ANALGESIC

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While there are many medications used to treat various illnesses, one of the most common and is tend to be misused is analgesic. Analgesic or painkiller belongs to a group of drugs used to relieve pain (analgesia). An analgesic drug acts on the peripheral and central nervous system in different ways to achieve freedom from pain.

Some of most popular analgesia are paracetamol, known in North America as acetaminophen (example: Tylenol), nonsteroidal anti-inflammatory drugs or NSAIDs like salicylates, and the opioid drugs like morphine and oxycodone. Acetaminophen can be bought without prescription but a variety of opioid can be bought only with prescription.

In the Philippines, the most common are Biogesic for adults, and Tempra for children. These are commonly used to treat fever but their analgesic effects are present since headache and body pains are also relieved. Taking the medicine is advised on a full stomach although there are some analgesics that can be taken in without food. Their manufacturers would claim that their product can be taken in an empty stomach without any worry of upsetting it.

Nevertheless, it is still better to be safe in taking analgesics. Be mindful of its side effects. Common side effects of this drug includes constipation, drowsiness, dizziness, upset stomach, ringing in the ears, skin itching or rashes, and dry mouth. When you experience any of the side effects, stop taking the medicine immediately and see a doctor.

Analgesic, although an over the counter drug should not be misused or overused. It is important to understand that medicines should be taken in mindfully. If you can
tolerate the pain, it is better not to take analgesics. You may resort to other non-drug solution such as applying a warm compress in the area of pain, massaging the painful body part, doing reflexology, diverting your attention to music, for example, and many other alternative solutions.

Taking analgesic is not bad per se, but if you can at least refrain from it, for future more painful agonies, where it is truly required, then, that would be better.

References:

