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{
  "category": "Autoimmune Conditions",
  "conditions": [
    {
      "name": "Systemic Lupus Erythematosus",
      "symptoms": ["butterfly rash", "joint pain", "fatigue", "fever", "skin lesions", "chest pain",
"hair loss"],
      "severity": "high",
      "suggestion": "Critical: Regular monitoring needed. Common tablets: Hydroxychloroquine
(200-400mg), Prednisone (5-60mg) for flares, Mycophenolate (1000-3000mg) for severe cases.
NSAIDs like Naproxen (500mg) for pain. Essential: Sun protection, lifestyle changes, folic acid
supplements.",
      "duration": "chronic"
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    {
      "name": "Celiac Disease",
      "symptoms": ["digestive problems", "fatigue", "weight loss", "bloating", "anemia", "skin rash",
"joint pain"],
      "severity": "medium",
      "suggestion": "Important: Strict gluten-free diet essential. Common tablets: Iron supplements
(325mg), Vitamin D3 (2000-4000 IU), B12 (1000mcg), Calcium (1000mg), Folic acid (1mg). Regular
nutritional monitoring required. Consider probiotic supplements.",
      "duration": "chronic"
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    {
      "name": "Type 1 Diabetes",
      "symptoms": ["excessive thirst", "frequent urination", "hunger", "fatigue", "blurred vision",
"weight loss"],
      "severity": "high",
      "suggestion": "Critical: Monitor blood sugar 4-10 times daily. Insulin therapy essential.
Common tablets: Metformin (500-2000mg) may be added, Glucagon kit for emergencies. Daily
aspirin (81mg) may be recommended. Regular A1C monitoring crucial.",
      "duration": "chronic"
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{
  "name": "Graves' Disease",
  "symptoms": ["anxiety", "tremors", "weight loss", "heat sensitivity", "bulging eyes", "rapid heartbeat"],
  "severity": "high",
  "suggestion": "Important: Regular thyroid monitoring. Common tablets: Methimazole (5-60mg) or Propylthiouracil (50-300mg), Beta blockers like Propranolol (20-40mg) for symptoms. For anxiety: Buspirone (5-10mg) if needed. Monitor heart rate regularly.",
  "duration": "chronic"
},
{
  "name": "Psoriatic Arthritis",
  "symptoms": ["joint pain", "swelling", "skin patches", "nail changes", "fatigue", "reduced range of motion"],
  "severity": "medium",
  "suggestion": "Important: Early treatment prevents joint damage. Common tablets: Methotrexate (7.5-25mg weekly), Sulfasalazine (500-1000mg), NSAIDs like Celecoxib (200mg). Newer options: Apremilast (30mg twice daily). Physical therapy essential.",
  "duration": "chronic"
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{
  "category": "Cardiovascular Conditions",
  "conditions": [
    {
      "name": "Hypertension (Primary)",
      "symptoms": ["headache", "dizziness", "shortness of breath", "chest pain", "vision problems", "fatigue", "irregular heartbeat", "morning headaches", "nosebleeds"],
      "severity": "high",
      "suggestion": "Important: Monitor blood pressure daily. Common tablets: ACE inhibitors like Lisinopril (10-40mg), Beta blockers like Metoprolol (25-100mg), Calcium channel blockers like

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Amlodipine (2.5-10mg), Diuretics like Hydrochlorothiazide (12.5-25mg). Maintain low salt diet, regular exercise, stress management essential.",

"duration": "chronic"

},

{

"name": "Hypertension (Secondary)",

"symptoms": ["severe headache", "anxiety", "sweating", "tremors", "irregular heartbeat", "vision problems", "chest pain", "difficulty breathing"],

"severity": "high",

"suggestion": "Urgent: Identify underlying cause. Common tablets: Beta blockers like Propranolol (20-80mg), ACE inhibitors like Enalapril (5-40mg), Calcium channel blockers like Diltiazem (30-120mg). For anxiety: Alprazolam (0.25-0.5mg) if needed. Regular monitoring crucial.",

"duration": "varies"

},

{

"name": "Coronary Artery Disease",

"symptoms": ["chest pain", "shortness of breath", "pain in arms/shoulders", "nausea", "cold sweat", "dizziness", "fatigue", "irregular heartbeat"],

