practitioner that authorizes a patient to be issued with a medicine or treatment.
- Antibiotics- are medicines that fight bacterial infection
- Side Effects- a secondary, typically undesirable effect of a drug or medical treatment.
- Overdose- an excessive and dangerous dose of a drug.
- Self-medication- the act of taking medicine or drugs to help you with a condition without asking a doctor.
- Administration- the action of dispensing, giving, or applying something.
- Effectiveness-success rate

Concept C: Home Remedies are useful

- They have been there historically in all families.
- Our grandmas and great grandmas followed it and have passed it on to next generations.
- We can use it for simple ailments like headaches etc.
- It is more of a belief and trust which gives us comfort when we use home remedies for our illness.
- It is available easily and is in almost all Indian kitchens.

- In case of a simple cough, fever, cold or a headache the normal OTC drug does help , however if the condition worsens, it is always better to consult a doctor.

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