

## **Painkillers**

Headaches and muscular pains are common. For relief, many people take painkillers containing a drug known generically as paracetamol which is safe and effective and can be purchased over the counter. Paracetamol is also known as acetaminophen.

But excessive amounts of this drug can lead to addiction or damage to body organs. Habitual consumption may also lead to what is called "Medication Overuse Headache", meaning that the more you take, the more severe the headache.

The causes of pain are many. It may be brought about by various diseases, infections, physical, psychological and other disorders which paracetamol may not relieve.

If the pain persists for more than three days in spite of the paracetamol, see a doctor quickly.

Many pain relievers contain not only paracetamol but other substances as well that may induce addiction or cause organ damage. It is advisable to consult a pharmacist before taking them.