"severity": "high",

"suggestion": "Critical: Keep nitroglycerin handy. Common tablets: Aspirin (81mg daily), Statins like Atorvastatin (10-80mg), Beta blockers like Carvedilol (3.125-25mg), ACE inhibitors like Ramipril (2.5-10mg). Emergency: Take nitroglycerin (0.4mg) for chest pain. Cardiac rehabilitation essential.",

"duration": "chronic"

}

]

}

{

"category": "Digestive System Conditions",

"conditions": [

{

"name": "Gastroesophageal Reflux Disease (GERD)",

"symptoms": ["heartburn", "chest pain", "difficulty swallowing", "regurgitation", "sour taste", "chronic cough", "hoarseness"],

"severity": "medium",

"suggestion": "Important: Avoid lying down after meals. Common tablets: Proton pump inhibitors like Omeprazole (20-40mg) or Esomeprazole (20-40mg), H2 blockers like Famotidine (20-40mg), Antacids like Calcium carbonate (500-1000mg) for quick relief. Elevate head while sleeping, eat smaller meals.",

"duration": "chronic"

},

{

"name": "Peptic Ulcer",

"symptoms": ["burning stomach pain", "bloating", "heartburn", "nausea", "intolerance to fatty foods", "loss of appetite"],

"severity": "medium",

"suggestion": "Important: Complete full course of medication. Common tablets: Proton pump inhibitors like Pantoprazole (40mg), Antibiotics if H. pylori present: Amoxicillin (1000mg) + Clarithromycin (500mg), Bismuth subsalicylate (525mg) for protection. Avoid NSAIDs, quit smoking, limit alcohol.",

"duration": "4-8 weeks"

},

{

"name": "Irritable Bowel Syndrome (IBS)",

"symptoms": ["abdominal pain", "bloating", "gas", "diarrhea", "constipation", "mucus in stool", "food sensitivities"],

"severity": "medium",

"suggestion": "Important: Keep food diary. Common tablets: Antispasmodics like Dicyclomine (20mg), Loperamide (2mg) for diarrhea, Lubiprostone (8mcg) for constipation, Simethicone (80mg) for gas. Probiotics recommended. Identify trigger foods, manage stress, regular exercise essential.",

"duration": "chronic"

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{

"category": "Endocrine Disorders",

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    "name": "Type 1 Diabetes",
    "symptoms": ["excessive thirst", "frequent urination", "extreme hunger", "unexplained weight loss", "fatigue", "blurred vision", "mood changes"],
    "severity": "high",
    "suggestion": "Insulin therapy, blood sugar monitoring, carb counting, regular exercise, proper diet.",
    "duration": "chronic"
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  {
    "name": "Type 2 Diabetes",
    "symptoms": ["increased thirst", "frequent urination", "increased hunger", "fatigue", "blurred vision", "slow-healing sores", "numbness"],
    "severity": "high",
    "suggestion": "Medication, blood sugar monitoring, diet control, exercise, weight management.",
    "duration": "chronic"
  },
  {
    "name": "Hypothyroidism",
    "symptoms": ["fatigue", "weight gain", "cold sensitivity", "dry skin", "depression", "muscle weakness", "joint pain", "constipation"],
    "severity": "medium",
    "suggestion": "Thyroid hormone replacement therapy, regular monitoring, healthy lifestyle.",
    "duration": "chronic"
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  {
    "name": "Hyperthyroidism",
    "symptoms": ["weight loss", "rapid heartbeat", "anxiety", "tremors", "sweating", "heat sensitivity", "frequent bowel movements"],
    "severity": "high",
    "suggestion": "Anti-thyroid medications, beta blockers, radioactive iodine therapy if needed.",
    "duration": "chronic"
  },
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{
  "name": "Addison's Disease",
  "symptoms": ["fatigue", "muscle weakness", "weight loss", "low blood pressure", "salt craving", "hyperpigmentation", "nausea"],
  "severity": "high",
  "suggestion": "Hormone replacement therapy, stress dose steroids during illness, medical ID bracelet.",
  "duration": "chronic"
}
]
}
{
  "category": "Gastrointestinal Conditions",
  "conditions": [
    {
      "name": "Crohn's Disease",
      "symptoms": ["abdominal pain", "diarrhea", "fatigue", "weight loss", "reduced appetite", "fever", "anemia"],
      "severity": "high",
      "suggestion": "CRITICAL: Regular monitoring essential. Common tablets: Mesalamine (800-1600mg three times daily), Prednisone (20-60mg) for acute flares, Azathioprine (50-150mg daily) for maintenance. IMPORTANT: Take iron supplements (325mg) if anemic. WARNING: Report severe pain or bleeding immediately. Stress management and dietary changes crucial.",
      "duration": "chronic"
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    {
      "name": "Ulcerative Colitis",
      "symptoms": ["abdominal pain", "bloody diarrhea", "urgency", "weight loss", "fatigue", "fever"],
      "severity": "high",
      "suggestion": "URGENT: Control inflammation early. Common tablets: Sulfasalazine (500-4000mg daily in divided doses), Mesalamine (2.4-4.8g daily), Prednisone (40mg) for flares. ALERT: Complete full course of medications. WARNING: Seek immediate care for severe bleeding. Diet modifications essential."
    }
  ]
}

