

A TEXTBOOK OF

DISEASES & TREATMENT

(बीमारिया और उनका उपचार)

SECOND EDITION

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ABOUT BOOK

DISEASES & TREATMENT

We are very happy to publish this book, "DISEASES AND TREATMENT", In this book, you will get detailed knowledge about different diseases and their treatments. In this book, we have covered proper information about 125 diseases. It is the first edition of the year 2023. You will get proper, deep knowledge about various diseases and their treatments. So start preparation and do regular study from this book to get success.



Amar Raval Sir

Founder, Pharmarocks

हमें यह पुस्तक "बीमारियां और उनका उपचार" प्रकाशित करते हुए बहुत खुशी हो रही है, इस पुस्तक में आपको विभिन्न बीमारियों और उनके उपचार के बारे में विस्तार से जानकारी मिलेगी। यहां इस पुस्तक में हमने 125 बीमारियों के बारे में उचित जानकारी शामिल की है। यह वर्ष 2023 का पहला संस्करण है। आपको विभिन्न बीमारियों और उनके इलाज के बारे में उचित गहन जानकारी मिलेगी। इसलिए तैयारी शुरू करें और सफलता पाने के लिए इस पुस्तक से नियमित अध्ययन करें।

This book contains a total of 125 diseases and disorders on a total of 351 pages. You will get colorful diagrams and disease pictures in this book.

1. Introduction of disease
2. Causes of disease
3. Symptoms of disease
4. Diagnosis of disease
5. Treatment & medicine options

इस पुस्तक में कुल 351 पृष्ठों में कुल 125 बीमारिया और उनका उपचार है आपको इस पुस्तक में रंगीन चित्र मिलेंगे बीमारी के बारे में सिखने

1. बीमारी का परिचय
2. बीमारी के कारण
3. बीमारी के लक्षण
4. बीमारी का निदान
5. उपचार और दवा के विकल्प



MESSAGE FROM AUTHORS

DISEASES & TREATMENT

"I am happy to publish this book for all pharmacy and medical students. As well as for all general practitioners, this book is also very helpful for all health care professionals. Prepare for this book day by day and revise it regularly. It must be helpful to you to get detailed knowledge about diseases and treatments. Learn about various diseases, their causes, symptoms, diagnosis, treatment, and medical options in easy language."

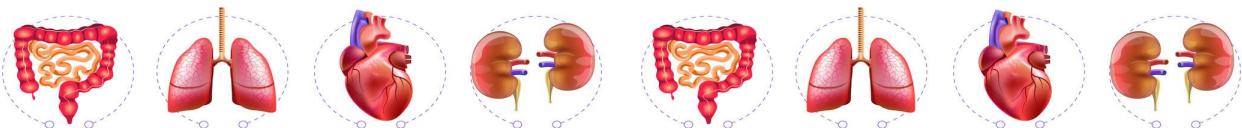
Amar M. Raval (Pharmacist)

(B. Pharm., M. Pharm., Ph.D. Scholar)

"Revisions and smart work must be needed for success in our healthcare field. This book will help all healthcare professionals and general practitioners stay updated on different diseases and their latest treatment options. So always do smart work and achieve success in your life. Always, our efforts are towards the success of each health care professional. All the best and best of luck for the preparations."

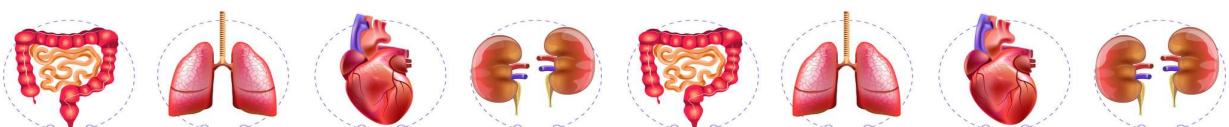
Fayeja S. Zankhwala (Pharmacist)

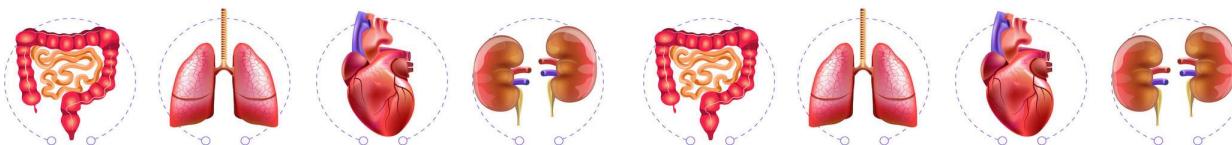
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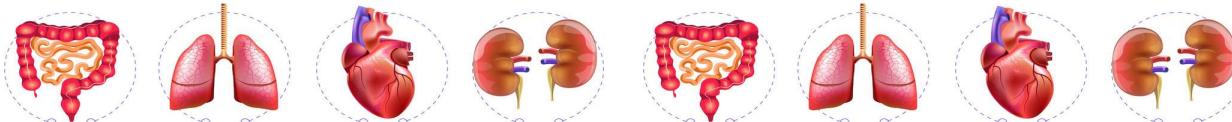
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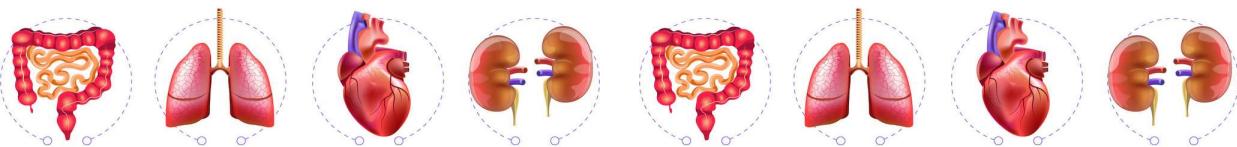




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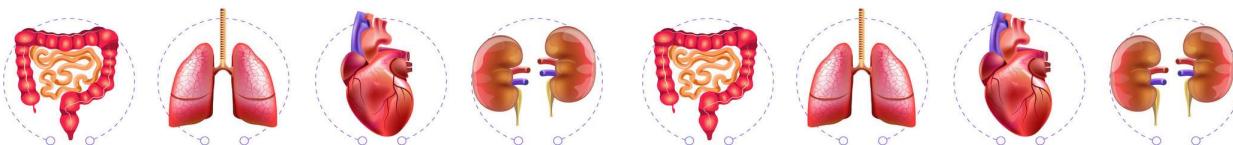




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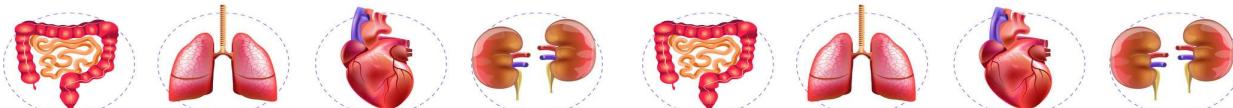
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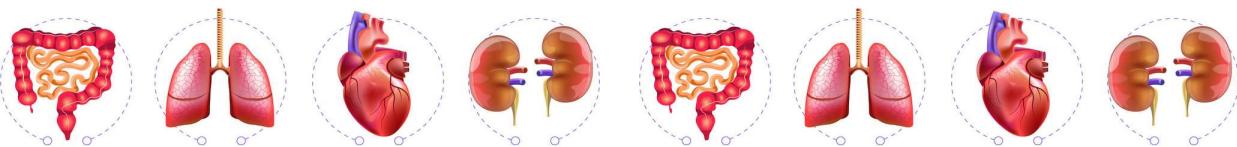




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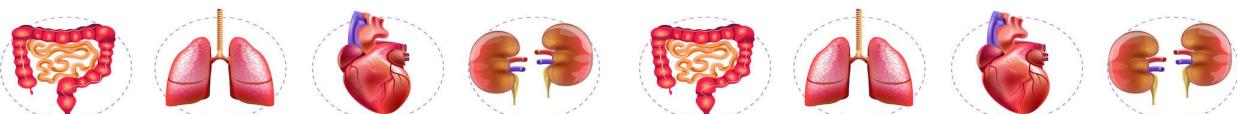
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ABBREVIATIONS IN PRESCRIPTION

दवाई के पर्चे में लिखे जाने वाले शब्दों के अर्थ

OD	Once a day	MRI	Magnetic Resonance Imaging
BID	Twice a day	D5W	5% dextrose in water
TID	Thrice a day	D5NS	Dextrose 5% in normal saline (0.9%)
QID	Four time a day	NS	Normal Saline
BD	Before dinner	Rx	Prescription
IM	Intramuscular	tsp	Teaspoon
IV	Intravenous	UTI	Urinary Tract Infection
ID	Intradermal	mcg	Microgram
Q4H	Every 4 Hours	mL	Millilitre
QOD	Every other Day	mm	Millimetre
Mg	Milligram	X-RAY	X-radiation
g	Gram	U/S	Ultrasound
Inj	Injection	PID	Pelvic Inflammatory Disease
BP	Blood Pressure	liq	Liquid
CTS	C T Scan	q.d.	Every day

Rx =	उपचार	OD =	दिन में एक बार
q =	प्रत्येक	BT =	सोते समय
qD =	प्रतिदिन	BBF =	नास्ते से पहले
qOD =	हर एक दिन छोड़कर	BD =	रात को भोजन से पहले
qH =	हर घंटे	Tw =	हफ्ते में दो बार
S =	के बिना	QAM =	हर सुबह
C =	के साथ	QPM =	हर रात
SOS =	आवश्यकता पड़ने पर	Q4H =	हर चार घंटों में
AC =	भोजन से पहले	HS =	सोते समय
PC =	भोजन के बाद	PRN =	आवश्यकतानुसार
BID =	दिन में दो बार	AC =	भोजन से पहले
TID =	दिन में तीन बार	PC =	भोजन के बाद
QID =	दिन में चार बार		

1. ACNE (PIMPLE)

मुँहासे-चेहरे के कील, पिंपल्स

INTRODUCTION

- ❖ मुँहासे (Acne) या पिटिका (Pimples) त्वचा की एक स्थिति है।
- ❖ यह सफेद, काले, और जलने वाले लाल दाग के रूप में दिखते हैं। मुँहासे तब होते हैं जब त्वचा के छिद्र तेल, मृत कोशिकाओं, या बैक्टीरिया से अवरुद्ध हो जाते हैं।



CAUSES

- ❖ Excess oil (sebum) production
- ❖ Hair follicles blocked by oil & dead skin cells
- ❖ Bacteria
- ❖ Inflammation



SYMPTOMS

- ❖ Papules
- ❖ small red bumps on skin
- ❖ Small red bumps containing white or yellow pus
- ❖ Redness around the skin eruptions
- ❖ Scarring of the skin
- ❖ Whiteheads
- ❖ Blackheads



DIAGNOSIS

- ❖ Blood Test
- ❖ Physical Check Up
- ❖ Urine Test
- ❖ Medical History
- ❖ Skin Allergy Test
- ❖ Sign & Symptoms
- ❖ Biopsy Test
- ❖ Based diagnosis



TREATMENT OPTIONS

- ❖ Retinoids and Antibiotics
- ❖ Azelaic acid
- ❖ Salicylic acid
- ❖ Dapsone (Aczone) 5% gel
- ❖ Isotretinoin
- ❖ Berberis aquifolium gel
- ❖ SBL wipeclear acne lotion



MEDICINE OPTIONS

- 1. DRUGS THAT CONTAIN RETINOIC ACIDS OR TRETINOIN**
 - Tretinoïn (Cream/gel Apply 2-3 times in a day)
 - Adapalene (Cream/gel Apply 2-3 times in a day)
 - Tazarotene (Cream/gel Apply 2-3 times in a day)
- 2. TOPICAL ANTIBIOTICS**
 - Clindamycin with benzoyl peroxide (Cream)
 - Erythromycin with benzoyl peroxide (Cream)
- 3. ORAL ANTIBIOTICS**
 - Minocycline 100 mg OD-BD oral
 - Doxycycline : 200 mg OD-BD oral
 - Erythromycin: Dose- 500mg, 1 tablet per day
 - Azithromycin: Dose- 500mg, 1 tablet per day

2. ACUTE HEPATIC PORPHYRIA

(एक्यूट हेपेटिक पोरफाइरिया)

INTRODUCTION

- ❖ एक्यूट हेपेटिक पोरफाइरिया (एएचपी, जिसे एक्यूट पोरफाइरिया भी कहा जाता है) दुर्लभ आनु वंशिक रोगों के एक परिवार को संदर्भित करता है, जिस में संभावित रूप से जीवन-घातक हमले होते हैं और, कुछ लोगों के लिए, क्रोनिक (चलने वाला और कभी-कभी आ जीवन) दर्द और अन्य लक्षण जो उन की क्षमता में हस्तक्षेप करते हैं
- ❖ Acute hepatic porphyria (AHP) is a group of rare genetic disorders that begin in your liver and go on to affect your nervous system, causing symptoms throughout your body
- ❖ Porphyria is a deficiency in one of the enzymes that your body needs to make heme (a component of hemoglobin in your blood). During the process of making heme, the absence of specific enzymes causes other compounds to go unused and build up in your body tissues

CAUSES

- ❖ Genetic mutation
- ❖ Prescription and recreational drug use
- ❖ Excessive alcohol use
- ❖ Severe calorie restriction
- ❖ Stress
- ❖ Anxiety
- ❖ When liver does not have the necessary enzyme to metabolize another byproduct



SYMPTOMS

- ❖ Abdominal pain
- ❖ Chest pain
- ❖ Back pain
- ❖ Pain in your arms and legs
- ❖ Nausea and vomiting
- ❖ Indigestion
- ❖ Constipation
- ❖ Diarrhea
- ❖ Anxiety
- ❖ Insomnia
- ❖ Depression
- ❖ Delirium
- ❖ Hallucinations
- ❖ Seizure
- ❖ Muscle weakness
- ❖ Numbness and tingling
- ❖ Fatigue
- ❖ Sensory loss
- ❖ Muscle paralysis
- ❖ Respiratory paralysis
- ❖ Heart palpitations
- ❖ High blood pressure
- ❖ Sensitivity
- ❖ Blistering rash
- ❖ Pigmentation
- ❖ Scarring
- ❖ Pain
- ❖ Fatigue
- ❖ Nausea
- ❖ Neuropathy (tingling, numbness or weakness, typically in your hands and feet)

DIAGNOSIS

- ❖ Healthcare providers familiar with AHP may recognize it when you have central and peripheral nervous system symptoms together with abdominal pain.
- ❖ This is considered the “classic triad” of AHP symptoms
- ❖ During an acute attack: - urine test is a quick and accessible way
- ❖ Genetic Testing

TREATMENT OPTIONS

- | | |
|--|--|
| <p>1. DURING ATTACK</p> <ul style="list-style-type: none">• Need hospital care• Need various medication to reduce different symptoms <p>2. TREATMENT FOR AN ACUTE ATTACK MAY INCLUDE:</p> <ul style="list-style-type: none">• Hemin injection• Pain relief medication• Phenothiazines | <ul style="list-style-type: none">• IV fluids and nutrition• Seizure medication <p>3. LONG-TERM TREATMENT OPTIONS MAY INCLUDE:</p> <ul style="list-style-type: none">• Prophylactic hemin• Givosiran• Hormone therapy• High Blood Pressure medication• Liver transplantation |
|--|--|

MEDICINE OPTIONS

- | | |
|---|--|
| <p>1. Hemin:</p> <ul style="list-style-type: none">• Usual Adult Dose for Porphyria:• 1 to 4 mg/kg/day IV over at least 30 minutes for 3 to 14 days based on clinical signs; in more severe cases, this dose may be repeated no earlier than every 12 hours• Maximum dose: 6 mg/kg per 24 hours• 16 years and older:• 1 to 4 mg/kg/day IV over at least 30 minutes for 3 to 14 days based on clinical signs; in more severe cases, this dose may be repeated no | <ul style="list-style-type: none">• earlier than every 12 hours• Maximum dose: 6 mg/kg per 24 hours <p>2. Givosiran:</p> <ul style="list-style-type: none">• Usual Adult Dose for Porphyria: 2.5 mg/kg subcutaneously once a month <p>3. Chlorpromazine:</p> <ul style="list-style-type: none">• Chlorpromazine oral is taken by mouth, it is injection is injected into a muscle, or given as an infusion into a vein. A healthcare provider will give you this injection• Dose: 100–800 mg/day |
|---|--|

3. ALLERGY - एलर्जी

INTRODUCTION

- ❖ A condition in which the immune system reacts abnormally to a foreign substance (allergen)
- ❖ An exaggerated reaction by immune system to some harmless substances (allergen) which normally does not affect most people
- ❖ Allergies, also known as allergic diseases, are a number of conditions caused by hypersensitivity of the immune system to typically harmless substances in the environment
- ❖ These diseases include hay fever, food allergies, atopic dermatitis, allergic asthma, and anaphylaxis

❖ TYPES OF ALLERGY:

1. Drug or Medicine Allergy
2. Food Allergy
3. Insect Allergy
4. Latex Allergy
5. Mold Allergy
6. Animal (Pet) Allergy
7. Pollen Allergy



CAUSES

- ❖ By skin contact
- ❖ Ingestion
- ❖ Injection
- ❖ Inhalation
- ❖ Allergen



SYMPTOMS

- ❖ Rashes on skin
- ❖ Allergic reactions
- ❖ Swelling on lips
- ❖ Swelling on face
- ❖ Itching
- ❖ Runny nose & sneezing
- ❖ Lacrimation (watery eyes)
- ❖ Breathing problems
- ❖ Runny nose
- ❖ GIT symptoms

DIAGNOSIS

- ❖ Medical history
- ❖ Allergy test
- ❖ IgE test
- ❖ Symptoms based



TREATMENT OPTIONS

- ❖ Allopathy Medicine
- ❖ Homeopathy Medicine
- ❖ Ayurvedic Medicine



MEDICINE OPTIONS

❖ ALLOPATHY MEDICINE

1. Leukotriene modifiers:

1. Montelukast tablet: 10 mg per day
2. Montek LC: 10 mg per day

MEDICINE OPTIONS

1. Antihistamines:

1. Pheniramine maleate: 25–50 mg oral per day
2. Chlorpheniramine: 2 to 4 mg (0.1 mg/kg) oral, I.M
3. Loratadine Tablets: 10 mg orally per day
4. Cetirizine Tablets: 10 mg orally per day
5. Levocetirizine Tablets: 5 mg oral/day
6. Fexofenadine tablets: 120–180 mg oral/day
7. Bilastine tablets: 20 mg per day

