

Q&A FOR MALARIA

| QUESTIONS | | ANSWERS |
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| nlu.md | | domain.yml |
| ## intent: malaria_intro | | response: utter_intro |
| | <ul style="list-style-type: none"> - what is malaria - malaria means what | Malaria is a disease caused by 'Plasmodium' parasites that are transmitted from person to person via female mosquitoes of Anopheles. |
| ## intent: malaria_infection | | response: utter_infection |
| | <ul style="list-style-type: none"> - how do you get malaria - how can one get malaria - how do you get infected with malaria | When an Anopheles mosquito bites an infected person, a small amount of blood is taken which contains malaria parasites. These parasites multiply inside the mosquito and are then transmitted to another person when the mosquito bites. Once bitten, the parasites multiply in the liver, and then infect red blood cells (RBCs). Since plasmodium is a parasite of human blood, it can be transmitted through blood transfusion, organ transplant, or the shared use of needles or syringes. Malaria can also be transmitted from a woman to her unborn baby before or during delivery. |
| ## intent: malaria_symptoms | | response: utter_symptoms |
| | <ul style="list-style-type: none"> - what are the signs of malaria - what are the symptoms of malaria - what symptoms are seen in the malaria patient | The most common symptoms of malaria are: fever, headache, shivering, nausea and vomiting. Malaria may also cause anaemia and jaundice because of the loss of RBCs. Symptoms in severe forms of the disease include very high fever, severe headache, kidney failure, impaired consciousness and coma. |
| ## intent: malaria_cure | | response: utter_cure |
| | <ul style="list-style-type: none"> - is malaria curable - can malaria be cured | Yes, malaria is curable if proper and timely treatment is sought. |
| ## intent: malaria_prevention | | response: utter_prevention |
| | <ul style="list-style-type: none"> - how malaria can be prevented - how can malaria be prevented - how can I prevent myself from malaria - how can I protect myself from malaria - how can I protect myself and my family from malaria | If you live in an area where malaria is a problem, you and your family can prevent malaria by: 1) keeping mosquitoes from biting you, especially by wearing insect-repellent and long-sleeved clothing if out of doors at night. 2) eliminating places around your home where mosquitoes breed. 3) spraying insecticides on your walls to kill adult mosquitoes that come inside. 4) sleeping under bednets. |
| ## intent: malaria_mosquito_id | | response: utter_mosquito_id |
| | <ul style="list-style-type: none"> - how can I recognize the Anopheles mosquito - how can I identify the Anopheles mosquito - how can I identify Anopheles | It is difficult for the untrained eye to recognize Anopheles mosquitoes, especially as they usually bite at night. |

| ## intent: malaria_occurance | | response: utter_occurance |
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| | <ul style="list-style-type: none"> - where does malaria occur - where malaria is found | In 2013, malaria transmission was ongoing in 97 countries and territories, mainly in Africa, Europe and the Middle East. It usually occurs in tropical and subtropical countries where the physical environment and warm temperatures favor the breeding of Anopheles mosquitoes. |
| ## intent: malaria_medicine | | response: utter_medicine |
| | <ul style="list-style-type: none"> - are there medicines to prevent malaria - can malaria be prevented by medicines | Yes there are, but the ideal medicine will depend on factors like the type of malaria parasites active in a given area and drug resistance. You should consult a doctor to determine the recommended medicine to be used. |
| ## intent: malaria_home_remedies | | response: utter_home_remedies |
| | <ul style="list-style-type: none"> - are there home remedies for malaria - what are the home remedies for malaria - can I treat malaria at home | Yes. There are some herbs and remedies such as ginger, turmeric, cinnamon, tulsi, neem, coconut water that you can use to relieve malaria symptoms and recover quickly. However, do not use these herbs as an alternative to standard medical treatment. Instead, talk to your healthcare provider before you try out any home remedy for malaria. |
| ## intent: malaria_ginger | | response: utter_ginger |
| | <ul style="list-style-type: none"> - how ginger helps to tackle malaria - how ginger is effective against malaria | People suffering from malaria may experience symptoms like nausea and vomiting. Several clinical studies show that ginger may be effective against these symptoms. Ginger tea is a famous recipe effective in many conditions. You can make ginger tea by boiling some freshly crushed ginger with a glass of water. Ginger tea goes well with some lemon juice or a spoonful of honey. |
| ## intent: malaria_turmeric | | response: utter_turmeric |
| | <ul style="list-style-type: none"> - how turmeric helps to tackle malaria - how turmeric is effective against malaria | Curcumin, which is one of the main ingredients of turmeric, has shown antimalarial activity against malaria-causing pathogens according to animal studies. Therefore, turmeric may help those suffering from malaria recover fast. There are many ways to use turmeric. You can put turmeric in a glass of warm milk to get the benefits. You can also put turmeric in your foods and dishes. |
| ## intent: malaria_cinnamon | | response: utter_cinnamon |
| | <ul style="list-style-type: none"> - how cinnamon helps to tackle malaria - how cinnamon is effective against malaria | Cinnamon is a common kitchen spice with many beneficial properties. For example, in several labs and animal studies, Cinnamon has shown inhibitory action against malaria-causing pathogens. You can add cinnamon powder to your herbal teas. You can also take the cinnamon powder with a glass of warm water. |

| ## intent: malaria_tulsi | | response: utter_tulsi |
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| | <ul style="list-style-type: none"> - how tulsi helps to tackle malaria - how tulsi is effective against malaria | <p>Tulsi is a famous herb used in the ayurvedic system of medicine. It is known to exert many health effects. The antimalarial activity of tulsi is very well documented in many scientific studies. Tulsi may also boost the immune response against infective pathogens. You can make tulsi tea by boiling fresh tulsi leaves in water. Strain this mixture in a cup and your tulsi tea is ready. You can add a drop of lemon juice or honey for additional taste.</p> |
| ## intent: malaria_neem | | response: utter_neem |
| | <ul style="list-style-type: none"> - how neem helps to tackle malaria - how neem is effective against malaria | <p>Neem has been used against malaria for centuries. Compounds present in neem have shown effectiveness against malarial parasites. Using neem leaves or drinking neem tea may also reduce the chances of contracting malaria. Neem may also help lower the fever and boost the immune system to fasten the recovery. You can drink neem tea or chew fresh neem leaves to get its antimalaria effects. To make neem tea, boil a glass of water. Add some neem leaves to the boiling water. Let it steep for a while. Strain the mixture into a cup. You can flavour it with honey and your tea is ready to serve.</p> |
| ## intent: malaria_coconut_water | | response: utter_coconut_water |
| | <ul style="list-style-type: none"> - how coconut water helps to tackle malaria - how coconut water is effective against malaria | <p>People have been drinking coconut water to feel refreshed and energized. Intake of coconut water may help maintain fluid balance in the body. You can drink coconut water to prevent the dehydration induced by vomiting during malaria.</p> |
| ## intent: malaria_fruits | | response: utter_fruits |
| | <ul style="list-style-type: none"> - how fruits help to tackle malaria - how fruits are effective against malaria | <p>Most fruits are packed with bioactive compounds like anthocyanin, vitamin C, vitamin A, vitamin D and vitamin B complex. They are also full of vital minerals and fibers. Fruits are a source of fluids which can replenish the body to help it recover faster.</p> |