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    "duration": "chronic"
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  {
    "name": "Irritable Bowel Syndrome",
    "symptoms": ["abdominal pain", "bloating", "gas", "diarrhea", "constipation", "mucus in stool"],
    "severity": "medium",
    "suggestion": "IMPORTANT: Identify trigger foods. Common tablets: Dicyclomine (20mg) before meals for cramping, Loperamide (2mg) for diarrhea episodes, Lubiprostone (8mcg twice daily) for constipation. REMEMBER: Keep food diary. Fiber supplements (Psyllium 500mg) helpful. Stress management crucial.",
    "duration": "chronic"
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  {
    "name": "Celiac Disease",
    "symptoms": ["diarrhea", "bloating", "fatigue", "weight loss", "anemia", "skin rash", "depression"],
    "severity": "medium",
    "suggestion": "CRITICAL: Strict gluten-free diet mandatory. Common tablets: Iron supplements (325mg daily), Vitamin D3 (2000-4000 IU daily), B12 (1000mcg daily), Calcium (1000mg daily). WARNING: Even small amounts of gluten can cause damage. IMPORTANT: Read all food labels carefully.",
    "duration": "chronic"
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  {
    "name": "Gastritis",
    "symptoms": ["upper abdominal pain", "nausea", "vomiting", "bloating", "loss of appetite", "indigestion"],
    "severity": "medium",
    "suggestion": "CAUTION: Avoid irritating foods. Common tablets: Omeprazole (20mg) or Pantoprazole (40mg) daily before breakfast, Sucralfate (1g four times daily), Antacids like Calcium carbonate (500-1000mg) as needed. ALERT: Report black stools or severe pain. Stress management important.",
    "duration": "varies"
  }
}

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]
}
{
  "category": "Infectious Diseases",
  "conditions": [
    {
      "name": "COVID-19",
      "symptoms": ["fever", "cough", "shortness of breath", "fatigue", "loss of taste/smell", "body aches", "headache"],
      "severity": "high",
      "suggestion": "URGENT: Isolate immediately! Common tablets: Paxlovid (Nirmatrelvir 300mg + Ritonavir 100mg) if prescribed within 5 days of symptoms. For symptoms: Acetaminophen (500mg every 6 hours). CRITICAL: Monitor oxygen levels. ALERT: Seek emergency care if breathing difficulty occurs. Take Vitamin D (1000-2000 IU) and Zinc (50mg) for immune support.",
      "duration": "10-14 days"
    },
    {
      "name": "Influenza",
      "symptoms": ["fever", "chills", "muscle aches", "fatigue", "cough", "headache", "congestion"],
      "severity": "medium",
      "suggestion": "IMPORTANT: Start treatment within 48 hours. Common tablets: Oseltamivir (Tamiflu 75mg twice daily for 5 days), Acetaminophen (500mg) or Ibuprofen (400mg) for fever/pain. ALERT: Rest essential. WARNING: Return of high fever may indicate complications.",
      "duration": "7-14 days"
    },
    {
      "name": "Tuberculosis",
      "symptoms": ["persistent cough", "chest pain", "blood in sputum", "weight loss", "night sweats", "fever", "fatigue"],
      "severity": "high",
      "suggestion": "CRITICAL: Complete FULL course of treatment. Common tablets: Isoniazid (300mg) + Rifampin (600mg) + Pyrazinamide (1500mg) + Ethambutol (1200mg) daily. MUST take Vitamin B6 (25mg) to prevent side effects. WARNING: Missing doses can lead to drug resistance. Isolation required until cleared by doctor.",
    }
  ]
}

