|  |  |  |
| --- | --- | --- |
| **Diseases** | **Symptoms** | **Suggestions** |
| Fever | * Chills and shivering. * Headache. * Muscle aches * Dehydration. * General weakness. | * Drink plenty of fluids, particularly water. * Sponge exposed skin with tepid water. * Avoid taking cold baths or showers. * Take paracetamol or ibuprofen in appropriate doses to help bring your temperature down. |
| Nausea | * Feeling like you are about to vomit. * Stomach ache. * Uneasy feeling in your chest, upper abdomen, or back of your throat. * Repeated rhythmic contractions of respiratory and abdominal muscles that happen without your control (retching) | * Drink clear or ice-cold drinks. * Avoid fried, greasy, or sweet foods. * Drink ginger or peppermint tea. * Do not mix hot and cold foods. * Medicines that must consume are Bismuth subsalicylate (Pepto-Bismol,Kaopectate) |
| Sprain | * Joint pain or muscle pain * Swelling * Joint stiffness * Discoloration of the skin,especially bruising | * Compress the area with an elastic wrap or bandage. * Rest the injured limb. * Ice the area immediately. * Medicine-Naproxen sodium(Aleve). |
| Stroke | * Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body. * Sudden trouble walking, dizziness, loss of balance. * Difficulty speaking | * Dont overdo physical activities. * Try to avoid getting more tensed. * Get plenty of rest. * Choose stressless environment. * Medication for stroke-Alteplase. |
| Anxiety | * Feeling restless,wound-up,or on-edge * Being irritable * Difficulty controlling feelings of worry * Having sleep problems,such as difficulty falling or staying asleep * Being easily fatigued. | * Practice deep breathing. * Meditate and practice mindfulness. * Quit smoking and avoid alcohol. * Avoid intake of medicines. |
| Flu | * A sudden fever – a temperature of 38C (100.4F) or above. * A dry, chesty cough. * Tiredness and weakness. * Limb or joint pain. * A headache. | * Drink Gargling warm salt water. * Take a steamy shower. * Consume the fruits which are rich in Vitamin C. * Intake the antiviral like-Tamiflu or Relenza. |
| Obesity | * Back and/or joint pains. * Excessive sweating. * Infections in skin folds. * Snoring. * Feeling isolated. | * Reduce the intake of fast foods and ready-made foods. * Increase the consumption of whole grains and other high fiber foods such as fresh fruits and vegetables. * The primary prevention for obesity is incorporation of diet and exercises. * Take a medicine Bupropion-naltrexone (Contrave), Liraglutide (Saxenda), Orlistat (Alli, Xenical) |
| Autism | * Gets upset by minor changes * Has obsessive interests * Difficulty with communication and interaction with other people * Repetitive behaviors | * Consume dates,beans,nuts and seeds which helps fights inflammation in the body. * Take fruit such as avocados, berries, kiwi fruit, grapes. * Try to consume brown rice and brown bread. * Therapy recommended is Speech and Language therapy. |
| Asthma | * Breathing faster,Infections in skin folds. * Being too breathless to eat, speak or sleep * Chronic cough and chest tightness becoming severe and constant. * Blue lips or fingers. | * Consume Beta Carotene-rich vegetables,such as carrots and leafy greens,Magnesium-rich foods,such as spinach and pumpkin seeds. * Try to take Citrus fruit juices. * Avoid eating spicy foods. * Take a medicine-Inhaled corticosteroids. |
| Dengue | * Nausea, vomiting. * Sore throat. * Red eyes * Facial flushing. * Aches and pains (eye pain, typically behind the eyes, muscle, joint, or bone pain) | * As platelet count comes down in dengue patients,papaya leaf juice is a great remedy to increase platelet count. * Consume immunity boosting foods. * Prevent dehydration -The patient can drink more coconut water besides other rehydration drinks. * Take Acetaminophen(paracetamol) do not take aspirin or ibuprofen. |