

# Understanding Typhoid



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data.

About Typhoid

Typhoid fever is a bacterial infection caused by Salmonella typhi bacteria. It is transmitted through contaminated food and water or by close contact with an infected person. Typhoid fever is prevalent in regions with poor sanitation and inadequate access to clean water.

Home Remedies

- **Hydration:** Drink plenty of fluids such as water, herbal teas, electrolyte-rich beverages, and oral rehydration solutions to prevent dehydration.
- **Rest:** Get plenty of rest to help your body recover and strengthen the immune system.
- **Pomegranate Juice**
- **Ginger Tea**
- **Mint**
- **Turmeric Milk**

Do's and Don'ts

Do's:

- **Follow Medical Advice:** Adhere to the treatment plan prescribed by your healthcare provider, including taking antibiotics as directed.
- **Maintain Hygiene:** Practice good hygiene by washing hands frequently with soap and water, especially before handling food or eating.

Don'ts:

- **Avoid High-Risk Foods:** Avoid consuming raw or undercooked foods, as well as foods that may be contaminated with Salmonella typhi bacteria.
- **Limit Spicy or Irritating Foods:** Avoid spicy or irritating foods that may aggravate gastrointestinal symptoms.

Dietary Recommendations:

Meal	Recommended Foods
Breakfast	- Plain congee (rice porridge) with ginger and scallions
	- Toast with mashed avocado and boiled egg
Lunch	- Clear vegetable broth with noodles - Steamed vegetables with tofu and brown rice
Dinner	- Baked tofu with roasted vegetables - Lentil soup with whole grain bread and salad