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    "duration": "6-9 months"
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    "name": "Lyme Disease",
    "symptoms": ["bull's-eye rash", "fever", "chills", "fatigue", "joint pain", "headache", "muscle aches"],
    "severity": "high",
    "suggestion": "URGENT: Early treatment crucial. Common tablets: Doxycycline (100mg twice daily for 10-21 days), Amoxicillin (500mg three times daily) if can't take doxycycline. For pain: Ibuprofen (400mg). IMPORTANT: Complete full course even if feeling better. Watch for recurring symptoms."
  },
  {
    "duration": "varies"
  },
  {
    "name": "Mononucleosis",
    "symptoms": ["severe fatigue", "sore throat", "fever", "swollen lymph nodes", "headache", "rash", "spleen enlargement"],
    "severity": "medium",
    "suggestion": "CAUTION: Risk of spleen rupture. Common tablets: Acetaminophen (500mg) or Ibuprofen (400mg) for fever/pain, Prednisone (20mg) if severe symptoms. WARNING: Avoid contact sports. IMPORTANT: Gradual return to activities. Rest is essential for recovery."
  },
  {
    "duration": "2-4 weeks"
  }
]
}
{
  "conditions": [
    {
      "name": "Common Cold",
      "symptoms": ["headache", "fever", "runny nose", "sore throat", "cough", "congestion", "sneezing", "fatigue"],
      "severity": "low",
      "suggestion": "Rest, stay hydrated, and take over-the-counter medications. Common tablets: Acetaminophen (500mg) for fever/pain, Antihistamines like Cetirizine (10mg) for runny nose,
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Dextromethorphan (15-30mg) for cough. Use saline nasal drops and throat lozenges for symptom relief.",

"duration": "7-10 days"

},

{

"name": "Influenza (Flu)",

"symptoms": ["high fever", "severe body aches", "fatigue", "dry cough", "chills", "headache", "nasal congestion", "weakness"],

"severity": "medium",

"suggestion": "Rest, stay hydrated. Common tablets: Oseltamivir (Tamiflu 75mg twice daily) if prescribed within 48 hours, Ibuprofen (400mg) or Acetaminophen (650mg) for fever and body aches. Monitor temperature and seek medical attention if symptoms worsen.",

"duration": "1-2 weeks"

},

{

"name": "COVID-19",

"symptoms": ["fever", "dry cough", "fatigue", "loss of taste or smell", "difficulty breathing", "body aches", "sore throat", "headache"],

"severity": "high",

"suggestion": "Isolate immediately, contact healthcare provider. Common tablets: Paracetamol (500-1000mg) for fever/pain, prescribed antivirals like Paxlovid if eligible. Monitor oxygen levels, and seek emergency care if experiencing severe symptoms.",

"duration": "10-14 days"

},

{

"name": "Migraine",

"symptoms": ["severe headache", "nausea", "light sensitivity", "sound sensitivity", "visual aura", "dizziness", "vomiting"],

"severity": "medium",

"suggestion": "Rest in a dark, quiet room. Common tablets: Sumatriptan (50-100mg) at onset, Naproxen (500mg) for pain, Anti-nausea tablets like Ondansetron (4-8mg) if needed. Identify and avoid triggers.",

"duration": "4-72 hours"

},

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{
  "name": "Gastroenteritis",

  "symptoms": ["nausea", "vomiting", "diarrhea", "stomach cramps", "fever", "weakness",
"dehydration"],

  "severity": "medium",

  "suggestion": "Stay hydrated with clear fluids, follow BRAT diet. Common tablets: Loperamide
(2mg) for diarrhea, Ondansetron (4mg) for nausea, ORS tablets for rehydration. Avoid dairy and fatty
foods. Seek medical attention if severe dehydration occurs.",