2. Corticosteroids:

- ❖ Prednisolone: 5–60 mg/day oral
- ❖ Triamcinolone tablets: 4–32 mg/day oral
- ❖ Triamcinolone paste: Apply 1-2 time a day
- ❖ Dexamethasone: 0.5–5 mg/day oral
- ❖ Betamethasone: 0.5–5 mg/day oral
- ❖ Deflazacort: 60-120 mg/day
- ❖ Methyl Prednisolone: 4–32 mg/day oral

3. Anti-IgE drug:

1. Omalizumab : Given under medical supervision
2. Lotion & creams: Apply 2-3 Times a Day
3. Caladryl lotion: Apply 2-3 Times a Day
4. Calomyne lotion: Apply 2-3 Times a Day
5. Betnovate-N cream: Apply 2-3 Times a Day
6. Betnovate-C cream: Apply 2-3 Times a Day
7. Dermikem-OC cream: Apply 2-3 Times a Day

4. Homeopathy Medicine

1. Allen A75 Allergy Drop (8-10 drops in half cup water 4 times)
2. SBL Drops No 8 (8-10 drops in half cup water 4 times)

5. Ayurvedic Medicine:

1. Himalaya bresol: : 2 tablet Two time in a day



MEDICINE EXPERT REVIEW

NEW BOOK FOR MEDICINE REVIEW

1. BASIC OF MEDICINE

6. PRICE OF MEDICINE

2. USE OF MEDICINE

7. SIDE EFFECTS

3. LABEL STUDY

8. WARNINGS

4. WORKING OF DRUG

9. PREGNANCY CATEGORY

5. DOSE OF MEDICINE

10. DRUG-DRUG INTERACTION





4. AMENORRHOEA

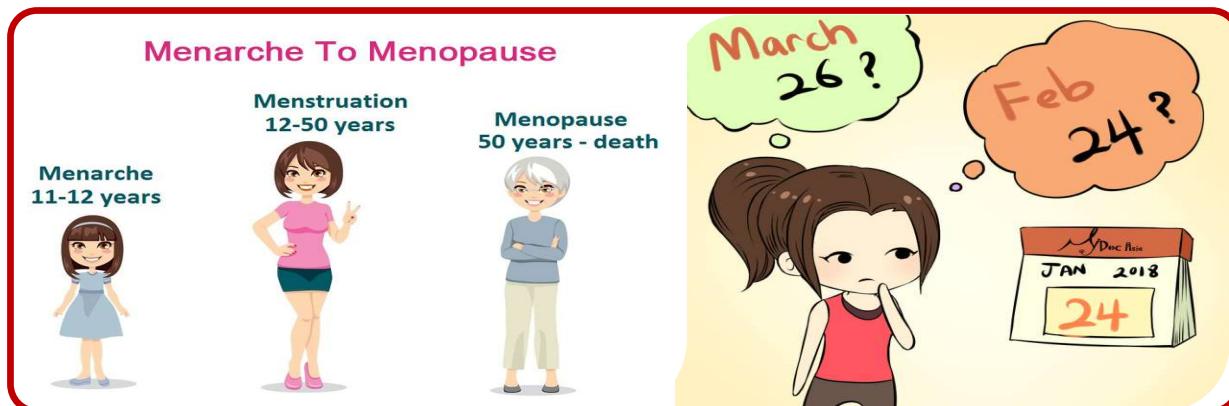
(पीरियड्स बंद हो जाना)

INTRODUCTION

- ❖ अचानक से पीरियड्स बंद हो जाना, बंद माहवारी
- ❖ **ABSENCE OF MENSTRUAL PERIODS**
- ❖ Amenorrhoea is the absence of menstrual periods in a woman during her reproductive years when women usually get periods after puberty and before natural menopause
- ❖ The natural cause of amenorrhoea are seen, most commonly, during pregnancy and lactation (breastfeeding), the latter also forming the basis of a form of contraception known as the lactational amenorrhoea method
- ❖ Outside of the reproductive years there is absence of menses during childhood and after menopause
- ❖ There are mainly two type of it based on condition of patient
- ❖ **1. Primary amenorrhoea**
 - Menstrual cycles never starting may be caused by developmental problems like
 - Absence of uterus
 - Ovarian failure
 - Structural problem in female reproductive system
- ❖ **2. Secondary amenorrhoea**
 - Normal Menstrual cycles but suddenly no periods due to some reasons
 - Menstrual cycles ceasing
 - Hormonal disturbances by hypothalamus or pituitary gland of brain
 - It is defined as the absence of menses for three months in a woman with previously normal menstruation or nine months for women with a history of oligomenorrhoea

CAUSES

- ❖ Natural amenorrhea
- ❖ Allergy medications
- ❖ Natural reasons of stop period during time of
- ❖ Anorexia Or Bulimia
- ❖ Pregnancy phase
- ❖ Excessive exercise
- ❖ Breast-feeding phase
- ❖ Excessive stress in life
- ❖ Menopause phase
- ❖ Hormonal imbalance
- ❖ Medications
- ❖ Premature ovarian failure
- ❖ Antipsychotics
- ❖ Thyroid malfunction
- ❖ Cancer chemotherapy
- ❖ Pituitary tumor
- ❖ Antidepressants
- ❖ Premature menopause
- ❖ Blood pressure drugs
- ❖ Uterine scarring



SYMPTOMS

- ❖ No periods
- ❖ Pelvic pain
- ❖ Milky nipple discharge
- ❖ Acne
- ❖ Vaginal dryness
- ❖ Vision changes
- ❖ Night sweats
- ❖ Headache
- ❖ Hair loss
- ❖ Excess facial hair

DIAGNOSIS

- ❖ Blood tests may be performed to determine the levels of hormones
- ❖ FSH, LH, TSH
- ❖ Prolactin
- ❖ Estrogen
- ❖ Prolactin test
- ❖ Blood test
- ❖ Hysteroscopy
- ❖ Ultrasound
- ❖ Ovary function test
- ❖ Thyroid function test
- ❖ Pregnancy test
- ❖ Male hormone test
- ❖ CT scan
- ❖ MRI
- ❖ X-ray
- ❖ Hormonal assay

TREATMENT OPTIONS

- ❖ Contraceptive pill
- ❖ Hormone therapy
- ❖ Hysterectomy
- ❖ Thyroid treatment
- ❖ Medroxyprogesterone
- ❖ Surgery: Visit Gynecologist

MEDICINE OPTIONS

- ❖ **Dopamine (D2) Agonists:** Use in case of high prolactin
- ❖ **Sicriptin:** 1.25 mg BD
- ❖ **Cabergolin:** 0.25 mg twice weekly
- ❖ **PCOD/PCOS Reason:** Use in case of PCOD
- ❖ **Glycomet-500 S.R 1 OD/BD**
- ❖ **Hormonal Imbalance:**
- ❖ **Progesterone:** 100-200mg OD
- ❖ **Estrabet 2mg :** 1 OD
- ❖ **Withdrawal Bleeding:**
- ❖ **Meprate:** Oral 5 to 10 mg for 10 days
- ❖ **Depo-provera 150ml:** PFS for single use only
- ❖ **Norethisterone 5 mg**
- ❖ **Dose:** 5–10 mg OD–BD oral
- ❖ **Homeopathy:**
- ❖ **Lords L 117 Amenorrhea Drops (30ml) :** 10-15 drops in 1/4 cup of water 3-4 time

INTRODUCTION

- ❖ **LOW HEMOGLOBIN (Hb)**
- ❖ Anemia is defined as a **Low number of red blood cells**
- ❖ In a routine blood test, anemia is reported as a low hemoglobin or hematocrit
- ❖ Having anemia can make you feel tired and weak
- ❖ Condition called anemic patient in which the blood doesn't have enough healthy red blood cells
- ❖ Anaemia results from a lack of red blood cells or dysfunctional red blood cells in the body
- ❖ This leads to reduced oxygen flow to the body's organs

Normal level*

Hb 12-16 g/dL (women)

or

Hb 13.5-17.5 g/dL (men)

Mild anemia

Hb 10-12 g/dL (women)

or

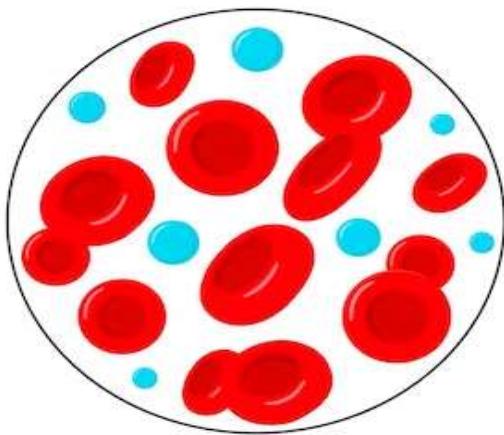
Hb 10-13.5 g/dL (men)

Moderate anemia

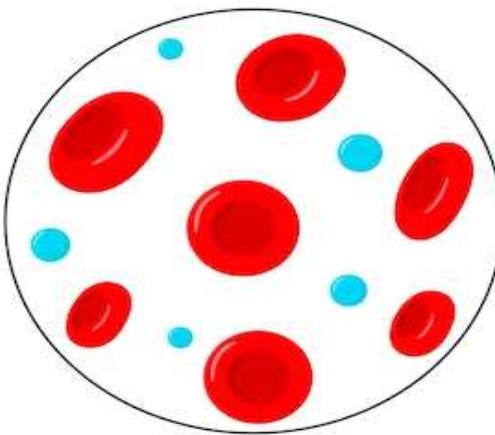
Hb 8- < 10 g/dL

Severe anemia

Hb < 8 g/dL



NORMAL



ANEMIA

CAUSES

- ❖ Genetic or Family history
- ❖ Stress
- ❖ Hormonal Changes
- ❖ PCOS
- ❖ Thyroid
- ❖ Air pollution
- ❖ Hard water Bathing
- ❖ Nutritional deficiency
- ❖ Riboflavin, Biotin, Folate & Vitamin B12 Deficiencies
- ❖ Medical conditions
- ❖ Medicine side effects
- ❖ Cancer chemotherapy
- ❖ Radiation therapy to the head leads to hair loss
- ❖ Not doing hair care

SYMPTOMS

- ❖ Fatigue
- ❖ Weakness
- ❖ Pale or yellowish skin
- ❖ Irregular heartbeats
- ❖ Shortness of breath
- ❖ Dizziness
- ❖ lightheadedness
- ❖ Chest pain
- ❖ Cold hands and feet



PREVENTION

- ❖ **Iron:** Iron-rich foods
- ❖ **Folate:** This nutrient, and its synthetic form folic acid
- ❖ **Vitamin B-12:** Foods rich in vitamin B-12 include meat, dairy products, and fortified cereal and soy products
- ❖ **Vitamin C:** Foods rich in vitamin C

DIAGNOSIS

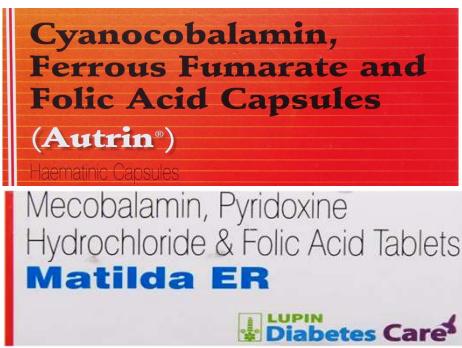
- ❖ Complete blood count (CBC)
- ❖ A CBC is used to count the number of blood cells in a sample of your blood, For anemia, the levels of the red blood cells contained in your blood (hematocrit) and the hemoglobin in your blood need to study
- ❖ A test to determine the size and shape of your red blood cells

TREATMENT OPTIONS

- | | |
|---------------------------|--------------------------|
| ❖ Folic acid | ❖ Oxymetholone |
| ❖ Ferrous sulfate | ❖ Multivitamin with iron |
| ❖ Ferrous gluconate | ❖ Iron dextran injection |
| ❖ Epoetin alfa systemic | ❖ Iron Sucrose injection |
| ❖ Pyridoxin HCl (Vit B6) | ❖ Lenalidomide |

MEDICINE OPTIONS

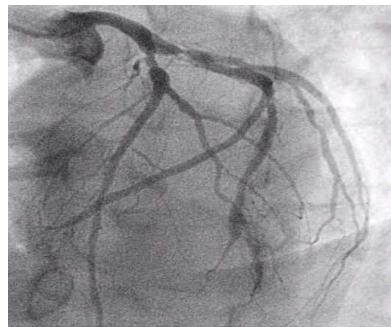
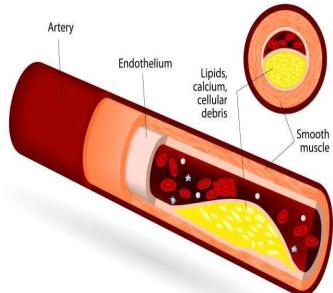
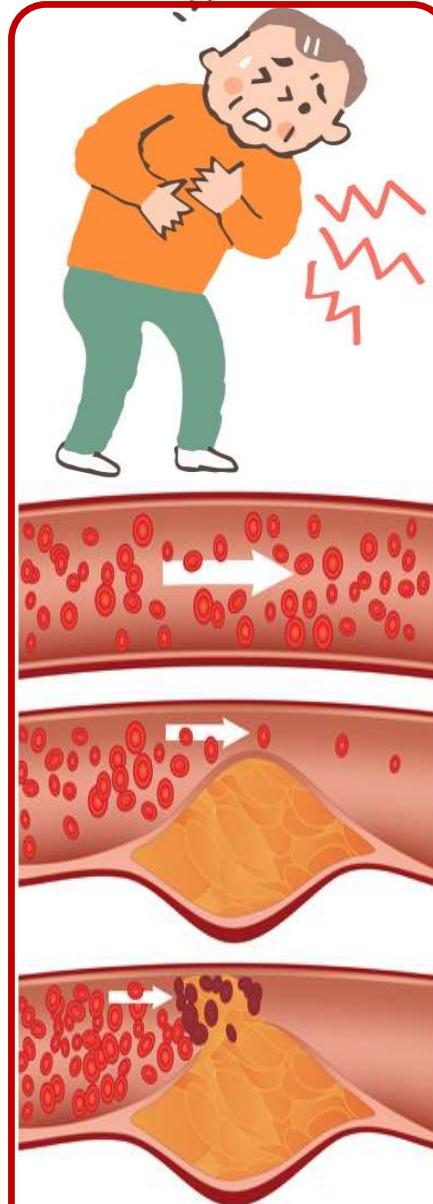
- ❖ 1. Autrin Capsule (1 Capsule per day after meal)
- ❖ 2. Folic acid 5mg Tablet (1 Tablet per day after meal)
- ❖ 3. Iron sucrose injection (600 mg of iron sucrose per week)
- ❖ 4. Epoetin alfa Means Erythropoietin Alfa (4000IU/0.4ml)
- ❖ 5. Pyridoxin HCl (Vit B6) (1 capsule per day)



6. ANGINA PECTORIS

INTRODUCTION

- ❖ एंजाइना पेक्टोरिस (हृदयार्ति)
- ❖ सीने में दर्द होना
- ❖ Angina pectoris is the medical term for chest pain or discomfort due to coronary heart disease
- ❖ It occurs when the heart muscle doesn't get as much blood as it needs
- ❖ This usually happens because one or more of the heart's arteries is narrowed or blocked
- ❖ It is also called Ischemia
- ❖ Angina is a symptom of coronary artery disease
- ❖ Angina is the chest pain that occurs due to imbalance between oxygen supply and demand
- ❖ In angina, there is a fixed atherosclerotic narrowing of the coronary arteries



CAUSES

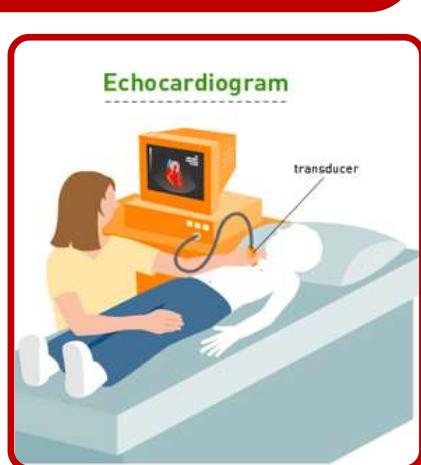
- ❖ Narrowing of blood vessels who supply blood to heart
- ❖ Atherosclerosis means buildup of fats, cholesterol and other substances in and on your artery walls (plaque), which can restrict blood flow
- ❖ Coronary artery disease in which narrowing or blockage of coronary arteries
- ❖ Lack of exercise & Sedentary lifestyle
- ❖ Unhealthy diet increase deposit of fat or cholesterol in the walls of artery and narrow the blood vessels

SYMPTOMS

- ❖ Chest pain or discomfort, often described as squeezing pressure, fullness, tightness, or a heavy weight in the centre of the chest
- ❖ Pain or discomfort in the arms, neck, jaw, shoulder or back
- ❖ Pain similar to indigestion or heartburn
- ❖ Shortness of breath and tiredness
- ❖ Nausea, sweating, and dizziness

DIAGNOSIS

- ❖ Electrocardiogram (ECG)
- ❖ Exercise stress test
- ❖ Echocardiogram
- ❖ Chest X-ray
- ❖ Coronary angiography
- ❖ Computerised tomography (CT) scan
- ❖ Magnetic resonance imaging (MRI)



TREATMENT OPTIONS

- ❖ 1. Nitrates
- ❖ 2. Beta blockers
- ❖ 3. Calcium channel blockers
- ❖ 4. Potassium channel openers
- ❖ 5. Ranolazine (Ranexa)
- ❖ 6. Statins

MEDICINE OPTIONS

1. NITRATES:

- Glyceryl trinitrate (GTN), Nitroglycerine: 0.5 mg sublingual
- Isosorbide dinitrate: 5–10 mg sublingual
- Isosorbide-5-mononitrate: 20–40 mg oral
- Erythrityl tetranitrate: 15–60 mg oral
- Pentaerythritol tetranitrate: 10–40 mg oral
- Nicorandil: 5–20 mg BD

