CAM Treatment and Home Remedies: Analytical Essay

The two health conditions that were chosen to discuss are headaches and nausea. When it comes to headaches and nausea there are many different types of medications that individuals can take to help reduce those health conditions. One of the medications that can be used to help relieve headaches is Tylenol which has an analgesic that helps reduce pain and was first developed in Philadelphia by a college graduate named Robert McNeil in 1879. Tylenol(2019). When Tylenol was first introduced it was for children and was called Tylenol Elixir. 1959, the Food and Drug Administration (FDA) approved Elixir for over-the-counter (OTC) sales, and two years later, an adult version of Tylenol hit pharmacy shelves." 'Tylenol'(2019), Using Tylenol has been proven to help relieve headaches and it comes in many different forms, some of these are pills, liquid, tablets that range from children to adults and different milligrams (strength). However, there are some mild and serious side effects of taking too much Tylenol. Some of these are "nausea, upper stomach pain, itching, loss of appetite; dark urine, clay-colored stools; jaundice (yellowing of the skin or eyes). In rare cases, Tylenol may cause a severe skin reaction that can be fatal" Ogbru (2020). Tylenol can affect liver and kidney functions due to acetaminophen, skin reddening, blisters, rash or may cause swelling in the face, tongue, and throat. When taking Tylenol, it is recommended not to consume alcohol as it can result in negative effects. If an individual takes alcohol and Tylenol they may have serious side effects some of these may include serious liver damage, the liver is not able to break down Tylenol as fast which will not relieve an individual's headache which may result in taking more medication, it can also lead to liver failure which can result in death, pressure on the brain, abnormal bleeding, or swelling. ("The Recovery Village" 2020). Today Tylenol is the most used pain medication throughout the world.

Another alternative for relieving headaches is Ibuprofen. Ibuprofen is an anti-inflammatory drug that is also able to help reduce headaches. Ibuprofen falls under the category of (NSIDs) Nonsteroidal anti-inflammatory drugs. Ibuprofen was first developed by two individuals, "one who was a pharmacist and pharmacologist Stewart Adams and chemist John Nicholson in 1953. It was developed in the United Kingdom (UK)". (Connelly, 2017). This type of medication sometimes provides faster pain relief than Tylenol. It also comes in the form of liquid or pill. It may come in a variety of different dosages. When individuals take Ibuprofen there can be minor to severe side effects, some of these may include "Abdominal pain, diarrhea, difficulty having a bowel movement (stool), excess air or gas in stomach or intestines, full feeling. heartburn, indigestion, itching skin, pain or discomfort in chest, upper stomach, pale skin, passing gas, nausea, lesions on the skin, shortness of breath, swelling of face, fingers, hands, feet, lower legs, or ankles, troubled breathing at rest, troubled breathing, unusual bleeding or bruising, unusual tiredness or weakness, vomiting, or weight gain." 'Drugs '(2019),

Some of the pros of taking Ibuprofen and Tylenol pain release and being able to continue daily life. When individuals have constant pain, it can lead to discomfort, not being able to sleep and could lead to other health problems that might need medical attention. When it comes to pain individuals have many different options to choose from. It is important that individuals do proper research to decide what pain medication is best for them. Some of the cons of Ibuprofen and Tylenol are the possible long term side effects as listed above.

Which then leads me to some of the home remedies that can be used to reduce headaches with little to no side effects. The first home remedy that can help reduce headaches is drinking more water. When reading the article “How to recognize a dehydration headache” (Medical News Today”, 2004-2020) discusses how the body needs to be properly hydrated throughout the day and that the body is always losing water rather it is from urinating or sweating. Medical News Today (2004-2020) According to the article dehydration headaches are formed when there is not enough fluid in the brain which may cause the brain to pull away from the skull causing pain. (“ Medical News Today”, 2004-2020). Some of the signs of dehydration headache are increase of thirst, dizziness, low blood pressure. (“Medical News Today”, 2004-2020) This is probably the best even though individuals will be using the restrooms more there are some other side effects such as being overhydrated. When an individual is overhydrated there can be some negative side effects that can lead to some bigger health problems some of these problems consist of nausea, vomiting, headache, confusion, disorientation. In some cases, overhydrated can lead to some other serious health conditions such as low levels of sodium in your blood. muscle weakness, spasms, cramps, seizures, unconsciousness, coma. “Health Line ' (2005-2020

