

Comprehensive Guide to Symptoms, Causes and Treatments of Various Diseases

✓ Fever & Infectious Diseases

- **Influenza (Flu)**

- **Symptoms:** High fever, chills, muscle aches, fatigue, cough, sore throat, runny nose.
- **Cause:** Influenza virus.
- **Treatment:** Rest, fluids, antiviral medications in severe cases.

- **COVID-19**

- **Symptoms:** Fever, dry cough, shortness of breath, loss of taste/smell, fatigue.
- **Cause:** SARS-CoV-2 virus.
- **Treatment:** Supportive care, oxygen therapy in severe cases.

✓ Respiratory Diseases

- **Asthma**

- **Symptoms:** Wheezing, shortness of breath, chest tightness, persistent cough.
- **Cause:** Inflammation of airways due to allergens or irritants.
- **Treatment:** Inhalers, steroids, avoiding triggers.

- **Pneumonia**

- **Symptoms:** High fever, cough with phlegm, chest pain, difficulty breathing.
- **Cause:** Bacterial or viral infection.
- **Treatment:** Antibiotics (bacterial), supportive care (viral).

✓ Cardiovascular Diseases

- **Heart Attack (Myocardial Infarction)**
 - **Symptoms:** Chest pain (pressure or squeezing), shortness of breath, nausea, cold sweats.
 - **Cause:** Blocked coronary arteries.
 - **Treatment:** Emergency medical care, aspirin, surgery (angioplasty).
- **Hypertension (High Blood Pressure)**
 - **Symptoms:** Often asymptomatic, headaches, dizziness, nosebleeds in severe cases.
 - **Cause:** Lifestyle, genetics, obesity.
 - **Treatment:** Lifestyle changes, medications (ACE inhibitors, beta-blockers).

✓ Digestive System Disorders

- **Gastritis**
 - **Symptoms:** Stomach pain, nausea, bloating, vomiting.
 - **Cause:** H. pylori infection, alcohol, stress.
 - **Treatment:** Antacids, antibiotics (if bacterial).
- **Irritable Bowel Syndrome (IBS)**
 - **Symptoms:** Abdominal pain, bloating, diarrhea/constipation.
 - **Cause:** Stress, diet, gut sensitivity.
 - **Treatment:** Dietary changes, stress management, medications.

✓ Neurological Disorders

- **Migraine**

- **Symptoms:** Severe headaches, nausea, sensitivity to light/sound, aura (visual disturbances).
- **Cause:** Triggers like stress, caffeine, hormonal changes.
- **Treatment:** Pain relievers, lifestyle modifications, preventive medications.

- **Stroke**

- **Symptoms:** Sudden weakness (face/arm/leg), difficulty speaking, vision problems, confusion.
- **Cause:** Blocked or ruptured blood vessel in the brain.
- **Treatment:** Emergency medical intervention (clot-busting drugs, surgery).

✓ Endocrine Disorders

- **Diabetes (Type 1 & Type 2)**

- **Symptoms:** Increased thirst, frequent urination, unexplained weight loss, fatigue, blurred vision.
- **Cause:** Insulin resistance (Type 2) or lack of insulin production (Type 1).
- **Treatment:** Insulin therapy, diet, exercise, medications (Metformin).

- **Thyroid Disorders (Hypothyroidism & Hyperthyroidism)**

- **Hypothyroidism Symptoms:** Fatigue, weight gain, cold intolerance, slow metabolism.
- **Hyperthyroidism Symptoms:** Weight loss, rapid heartbeat, sweating, anxiety.
- **Cause:** Autoimmune disease (Hashimoto's, Graves').
- **Treatment:** Hormone replacement (for hypothyroidism), anti-thyroid drugs (for hyperthyroidism).

✓ Skin Disorders

- **Eczema**

- **Symptoms:** Red, itchy, dry skin patches.
- **Cause:** Allergies, genetics, environmental triggers.
- **Treatment:** Moisturizers, anti-inflammatory creams.

- **Psoriasis**

- **Symptoms:** Thick, scaly skin patches, itching.
- **Cause:** Autoimmune response.
- **Treatment:** Topical treatments, biologics, phototherapy.

✓ Mental Health Disorders

- **Depression**

- **Symptoms:** Persistent sadness, lack of interest, sleep disturbances, weight changes.
- **Cause:** Genetics, trauma, chemical imbalances.
- **Treatment:** Therapy, antidepressants, lifestyle changes.

- **Anxiety Disorders**

- **Symptoms:** Excessive worry, panic attacks, restlessness, rapid heartbeat.
- **Cause:** Stress, genetics, environment.
- **Treatment:** Therapy (CBT), medications (SSRIs, benzodiazepines).

✓ Kidney Disorders

- **Chronic Kidney Disease (CKD)**

- **Symptoms:** Fatigue, swelling (legs/ankles), nausea, difficulty concentrating, reduced urine output.
- **Cause:** Diabetes, high blood pressure, genetic conditions.
- **Treatment:** Lifestyle changes, medications, dialysis (in severe cases), kidney transplant.

✓ **Bone & Joint Disorders**

- **Osteoarthritis**

- **Symptoms:** Joint pain, stiffness, swelling, reduced range of motion.
- **Cause:** Wear and tear of cartilage, aging, obesity, previous joint injuries.
- **Treatment:** Pain relievers, physical therapy, joint replacement in severe cases