2. BETA BLOCKERS:

- Propranolol Oral—10 mg BD to 160 mg QID
- Atenolol: 25 mg OD–50 mg BD
- Pindolol: 5–15 mg BD **By slowing the heart rate**, beta blockers reduce the oxygen demand of the heart and reduce the frequency of angina attacks in patient with angina pectoris, Guidelines recommend beta blockers as ***first-line treatment in patients with angina*** either on their own or in combination with a calcium channel blocker

3. CALCIUM CHANNEL BLOCKERS:

- Verapamil, diltiazem and long acting DHPs (dihydropyridines) can be used in angina, Short acting DHPs like **Nifedipine** **should be avoided** because these can accentuate the symptoms of angina by causing tachycardia

MEDICINE OPTIONS

4. POTASSIUM CHANNEL OPENERS:

- ❖ Nicorandil is the agent that causes coronary dilation by activating myocardial ATP sensitive K⁺ channels
- ❖ It works by relaxing and widening our blood vessels, which increases the supply of blood and oxygen to our heart
- ❖ This helps reduce the chest pain angina causes

5. Ranolazine (Ranexa):

- ❖ By reducing the flow of calcium into the cells, ranolazine is thought to help the heart to relax, improving blood flow to the heart muscle and relieving the symptoms of angina pectoris

6. Statins: Atorvastatin

7. Other:

- ❖ Ivabradine is a new drug for angina
- ❖ It is known as bradycardiac agent (as it decreases heart rate without affecting the conduction or contractility)
- ❖ Fasudil is a selective Rho A/Rho kinase (ROCK) inhibitor
- ❖ ROCK is an enzyme that plays important role in vasoconstriction and cardiac remodeling



5–20 mg BD



0.5–1.0 g BD as SR/ER



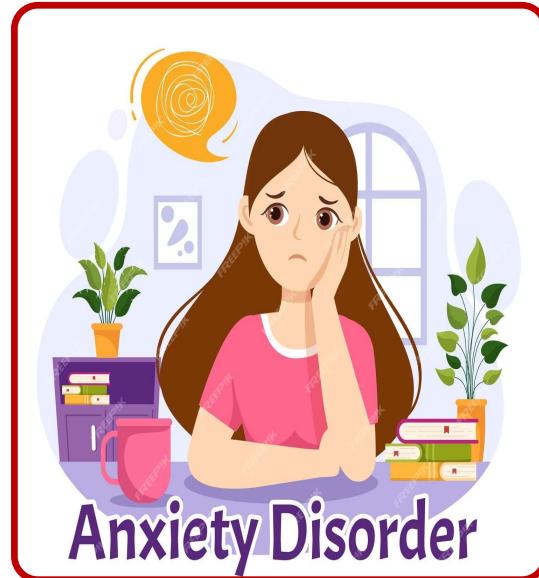
10–40 mg/day



5–7.5 mg BD

INTRODUCTION

- ❖ साधारण शब्दों में चिंता या घबराहट आने वाले समय में कुछ बुरा या खराब घटने की आशंका होना है जबकि इनका कोई वास्तविक आधार नहीं होता।
- ❖ थोड़ी-बहुत चिन्ता सभी को होती है और यह हमारे लक्ष्य की प्राप्ति या सफलता के लिए आवश्यक भी है।



- ❖ मानसिक रोग, हर समय चिंता,
- ❖ लोगों के बीच जाने से कतराना,
- ❖ काम के दौरान तनाव, डर व घबराहट
- ❖ Anxiety(चिंता) is a normal and often healthy emotion about worry feelings of worry, anxiety or fear
- ❖ A feeling of worry or fear, especially about the future, past or present
- ❖ It will become the reason for mental health disorders like depression, anxiety disorders etc
- ❖ Agoraphobia:
- ❖ Anxiety disorder due to a medical condition
- ❖ Generalized anxiety disorder
- ❖ Panic disorder:
- ❖ Separation anxiety disorder
- ❖ Social anxiety disorder (social phobia)

CAUSES

- ❖ Work stress or job change
- ❖ Change in living arrangements
- ❖ Pregnancy and giving birth
- ❖ Family and relationship problems
- ❖ Major emotional shock
- ❖ Stressful or traumatic event
- ❖ Verbal, sexual, physical or emotional abuse or trauma
- ❖ Death or loss of a loved one



SYMPTOMS

1. Physical Symptoms

- ❖ Churning feeling in your stomach
- ❖ Feeling light-headed or dizzy
- ❖ Headaches
- ❖ Faster breathing & Irregular heartbeat
- ❖ Sweating or hot flushes
- ❖ Sleep problems
- ❖ Grinding your teeth
- ❖ Nausea
- ❖ Having panic attacks
- ❖ Muscle tension
- ❖ Numbness or tingling in hands or feet
- ❖ Dry mouth

2. Mental symptoms

- ❖ Feeling panic, fear and uneasiness
- ❖ Nightmares
- ❖ Repeated thoughts or flashbacks of traumatic experiences
- ❖ Uncontrollable, obsessive thoughts

3. Behavioral Symptoms

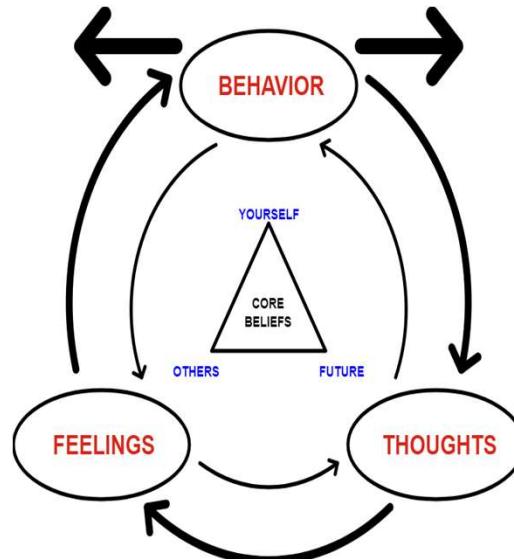
- ❖ Inability to be still and calm
- ❖ Trouble sleeping
- ❖ Ritualistic behaviors
- ❖ Looking after yourself
- ❖ Holding down a job

DIAGNOSIS

- ❖ Visit your healthcare providers **Psychiatrist or Psychologist**
- ❖ Diagnosing and treating mental illnesses
- ❖ Check how the symptoms interfere with your daily life
- ❖ Check symptoms and how long they last

TREATMENT OPTIONS

- ❖ Talk therapy
- ❖ Patient ke sath batchit karna
- ❖ Behavior and feelings
Samjana
- ❖ Meditation (Yoga)
- ❖ Music therapy
- ❖ Cognitive behaviour therapy
(CBT)
- ❖ Effective patient counselling



- ❖ एंज्जायटी से बचने के लिए ये तरीके अपनाए जा सकते हैं:
- ❖ नियमित रूप से एक्सरसाइज़ करें
- ❖ स्वस्थ आहार लें
- ❖ स्क्रीन टाइम कम करें
- ❖ कैफीन का सेवन कम करें
- ❖ मेडिटेशन करें
- ❖ एंज्जायटी का इलाज लंबे समय तक चलता है। ज्यादातर मामलों में, इसका इलाज सफल होता है। एंजाइटी के इलाज में ये तरीके अपनाए जा सकते हैं:
- ❖ कई एंटीडिप्रेसेंट दवाएं
- ❖ मनोचिकित्सा
- ❖ एंज्जायटी से जुड़ी कुछ आयुर्वेदिक जड़ी-बूटियां ये हैं: अश्वगंधा, ब्राह्मी, लेमन बाम, जटामासी

MEDICINE OPTIONS

- ❖ **Antidepressants:**
 - Monoamine oxidase inhibitors (MAOI)
 - Tricyclic antidepressants (TCA)
 - Selective serotonin reuptake inhibitors (SSRI)
 - Other (atypical) antidepressants.
 - Mood stabilizing drugs
 - ❖ **SSRI(Selective Serotonin Reuptake Inhibitors)**
 - Citalopram (20–40 mg/day)
 - Escitalopram (10–20 mg OD)
 - Fluoxetine (20–50 mg/day)
 - Fluvoxamine (50–200 mg/day)
 - Paroxetine (20–50 mg/day)
 - Sertraline (50–200 mg/day)
 - Escitalopram: 10–20 mg OD
 - ❖ **TCA(Tricyclic antidepressants)**
 - Amitriptyline : (50–200 mg/day)
 - Nortriptyline: (50–150 mg/day)
 - Clomipramine: (50–150 mg/day)
 - Imipramine: (50–200 mg/day)
 - Desipramine: (50–200 mg/day)
 - Trimipramine: (50–150 mg/day)
 - Amoxapine: (100–300 mg/day)
 - Doxepin (50–150 mg/day)
- ❖ **Herbal medications**
- Himalaya Mentat or Brahmi Tablet (1-2 tablet per day)
 - Himalaya Mentat or Brahmi Syrup (5-10 ml 3 times a day)
 - Himalaya Tagara Tablet (1-2 tablet per day)
 - Charak Pharma Sumenta Tablet (1-2 tablet per day)
- ❖ **Homeopathic medication**
- SBL Tranquil Tabs (2 tablets 4 times daily)
 - Allen A78 Drops: Take 8 to 10 Drops in half cup of water daily 4 times

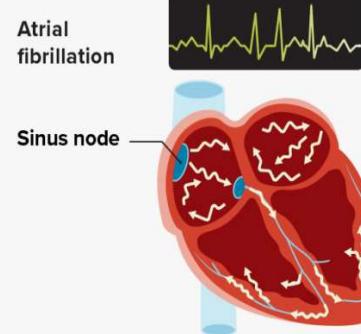
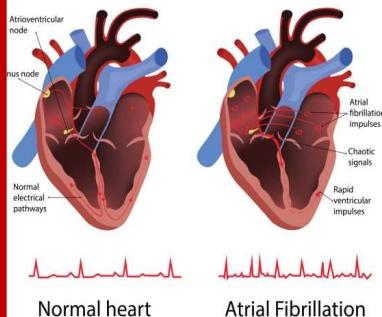


8. ARRHYTHMIA

INTRODUCTION

- ❖ दिल की धड़कने अनियमित होना
- ❖ An arrhythmia is a problem with the rate or rhythm of the heartbeat
- ❖ *During an arrhythmia, the heart can beat too fast, too slowly, or with an irregular rhythm*
- ❖ A normal resting heart rate for adults ranges from 60 to 100 beats per minute, When a heart beats too fast, more than 100 beats per minute the condition is called **Tachycardia**
- ❖ When a heart beats too slowly fewer than 60 beats per minute (BPM) qualifies as bradycardia, the condition is called **Bradycardia**

Heart arrhythmia



CAUSES

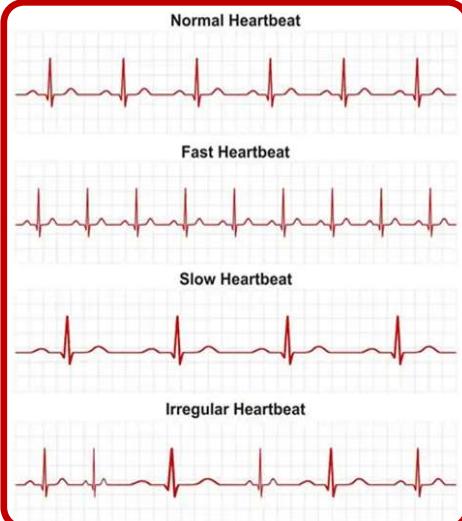
- ❖ A heart attack that's occurring right now
- ❖ Scarring of heart tissue from a prior heart attack
- ❖ Changes to your heart's structure, such as from Cardiomyopathy
- ❖ Blocked arteries in your heart (coronary artery disease)
- ❖ High blood pressure
- ❖ The most common type of arrhythmia is atrial fibrillation, which causes an irregular and fast heart beat
- ❖ Many factors can affect your heart's rhythm, such as having had a heart attack, smoking, congenital heart defects, and stress
- ❖ Some substances or medicines may also cause arrhythmias

SYMPTOMS

- ❖ Fatigue or weakness
- ❖ Dizziness or lightheadedness
- ❖ Fainting or near-fainting spells
- ❖ Rapid heartbeat or pounding in the chest
- ❖ Shortness of breath and anxiety
- ❖ Chest pain or pressure
- ❖ In extreme cases, collapse and sudden cardiac arrest
- ❖ Fluttering chest sensation
- ❖ Tiredness
- ❖ Lightheaded or dizzy
- ❖ Chest pain
- ❖ Short of breath
- ❖ Sweaty

DIAGNOSIS

- ❖ The most common test used to diagnose an arrhythmia is an electrocardiogram (EKG or ECG)
- ❖ She or he may recommend medicines, placement of a device that can correct an irregular heartbeat
- ❖ Surgery to repair nerves that are overstimulating the heart



TREATMENT OPTIONS

- ❖ **ANTIARRHYTHMIC DRUGS:**
- ❖ These are drugs used to prevent or treat irregularities of cardiac rhythm, Arrhythmias are the most important cause of sudden cardiac death
- ❖ However, only few arrhythmias need to be treated with antiarrhythmic drugs

MEDICINE OPTIONS

- ❖ CLASS I: Membrane stabilizing agents (Na^+ channel blockers)
- ❖ CLASS I A. Moderately decrease dv/dt of 0 phase
- ❖ Quinidine: 100–200 mg TDS oral; rarely 100–300 mg slow i.v.
- ❖ Procainamide: 0.5–1 g oral or i.m. followed by 0.25–0.5 g every 2 hours, Maintenance dose—0.5 g every 4–6 hours
- ❖ Disopyramide: 100–150 mg 6 hourly oral
- ❖ CLASS I B. Little decrease in dv/dt of 0 phase
- ❖ Lidocaine: 50–100 mg bolus followed by 20–40 mg every 10–20 min, or 1–3 mg/min infusion
- ❖ Mexiletine: 100–200 mg i.v. over 10 min., 1 mg/min infusion
- ❖ CLASS I C. Marked decrease in dv/dt of 0 phase
- ❖ Propafenone: 150 mg BD–300 mg TDS oral
- ❖ CLASS II: Antiadrenergic agents (β blockers)
- ❖ Propranolol: 1 mg/min (max 5 mg) i.v. injection under close monitoring; 40–80 mg (max 160 mg) BD to QID oral
- ❖ Esmolol: 0.5 mg/kg in 1 min followed by 0.05–0.2 mg/kg/min
- ❖ Sotalol: 40–80 mg BD–QID oral
- ❖ CLASS III: Agents widening Action Potential AP
- ❖ Potassium channel blockers, prolong repolarization and effective refractory period (ERP)
- ❖ Amiodarone: 400–600 mg/day orally for few weeks
- ❖ CLASS IV: Calcium channel blockers
- ❖ Verapamil: 5 mg slow i.v. injection over 2–3 min (to terminate PSVT), 60–120 mg TDS orally for maintenance
- ❖ Diltiazem: 25 mg by slow i.v. inj (to terminate PSVT), 30–60 mg TDS orally for maintenance;

9. ARTHRITIS (आर्थराइटिस)

INTRODUCTION

- ❖ गठिया वात
- ❖ गठिया जोड़ों की सूजन व दर्द से जुड़ा रोग है, जिसको गठिया या संधिवात कहा जाता है
- ❖ Arthritis means any disorder that affects joints

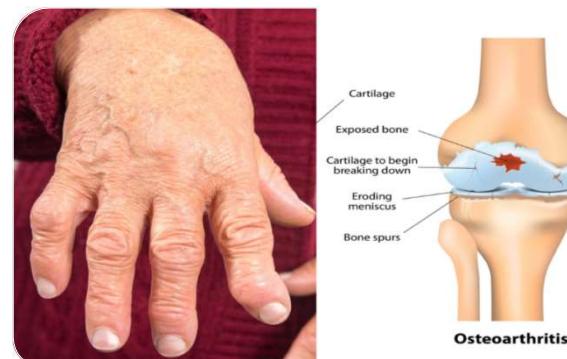


CAUSES

- | | |
|---|---|
| <ul style="list-style-type: none"> ❖ Age ❖ Smoking ❖ Obesity ❖ Genetics ❖ Immune System Issue ❖ Weather Changes ❖ Poor Nutrition | <ul style="list-style-type: none"> ❖ Vitamins Deficiency ❖ Vit K27 ❖ Vit D3 Calcitriol ❖ Vit B12 (Methylcobalamin) ❖ Minerals deficiency ❖ Calcium ❖ Boron |
|---|---|

SYMPTOMS

- ❖ Swelling
- ❖ Pain
- ❖ Stiffness
- ❖ Redness
- ❖ Heat
- ❖ Fever



TYPES

1. **OSTEOARTHRITIS:** Related to normal aging processes
 - Most common chronic arthritis, Involves the breakdown of the protective cushion of cartilage surrounding the ends of the bones where 2 bones meet to form a joint
 - Cartilage becomes flaky and rough, this causes irritation and inflammation of the synovial membrane
 - It occurs most frequently in the hands, hips, and knees
 - “Wear & Tear” Arthritis
 - Degenerative joint disease
 2. **Autoimmune Inflammatory Arthritis:** Rheumatoid arthritis Is a one type of autoimmune inflammatory arthritis
- arthritis
- The immune system helps to protect body from infection and disease, The inflammation in the joints causes damage to the cartilage , result in deformities or destruction of the joint, Over production of synovial fluid occurs, which causes joints to swell and the capsule to stretch, causing pain
 - 3. **Gout (Metabolic Arthritis) :** It is a painful form of arthritis
 - It causes pain and swelling in joints, One Types of inflammatory arthritis
 - Caused by uric acid crystals that form in and around the joints

DIAGNOSIS

- ❖ CBC count
- ❖ X-ray
- ❖ Ultrasound
- ❖ Arthroscopy
- ❖ Magnetic resonance imaging (MRI)
- ❖ Computerized tomography scan (CT)



TREATMENT & MEDICINES OPTIONS

❖ ANALGESIC AND ANTIINFLAMMATORY DRUGS

- Diclofenac (50 mg TDS)
- Aceclofenac (100 mg BD)
- Celecoxib (100–200 mg BD)
- Etoricoxib (60–120 mg OD)
- Etodolac (200-400 mg BD-TDS)
- Paracetamol (0.5–1 g TDS; infants 50 mg; children 15 mg/kg)
- Ketolorac (10–20 mg oral 6 hourly, 15–30 mg i.m./i.v. 6 hourly (max 90 mg/day)
- Piroxicam: 20 mg BD for two days followed by 20 mg OD

