

Navigating Self-Medication

About the book

This book takes us on a journey that circles the globe, as the authors figuratively describe it, but it also takes us on a journey within ourselves. It explores how we confront symptoms and illnesses, the individual processes we employ to alleviate these situations, and the ways in which we commit to medicinal treatments. Therefore, the book offers a profound reflection that challenges readers to examine their relationship with medication. Simultaneously, it provides a philosophical and epistemological perspective on the role of medication in contemporary society.

From the Behavioral Sciences

Self-medication behavior is influenced by both the genetics (and phylogenetic history) and the environment (and ontogeny) of each individual, whether human or other animal species. While it might seem intuitive, it is incorrect to assume that human self-medication is entirely learned while animal self-medication is purely innate.

Human self-medication likely carries a genetic component, though this aspect is not yet well-established or extensively researched. Conversely, there is already evidence of learned self-medication (including cultural transmission) in individuals of other species, such as the South American coati.

From the social sciences

Households serve as crucial spaces for the production and reproduction of knowledge, where scientific, biomedical, and pharmacological insights are either rejected or accepted (Cárdenas, 1998; Dew et al., 2014). The knowledge within a household can stem from generational traditions, wisdom acquired in other significant environments such as work and school, and insights from close-knit social circles. Furthermore, the internet and both mainstream and alternative media play a significant role. Individuals, whether leaders or those experiencing illness, actively seek information, sharing not only their personal experiences but also consulting available resources and their support networks.



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