



Prana Health Care

Amrita School of AI,
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Prescription

Name:

Vishal S

Symptoms :

has been killing me for the last 20 days, how to cure it

Diagnosis :

Based on the symptoms you described, it is possible that you have sinusitis. Sinusitis is an inflammation of the sinuses, usually caused by a viral or bacterial infection. To treat sinusitis, you can try the following: 1. Over-the-counter pain relievers like ibuprofen or acetaminophen can help alleviate pain and reduce inflammation. 2. Nasal decongestants can help relieve congestion and improve breathing. 3. Saline nasal sprays or nasal irrigation can help flush out mucus and relieve nasal congestion. 4. Applying warm compresses to the affected areas can help soothe pain and reduce inflammation. 5. Getting plenty of rest and staying hydrated can also aid in recovery.

It is important to note that these recommendations are not a substitute for medical advice. If your symptoms persist or worsen, it is recommended to consult with a healthcare professional for a proper evaluation and treatment plan.