  "duration": "1-3 days"
},

{
  "name": "Bronchitis",

  "symptoms": ["persistent cough", "chest congestion", "wheezing", "fatigue", "mild fever",
"chest discomfort", "mucus production"],

  "severity": "medium",

  "suggestion": "Rest, use humidifier. Common tablets: Guaifenesin (400mg) for mucus,
Dextromethorphan (15-30mg) for cough, Acetaminophen (500mg) for fever. Avoid smoking and
irritants. Stay hydrated.",

  "duration": "10-14 days"
},

{
  "name": "Hypertension",

  "symptoms": ["headache", "dizziness", "shortness of breath", "chest pain", "vision problems",
"fatigue", "irregular heartbeat"],

  "severity": "high",

  "suggestion": "Monitor blood pressure regularly, take prescribed medications. Common
tablets: Diuretics like Hydrochlorothiazide (25mg), Beta blockers like Metoprolol (50mg), ACE
inhibitors like Lisinopril (5mg). Reduce salt intake, exercise regularly, manage stress.",

  "duration": "chronic"
},

{
  "name": "Type 2 Diabetes",

  "symptoms": ["increased thirst", "frequent urination", "fatigue", "blurred vision", "slow wound
healing", "unexplained weight loss", "increased hunger"],

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"severity": "high",

"suggestion": "Monitor blood sugar regularly, take prescribed medications. Common tablets: Metformin (500mg) for blood sugar control, Sulfonylureas like Glipizide (5mg) for insulin release. Follow diabetic diet, exercise regularly, check feet daily.",

"duration": "chronic"

},

{

"name": "Asthma",

"symptoms": ["wheezing", "shortness of breath", "chest tightness", "coughing", "difficulty breathing", "rapid breathing"],

"severity": "high",

"suggestion": "Use prescribed inhalers. Common tablets: Corticosteroids like Prednisone (5mg) for inflammation, Bronchodilators like Albuterol (2mg) for airway opening. Avoid triggers, follow asthma action plan, seek emergency care for severe attacks.",

"duration": "chronic"

},

{

"name": "Allergic Rhinitis",

"symptoms": ["sneezing", "runny nose", "nasal congestion", "itchy eyes", "watery eyes", "itchy nose", "postnasal drip"],

"severity": "low",

"suggestion": "Avoid allergens, use antihistamines. Common tablets: Loratadine (10mg) for allergy relief, Nasal sprays like Oxymetazoline (0.05%) for congestion. Keep windows closed during high pollen counts.",

"duration": "varies"

},

{

"name": "Acid Reflux (GERD)",

"symptoms": ["heartburn", "chest pain", "difficulty swallowing", "regurgitation", "sour taste", "chronic cough", "throat irritation"],

"severity": "medium",

"suggestion": "Avoid trigger foods, eat smaller meals, don't lie down after eating. Common tablets: Antacids like Tums (500mg) for quick relief, Histamine-2 (H2) blockers like Ranitidine (150mg) for acid reduction, Proton pump inhibitors like Omeprazole (20mg) for long-term relief. Elevate head while sleeping.",

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    "duration": "chronic"
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    "name": "Urinary Tract Infection",
    "symptoms": ["frequent urination", "burning sensation", "cloudy urine", "strong odor", "pelvic pain", "blood in urine", "lower back pain"],
    "severity": "medium",
    "suggestion": "Common tablets: Nitrofurantoin (100mg) or Trimethoprim/Sulfamethoxazole as prescribed antibiotics, Phenazopyridine (200mg) for urinary pain relief. Drink plenty of water, urinate frequently.",
    "duration": "3-7 days"
  },
  {
    "name": "Osteoarthritis",
    "symptoms": ["joint pain", "stiffness", "reduced flexibility", "swelling", "bone spurs", "grating sensation", "weakness"],
    "severity": "medium",
    "suggestion": "Exercise regularly, maintain healthy weight. Common tablets: Acetaminophen (500mg) for pain relief, NSAIDs like Ibuprofen (400mg) for inflammation, Glucosamine and Chondroitin supplements for joint health. Use assistive devices, apply heat/cold therapy.",
    "duration": "chronic"
  },
  {
    "name": "Depression",
    "symptoms": ["persistent sadness", "loss of interest", "sleep changes", "fatigue", "difficulty concentrating", "worthlessness", "suicidal thoughts"],
    "severity": "high",
    "suggestion": "Seek professional help, take prescribed medications. Common tablets: Selective serotonin reuptake inhibitors (SSRIs) like Fluoxetine (20mg), Serotonin-norepinephrine reuptake inhibitors (SNRIs) like Venlafaxine (37.5mg). Engage in therapy, maintain social connections, exercise regularly.",
    "duration": "varies"
  },
  {

