

1. Blood Pressure (BP)

- **High BP (Hypertension):**

- Headaches
- Shortness of breath
- Nosebleeds
- Chest pain
- Vision problems
- Dizziness

- **Low BP (Hypotension):**

- Dizziness or lightheadedness
- Fainting
- Blurred vision
- Nausea
- Fatigue
- Lack of concentration

2. Sugar (Diabetes)

- Frequent urination
- Increased thirst
- Extreme hunger
- Unexplained weight loss
- Fatigue
- Blurred vision
- Slow-healing sores
- Frequent infections

3. Thyroid

- **Hypothyroidism:**

- Fatigue
- Weight gain
- Cold intolerance
- Dry skin and hair
- Constipation
- Depression

- **Hyperthyroidism:**

- Weight loss
- Rapid heartbeat
- Nervousness or irritability
- Sweating
- Tremors
- Sleep disturbances

4. Joint Pain

- Swelling in joints
- Stiffness, especially in the morning
- Redness around joints
- Limited range of motion
- Warmth around the affected area

5. Lungs

- Shortness of breath
- Persistent cough
- Chest pain
- Wheezing
- Fatigue
- Frequent respiratory infections

6. Liver

- Jaundice (yellowing of the skin and eyes)
- Abdominal pain and swelling
- Chronic fatigue
- Dark urine
- Pale stool color
- Nausea or vomiting
- Loss of appetite

7. Kidney

- Fatigue
- Swelling in ankles and feet
- Urination changes (frequency, color)
- Shortness of breath
- Persistent itching
- Nausea and vomiting
- High blood pressure

8. Kidney Stones

- Severe pain in the back, side, or lower abdomen
- Pain during urination
- Pink, red, or brown urine
- Cloudy or foul-smelling urine
- Nausea and vomiting
- Urgency to urinate

9. Skin

- Itching
- Rashes

- Dryness or scaling
- Redness
- Swelling
- Blisters or sores
- Changes in skin color

10. Piles (Hemorrhoids)

- Pain or discomfort during bowel movements
- Itching or irritation in the anal region
- Swelling around the anus
- Bleeding during bowel movements
- Lump near the anus

11. Gastric/Gut Health

- Bloating
- Gas
- Diarrhea or constipation
- Abdominal pain or cramps
- Heartburn
- Nausea or vomiting

12. Female Issues

- Irregular periods
- Menstrual cramps
- Vaginal discharge
- Hot flashes (menopause)
- Mood swings
- Fatigue
- Breast tenderness

13. Male Issues

- Erectile dysfunction
- Low testosterone levels
- Premature ejaculation
- Infertility
- Prostate problems
- Fatigue
- Decreased muscle mass

14. Cervical

- Neck pain and stiffness
- Headaches
- Numbness or tingling in the arms or hands
- Weakness in the arms, hands, or legs

- Loss of coordination

15. Slip Disc

- Lower back pain
- Pain radiating down the legs (sciatica)
- Numbness or tingling in the extremities
- Muscle weakness
- Difficulty in movement

16. Viral Infection

- Fever
- Fatigue
- Body aches
- Sore throat
- Runny nose
- Cough
- Headaches

17. Bacterial Infection

- Fever
- Swelling or redness
- Pus or discharge
- Fatigue
- Pain at the infection site
- Cough (if respiratory)

18. Urine Problems

- Burning sensation during urination
- Frequent urge to urinate
- Cloudy or strong-smelling urine
- Blood in urine
- Lower abdominal pain
- Inability to empty the bladder fully

19. Brain Tumor

- Persistent headaches
- Nausea or vomiting
- Vision problems
- Balance issues
- Seizures
- Cognitive or personality changes

20. Cancer

- Unexplained weight loss
- Fatigue

- Persistent pain
- Skin changes
- Unexplained bleeding or bruising
- Lumps or swelling
- Persistent cough or trouble breathing

21. Hair Products (Side Effects)

- Scalp irritation
- Hair loss or thinning
- Dryness
- Itching
- Allergic reactions (redness, swelling)

22. Varicose Veins

- Pain or aching in the legs
- Swelling in the legs or ankles
- Visible veins that are dark purple or blue
- Itching around the veins
- Heaviness in the legs
- Skin ulcers near the ankles

23. Brain

- Headaches
- Memory loss
- Difficulty concentrating
- Dizziness
- Balance problems
- Seizures

24. Obesity

- Shortness of breath
- Joint pain
- Fatigue
- Sleep apnea
- High blood pressure
- High cholesterol

25. Autism

- Delayed speech development
- Difficulty in social interactions
- Repetitive behaviors
- Sensitivity to sensory input
- Difficulty understanding emotions
- Limited interest in activities

26. Inflammation

- Swelling
- Redness
- Pain
- Heat
- Loss of function in the affected area

27. Paralysis

- Loss of movement in part or all of the body
- Numbness or tingling
- Muscle weakness
- Lack of coordination
- Loss of bladder or bowel control

28. Mental Health

- Persistent sadness or anxiety
- Mood swings
- Irritability
- Fatigue
- Changes in appetite or sleep patterns
- Difficulty concentrating
- Withdrawal from social activities

29. Thalassemia

- Fatigue
- Weakness
- Pale or yellowish skin
- Facial bone deformities
- Slow growth
- Swelling in the abdomen

Let me know if you need more details or additional issues included!