

Patient Details

Patient Name : **Hareesh**

Patient Age : **21 Years**

Report Generated On : **2024-08-13 00:20:54**

Predicted Disease : **Allergy**

Description : **Allergy is an immune system reaction to a substance in the environment.**

Precautions :

- apply calamine
- cover area with bandage
- use ice to compress itching

Recommendations :

- Avoid allergenic foods
- Consume anti-inflammatory foods
- Include omega-3 fatty acids
- Stay hydrated
- Eat foods rich in vitamin C
- Include croqueting-rich foods
- Consume local honey
- Limit processed foods
- Include ginger in diet
- Avoid artificial additives

Diets :

- Elimination Diet
- Omega-3-rich foods
- Vitamin C-rich foods
- Quercetin-rich foods

- Probiotics

Medications :

- Antihistamines
- Decongestants
- Epinephrine
- Corticosteroids
- Immunotherapy