The second remedy for headaches is by applying an apple cider vinegar compress (ACV). ACV is made up of apples and yeast. The way that this home remedy is used is by applying an ACV compress is used is by applying “1/4 cup of ACV, roughly 3 cups of boiling water, 1 cup of fresh cool water. Pour ¼ cup of ACV into a large bowl, and then fill the bowl halfway with boiling water. Place a towel over your head so that it drapes over the bowl, trapping the steam, and hold your face over it. Make sure your face isn’t so close that it gets burned by the steam. Do this for 5-10 minutes, or when the water starts to cool down, breathing in and out deeply the whole time.” When you’re done, use the towel to pat your face dry, and go drink a glass of cool water” ('Everyday Roots ', 2014). One of the negatives when it comes to this is individuals may burn their faces if the water splashes, or if they get to close to the pot of boiling water causing the water to spill which can lead to burns that may need medical attention. One of the ways that AVC may help relieve headaches is because apple cider vinegar has a lot of potassium “Apple Cider for headaches” (2005-2020) when an individual has low potassium this may result in a headache, some of the other side effects of low potassium are insomnia and poor circulation. Thomas (2011). Another way that apple cider vinegar is able to help relieve is able to headaches is because it is rich in nutrients and enzymes that find the root of the problem and suppresses it. ACV is also high in anti-bacterial, anti-viral, anti-septic, and anti-inflammatory which can all help when it comes to relieving headaches. Sruthika (2017) Some of the negatives of ACV is too much can cause digestive problems, ruin tooth enamel, throat burn or can interfere with other medication such as diabetes, digoxin. Spritzler (2016)

When comparing the OTC medication, over-usage there may be a lot of side effects that can be a result of over usage. Even though the headache is gone it can lead to other long term effects. We have learned throughout the semester that when it comes to OTC medication it doesn’t fix the root of the problem it simply masks them. After doing research on Tylenol and Ibuprofen there are similar side effects when it comes to medical uses. Even though both OTC medications are proven to release headaches there can some negatives of taking these medications on a regular basis. When it comes to OTC medications our bodies builds resistance leading towards stronger or more medication.

When doing research on home remedies research showed many different types of remedies that are able to help releases headaches and with very little to no side effects. However, there

are some negatives when it comes to home remedies. They are not as extreme as OTC medication. It is for this reason home remedies can be a better alternative when it comes to relieving minor health issues. When it comes to home remedies and OTC medication it is best for individuals to do proper research. In order for individuals to see what the best thing for them. Individuals should take into consideration of the possible side effects of OTC medication and home remedies.

The second health condition that will be discussed is nausea. One of the medications that can be taken for nausea is Pepto-Bismol. Pepto-Bismol is an OTC medication that is used to help individuals with nausea. Some of the side effects of Pepto-Bismol can be the darkening of stool, discoloration of the tongue, “fast heartbeat, dizziness, lightheadedness, serious side effects occur ringing ears, hearing loss, individuals may have bleeding from the stomach or intestines, vomit that looks like coffee grounds, black/tarry/bloody stools, persistent stomach/abdominal pain. including rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, or trouble breathing.” 'Allmedicinedata'(2020). Pepto-Bismol comes in many different forms some of these include tablets, chewable, and most common is liquid. Pepto-Bismol was created by a doctor living in New York 'The History of Pepto' (2020) it was created to help relieve multiple illnesses the most common is nausea.

The second remedy for nausea is Alka Selzer was made in Elkhart, Indiana by a man named Hub Beardsley. It became popular during the 1930s and started slowing down in popularity in the 1960s. Zorn (2014) Some common side effects heartburn, stomach cramps, vomiting, gas, swelling of the abdomen, rupture in the wall of the stomach or intestine, hives, seizures, trouble breathing, wheezing, skin rash, black tarry stools, bleeding gums, decreased appetite, drowsiness, erythema or skin redness, indigestion, itching, nosebleed, ringing in the ears. 'WebMD' (2005-2019)

Some of the natural or holistic ways that an individual is able to help nausea is by the use of ginger or using more basil in their diet. Ginger can be prepared in tea to reduce or relieve the stomachache. When making ginger-infuses tea individuals will need roughly three quarter size pieces of gingerroot and two cups of boiling water. Ginger has gingerols and shogaols have anti-inflammatory and pain-relieving effects. 'Healthline' (2005-2020)There may be different forms that ginger can come in some of these maybe in pill, tea, jell, or in essential oils. Research has been able to prove that ginger is able to reduce nausea. One of the negative side effects of using ginger oil is, if the oil is not diluted it can cause skin to become irritated. Other side effects of taking too much ginger may result in heartburn, gas, diarrhea, or rashes, upset stomach. Ginger is native to Asia. 'Healthline' (2005-2020)

The second home remedy is basil. Basil can be boiled in hot water to make a tea once digested the basil is able to help reduce nausea. One of the side effects when it comes to using basil is, it can increase the likelihood of developing liver cancer due to estragole which is one of the compounds in the herb.Basil herb and basil oil contain estragole. Estragole is a chemical that might increase the risk of getting liver cancer.Basil herb and basil oil contain estragole. Estragole is a chemical that might increase the risk of getting liver cancer.Basil herb and basil oil contain estragole. Estragole is a chemical that might increase the risk of getting liver cancer.'WebMD' (2005-2019)

Some of the negatives of taking OTC medications are the side effects that might occur. When doing research on Pepto-Bismol and Alka Selzer they had similar side effects. Some of these

side effects where serious health issues. When the medication was not taken as instructed and can require medical attention. When finding home remedies to relieve nausea there was very little side effects that can occur. Some of the worse side effects of home remedies that might occur is heart burn, gas, rashes or can cause liver cancer due to the amount of estragole found in basil. The best thing about the home remedies is that they can be grown and are not hand made. It is because of these negative side effects of OTC medication that home remedies should be taken into consideration when it comes to stomachaches or other minor health conditions.

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