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    "name": "Anxiety Disorder",

    "symptoms": ["excessive worry", "restlessness", "difficulty sleeping", "panic attacks", "rapid
heartbeat", "sweating", "trembling"],

    "severity": "high",

    "suggestion": "Practice relaxation techniques, seek therapy. Common tablets: Benzodiazepines
like Alprazolam (0.25mg) for short-term relief, SSRIs like Sertraline (25mg) for long-term relief.
Maintain regular exercise and sleep schedule.",

    "duration": "varies"

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}

{

    "category": "Mental Health Conditions",

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            "name": "Major Depressive Disorder",

            "symptoms": ["persistent sadness", "loss of interest", "sleep changes", "fatigue",
"worthlessness", "concentration problems", "suicidal thoughts"],

            "severity": "high",

            "suggestion": "Common tablets: SSRIs like Sertraline (50-200mg) or Fluoxetine (20-80mg),
SNRIs like Venlafaxine (75-225mg). Combined with psychotherapy, lifestyle changes, support groups,
regular exercise.",

            "duration": "varies"

        },

        {

            "name": "Generalized Anxiety Disorder",

            "symptoms": ["excessive worry", "restlessness", "difficulty concentrating", "sleep problems",
"muscle tension", "irritability", "fatigue"],

            "severity": "medium",

            "suggestion": "Common tablets: Escitalopram (10-20mg), Buspirone (5-10mg), or Alprazolam
(0.25-0.5mg) for acute anxiety. Combined with cognitive behavioral therapy, relaxation techniques,
stress management.",

            "duration": "chronic"

        },

    ],

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{
  "name": "Bipolar Disorder",
  "symptoms": ["mood swings", "depression", "mania", "sleep changes", "risky behavior",
"racing thoughts", "impulsivity"],
  "severity": "high",
  "suggestion": "Common tablets: Lithium (300-900mg), Valproate (500-1000mg), or
Lamotrigine (25-200mg) as mood stabilizers. Quetiapine (50-800mg) for acute episodes. Combined
with psychotherapy, lifestyle management, support system, regular schedule.",
  "duration": "chronic"
},
{
  "name": "Post-Traumatic Stress Disorder",
  "symptoms": ["flashbacks", "nightmares", "avoidance", "hypervigilance", "startled response",
"anxiety", "depression"],
  "severity": "high",
  "suggestion": "Common tablets: Sertraline (50-200mg), Paroxetine (20-50mg), or Prazosin (1-
15mg) for nightmares. Combined with trauma-focused therapy, support groups, stress management
techniques.",
  "duration": "varies"
},
{
  "name": "Obsessive-Compulsive Disorder",
  "symptoms": ["intrusive thoughts", "compulsive behaviors", "anxiety", "fear", "ritualistic
actions", "perfectionism"],
  "severity": "medium",
  "suggestion": "Common tablets: Fluvoxamine (50-300mg), Clomipramine (25-250mg), or
Fluoxetine (20-80mg). Combined with exposure and response prevention therapy, cognitive
behavioral therapy.",
  "duration": "chronic"
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{
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"conditions": [
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    "name": "Rheumatoid Arthritis",

    "symptoms": ["joint pain", "joint swelling", "morning stiffness", "fatigue", "fever", "loss of
appetite", "symmetrical joint pain", "deformity"],

    "severity": "high",

    "suggestion": "CRITICAL: Early treatment prevents joint damage. Common tablets:
Methotrexate (7.5-20mg weekly) - MUST take with folic acid (1mg daily), Sulfasalazine (500-1000mg
twice daily). For pain: NSAIDs like Naproxen (500mg) or Celecoxib (200mg). ALERT: Regular blood
monitoring required. Physical therapy crucial for joint protection.",