❖ DISEASE-MODIFYING ANTIRHEUMATIC DRUGS :

- Sulfasalazine (1–3 g/day in 2–3 divided doses)

- Methotrexate (7.5–15 mg weekly oral)
- Penicillamine (125-250 mg OD (max 250 mg BD))
- Azathioprine (50–150 mg/day)
- Hydroxychloroquine (initially 200 mg BD followed by 200 mg OD for maintenance)

❖ ANTI-GOUT DRUGS:

- Allopurinol (Start with 100 mg OD, Maintenance dose of 300 mg/day, maximum 600 mg/day)
- Colchicine (dose 0.5–1 mg/day)
- Febuxostat (40 milligrams (mg) or 80 mg once a day)
- Sulfinpyrazone: 100–200 BD
- Probenecid (0.25–1.0 g BD)



MEDICINES OPTIONS

❖ HERBAL MEDICINE

- Himalaya Hadjod : Dose: 2 tablet OD or BD
- Himalaya Rumalya forte: Dose: 1 tablet OD or BD
- SBL drops no.6: Dose: 10-15 Drops in water 2 to 3 times
- Divya peedadantak taila: Massage using 5 ml oil
- Charak rymany capsules: Dose: 1 Capsule OD or BD
- Charak ostolief tablets: Dose: 1 tablet OD or BD
- Ostrolief nutra tablets: Dose: 1 tablet OD or BD
- Baidhyanath yograj guggulu: 1 tablet OD or BD

❖ SUPPLEMENTS FOR VITAMIN AND MINERAL DEFICIENCIES

- Benocal K27 capsules: Dose: 1 Capsule per day
- Caldikind plus capsules: Dose: 1 Capsule per day
- Shelcal-500 tablets : Dose: 1 Tablet per day
- Cipcal-500 tablets : Dose: 1 Tablet per day
- Calshine-D tablets : Dose: 1 Tablet per day
- Dailycal-500 tablets : Dose: 1 Tablet per day

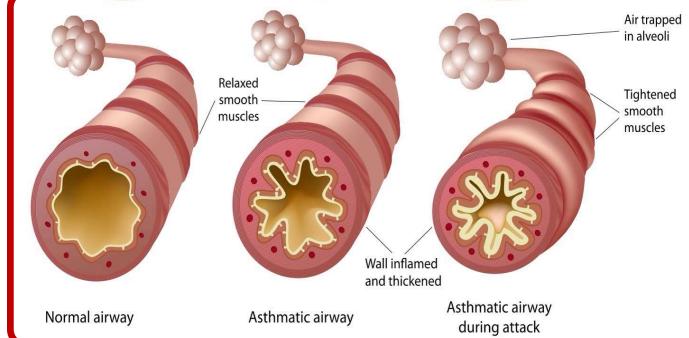


INTRODUCTION

- ❖ अस्थमा, दमा
- ❖ Asthma is a condition in which your airways narrow and swell and may produce extra mucus
- ❖ Due to this swelling, the air path produces excess mucus making it hard to breathe.
- ❖ This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath
- ❖ The disease is chronic and interferes with daily working

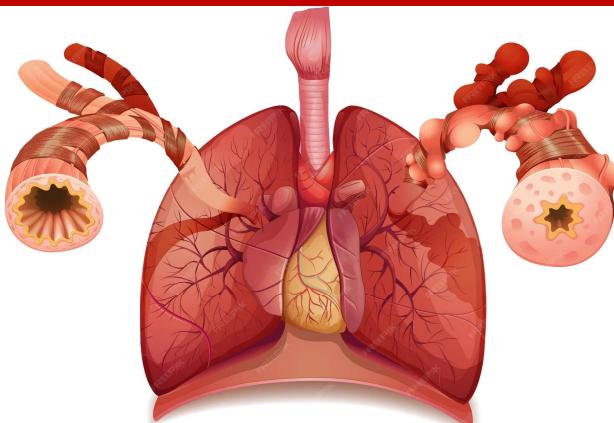
CAUSES

- | | |
|--------------|-------------|
| ❖ Pollen | ❖ Medicines |
| ❖ Smoking | ❖ Dust mite |
| ❖ Exercise | ❖ Stress |
| ❖ Moldy | ❖ Pollution |
| ❖ Infections | ❖ Pets |
| ❖ Food | ❖ Cold air |



SYMPTOMS

- ❖ Wheezing
- ❖ Cough
- ❖ Shortness of breath
- ❖ Tachycardia
- ❖ Difficulty in breathing
- ❖ Pale and wet skin
- ❖ Dyspnea
- ❖ Chest tightness



DIAGNOSIS

- ❖ IgE test
- ❖ Blood test
- ❖ Chest X-ray
- ❖ Spirometer test
- ❖ Physical examination



TREATMENT AND MEDICINE OPTIONS

- ❖ 1. Bronchodilators medicine
- ❖ 2. Corticosteroids
- ❖ 3. Leukotriene antagonists
- ❖ 4. 5-lipoxygenase inhibitors

- **1. BRONCHODILATORS**
- Salbutamol
- Terbutaline
- Salmeterol
- Theophylline
- Etophylline
- Aminophylline

- **4. 5-lipoxygenase inhibitors**
- Zileuton tablet



1-2 Tablet BD

1-2 Tablet BD

- **2. CORTICOSTEROIDS**
- Fluticasone
- Budesonide
- Mometasone
- Beclomethasone
- Ciclesonide



5 ml 2-3 times

8-10 drops in Half cup water 4 times

11. BELL'S PALSY (चेहरे का लकवा)

INTRODUCTION

- ❖ Bell's palsy is a condition that causes sudden weakness in the muscles on one side of the face, Affect only facial muscle and neurons
- ❖ बेल्स पाल्सी एक ऐसी स्थिति है जो चेहरे के एक तरफ की मांसपेशियों में अचानक कमजोरी का कारण बनती है, केवल चेहरे की मांसपेशियों और न्यूरॉन्स को प्रभावित करती है



CAUSES

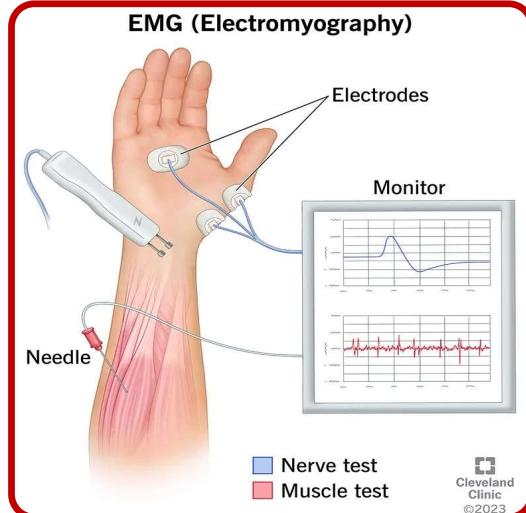
- | | | |
|---------------------------------|--|-------------------------|
| ❖ Autoimmune disease | ❖ Epstein-barr virus | ❖ Brain injuries |
| ❖ Diabetes | ❖ Viral infection | ❖ Cerebral palsy |
| ❖ Family history | ❖ Inflammation and swelling of the 7TH cranial nerve | ❖ Multiple sclerosis |
| ❖ Herpes simplex / zoster virus | ❖ Spinal cord | ❖ Neurological diseases |
| ❖ High B.P. | ❖ Injuries Strokes | ❖ Neuron damage |

SYMPTOMS

- ❖ Disordered movement of the muscles that control facial expressions, such as smiling, squinting, blinking, or closing the eyelid
- ❖ चेहरे के भावों को नियंत्रित करने वाली मांसपेशियों की अव्यवस्थित गति, जैसे मुस्कुराना, भेंगापन, पलकें झपकाना या पलक बंद करना
- ❖ Loss of the sense of taste on the front two-thirds of the tongue
- ❖ जीभ के अगले दो-तिहाई भाग में स्वाद की अनुभूति का नष्ट हो जाना
- ❖ Loss of feeling in the face
- ❖ Tearing (फटना)
- ❖ Drooling (लार टपकना)

DIAGNOSIS

- ❖ Electromyography (EMG) : is a diagnostic procedure to assess the health of muscles and the nerve cells that control them (motor neurons).
- ❖ मांसपेशियों और उन्हें नियंत्रित करने वाली तंत्रिका कोशिकाओं (मोटर न्यूरॉन्स) के स्वास्थ्य का आकलन करने के लिए एक नैदानिक प्रक्रिया है।



Courtesy: Cleveland Clinic

TREATMENT OPTIONS

- ❖ Supportive care
- ❖ Rehabilitation
- ❖ Physiotherapy
- ❖ Speech therapy
- ❖ Routine Exercises
- ❖ CBT for patient
- ❖ The weakness is temporary and significantly improves over weeks.
- ❖ Other medicine based on Reason of facial paralysis.
- ❖ Medicine Given as per reason of the problem.

MEDICINE OPTIONS

- ❖ Cipla Acivir200-DT tablets (If reason is Viral infection)
- ❖ Cipla Valcivir-1000 tablets (If reason is Viral infection)
- ❖ OmnaCortil-20 tablet (If reason is Viral infection)
- ❖ Neurobion forte 1 Tab OD (If reason is Weakness of neuron)
- ❖ Meconerv forte 1 Tab OD (If reason is Weakness of neuron)

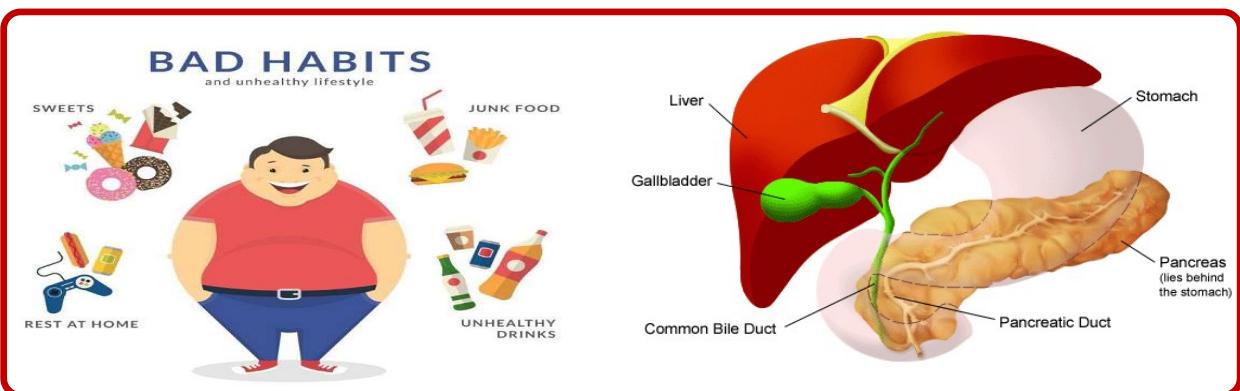
12. BLOOD SUGAR LEVEL

INTRODUCTION

- ❖ ब्लड शुगर लेवल बढ़ जाता है
- ❖ ज्यादा प्यास लगना
- ❖ अचानक तेजी से वजन कम होना
- ❖ शुगर लेवल 200 से अधिक
- ❖ **HIGH BLOOD SUGAR LEVEL**

Blood Glucose Chart			
Mg/DL	Fasting	After Eating	2-3 Hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200+

CAUSES



- ❖ Bad habits of eating
- ❖ Stress in life
- ❖ Poor sleep
- ❖ Hormonal imbalance
- ❖ Genetics
- ❖ Pancreas problem
- ❖ Autoimmune disorder

- ❖ खान-पान की बुरी आदतें
- ❖ जीवन में तनाव
- ❖ खराब नींद
- ❖ हार्मोनल असंतुलन
- ❖ आनुवंशिकी
- ❖ अग्न्याशय की समस्या
- ❖ स्व - प्रतिरक्षित विकार

SYMPTOMS

- ❖ Frequent urination
- ❖ Painful urination
- ❖ Delay wound healing
- ❖ Always hungry
- ❖ Always thirsty
- ❖ Neuropathy symptoms
- ❖ Sudden weight loss
- ❖ Blurred vision
- ❖ Urine infection (UTI)
- ❖ Vaginal infection

- ❖ बार-बार पेशाब आना
- ❖ पेशाब करते समय दर्द होना
- ❖ घाव भरने में देरी होना
- ❖ हमेशा भूखा रहना
- ❖ हमेशा प्यासा रहना
- ❖ न्यूरोपैथी के लक्षण
- ❖ अचानक वजन कम होना
- ❖ धुंधली दृष्टि
- ❖ पेशाब में संक्रमण
- ❖ योनि में संक्रमण



DIAGNOSIS

- ❖ Medical history
- ❖ Physical examination
- ❖ Blood test
- ❖ Blood sugar test
- ❖ Random blood sugar RBS
- ❖ FPG (Fasting Plasma Glucose Test)
- ❖ OGTT (Oral Glucose Tolerance Test)
- ❖ Hemoglobin A1C(HbA1C)

TREATMENT OPTIONS

- ❖ Healthy diet
- ❖ Reduce stress level
- ❖ Take proper sleep
- ❖ Regular exercise
- ❖ Walking/cycling
- ❖ Avoid added sugars
- ❖ Fresh karela juice
- ❖ Medicines

MEDICINE OPTIONS

- ❖ METFORMIN HCL: Dose: 500mg to 2.5 g/day in 2–4 doses
- ❖ GLIPIZIDE: Dose: 5–20 mg/day in 1–2 doses
- ❖ DAPAGLIFLOZIN 5 MG (Forxiga): Dose: 5-10 mg orally once a day
- ❖ GLIBENCLAMIDE 5 MG : Dose: 5–15 mg/day in 1–2 doses
- ❖ GLICLAZIDE 60 MG-60:40–240 mg/day in 1–2 doses
- ❖ PIOGLITAZONE 15 MG:Dose:15–45 mg OD
- ❖ ACARBOSE 50 MG (Glucobay-50): Dose: 50–100 mg TDS
- ❖ SITAGLIPTIN-100MG (Istavel): 50–100 mg TDS
- ❖ Glycomet GP 1 and 2:Dose: 1–6 mg OD
- ❖ VILDAGLIPTIN-50MG (Vinglyn 50) OD-BD before meals
- ❖ SBL Dibonil drops:10 drops in half cup water TID (HOMEOPATHY)
- ❖ SBL Dibonil tablet: Four tablets, 4-6 times daily (HOMEOPATHY)
- ❖ HIMALAYA Diabecon-DS: Dose: 1-2 tablet BD (AYURVEDIC TABLET)
- ❖ Hyponidd Tablet: Dose: 1-2 tablet BD (AYURVEDIC TABLET)
- ❖ Divya Madhunashinivati: Dose: 1-2 tablet BD (AYURVEDIC TABLET)

13. BOILS (फोड़े-फुंसी)

INTRODUCTION

- ❖ फोड़े-फुंसी, बालों के कूप में होने वाला एक गहरा संक्रमण है।
- ❖ यह संक्रमण आम तौर पर स्टैफिलोकोकस और यूस नाम के बैक्टीरिया की वजह से होता है।
- ❖ इस संक्रमण से त्वचा पर पस और मरी हुई कोष से दर्दनाक सूजन होने लगती है। कई फोड़े एक साथ जमा होने पर उसे नासूर कहा जाता है।
- ❖ अंडरआर्म्स पर फोड़े
- ❖ बालतोड़ की फुंसी
- ❖ Boil is a contagious skin infection that starts in a hair follicle or oil gland



CAUSES

- ❖ Poor hygiene
- ❖ Poor nutrition
- ❖ Exposure to chemical
- ❖ *Staphylococcus Aureus*
- ❖ Obesity (मोटापा)
- ❖ Weak immunity
- ❖ Skin infection
- ❖ खराब स्वच्छता
- ❖ खराब पोषण
- ❖ रसायन के संपर्क में आना
- ❖ स्टाफिलोकोकस ऑरीअस
- ❖ कमजोर रोग प्रतिरोधक क्षमता
- ❖ त्वचा संक्रमण

SYMPTOMS

- ❖ Becomes painful
- ❖ Fills with pus formation
- ❖ Grows in size
- ❖ Might spread to other areas
- ❖ Has a yellow or white center
- ❖ Reddish or purplish in color
- ❖ Swollen skin around the bump

- ❖ कष्टदायक हो जाता है
- ❖ मवाद से भर जाता है
- ❖ आकार में बढ़ता है
- ❖ अन्य क्षेत्रों में फैल सकता है
- ❖ एक पीला या सफेद केंद्र है
- ❖ लाल या बैंगनी रंग का होना
- ❖ उभार के आसपास की त्वचा में सूजन



DIAGNOSIS

- ❖ It can be diagnose by looking at your skin
- ❖ A pus sample may also be taken for lab analysis
- ❖ Blood test

- ❖ आपकी त्वचा को देखकर इसका निदान किया जा सकता है
- ❖ प्रयोगशाला विश्लेषण के लिए मवाद का नमूना भी लिया जा सकता है
- ❖ रक्त परीक्षण (खून की जांच)

TREATMENT OPTIONS

- ❖ Regular wash your body
- ❖ Use antibacterial soaps
- ❖ Don't share your cloths
- ❖ Place a clean, warm, moist cloth on boils several times a day
- ❖ Turmeric – curcumin (antibacterial and anti-inflammatory)
- ❖ Castor oil (anti-inflammatory)
- ❖ Tea tree oil (antibacterial and antiseptic)
- ❖ Neem oil (antiseptic, antibacterial, and antimicrobial)
- ❖ Raw onion (antibacterial)
- ❖ OTC medicines
- ❖ Antibiotics
- ❖ Pain relievers
- ❖ Antibacterial soaps
- ❖ Surgery

