

Supplementary Table 1. Type of home remedies, medicine (self-medication) used and other actions for individual symptoms

Symptom	Type of home remedy (number of mentions)	Type of medicine (number of mentions)	Type of other action (number of mentions)
Cough	Tea, with or without milk (37) Boiled egg (8) Green tea (6) Poppy legume tea (5) Honey and black pepper (2) Gargles with a solution of salt in water (2) Stock of black chick peas (1)	Cough syrup (45)	Herbal tea 'Joshanda®' (9) Herbal cough syrup (8) Lozenges (4)
Sneezing	Tea, with or without milk (14) Green tea (3) Ginger dessert (2) Boiled egg (2) Ginger tea (1) Poppy legume tea (1)	Nasal drops (4) Antiallergic (20)	Herbal tea 'Joshanda®' (14) Homoeopathic medicine (1) Steam (1)
Sore throat	Gargles with a solution of salt in water (42) Tea, with our without milk (17) Green tea (3) Fluids (2) Fennel tea (1)	Paracetamol containing products (20) Amoxicillin (14) Levofloxacin (4) Erythromycin (3) Azithromycin (1)	Lozenges (18) Herbal tea 'Joshanda®' (15) Steam (3) Homoeopathic medicine (1) Avoiding dairy food (1)
Back/neck pain	Tea, with or without milk (12) Mixture of milk, egg and turmeric (3) Boiled egg (2)	Paracetamol containing products (17) Mefenamic acid containing products (14) Ibuprofen containing products (13) Diclofenac containing products (9) Flurbiprofen (1)	Massage, with or without oil (12) Topical ointment (8) Pressing (4) Herbal ointment 3) Rest (3) Heat therapy (1) Massage, with or without oil (2)
Headache	Tea (94) Coffee (4)	Paracetamol containing products (101) Aspirin (25) Mefenamic acid containing products (20) Ibuprofen containing products (8) Propyphenazone (7) Diclofenac containing products (5) Alprazolam (3)	Pressing (28) Massage with or without oil (3) Covering head (2) Homeopathic medicine (1) Music (1) Walk (1) Vision testing (1) Glucose drink (1)

		Orphenadrine (1)	
Toothache	Clove (6) Alum (1)	Flurbiprofen (10) Antibiotic (4) Ampicillin 1) Aspirin (1)	Medicated toothpaste (6) Mouthwash (5)
Cut	None reported	Povidone iodine (3) Antibacterial cream/ointment (3)	Bandage/plaster (7) Applying spirit (2) Applying lubricant oil (1) Herbal ointment (1) Applying Vaseline (1)
Bruise	None reported	None reported	None reported
Sprain	Applying mixture of oil and turmeric (2)	Aspirin (1) Mefenamic acid (1)	Topical balm (6) Herbal ointment (1) Herbal medicine (1) Massage, with or without oil (1) Rest (1)
Menstrual pain	Tea, with or without milk (11) Warm milk (4) Boiled egg (2) Hot water and honey (1) Cinnamon and mint tea (1)	Paracetamol containing products (6) Ibuprofen (1) Diclofenac (10) Orphenadrine (1)	Homeopathic medicine (2) Heat therapy (1) Rest (1)
Diarrhoea	Ispaghula (psyllium) husk (7) Mint and <i>Ajwain</i> seeds (Carom or bishop weed; <i>Trachyspermum ammi</i>) tea (3) Bananas (3) Green tea (3) Green chilli seeds (2) Fennel (1)	Metronidazole (15) Activated attapulgit (4) Hyoscine butylbromide (3) Loperamide (2) Omeprazole (2)	Herbal mixture (4) Homeopathic medicine (2) Electrolyte replacement (2) Herbal gripe water (1) Skipping meal (1)
Vomiting	Lemon drink (2) Green tea (1) Carbonated drink (1)	Dimenhydrinate (1) Domperidone (1) Dotaverinum (1)	Herbal gripe water (1) Homeopathic medicine (1)
Skin rash	None reported	Antiallergic (3)	Mineral mask (1) Oil massage (1) Bath (1)
Nervousness	None reported	None reported	Prayers/recitation (1) Rest (1) Watching television (1)
Fever	Tea, with or without milk (22) Warm milk (2) Stock (2) Coffee (1)	Paracetamol containing products (63) Mefenamic acid containing products (10)	Herbal tea ' <i>Joshanda</i> ' (3) Rest (2) Cold water bandages (1)

		Ibuprofen containing products (3)	
Low energy	Fruit, fruit drink and juice (14) Milk (9) Tea (9) Egg (3) Taking proper meals (2)	Calcium containing products (3)	Multivitamins (8) Energy drink (3) Massage, with or without oil (2) Glucose drink (1) Prayers/recitation (1)
Allergy	Gargles with a solution of salt in water (11) Tea (1)	Antiallergic (12)	Herbal tea ' <i>Joshanda</i> [®] ' (1) Lozenges (1) Multivitamins (1)