    "duration": "chronic"
  },
  {
    "name": "Osteoarthritis",

    "symptoms": ["joint pain", "stiffness", "reduced flexibility", "grating sensation", "bone spurs",
"swelling", "tenderness"],

    "severity": "medium",

    "suggestion": "WARNING: Protect joints from injury. Common tablets: Acetaminophen (650-
1000mg every 6 hours), NSAIDs - Ibuprofen (400-800mg) or Meloxicam (7.5-15mg daily).
Supplements: Glucosamine (1500mg) with Chondroitin (1200mg). IMPORTANT: Weight management
crucial for joint health.",

    "duration": "chronic"
  },
  {
    "name": "Fibromyalgia",

    "symptoms": ["widespread pain", "fatigue", "sleep problems", "cognitive difficulties",
"headaches", "depression", "anxiety"],

    "severity": "medium",

    "suggestion": "REMEMBER: Pain management is multi-faceted. Common tablets: Duloxetine
(30-60mg daily), Pregabalin (75-150mg twice daily), Amitriptyline (10-25mg at bedtime) for
sleep/pain. IMPORTANT: Regular gentle exercise essential. Stress management key to symptom
control.",

    "duration": "chronic"
  },
  {

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    "name": "Osteoporosis",

    "symptoms": ["back pain", "loss of height", "stooped posture", "bone fractures", "reduced
mobility"],

    "severity": "medium",

    "suggestion": "CAUTION: Fall prevention critical. Common tablets: Alendronate (70mg weekly)
- take on empty stomach, Calcium (1000-1200mg daily), Vitamin D3 (1000-2000 IU daily). WARNING:
Report any new pain immediately. Weight-bearing exercises important for bone strength.",

    "duration": "chronic"

},

{

    "name": "Carpal Tunnel Syndrome",

    "symptoms": ["hand numbness", "tingling", "weak grip", "wrist pain", "night symptoms",
"dropping objects"],

    "severity": "medium",

    "suggestion": "ALERT: Early intervention prevents nerve damage. Common tablets: NSAIDs -
Naproxen (500mg twice daily) or Ibuprofen (400mg), Gabapentin (100-300mg) for nerve pain.
Vitamin B6 (50-100mg daily). ESSENTIAL: Proper ergonomics and wrist positioning at work.",

    "duration": "varies"

}

]

}

{

    "category": "Neurological Conditions",

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            "name": "Migraine",

            "symptoms": ["severe headache", "nausea", "light sensitivity", "sound sensitivity", "visual
aura", "dizziness", "vomiting"],

            "severity": "medium",

            "suggestion": "Rest in dark room. Common tablets: Sumatriptan (50-100mg) or Rizatriptan
(10mg) for acute relief, Propranolol (40mg) for prevention, Ondansetron (4mg) for nausea. Identify
and avoid triggers.",

            "duration": "4-72 hours"
        }
    ]
}

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    },
    {
        "name": "Epilepsy",

        "symptoms": ["seizures", "temporary confusion", "staring spells", "uncontrollable jerking",
"loss of consciousness", "fear", "anxiety"],

        "severity": "high",

        "suggestion": "Common tablets: Levetiracetam (500-1000mg), Carbamazepine (200mg), or
Valproic acid (500mg) as anticonvulsants. Take medications regularly, avoid triggers, maintain regular
sleep schedule, wear medical ID.",

        "duration": "chronic"
    },
    {
        "name": "Multiple Sclerosis",

        "symptoms": ["fatigue", "numbness", "weakness", "vision problems", "balance problems",
"cognitive changes", "depression"],

        "severity": "high",

        "suggestion": "Common tablets: Fingolimod (0.5mg daily), Dimethyl fumarate (240mg twice
daily), Teriflunomide (14mg daily) for disease modification. Baclofen (10mg) for muscle spasticity.
Physical therapy, occupational therapy, stress management essential.",

        "duration": "chronic"
    }
]
}
{
    "category": "Respiratory Conditions",

    "conditions": [
        {
            "name": "Asthma",

            "symptoms": ["wheezing", "shortness of breath", "chest tightness", "coughing", "difficulty
breathing", "rapid breathing", "anxiety"],