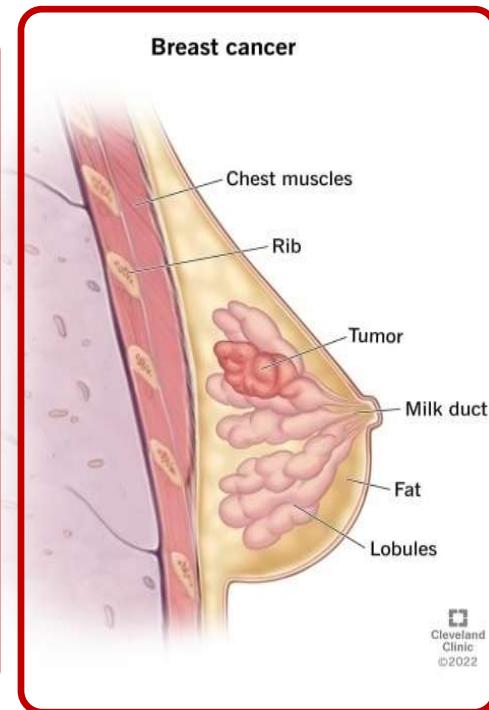
MEDICINE OPTIONS

- ❖ Yaha hamane bahot sare options diye hai. So Boils hone par koi ek Tablet aur sath me ek Cream Lagane ke liye di jati hai
1. Forcef-500: Dose: 1 Tablet BD/OD
 2. Blumox CA: Dose: 1 Tablet BD/OD
 3. Dalacin-C: Dose: 1 Tablet BD/OD
 4. Nioclean gel: Dose: apply 2-3 times
 5. Septran-DS: Dose: 1 Tablet BD/OD
 6. Codox: Dose: 1 Tablet BD/OD
 7. Odoxil: Dose: 1 Tablet BD/OD
 8. Fourderm: Dose: Apply 2-3 times
 9. Fucidin: Dose: Apply 2-3 times
 10. Mupi ointment: Dose: Apply 2-3 times
 11. Neosporin powder: Dose: apply 2-3 times



INTRODUCTION

- ❖ कैंसर जो कि स्तनों की कोशिकाओं में पनपता है।
- ❖ स्तन कैंसर महिलाओं में और कभी-कभी पुरुषों में भी हो सकता है।
- ❖ स्तन कैंसर के लक्षणों में स्तन में गांठ होना, निपल से खून मिला हुआ रिसाव और निपल या स्तन की बनावट या प्रकृति में बदलाव शामिल हैं।
- ❖ स्तन में किसी भी तरह की गांठ या सूज कैंसर का रूप ले सकता है।



CAUSES

- ❖ Age
- ❖ Sex
- ❖ Family history
- ❖ Genetics
- ❖ Smoking
- ❖ Alcohol use for longer time of period
- ❖ Obesity
- ❖ Radiation exposure
- ❖ Hormone Replacement therapy (HRT)

- ❖ आयु
- ❖ लिंग (पुरुष/महिला)
- ❖ पारिवारिक इतिहास
- ❖ आनुवंशिकी
- ❖ धूम्रपान
- ❖ शराब का सेवन
- ❖ मोटापा
- ❖ विकिरण जोखिम
- ❖ हार्मोन रिप्लेसमेंट थेरेपी

SYMPTOMS

- ❖ Change in the size, shape or contour of the breast
- ❖ Feeling of thickening around breast and underarms
- ❖ Redness on breast or nipples
- ❖ Pain and tenderness
- ❖ Unusual nipple discharge
- ❖ Skin dimpling (looking like an orange peel)



DIAGNOSIS

- | | |
|------------------------------|-------------------------------|
| ❖ Ultrasound | ❖ Hepatitis tests |
| ❖ Mammogram | ❖ BIOPSY |
| ❖ MRI | ❖ Tumor features |
| ❖ Blood Test: | ❖ Estrogen receptors (ER) |
| ❖ Complete blood count (CBC) | ❖ Progesterone receptors (PR) |
| ❖ Blood chemistry | ❖ Oncotype Dx |

TREATMENT OPTIONS

- | | |
|---------------------------------|-------------------|
| ❖ Breast-conserving surgery | ❖ Radiation |
| ❖ Surgery to remove lymph nodes | ❖ Chemotherapy |
| ❖ Mastectomy | ❖ Hormone therapy |
| | ❖ Immunotherapy |

MEDICINE OPTIONS

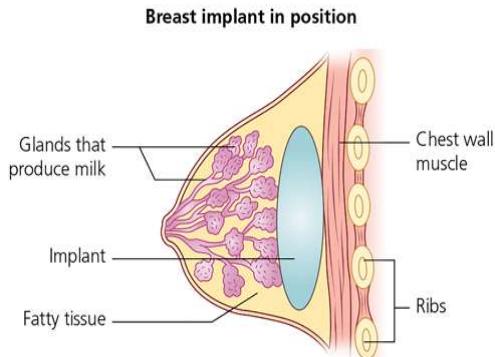
1. Selective estrogen receptor modulators (SERMs):
 - ❖ Tamoxifen: 10–20 mg BD
 - ❖ Toremifene: 60 mg OD.
 - ❖ Raloxifene: 60 mg/day
 2. Selective estrogen receptor degraders (SERDs)
 - ❖ Elacestrant : 345 milligrams (mg) once a day
 - ❖ Fulvestrant: 600 mg once a day for 21 days followed by 7 days off for a cycle of 28 days.
 3. Aromatase inhibitors
 - ❖ Letrozole: 2.5 mg/day oral
 - ❖ Anastrozole: 1 mg/day oral
 - ❖ Exemestane: 25 mg/day oral
 - ❖ Luteinizing hormone-releasing hormone (LNRH) agonists
 - ❖ Goserelin: 10.8-milligram syringe is usually injected every 12 to 13 weeks
 - ❖ n-Leuprolide: 3.75 mg IM once a month for up to 6 months
5. TARGETED DRUGS IN BREAST CANCER
- ❖ Monoclonal antibodies:
 - ❖ Ado-trastuzumab emtansine
 - ❖ Fam-trastuzumab deruxtecan
 - ❖ Margetuximab
 - ❖ Pertuzumab
 - ❖ Sacituzumab govitecan
 - ❖ Trastuzumab
 - ❖ Trastuzumab and hyaluronidase injection
 - ❖ Trastuzumab, pertuzumab, and hyaluronidase injection
 - ❖ mTOR inhibitor:
 - ❖ Everolimus
 - ❖ PI3K inhibitor:
 - ❖ Alpelisib
 - ❖ PARP inhibitors:
 - ❖ Olaparib
 - ❖ Talazoparib
 - ❖ Kinase inhibitors:
 - ❖ Lapatinib
 - ❖ Neratinib
 - ❖ Tucatinib
 - ❖ CDK4/6 inhibitors:
 - ❖ Abemaciclib
 - ❖ Palbociclib
 - ❖ Ribociclib



15. BREAST ENLARGEMENT

INTRODUCTION

- ❖ ब्रेस्ट का साइज बढ़ाने के उपाय
- ❖ Breast is a pair of mammary glands which is soft round parts of a woman's body.
- ❖ Breast can produce milk during lactation phase of women after delivery



CAUSES

- ❖ Some reason behind small breast are
 - ❖ 1. Genetics
 - ❖ 2. Rapid weight loss
 - ❖ 3. Hormones
 - ❖ 4. Medical conditions
 - ❖ 5. Malnutrition

- ❖ स्तन छोटे होने के पीछे कुछ कारण हैं
 - ❖ 1. आनुवंशिकी
 - ❖ 2. तेजी से वजन कम होना
 - ❖ 3. हार्मोन्स
 - ❖ 4. चिकित्सीय स्थितियाँ
 - ❖ 5. कुपोषण

SYMPTOMS

- ❖ Small breast size
- ❖ Low body weight
- ❖ Body weakness
- ❖ Lower Body Mass index
- ❖ Weight loss



DIAGNOSIS

- ❖ Physical examination
- ❖ Body weight measurement
- ❖ Breast size measurement
- ❖ Find body mass index

TREATMENT OPTIONS

1. **Natural home remedies:**
 - ❖ Green leafy vegetables
 - ❖ Consume soy products
 - ❖ Consume dairy products
 - ❖ Eat flax seeds
 - ❖ Add papaya in diet
 - ❖ Fenugreek oil massage
 - ❖ Almond oil massage
 - ❖ Cod liver oil massage
 - ❖ Olive liver oil massage
 - ❖ Shatavari oil massage
 - ❖ Consume fennel seed
 - ❖ Eat dry fruits (nuts)
 - ❖ Fenugreek seeds
2. **Yoga:**
 - ❖ Ushtrasana
 - ❖ Bhujangasana
 - ❖ Gomukhasana
 - ❖ Balasana
 - ❖ Chakrasana
 - ❖ Adhomukha swanasana
 - ❖ Dolphin pose
3. **Surgery:**
 - ❖ We do not promote surgery option here Because it have so many side effects
 - ❖ So, don't do surgery of Breast Enlargement using implants

MEDICINE OPTIONS

- ❖ “ DON’T WASTE MONEY ON FAKE PRODUCTS AND CREAM WHO CLAIM TO INCREASE SIZE”
- ❖ “ ONLY USE NATURAL REMEDIES AND WAYS FOR THIS PURPOSE, AS IT DON’T HAVE ANY SIDE EFFECTS”

16. BURNING FEET

(पैरों के तलवे में जलन)

INTRODUCTION

- ❖ बर्निंग फुट सिंड्रोम, विटामिन बी3 की कमी से होने वाला एक लक्षण है।
- ❖ इसकी वजह से पैरों में जलन होती है। इस सिंड्रोम के कुछ और लक्षण हैं थकावट, पेशियों का लकवा



CAUSES

- | | |
|----------------------------|--------------------------------|
| ❖ Nerve damage or weakness | ❖ Hypothyroidism |
| ❖ Peripheral neuropathy | ❖ Tarsal tunnel syndrome (TTS) |
| ❖ Diabetic neuropathy | ❖ Chronic kidney disease |
| ❖ Heavy alcohol drinking | ❖ Nutritional deficiency |
| ❖ Vitamin deficiency | |

SYMPTOMS

- ❖ दोनों पैरों के तलवे में झुनझुनाहट और जलन
- ❖ पैरों के तलवों में लगातार जलन
- ❖ सुई चुभने जैसा एहसास होना
- ❖ **BURNING SENSATIONS IN FEET AND FEELING OF TINGLING**



DIAGNOSIS

- ❖ Patient Medical History
- ❖ Physical examination
- ❖ Sign & Symptoms based
- ❖ Blood sugar
- ❖ Urine test
- ❖ Neurological examinations

TREATMENT OPTIONS

- ❖ Cold water bath feet
- ❖ Soak your feet in Epsom Salt solution
- ❖ Soak your feet in apple cider vinegar
- ❖ Apply turmeric paste
- ❖ Foot care cream
- ❖ Medicines

MEDICINE OPTIONS

- ❖ YAHA PAR HUM BAHOT SARE OPTIONS DE RAHE HAI KOI EK YA 2 OPTION SELECT KAR SAKTE HAI DEPEND ON SYMPTOMS.
- ❖ Meconerv plus: Dose: 1 capsule per day
- ❖ Optineuron forte: Dose: 1 tablet per day
- ❖ Neurobion forte: Dose: 1 tablet per day
- ❖ Neurobion plus: Dose: 1 tablet per day
- ❖ Mecgla: Dose: 1 capsule per day
- ❖ Nurokind-gold: Dose: 1 capsule per day
- ❖ Neurobion forte: Dose: 1 injection per week
- ❖ Nurokind-gold: Dose: 1 injection per week
- ❖ Resner plus : Dose: 1 tablet OD/BD
- ❖ Pregalin-75: Dose: 1 tablet OD/BD
- ❖ Gabapin-100: Dose: 1 tablet OD/BD
- ❖ Arigaba ointment: Dose : Apply 2-3 times a day

INTRODUCTION

- ❖ It is a Medical condition in which burning of the skin is occurring when it comes in contact with Fire
- ❖ First and second-degree burns, heal with at-home treatments
- ❖ Primary care easily treat this problem
- ❖ Third-degree burns can be life-threatening
- ❖ It require specialized medical care
- ❖ Need to hospitalized patient in emergency

CAUSES

- ❖ Burning may occurs due to so many reasons.
- ❖ Accidental Burning
- ❖ Burning due to crackers
- ❖ Burning due to contact with fire by so many reason and incidents



SYMPTOMS

- ❖ Swelling & Redness of skin
- ❖ White or splotchy skin
- ❖ Blisters may develop
- ❖ Pain in affected area
- ❖ त्वचा पर से पपड़ी उतरना
- ❖ फफोले बनना |सूजन आना



DIAGNOSIS

- ❖ Physical examinations
- ❖ Regular checkup
- ❖ Regular Follow-ups



TREATMENT OPTIONS

- ❖ Apply Cool Water
- ❖ Cool Compresses
- ❖ Apply Fresh Aloe Vera Gel
- ❖ Apply Honey Topically
- ❖ Apply Lavender Oil
- ❖ Holy Basil Leaf Juice
- ❖ Don't Pop Your Blisters
- ❖ Don't Use Ice Directly

MEDICINE OPTIONS

- ❖ **Silverex Ionic Gel:** Apply 2-3 Times A Day
- ❖ **Silverex SSD Cream:** Apply 2-3 Times A Day
- ❖ **Soframycin Skin Cream:** Apply 2-3 Times A Day
- ❖ **Megaheal Gel:** Apply 2-3 Times A Day
- ❖ **Himalaya Antiseptic Cream:** Apply 2-3 Times A Day
- ❖ **Neosporin Ointment 5 gm:** Apply 2-3 Times A Day
- ❖ **Povidone Iodine Ointment:** Apply 2-3 Times A Day
- ❖ **Povidone Iodine Powder:** Sprinkle On Infected Burn
- ❖ **Antibiotic Dusting Powder:** Sprinkle On Infected Burn
- ❖ **Clavam 625 Tablets:** Dose: 1 Tablet OD or BD
- ❖ **Azithromycin 500 MG:** 1 Tablet OD For 3 Days
- ❖ **Taxim O CV 200:** 1 Tablet OD For 3 Days
- ❖ **Augmentin Injection:** Dose: 0.25–1 g TDS by IV
- ❖ **Cefuroxime Injection:** 0.75–1.5 g I.M or I.V q8h
- ❖ **Ibugesic Plus Tablet:** Dose: 1 Tablet OD OR BD

18. CANCER (कैंसर)

INTRODUCTION

- ❖ **NEOPLASM**
- ❖ Cancer is a term used for diseases in which abnormal cells divide without control & are able to invade other tissues
- ❖ Cancer cells can spread to other parts of the body through the blood and lymph systems
- ❖ Also called “Neoplasm”
- Carcinogens cause cancer:
- A carcinogen is any substance, radionuclide, or radiation that promotes carcinogenesis, the formation of cancer
- This may be due to the ability to damage the genome or to the disruption of cellular metabolic processes

TYPES

- | | |
|--------------------|--------------------|
| 1. Cervical cancer | 5. Skin cancer |
| 2. Breast cancer | 6. Lung cancer |
| 3. Stomach cancer | 7. Colon cancer |
| 4. Lymphoma | 8. Prostate cancer |



TYPES ON THE BASIS OF ORIGIN

- | | |
|--------------|-----------------------------------|
| 1. Carcinoma | 5. Myeloma |
| 2. Sarcoma | 6. Blastoma |
| 3. Leukemia | 7. Germ cell cancer |
| 4. Lymphoma | 8. Central nervous system cancers |



CAUSES

- ❖ Radiation
- ❖ Enviornment
- ❖ Occupation
- ❖ Ageing
- ❖ Diseases
- ❖ Asbestos
- ❖ Pollution
- ❖ Genetics
- ❖ Tobacco- Smoke

SYMPTOMS

- ❖ Significant weight loss
- ❖ Change in appearance
- ❖ Poor appetite
- ❖ Blood in vomiting
- ❖ Excessive sweating(night sweat)
- ❖ Chronic cough (lung cancer)
- ❖ Severe Pains
- ❖ Bowel Changes (Colon cancer)
- ❖ Neurological symptoms
- ❖ Fever(Leukemia and lymphoma)

DIAGNOSIS

- ❖ Physical examination
- ❖ tomography (CT) scan
- ❖ Biopsy of the tumor
- ❖ Bone scan
- ❖ Blood tests (Complete Blood Count-CBC)
- ❖ Magnetic resonance imaging (MRI)
- ❖ Newer molecular and Cellular diagnosis test
- ❖ Positron emission tomography (PET) scan
- ❖ X-Ray, MRI scanning (Magnetic resonance imaging), CT scan
- ❖ Ultrasound and X-ray, among others
- ❖ Imaging tests used in diagnosing cancer may include a computerized
- ❖ Biopsy During a biopsy: doctor collects a sample of cells for testing in the lab

TREATMENT OPTIONS

- 1. Chemotherapy:**
 - ❖ Rapidly dividing cells metastasised cancers (leukemia and lymphoma)
- 2. Radiotherapy:**
 - ❖ In combination with other therapies Iodine -131 (thyroid cancer) Iridium-192 (breast cancer)
- 3. Surgery :**
 - ❖ Not metastasized cancers but prostate, breast or testicular cancers
- 4. Immunotherapy :**
 - ❖ Immune system made strong to fight against cancers
- 5. Hormone Therapy:**
 - ❖ Killing cancer cells by altering hormone levels
- 6. Gene Therapy:**
 - ❖ Replacing defective genes
- 7. Anticancer Drugs:**
 - ❖ These are the class of medication which are used in the treatment of the various type of cancer either benign or malignant
 - ❖ Anticancer also called Antineoplastic Drugs

MEDICINE OPTIONS

- 1. Mechlorethamine (Mustine HCl):** 0.1 mg/kg i.v. daily × 4 days; courses may be repeated at suitable intervals
- 2. Cyclophosphamide:** 2–3 mg/kg/day oral; 10–15 mg/kg i.v. every 7–10 days, i.m. use also possible
- 3. Ifosfamide:** 10–15 mg/kg i.v

4. Chlorambucil: 4–10 mg (0.1–0.2 mg/kg) oral daily for 3–6 weeks, then 2 mg daily for maintenance
5. Melphalan: 10 mg daily for 7 days or 6 mg/day for 2–3 weeks—4 weeks gap—2 to 4 mg daily for maintenance orally
6. Thio-TEPA: 0.3–0.4 mg/kg i.v. at 1–4 week intervals
7. Busulfan: 2–6 mg/day (0.06 mg/kg/day) orally
8. Lomustine (CCNU): 100–130 mg/m² BSA single oral dose every 6 weeks
9. Dacarbazine (DTIC): 3.5 mg/kg/day i.v. for 10 days, repeat after 4 weeks
10. Methotrexate: 15–30 mg/day for 5 days orally or 20–40 mg/m² body surface area (BSA) i.m./i.v. twice weekly, maintenance therapy 2.5–15 mg/day
11. 6-Mercaptopurine: 2.5 mg/kg/day orally, half dose for maintenance
12. 6-Thioguanine: 100–200 mg/m²/day oral for 5–20 days
13. Azathioprine: 3–5 mg/kg/day oral, maintenance 1–2 mg/kg/day
14. Vincristine (Oncovin): 1.5–2 mg/m² BSA i.v. weekly
15. Vinblastine: 0.1–0.15 mg/kg i.v. weekly × 3 doses
16. Paclitaxel: 175 mg/m² by i.v. infusion over 3 hr, repeated every 3 weeks
17. Docetaxel: 100 mg/m² i.v. over 1 hr; repeat at 3 weeks
18. Etoposide: 50–100 mg/m² /day i.v. or oral for 5 days
19. Topotecan: 1.5 mg/m² i.v. over 30 min daily for 5 days
20. Daunorubicin (Rubidomycin): 30–60 mg/m² BSA i.v. daily for 3 days, repeat weekly.
21. Doxorubicin: 60–75 mg/m² BSA slow i.v. injection every 3 weeks;
22. Imatinib: 400 mg/day with meal; for accelerated phase of CML 600–800 mg/day

19. CERVICAL DYSPLASIA

(सर्वाइकल डिस्प्लासिआ)

INTRODUCTION

- ❖ सर्वाइकल कैंसर
- ❖ बच्चेदानी के मुंह का कैंसर, गर्भाशय ग्रीवा
- ❖ Cervical dysplasia is when abnormal, or precancerous, cells in and around a woman's cervix
- ❖ Cervical dysplasia is a precancerous condition of the cervix
- ❖ Cervical Abnormal cell changes it can be mild, moderate, or severe
- ❖ It can be occur between ages of 15 and 25

साधारण

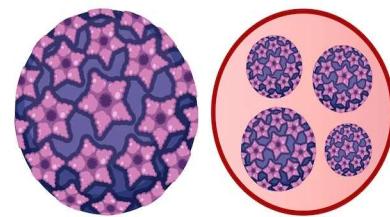


सर्वाइकल कैंसर



CAUSES

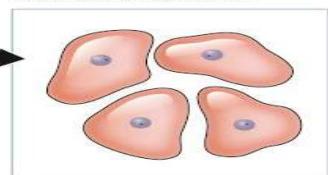
Sexually transmitted virus, Human papillomavirus (HPV), HPV-16 & HPV-18 this species infect reproductive tract & cause cervical dysplasia



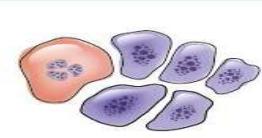
SYMPTOMS

- ❖ Increased vaginal discharge
- ❖ Abnormal vaginal discharge
- ❖ Spotting between menstrual periods
- ❖ Bleeding after intercourse
- ❖ Bleeding after pelvic examination
- ❖ Pain during sexual intercourse

Normal cervical cells



Dysplastic cervical cells (precancerous)



RISK FACTORS

- ❖ Becoming sexually active before age of 18
- ❖ Having a high number of unprotected physical relationships
- ❖ Chewing tobacco
- ❖ Smoking
- ❖ Before 16 age pregnancy
- ❖ Not using protection
- ❖ Weak immune system
- ❖ Bacterial infection
- ❖ Using long term oral contraceptives
- ❖ Economical issues

DIAGNOSIS

- ❖ Physical examination
- ❖ Pap smear test
- ❖ DNA test
- ❖ Skin biopsy
- ❖ Laser therapy
- ❖ Colposcopy



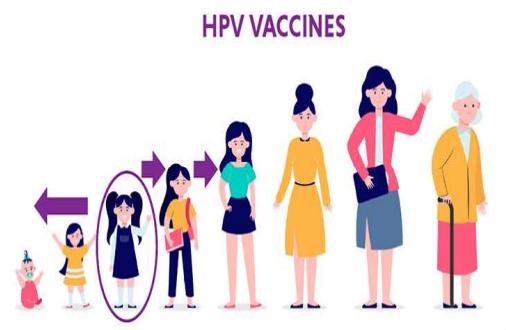
COLPOSCOPY



PAP SMEAR TEST

PREVENTION

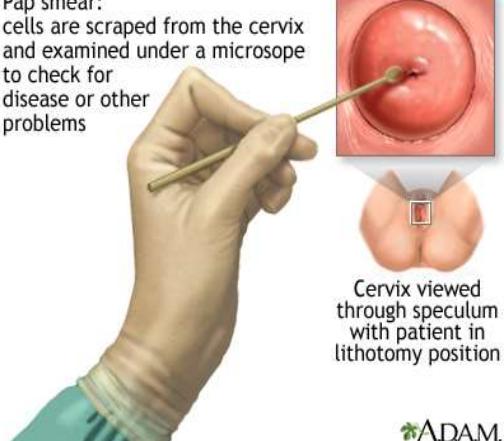
- ❖ Get vaccine against HPV between the ages of 9 and 26
- ❖ Practice with safer
- ❖ Get regular Pap smears
- ❖ Avoid smoking
- ❖ Avoid chewing tobacco



TREATMENT OPTIONS

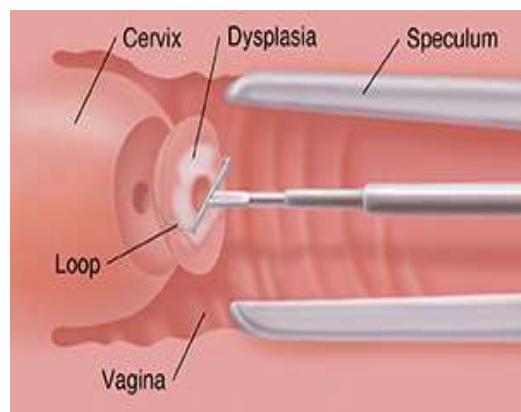
- ❖ The treatment of cervical dysplasia depends on many different factors, including the severity of the condition and the age of the patient.
- ❖ For mild cervical dysplasia, often only continued monitoring with repeat Pap tests is needed
- ❖ **PAP Smear test:**
- ❖ Cells are scraped from the cervix and examined under a microscope to check for disease or other problems
- ❖ Treatments include two of the procedures also used for diagnosis:
- ❖ **Cone biopsy or LEEP (Loop electrosurgical excision procedure)**
- ❖ Other treatments include:
- ❖ Cryosurgery (freezing)
- ❖ Electrocautery
- ❖ Laser surgery
- ❖ **After treatment,**
- 1. Follow-up testing, which may involve repeat Pap tests in six and 12 months or an HPV DNA test
- 2. After follow-up, regular Pap tests are necessary

Pap smear:
cells are scraped from the cervix and examined under a microscope to check for disease or other problems

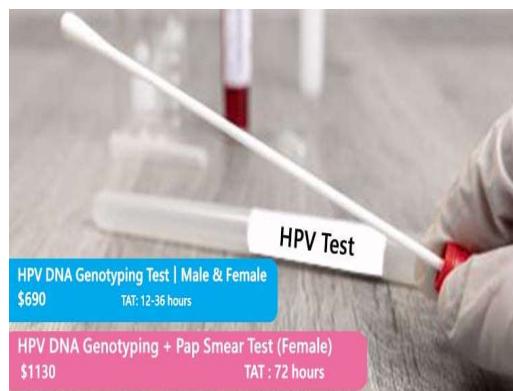


ADAM.

PAP SMEAR TEST



Loop electrosurgical excision procedure (LEEP)



HPV DNA TEST

20. CHIKUNGUNYA (चिकनगुनिया)

INTRODUCTION

- ❖ Chikungunya is an infection caused by the Chikungunya virus (CHIKV)
- ❖ This virus spread to human by **mosquito Bites**
- ❖ Aedes is the main species of mosquito which spread Chikungunya Virus
- ❖ Aedes albopictus & Aedes aegypti



CAUSES

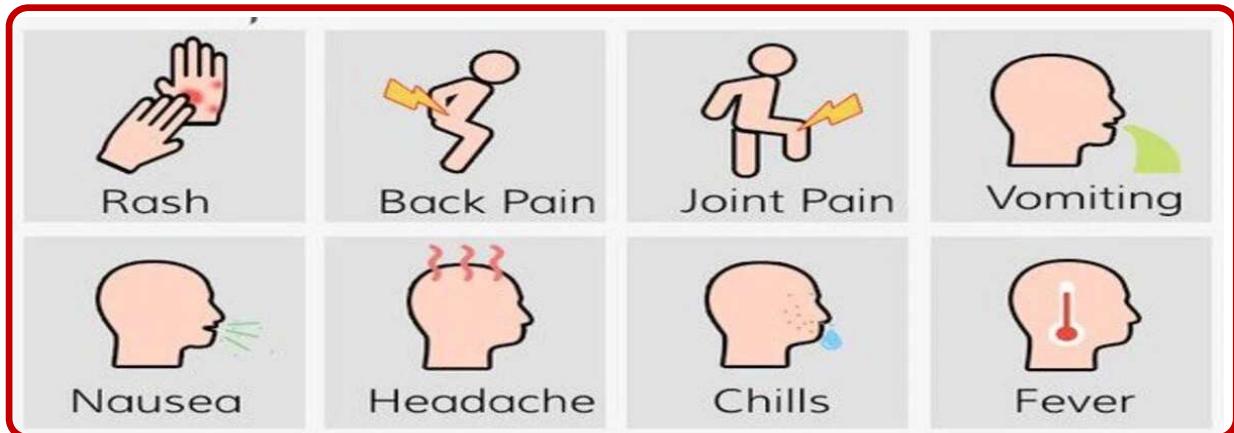
❖ Chikungunya Virus

❖ Ades mosquito Bites

SYMPTOMS

- | | |
|-------------|--------------|
| ❖ Rashes | ❖ Joint pain |
| ❖ Back pain | ❖ Vomiting |
| ❖ Nausea | ❖ Chills |
| ❖ Headache | ❖ Fever |

- | | |
|--------------|------------------|
| ❖ चक्कते | ❖ जोड़ों का दर्द |
| ❖ पीठ दर्द | ❖ उल्टी करना |
| ❖ जी मिचलाना | ❖ ठंड लगना |
| ❖ सिरदर्द | ❖ बुखार |



DIAGNOSIS

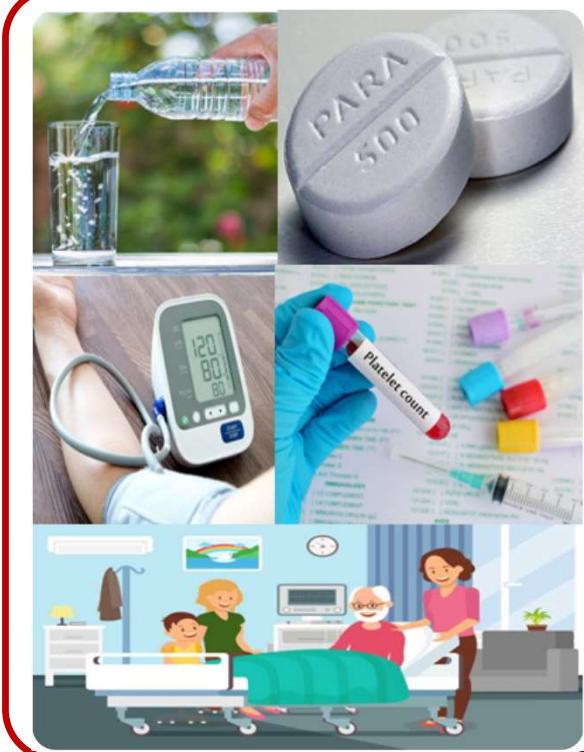
- ❖ Symptoms based
- ❖ Temperature (>100)
- ❖ Blood test
- ❖ C-reactive protein test
- ❖ ESR (Erythrocyte sedimentation rate)
- ❖ RT-PCR
- ❖ IgM Elisa

PREVENTION

- ❖ Fogging to kill mosquito
- ❖ Prevent mosquito bite:
 - Remove water from coolers and other small containers and cover water containers with lids
 - Using aerosol during day time to prevent mosquito bites

TREATMENT OPTIONS

- ❖ 1. Drink plenty of fluids.
- ❖ 2. Use only Paracetamol
- ❖ 3. Blood pressure monitoring
- ❖ 4. Platelet count monitoring
- ❖ 5. Supportive care in a hospital
- ❖ 6. Intravenous (IV) fluid
- ❖ 7. Electrolyte replacement
- ❖ 8. Blood transfusion if blood loss
- ❖ 9. Herbal medicines & Remedies



MEDICINES

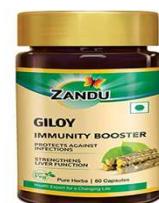
1. **Drink plenty of fluids:**
 - ❖ Patient ko Hydrated Rehne ke liye 5-7 liter pani dena chahiye jisase Dehydration ka problem na ho.
2. **Use only Paracetamol:**
 - ❖ If fever use Paracetamol
 - ❖ 500 mg tablet din me 2-3 bar de sakte hai.
3. **Blood pressure monitoring:**
 - ❖ Normal BP 120/80
4. **Platelet count monitoring:**
 - ❖ Blood test must be done regularly to check it.
5. **Supportive care in a hospital**
 - ❖ The goal of supportive care is to prevent or treat as early as possible the symptoms of a Chikungunya
6. **Intravenous (IV) fluid**
7. **Electrolyte replacement**
8. **Blood transfusion if blood loss:**
 - ❖ Any component of blood which is collected from a donor for use in a blood transfusion. Examples are
 - ❖ 1. Whole blood
 - ❖ 2. Packed red blood cells
 - ❖ 3. Fresh frozen plasma
 - ❖ 4. Platelet transfusion
9. **Herbal medicines & Remedies:**
 - ❖ Beetroot
 - ❖ Papaya leaf
 - ❖ Amla
 - ❖ Tulsi (Basil)
 - ❖ Kiwi
 - ❖ Carrot
 - ❖ Coconut water
 - ❖ Goat's milk
 - ❖ Carica papaya leaf extract tablets or syrup 1
 - ❖ Giloy Tablets and capsule 1 tablet OD/BD



1 Tablet BD/OD



1 Tablet BD/OD



1-2 SACHET PER DAY

INTRODUCTION

- ❖ कंजेस्टिव हार्ट फेलियर, हार्ट फेलियर का ही एक प्रकार है।
- ❖ इसमें, शरीर की ज़स्तरत के हिसाब से दिल खून पंप नहीं कर पाता।
- ❖ इसके कारण, खून ऊतकों में जमा हो जाता है। इससे ऊतकों में कंजेशन या संकुलन हो जाता है।
- ❖ थोड़ा काम करने पर भी सांस लेने में दिक्कत होना
- ❖ हर समय थकान महसूस होना
- ❖ मांसपेशियों में लगातार दर्द होना
- ❖ Congestive heart failure (CHF) is a chronic progressive condition that affects the pumping power of our heart muscles
- ❖ Simply referred to as “heart failure,” This means less oxygen is reaching the organs and muscles which can make feel tired and short of breath

CAUSES

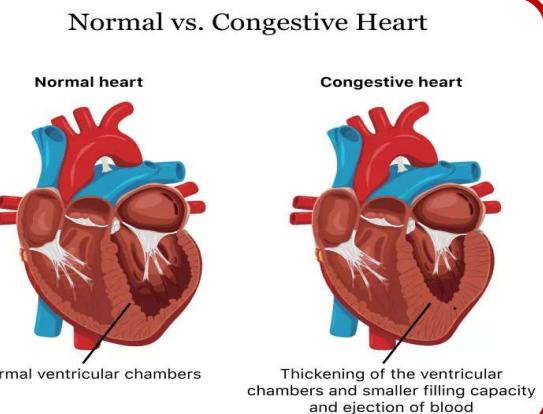
- ❖ Cholesterol and other types of fatty substances can block the coronary arteries
- ❖ Coronary artery disease
- ❖ Congenital heart defects
- ❖ Severe lung disease
- ❖ Diabetes
- ❖ Severe anemia
- ❖ Hyperthyroidism
- ❖ Abnormal heart rhythms
- ❖ Stress & Sedentary life style
- ❖ Smoking
- ❖ Over Weight (obesity)
- ❖ Alcohol consumption
- ❖ High fat diet
- ❖ Less exercise in life
- ❖ High sodium in diet
- ❖ Heavy caffeine consumption
- ❖ Unhealthy diet increase

SYMPTOMS

- ❖ Fatigue
- ❖ Activity decrease
- ❖ Cough (especially supine)
- ❖ Edema
- ❖ Shortness of breath
- ❖ Reduced ability to exercise
- ❖ Lack of appetite and nausea
- ❖ Rapid or irregular heartbeat
- ❖ Chest pain if your heart failure is caused by a heart attack

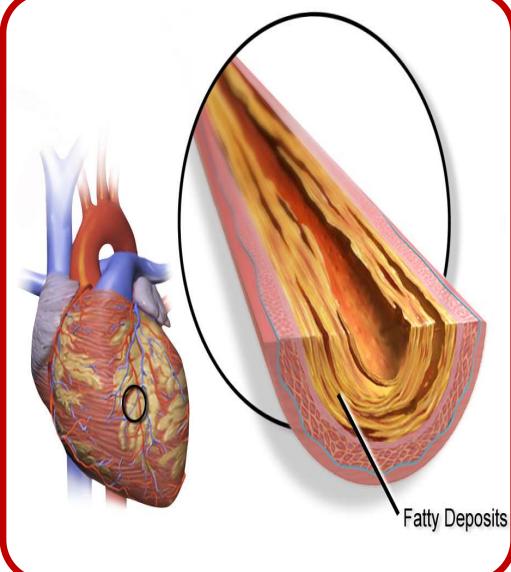
RISK FACTORS

- ❖ High blood pressure
- ❖ Coronary artery disease
- ❖ Heart attack
- ❖ Diabetes
- ❖ Sleep apnea
- ❖ Congenital heart defects
- ❖ Alcohol use



DIAGNOSIS

- ❖ Electrocardiogram (ECG)
- ❖ Exercise stress test
- ❖ Echocardiogram
- ❖ Chest x-ray
- ❖ Angiography
- ❖ Heart catheterization
- ❖ Computerised tomography (CT) scan
- ❖ Magnetic resonance imaging (MRI)



