

COMMON HEALTH AND SKIN DISEASES DATASET

1. ACNE

Description:

Acne is a common skin condition where hair follicles become clogged with oil and dead skin cells.

Symptoms:

- Pimples
- Blackheads
- Whiteheads
- Oily skin

Causes:

- Hormonal imbalance
- Excess oil production
- Bacteria
- Stress

Treatment:

- Topical creams
 - Antibiotics
 - Proper skincare
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2. ECZEMA (ATOPIC DERMATITIS)

Description:

Eczema is a chronic inflammatory skin condition causing itching and redness.

Symptoms:

- Itchy skin
- Red rashes
- Dry and cracked skin

Causes:

- Genetic factors
- Allergies
- Environmental triggers

Treatment:

- Moisturizers
- Steroid creams
- Avoiding allergens

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3. PSORIASIS

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Description:

Psoriasis is an autoimmune disease that causes rapid skin cell buildup.

Symptoms:

- Red patches with silvery scales
- Dry skin
- Burning sensation

Causes:

- Immune system disorder
- Genetics
- Stress

Treatment:

- Topical treatments
- Light therapy
- Oral medications

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4. VITILIGO

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Description:

Vitiligo causes loss of skin pigmentation.

Symptoms:

- White patches on skin
- Hair whitening

Causes:

- Autoimmune condition
- Genetic factors

Treatment:

- Phototherapy
- Corticosteroids

5. FUNGAL SKIN INFECTIONS

Description:

Caused by fungal growth in moist areas of the body.

Symptoms:

- Ring-shaped rashes
- Itching
- Redness

Causes:

- Poor hygiene
- Excess moisture

Treatment:

- Antifungal creams
 - Oral medication
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6. DIABETES

Description:

A chronic condition affecting blood sugar regulation.

Symptoms:

- Frequent urination

- Fatigue
- Increased thirst

Causes:

- Insulin resistance
- Genetics

Treatment:

- Insulin
 - Diet control
 - Exercise
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7. HYPERTENSION

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Description:

High blood pressure condition.

Symptoms:

- Headaches
- Dizziness

Causes:

- High salt intake
- Obesity

Treatment:

- Lifestyle changes

- Medication
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8. ASTHMA

Description:

A respiratory condition where airways become inflamed.

Symptoms:

- Wheezing
- Shortness of breath

Causes:

- Allergens
- Pollution

Treatment:

- Inhalers
 - Avoiding triggers
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9. DERMATITIS

Description:

Skin inflammation due to irritation or allergy.

Symptoms:

- Redness

- Itching
- Swelling

Treatment:

- Topical ointments
- Avoid irritants

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10. ROSACEA

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Description:

A chronic facial skin condition.

Symptoms:

- Facial redness
- Visible blood vessels

Causes:

- Heat
- Stress

Treatment:

- Antibiotics
- Gentle skincare

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11. MELANOMA

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Description:

A serious type of skin cancer.

Symptoms:

- Irregular moles
- Dark spots

Causes:

- UV radiation
- Genetics

Treatment:

- Surgery
- Chemotherapy

12. DANDRUFF

Description:

Scalp condition causing flaking.

Symptoms:

- White flakes
- Itchy scalp

Causes:

- Dry skin
- Fungal growth

Treatment:

- Medicated shampoos
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13. URTICARIA (HIVES)

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Description:

Sudden skin reaction causing welts.

Symptoms:

- Raised itchy bumps
- Redness

Causes:

- Allergic reactions

Treatment:

- Antihistamines
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14. ANEMIA

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Description:

Low red blood cell count.

Symptoms:

- Fatigue

- Pale skin

Causes:

- Iron deficiency

Treatment:

- Iron supplements

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15. CORONARY HEART DISEASE

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Description:

Heart condition due to blocked arteries.

Symptoms:

- Chest pain
- Shortness of breath

Causes:

- High cholesterol
- Smoking

Treatment:

- Medication
- Lifestyle changes

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