

## Course of Treatment - Precautions

The medicines used during the course of treatment will be of various kinds. **They are 1.Main dose 2.Regular dose and those in 3.Medicines kit.**

1.The **Main dose** is administered periodically on a chronic basis after analysing the health condition of the patient on a whole which targets the patient's main sufferings and their recurrence.

### **Precautions:**

As far as dietary precautions are concerned, the patient's should not take anything except plain water and milk within 2 hours before taking the main dose. Likewise they should not sleep atleast for 3 hours after taking the main dose. The next 24 hours following the taking of maindose is very crucial as far as picking up of the action of maindose and taking hold of the economy by it is concerned. Hence the individual should be on absolute bland diet during this period to avoid disturbances of any sort. This bland diet includes milk-rice, milk-bread, roti's made of wheat flour (i.e., chapathi or pulka) without any salt, hot (pepper or green chillies), bitter or sour ingredients. Apart from these sprouts of green gram, black eyed pea (alatsanda) as well as juicy mixture of flour of finger millet (ragi), yellow jowar, pearl millet (sadza) and water can be taken. Along with these plain cake (without any icing or flavours like vanilla, strawberry, butterscotch etc.) can be consumed. People without any cold catching tendency, asthma and cough can take rice-butter milk. Those who are not ascertained diabetics can take milk-sago, milk-vermicelli, milk-parched rice. Another most important aspect is that the individual should be free from physical or mental excitement or emotions during this period and even the subsequent days during the treatment as long as possible. As far as menstruating women are concerned, they should not take main dose 48-72 hours before the onset of menses as well as during the menses period. They can take it 48-72 hours before the onset or after the cessation of menses. After this 24 hours period following the intake of main dose, the individuals should follow the diet and regimen as advised by their physician.

2.The **Regular dose** which is to be taken regularly once, twice or thrice daily basing on the health conditions of the individual. This is given to nullify, as far as possible, the unnecessary conditions which arise from the violations of the diet and regimen on part of patient so that the curative action of main dose goes ahead uninterruptedly.

### **Precautions:**

Coming to the instructions following that 24 hours period, one should refrain from taking anything half-an-hour before or after taking the regular dose. Though there is no need of drinking water along with medicine, water can be consumed if they feel thirsty. No medicine should be touched with hand. They can be taken using the cap of the bottle. The medicine should be dissolved by gently rubbing it with tongue against palate if the pills size is small or else if large pills or tablets are given they should be chewed and dissolved as said before. **The regular dose should be taken as per the directions given on the bottle. X-X-X on the bottle indicates morning - afternoon - evening. Also X suggests the actual amount of medicine i.e., dose to be taken at that time as for example if it is written 0 - 0 - 1, it is meant that no medicine is to be taken in the morning as well as afternoon and one tablet to be taken in the evening.** Similarly if it is written 1 - 0 - 0, one tablet to be taken in the morning whereas nothing is necessary in the afternoon and evening. People who are undergoing treatment for chronic

diseases particularly should use sugar of milk powder with a new unused tooth brush for cleaning the teeth instead of other ordinary or medicated tooth pastes or powders. **In case of non-availability of sugar of milk powder they should clean the teeth once or twice, as is their habit, with the plain tooth brush, but in no instance they should use neem twigs, salt or any others (even so-called homoeopathic tooth pastes).** Likewise one who is under treatment should be as far away as possible to strong odours like camphor, perfumes, incense sticks, naphthalene balls as well as flowers which bear strong smell. Last but not the least, persons who are under treatment should not use vicks or any other pain balms, turmeric paste etc., as external applications or ointments as well as domestic remedies such as pepper-milk, turmeric-milk etc., for complaints such as cold, cough and pains etc.,.

3.The third among them are the medicines given in the *medicines kit (furnished in glass bottles)* with numbers over them to be taken only upon the directions of concerned physician for conditions like cold, cough, fever, diarrhoea or pains on a temporary (short-term) basis.

**Precautions:**

**The amount of medicine i.e., the dose to be taken, number of doses, frequency of repetition of dose should be strictly as per the instructions of the physician. Medicines used indiscriminately without the consultation or beyond the specifications of physicians may turn detrimental to the individual.**In the same way medicines should be kept distant from strong odours, heat, light as well as radiation from mobiles or other electronic items. **Except in emergencies where there is no time to consult their concerned physician or in any case of non availability of physicians, people (particularly under chronic treatment) should not use any other conventional or even homoeopathic medicines other than those prescribed by their physicians.**