PREVENTION

- ❖ Quit smoking
- ❖ Control high blood pressure
- ❖ Manage diabetes sugar level
- ❖ Be physically active & Do exercise
- ❖ Eating healthy foods
- ❖ Maintain your healthy weight
- ❖ Reduce and manage stress
- ❖ Avoid alcohol
- ❖ Do instant diagnosis in any of symptom of CHF

TREATMENT & MEDICINE OPTIONS

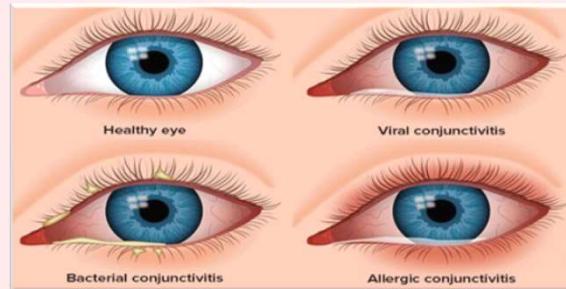
- ❖ Relief of congestion/low cardiac output symptoms & restoration of cardiac performance
- ❖ Inotropic Drugs
- ❖ Digoxin
- ❖ Dobutamine
- ❖ Amrinone/Milrinone
- ❖ Diuretics:
 - ❖ Furosemide
 - ❖ Thiazides
 - ❖ Vasodilators
- ❖ ACE Inhibitors/AT1 Antagonist
- ❖ Hydralazine
- ❖ Nitrate
- ❖ Enalapril
- ❖ Beta Blocker
- ❖ Metoprolol
- ❖ Bisprolol
- ❖ Carvedilol
- ❖ Arrest/reversal of disease progression & prolongation of survival
- ❖ ACE inhibitors/AT1 antagonist (ARBs)
- ❖ Beta-blockers
- ❖ If Channel Blocker (or inhibitor)
 - ❖ Ivabradine
 - ❖ Aldosterone antagonist
 - ❖ Spironolactone (Aldactone)
 - ❖ Eplerenone (Inspra)

INTRODUCTION

- ❖ आँख में सूजन, अखियां मिला के बीमारी, आँख लाल होने की बीमारी
- ❖ Pink eye is also called conjunctivitis in a medical term
- ❖ It is a inflammation of the conjunctiva from infection or eye infection
- ❖ It become eye red and swollen
- ❖ Eye's conjunctiva usually caused by a bacteria or virus that results in red

TYPES

- | | |
|--|--|
| <p>1. Bacterial Conjunctivitis:</p> <ul style="list-style-type: none"> ❖ More commonly associated with discharge (pus), which can lead to eyelids sticking together ❖ Sometimes occurs with an ear infection <p>2. Viral Conjunctivitis:</p> <ul style="list-style-type: none"> ❖ Can occur with symptoms of a cold, flu, or other respiratory infection ❖ Usually begins in one eye and may spread to the other eye within days ❖ Discharge from the eye is usually watery rather than thick | <p>3. Allergic Conjunctivitis:</p> <ul style="list-style-type: none"> ❖ It is associated with seasonal allergies ❖ Usually occur during the spring and summer months, and sometimes during the fall ❖ Exposure to pollen, grass and other airborne allergens causes seasonal allergic conjunctivitis |
|--|--|

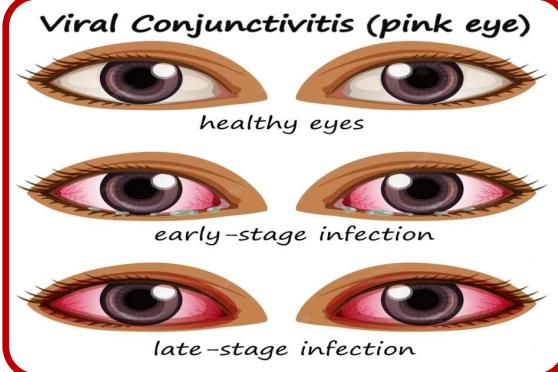


HOW DOES IT SPREADS

- ❖ Closely contact with infectious person
- ❖ By touching surfaces contaminated with bacteria or viruses
- ❖ By using old eye makeup or sharing makeup
- ❖ Sexual contact

CAUSES

- ❖ Viral infection, including the kind that causes the common cold
- ❖ Bacterial infections
- ❖ Irritants such as shampoos, dirt, smoke, and pool chlorine



SYMPTOMS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Increased tearing ❖ Gritty feeling in one or both eyes ❖ Pain & Itching in eyes ❖ Burning in eyes ❖ Blurred vision | <ul style="list-style-type: none"> ❖ Increase light sensitivity problems ❖ Swollen eyelids ❖ Clusters over eye lashes ❖ Thick yellowish discharge from the eye |
|--|--|

DIAGNOSIS

- ❖ Physical examination
- ❖ Consultation with ophthalmologist
- ❖ Based on sign & symptoms



RISK FACTORS

- ❖ Previous History of your ocular diseases including dry eye, blepharitis, and anatomic abnormalities of the ocular surface and lids
- ❖ Bacterial conjunctivitis affected in the winter
- ❖ Viral conjunctivitis affected in the summer
- ❖ Poor hygiene
- ❖ Using contact lenses
- ❖ Allergic reaction in the eye
- ❖ Social condition
- ❖ Ocular surgery
- ❖ Exposed sutures
- ❖ Ocular foreign bodies
- ❖ Chronic use of topical medications

TREATMENT OPTIONS

- ❖ Must consult eye specialist for proper treatment of this problem
- ❖ Treatment may include
- ❖ 1. Antibiotic eye drops
- ❖ 2. Antihistamines eye drops
- ❖ 3. Anti-inflammatory eye drops

MEDICINE OPTIONS

- ❖ Hyalorx Eye Drop 10 ml
- ❖ Moisol Eye Drops 5 m
- ❖ Genteal Eye Drops 10 ml
- ❖ Flur Ophthalmic Solution 10 ml
- ❖ Optimoist Eye Drop 10 ml
- ❖ Calodin Eye Drops 5ml
- ❖ Ophthacare eye drops
- ❖ SBL Cineraria Maritima Euphrasia Eye Drops (10ml)



23. CONSTIPATION (कब्ज)

INTRODUCTION

- ❖ कब्ज, पाचन तंत्र की एक स्थिति है. इसमें मल बहुत कड़ा हो जाता है और मल त्याग में कठिनाई होती है, जब कोई व्यक्ति सप्ताह में तीन से कम बार मल त्याग करता है या मल त्याग करना मुश्किल हो.
- ❖ Constipation occurs when bowel movements become less frequent and stools become difficult to pass
- ❖ It happens most often due to changes in diet or routine, or due to inadequate intake of fiber
- ❖ During Constipation stool becomes hard and difficult to pass from lower GIT, Constipation is a symptom, not a disease, and can be caused by many factors

CAUSES

- | | |
|-------------------------------|-----------------------|
| ❖ Drinking insufficient water | ❖ Stress |
| ❖ Medicines | ❖ A change of scenery |
| ❖ Unhealthy diet | ❖ Age |
| ❖ Pregnancy | ❖ Sedentary lifestyle |

SYMPTOMS

- | | |
|---------------------------------------|---|
| ❖ मल त्याग करने के दौरान दर्द या तनाव | ❖ मल त्याग के बाद फिर से शौच जाने की ज़रूरत |
| ❖ पेट में ऐंठन और दर्द, गैस, ब्लॉटिंग | ❖ महसूस होना |
| ❖ सूजा हुआ पेट | ❖ जी मिचलाना और उल्टी होना |



DIAGNOSIS

- ❖ Medical history
- ❖ Physical examination
- ❖ Order routine blood
- ❖ Urine and stool tests
- ❖ Sigmoidoscopy
- ❖ Colonoscopy

TREATMENT OPTIONS

- ❖ Healthy diet
- ❖ Drink a lot of water
- ❖ Physical activity
- ❖ Massage
- ❖ Medicine
- ❖ Here are natural home remedies to relieve constipation:
 - Drink more water
 - Eat more fiber, especially soluble, non-fermentable fiber
 - Exercise more
 - Drink coffee, especially caffeinated coffee
 - Take Senna, an herbal laxative
- ❖ Over-the-counter or prescription laxatives:
 - Laxatives, purgatives, or aperients are substances that loosen stools soften stool and increase bowel movements
 - They are used to treat and prevent constipation
 - Laxatives vary as to how they work and the side effects they may have
 - Eat probiotic foods or take probiotic supplements
 - ❖ Luminaly active agents
 - ❖ Bulk-forming Laxatives:
 - Dietary fibre
 - Bran
 - Psyllium (*Plantago*)
 - Ispaghula
 - Methylcellulose
 - ❖ Surfactant (stool softner):
 - Docusate
 - it is a commonly used non-prescription (OTC or over-the-counter) stool softener used to treat or prevent constipation
 - Docusate is an anionic surfactant that helps lower surface tension at the oil-water interface of the stool, and thus allows water and lipids / fats to enter the stool

MEDICINE OPTIONS



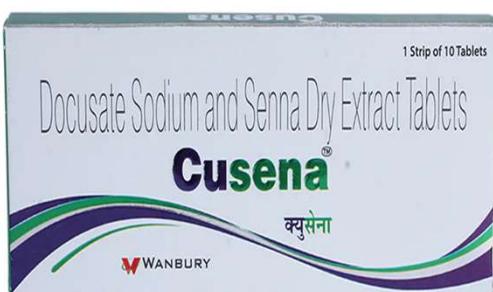
Dose: 5–15 mg per Day



Insert 1 Suppository/day



Dose: 5 to 10 ml per Day



1 or 2 tablet at Bed time



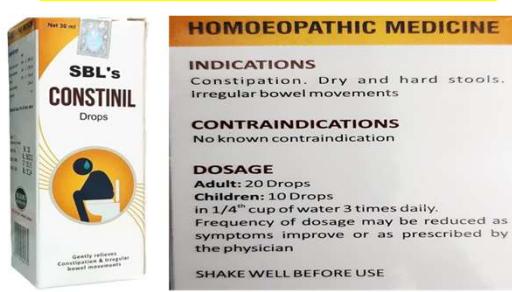
1-2 gm or 1-2 Tablet/day



1 or 2 Tablet at bed time



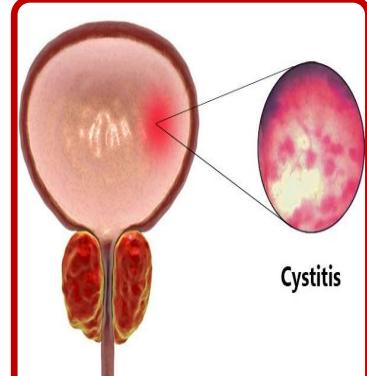
2 Tablet 3 times a day



20 Drops 3 times a day

INTRODUCTION

- ❖ पेशाब की थैली में सूजन, पेशाब करते समय जलन
- ❖ पेशाब में पस आता है, ब्लैडर इंफेक्शन
- ❖ It is a Medical condition in which Pain & Swelling in your Urinary Bladder
- ❖ In medical term it is called Cystitis
- ❖ Inflammation of the Urinary bladder



CAUSES

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Growth of Bacteria ❖ Lack of personal hygiene ❖ Use of public toilet ❖ History of UTI | <ul style="list-style-type: none"> ❖ Radiation treatment of the pelvic area ❖ Long-time use of catheter ❖ If you are Diabetes Patient ❖ If you Have kidney stone |
|--|--|

SYMPTOMS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Pain in urinary bladder ❖ Pain when you touch there ❖ Painful intercourse ❖ Painful urination ❖ Burning while urination ❖ Pain in pelvic area ❖ Weakness & fatigue ❖ Nausea and vomiting ❖ Dark colour urine | <ul style="list-style-type: none"> ❖ Blood in urine ❖ Pus may come in urine ❖ Strong urge to urinate ❖ Low-grade fever ❖ मूत्राशय में दर्द ❖ छूने पर दर्द होना ❖ गहरे रंग का पेशाब ❖ मूत्र त्याग करने में दर्द |
|--|--|

DIAGNOSIS

- ❖ Patient medical history
- ❖ Physical examination
- ❖ Symptoms based
- ❖ Blood & urine test
- ❖ Ultrasound scan
- ❖ X-ray of bladder
- ❖ Urine culture test

TREATMENT OPTIONS

- ❖ Drink More Water: 2 To 3 Liter Water/Day
- ❖ Take Coconut Water: 1 Coconut Water/Day
- ❖ Fresh Cranberry Juice
- ❖ Keep Personal Hygiene:Antiseptics Fluids
- ❖ Medicines

MEDICINE OPTIONS

- ❖ Levofloxacin 500mg Tablet: Dose:1 Tablet OD Or BD
- ❖ Levofloxacin+Ornidazol:Dose:1 Tablet Per Day
- ❖ Ofloxacin+Ornidazole:Dose:1 Tablet Per Day
- ❖ Norfloxacin+Ornidazole:Dose:1 Tablet Per Day
- ❖ Fosfomycin Powder: 3 gm Single Dose Only Once
- ❖ Clavam 625 Tablets: 1 Tablet BD Or TID
- ❖ Augmentin Injection:0.25–1 G Tds (Iv Use Only)
- ❖ Co-Trimoxazole Tablets: Dose: 1 Tablet Per Day
- ❖ Nitrofurantoin Tablets:1 Tablet BD Or TID
- ❖ Cefadroxil Tablet:1 Tablet OD Or BD
- ❖ Cefexime Tablets:1 Tablet OD Or BD
- ❖ Ceftriaxone Injection: Dose- 1–2 G I.V. Or I.M./Day
- ❖ Lactagard Injection:1–3 G I.M./I.V. 12 Hourly
- ❖ Fluconazole 150 Mg:1 Tablet Per Week
- ❖ Itraconazole 200 Mg:1 Capsule OD 7 Days

25. DEHYDRATION (डिहाइड्रेशन)

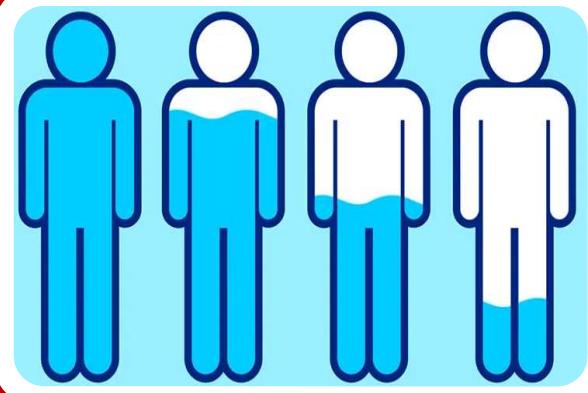
INTRODUCTION

डिहाइड्रेशन यानी निर्जलीकरण, शरीर में पानी की कमी का परिणाम होता है। यह स्थिति तब पैदा होती है, जब शरीर से निकलने वाले पानी (पसीना, मल या मूत्र के रूप में) की मात्रा दिनभर में ली जाने वाली पानी की मात्रा से अधिक हो जाती है।



CAUSES

- ❖ Excessive sweating
- ❖ Extreme vomiting
- ❖ Diarrhea
- ❖ Urinating too much
- ❖ Not drinking enough water per day
- ❖ Less water taking



PREVENTION

- ❖ Drink more water
- ❖ Limit outdoor time
- ❖ Take Hygienic food
- ❖ Avoid heavy exercise at outdoor
- ❖ अधिक पानी पीना
- ❖ बाहरी समय सीमित करें
- ❖ स्वच्छ भोजन लें
- ❖ बाहरी परिस्थितियों में भारी व्यायाम से बचें

USE THIS FRUITS

1. Watermelon
2. Raw mango juice
3. Butter milk
4. Grapes
5. Lemon juice
6. Coconut water
7. Kokum juice

SYMPTOMS

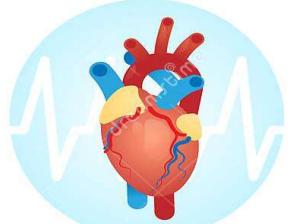
- ❖ Feeling thirsty (प्यास लगना)
- ❖ Dark yellow and strong-smelling Urine (गहरा पीला और तेज गंध वाला पेशाब)
- ❖ Feeling dizzy or lightheaded
- ❖ A dry mouth, lips and eyes
- ❖ Decrease in urination less than 4 times a day
- ❖ Rapid heartbeat
- ❖ Dry skin & Headache
- ❖ Feeling tired



Thirst



Dry Mouth



Rapid Heartbeat



Headache



Dry Skin



Decreased Urination

DIAGNOSIS

- ❖ Physical examination
- ❖ Blood test
- ❖ Urine test
- ❖ ECG in severe cases
- ❖ Blood pressure measurement
- ❖ Patient body weight



TREATMENT & MEDICINE OPTIONS

- ❖ Rehydrate the patient by give fluid like water
 - Need to stable patient so Fluids given on primary basic to manage the water loss
- ❖ ORS Must be Given to restore fluid and electrolyte balance
 - Oral rehydration solution (ORS) immediately to dehydrated patients who can sit up, drink
- ❖ If ORS is not available, you should provide water or other fluids containing water
 - You should NOT provide drinks with a high sugar content, such as juice, soft drinks, or sports drinks, because they could worsen diarrhea
- ❖ Monitor heart rate, blood pressure and mental status
 - If need hospitalize patient Where IV Therapy and other supportive care can be provide to patient
- ❖ IV DRIP FOR Treatment of Dehydration
 - Intravenous (IV) fluids are often necessary to compensate for fluid or electrolyte loss
 - D5W OR NS
 - RL OR DNS
 - Reason based treatment
 - A. Treat Vomiting
 - B. Treat diarrhea using proper medicines
 - C. Treat excessive sweating using antiperspirants medicine and sprays



Patient ko ORS dete hai.