            "severity": "high",

            "suggestion": "Use prescribed inhalers. Common tablets: Montelukast (10mg) daily for
prevention, Prednisone (5-60mg) for severe attacks. Quick-relief inhalers: Albuterol. Avoid triggers,
follow asthma action plan, seek emergency care for severe attacks.",

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    "duration": "chronic"
  },
  {
    "name": "Chronic Bronchitis",
    "symptoms": ["persistent cough", "mucus production", "wheezing", "chest discomfort",
"shortness of breath", "fatigue", "frequent respiratory infections"],
    "severity": "medium",
    "suggestion": "Common tablets: Theophylline (100-200mg) for bronchodilation, Roflumilast
(500mcg) to reduce inflammation, Guaifenesin (400mg) for mucus. Quit smoking, use bronchodilator
inhalers, pulmonary rehabilitation, avoid irritants."
  },
  {
    "name": "Pneumonia",
    "symptoms": ["chest pain", "cough with phlegm", "fever", "chills", "difficulty breathing",
"rapid breathing", "fatigue", "confusion"],
    "severity": "high",
    "suggestion": "Common tablets: Amoxicillin (500mg) or Azithromycin (500mg) for bacterial
pneumonia, Acetaminophen (500mg) for fever/pain, Guaifenesin (600mg) for mucus. Rest, stay
hydrated, use humidifier, practice breathing exercises."
  },
  {
    "duration": "1-3 weeks"
  }
]
}
{
  "category": "Skin Conditions",
  "conditions": [
    {
      "name": "Psoriasis",
      "symptoms": ["red patches", "silvery scales", "dry skin", "itching", "burning", "thick nails",
"joint pain"],
      "severity": "medium",
      "suggestion": "IMPORTANT: Early treatment prevents spreading. Common tablets:
Methotrexate (7.5-15mg weekly) - take with folic acid (1mg daily), Acitretin (10-25mg daily) for

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severe cases, Apremilast (30mg twice daily) for moderate-severe cases. WARNING: Protect skin from injury. Topical treatments, phototherapy, lifestyle changes essential for management."

"duration": "chronic"

},

{

"name": "Eczema (Atopic Dermatitis)",

"symptoms": ["itching", "dry skin", "red rashes", "thickened skin", "small bumps", "skin infections", "sleep problems"],

"severity": "medium",

"suggestion": "CAUTION: Avoid scratching affected areas. Common tablets: Antihistamines - Cetirizine (10mg daily) or Hydroxyzine (25mg at bedtime) for itching, Prednisone (5-60mg) for severe flares. ALERT: Watch for signs of infection. Use prescribed antibiotics if infected. Maintain strict moisturizing routine."

"duration": "chronic"

},

{

"name": "Acne Vulgaris",

"symptoms": ["pimples", "blackheads", "whiteheads", "inflammation", "scarring", "oily skin", "redness"],

"severity": "medium",

"suggestion": "IMPORTANT: Don't pop pimples - increases scarring risk. Common tablets: Isotretinoin (20-40mg daily) for severe cases - REQUIRES MONITORING, Doxycycline (50-100mg daily), Spironolactone (25-100mg daily) for hormonal acne. REMINDER: Sun protection crucial, especially with medications."

"duration": "varies"

},

{

"name": "Rosacea",

"symptoms": ["facial redness", "visible blood vessels", "bumps", "eye problems", "burning sensation", "skin thickening"],

"severity": "medium",

"suggestion": "TRIGGER ALERT: Identify and avoid personal triggers. Common tablets: Doxycycline (40-100mg daily) - anti-inflammatory dose, Isotretinoin (10-20mg daily) for severe cases. WARNING: Sun exposure can worsen symptoms. Use broad-spectrum sunscreen daily."

"duration": "chronic"

```
},  
{  
  "name": "Contact Dermatitis",  
  "symptoms": ["red rash", "itching", "burning", "blisters", "dry skin", "swelling", "tenderness"],  
  "severity": "low",  
  "suggestion": "URGENT: Identify and remove contact trigger. Common tablets: Antihistamines  
- Fexofenadine (180mg daily) or Loratadine (10mg daily), Prednisone (20-40mg) for severe reactions.  
IMPORTANT: Document suspected triggers to prevent future exposure.",  
  "duration": "1-4 weeks"  
}  
]  
}
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