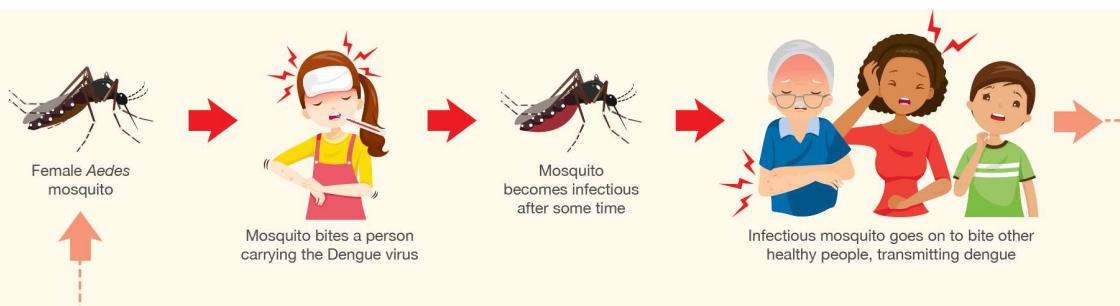
Koi ek IV Drip Lagaye

Pani de

26. DENGUE FEVER (डेंगू बुखार)

INTRODUCTION

- ❖ डेंगू बुखार एक मच्छर जनित रोग है,, यह एक फ्लू जैसी बीमारी है, जो डेंगू वायरस के कारण होती है. यह तब होता है, जब वायरस वाला एडीज मच्छर किसी स्वस्थ व्यक्ति को काटता है., डेंगू बुखार को आमतौर पर **हड्डी तोड़ बुखार** के रूप में भी जाना जाता है, तेज बुखार, भूख की कमी, शरीर में लाल धब्बे.
- ❖ Dengue fever is an infection caused by the Dengue virus
- ❖ This virus spread to human by mosquito Bites, Female Aedes aegypti main species of mosquito which spread dengue virus, It is also known as "bone-broken fever" because people suffering from it can feel so much pain as if their bones are broken



CAUSES

- ❖ Mosquitos bites
- ❖ Dengue

SYMPTOMS

- | | | |
|--------------------|-------------|---|
| ❖ Headache | ❖ Vomiting | ❖ Nose bleeding |
| ❖ High fever | ❖ Fatigue | ❖ Red spots in the body (शरीर में लाल धब्बे.) |
| ❖ Loss of appetite | ❖ Eye pain | |
| ❖ Body ache | ❖ Knee pain | |
| ❖ Diarrhoea | ❖ Lethargy | |

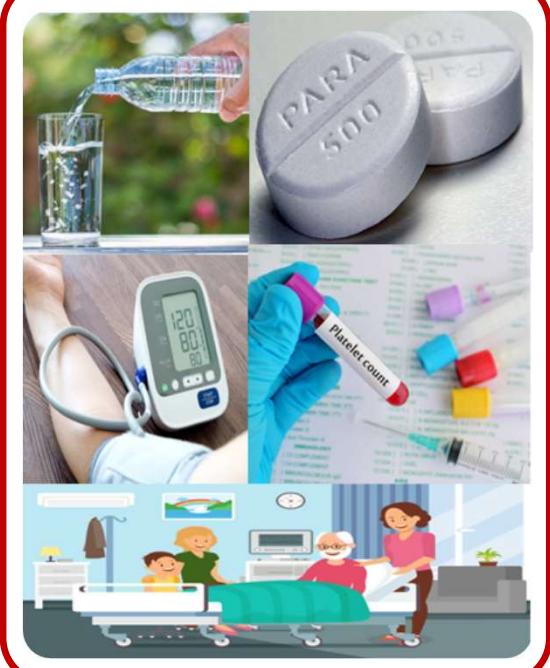
DIAGNOSIS

- ❖ Blood test kare and Regular WBC Count and platelet measure kare
- ❖ Urine test
- ❖ Medical history
- ❖ Disease condition



TREATMENT OPTIONS

- ❖ 1. Drink plenty of fluids.
- ❖ 2. Use only Paracetamol
- ❖ 3. Blood pressure monitoring
- ❖ 4. Platelet count monitoring
- ❖ 5. Supportive care in a hospital
- ❖ 6. Intravenous (IV) fluid
- ❖ 7. Electrolyte replacement
- ❖ 8. Blood transfusion if blood loss
- ❖ 9. Herbal medicines & Remedies

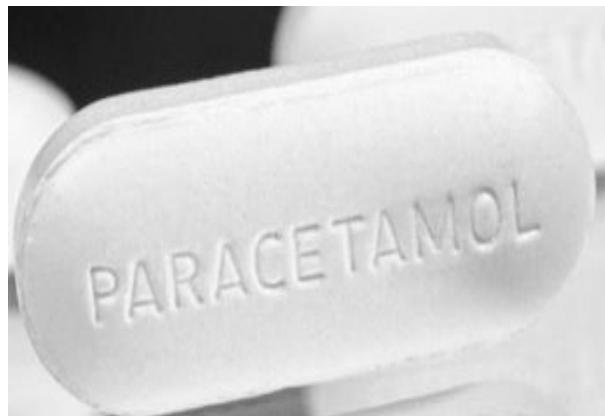


HOME REMEDIES

- | | |
|---------------|---------------|
| ❖ Beetroot | ❖ Carrot |
| ❖ Papaya leaf | ❖ Coconut |
| ❖ Amla | water |
| ❖ Kiwi | ❖ Goat's milk |

- | | |
|------------|-------------|
| ❖ चुकंदर | ❖ कीवी |
| ❖ पपीते का | ❖ गाजर |
| पत्ता | नारियल पानी |
| ❖ आंवला | बकरी का दूध |

MEDICINES OPTIONS



5-7 LITER WATER PER DAY

Fever hone par sirf paracetamol



**AGAR PLATELET KAM HO JAYE
PLATELET TRANSFUSION**

**KOI BHI EK IV DRIP LAGAYI JATI
HAI JO PATEINT KO SUIT KARE**



**Caripill Tablet Dose: 1-2
tablet 2-3 times in a day**



**Giloy Ghanvati Dose: 1-2 tablet
2-3 times in a day**

INTRODUCTION

- ❖ It is an infection of tooth and gums of oral cavity due to many reasons.
- 1. Pain or inflammation in tooth & gums
- 2. Tooth decay or infection
- 3. Feeling of throbbing pain
- 4. Swelling in or around your tooth or gum
- 5. Sharp pain when touch or bite down tooth
- 6. Sharp pain when cool water touch tooth
- 7. Even pain during eating food

दांत या आस-पास के मसूड़ों में संक्रमण होने पर छुरा घोंपने जैसा दर्द हो सकता है, दांत दर्द बैक्टीरिया या दांतों की सूजन के कारण होता है, मसूड़ों की सूजन और संक्रमण



CAUSES

- ❖ Bacteria are most common for reason behind dental infections
- ❖ Not brushing your teeth 2 times a day
- ❖ Poor dental hygiene
- ❖ High sugar diet
- ❖ Eating excessive sweets
- ❖ Drinking soda
- ❖ Sensitive teeth or Cracked teeth
- ❖ Gum disease
- ❖ Impacted tooth
- ❖ Inflammation tooth pulp
- ❖ Pus formation in gum
- ❖ Tooth decay & Abscess



SYMPTOMS

- ❖ Fever and tooth pain
- ❖ Severe persistent, throbbing toothache
- ❖ Sensitivity to hot and cold
- ❖ temperatures
- ❖ Sensitivity to the pressure of chewing or biting
- ❖ Swelling in face or cheek

TREATMENT OPTIONS

1. Painkiller to reduce pain
2. Antibiotic to reduce and treat bacterial infection
3. Herbal dental analgesic To reduce pain sensation
4. Salt water Rinse नमक के पानी से कुल्ला करना
5. Cold compress Therapy
6. Dental Surgery is last treatment option

MEDICINE OPTIONS

❖ PAINKILLER OPTIONS

❖ Any 1 painkiller or combination painkiller given to patient for dental pain during infection

1. PARACETAMOL 500mg (Dose: 1 tablet 2-3 times in a day)
2. IBUPROFEN 400mg (Dose: 1 tablet 2-3 times in a day)
3. NEPROXEN 500mg (Dose: 1 tablet 2-3 times in a day)
4. ACECLOFENAC 100 MG (Dose: 1 tablet 1 or 2 times)
5. DICLOFENAC 50mg Tablet (Dose: 1 tablet 1 or 2 times)
6. KETOROLAC 10mg Tablet (Dose: 1 tablet 1 or 2 times)

❖ ANTIBIOTICS OPTIONS

❖ Any 1 Antibiotic or combination antibiotic given to patient for dental pain during infection to treat infection in oral cavity

1. Amoxicillin 500mg + clavulanic acid 125 Tablet (1 Tablet BD/TID)
2. Amoxicillin 500 mg Capsule (1 Tablet BD/TID)
3. Ampicillin (250mg) + Dicloxacillin (250mg) Capsule (1 tablet BD)
4. Ampicillin 500 mg (1 Tablet BD/TID)
5. Cefixime 200 mg Tablet (1 Tablet OD/BD)
6. Azithromycin 500 mg (1 Tablet OD)
7. Cephalexin 500 mg Capsule (1 Capsule OD/BD)
8. Clindamycin 300 mg Capsule (1 Capsule OD/BD)

LAST OPTION IS DENTAL SURGERY

Dental surgery is any of a number of medical procedures that involve artificially modifying dentition; in other words, Surgery of the teeth, gums and jaw bones.



28. DEPRESSION (डिप्रेशन-अवसाद)

INTRODUCTION

- ❖ डिप्रेशन एक मानसिक स्थिति है। इसमें व्यक्ति को उदासी, निराशा, तनाव, और आत्मविश्वास की कमी होती है। इसे रोग या सिंड्रोम की संज्ञा दी जाती है, अधिक घबराहट, डर और बेचैनी होना
- ❖ छोटी-छोटी बातों पर अधिक चिड़चिड़ापन होना
- ❖ नींद की समस्या जैसे रात को कम नींद आना या अधिक सोना
- ❖ सुबह जल्दी उठ जाते हैं और/या रात भर जागे रहते हैं
- ❖ नियमित गतिविधियां जैसे कि सेक्स, खेलकूद और हॉबीज में रुचि खोना
- ❖ A mental health disorder characterised by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life
- ❖ A group of conditions associated with the elevation or lowering of a person's mood, such as depression or bipolar disorder

CAUSES

- | | |
|--|---|
| ❖ Stress in life or stress at work place | ❖ Family and relationship problems |
| ❖ Modification in living arrangements | ❖ Chronic illness |
| ❖ Major emotional shock | ❖ Insomnia |
| ❖ Stressful or traumatic event | ❖ Chronic pain |
| ❖ Death or loss of a loved one | ❖ Attention-deficit hyperactivity disorder (ADHD) |
| ❖ Depression due to Anxiety | ❖ Brain structure (less active frontal lobe) |
| ❖ Early childhood trauma | |

SYMPTOMS

- ❖ Feelings of sadness, tearfulness, emptiness, hopelessness
- ❖ Anger, irritability, frustration
- ❖ Sleep disturbances or
- ❖ Sleeping too much
- ❖ Loss of sleep, Dizziness
- ❖ Slowed thinking
- ❖ Slowed speaking or body movements
- ❖ Hard to breathe, sleep, stay
- ❖ still, and concentrate on work & Sweating
- ❖ Feeling nervous, restless or tense, Panic, fear, and dizziness, Feeling weak
- ❖ Increased heart rate
- ❖ Difficulty controlling worry
- ❖ Back pain or headaches
- ❖ Anxiety, agitation
- ❖ Loss of interest in most regular activities

- ❖ दिन भर और खासकर सुबह के समय उदासी।
- ❖ लगभग हर दिन थकावट और कमजोरी महसूस करना।
- ❖ स्वयं को अयोग्य या दोषी मानना।
- ❖ एकाग्र रहने तथा फैसले लेने में कठिनाई होना।
- ❖ लगभग हर रोज़ बहुत अधिक या बहुत कम सोना।
- ❖ सारी गतिविधियों में नीरसता आना।
- ❖ बार-बार मृत्यु या आत्महत्या के विचार आना।

DIAGNOSIS

- ❖ Symptoms based diagnosis
- ❖ Patient counseling
- ❖ Patient se baat karna.
- ❖ Brain Related diagnosis test like MRI & CT SCAN
- ❖ Blood test to diagnose reason
- ❖ Hormonal assay or test



TREATMENT AND MEDICINE OPTIONS

❖ Antidepressants:

- Monoamine oxidase inhibitors (MAOI)
- Tricyclic antidepressants (TCA)
- Selective serotonin reuptake inhibitors (SSRI)
- Other (atypical) antidepressants.
- Mood stabilizing drugs
- ❖ SSRI(Selective Serotonin Reuptake Inhibitors)
- Citalopram (20–40 mg/day)
- Escitalopram (10–20 mg OD)
- Fluoxetine (20–50 mg/day)
- Fluvoxamine (50–200 mg/day)
- Paroxetine (20–50 mg/day)
- Sertraline (50–200 mg/day)
- Escitalopram: 10–20 mg OD
- ❖ TCA(Tricyclic antidepressants)
- Amitriptyline : (50–200 mg/day)
- Nortriptyline: (50–150 mg/day)

• Clomipramine: (50–150 mg/day)

• Imipramine: (50–200 mg/day)

• Desipramine: (50–200 mg/day)

• Trimipramine: (50–150 mg/day)

• Amoxapine: (100–300 mg/day)

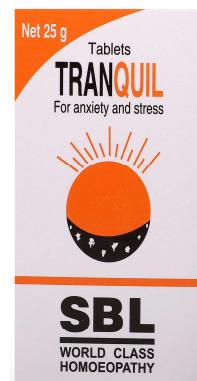
• Doxepin (50–150 mg/day)

❖ Herbal medications

- Himalaya Mentat or Brahmi Tablet (1-2 tablet per day)
- Himalaya Mentat or Brahmi Syrup (5-10 ml 3 times a day)
- Himalaya Tagara Tablet (1-2 tablet per day)
- Charak Pharma Sumenta Tablet (1-2 tablet per day)

❖ Homeopathic medication

- SBL Tranquil Tabs (2 tablets 4 times daily)
- Allen A78 Drops: Take 8 to 10 Drops in half cup of water daily 4 times





MEDICINE EXPERT REVIEW

NEW BOOK FOR MEDICINE REVIEW

1. BASIC OF MEDICINE

6. PRICE OF MEDICINE

2. USE OF MEDICINE

7. SIDE EFFECTS

3. LABEL STUDY

8. WARNINGS

4. WORKING OF DRUG

9. PREGNANCY CATEGORY

5. DOSE OF MEDICINE

10. DRUG-DRUG INTERACTION



29. DRY COUGH (सूखी खांसी)

INTRODUCTION

- ❖ A dry cough is a cough that does not produce any mucus or phlegm
- ❖ एक प्रकार की खांसी है जिसमें बलगम या कफ उत्पन्न नहीं होता है, जिससे बिना किसी डिस्चार्ज के बार-बार खांसी होती है। वहीं बलगम वाली खांसी में खांसने के साथ-साथ बलगम और कफ आता है।



CAUSES

- | | |
|---|---|
| <ul style="list-style-type: none"> ❖ Respiratory tract infection ❖ Allergies ❖ Dust-Smoke-Air pollution ❖ Change in temperature ❖ Postnasal drip ❖ Asthma or Acid reflux ❖ Gastroesophageal reflux disease (GERD) ❖ Viral infection Like a cold & flu & Coronavirus | <ul style="list-style-type: none"> ❖ श्वसन संबंधी संक्रमण (जैसे, सर्दी, फ्लू), एलर्जी (पराग, पालतू जानवरों की रुसी, धूल) ❖ उत्तेजक पदार्थ (धुआं, प्रदूषक, रसायन), गैस्ट्रोएसोफेगल रिफ्लक्स रोग (जीईआरडी) ❖ दमा, दवाएं (एसीई अवरोधक) ❖ शुष्क हवा, फेफड़ों की अंतर्निहित स्थितियाँ (क्रोनिक ब्रोंकोइटिस, सीओपीडी) |
|---|---|

SYMPTOMS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Nagging tickle in the airways ❖ No mucus associated with cough ❖ May get worse at night and impact sleep quality | <ul style="list-style-type: none"> ❖ For a dry cough, the aim is to reduce cough symptoms and to identify and treat the underlying cause of the dry cough ❖ The cough sounds dry |
|--|--|

DIAGNOSIS

- ❖ Blood test
- ❖ Patient counseling
- ❖ Chest X-ray
- ❖ Medication history
- ❖ Physical examination

TREATMENT OPTIONS

- ❖ Medicines
- ❖ Drops Or Lozenges
- ❖ Suppressants
- ❖ Syrups & Tablets
- ❖ Home Remedies

MEDICINE OPTIONS

Dextromethorphan



Dextromethorphan
5ml 2-3 times/day

VICKS Cough Drops MENTHOL



COUGH DROPS OR LOZENGES



Dextromethorphan
2-3 lozenges per day



Phenylephrine
5 ml 2-3 times

Guaifenesin
Ambroxol 5 ml BD

Home remedies
Tulsi, Honey, Ginger



5 ml 2-3 times



5 ml 2-3 times



5 ml 2-3 times

30. DYSENTRY (पेटमें मरोड़)

INTRODUCTION

- ❖ **DIARRHEA WITH MUCUS BLOOD IN FECES**, Dysentery is an intestinal inflammation, primarily of the colon
- ❖ It can lead to mild or severe stomach cramps and severe diarrhea with mucus or blood in the feces
- ❖ Infection with the **Shigella bacillus**, or bacterium, is the most common cause
- ❖ **Bacillary dysentery** is a type of dysentery, and is a severe form of shigellosis.

- ❖ डिसेंट्री या पेचिश, पाचन तंत्र का रोग है. यह एक प्रकार का संक्रमण है, जो आंतों में होता है. इसमें पेट के निचले हिस्से में तेज दर्द होता है.
- ❖ **पेचिश के लक्षण:**
- ❖ गंभीर अतिसार (डायरिया)
- ❖ मल में रक्त एवं श्लेष्मा (mucus) आता है
- ❖ पेट के निचले हिस्से में दर्द

CAUSES

- ❖ **Shigella bacteria (shigellosis)**
- ❖ bacteria from the family Enterobacteriaceae
- ❖ An amoeba Microorganism
- ❖ Dysentery is often spread through
- ❖ Contaminated food or water
- ❖ Poor hand washing by infected people
- ❖ Swimming in contaminated water, such as lakes or pools
- ❖ Physical contact



SYMPTOMS

- ❖ Diarrhea with belly cramps
- ❖ Fever
- ❖ Nausea and vomiting
- ❖ Blood or mucus in Stool
- ❖ Anaemia
- ❖ Cramps
- ❖ Abdominal bloating
- ❖ Weight loss
- ❖ Dehydration



DIAGNOSIS

- ❖ Physical examination & check up
- ❖ History (Past me kya khaya & piya)
- ❖ Patient counselling (Patient se batchit)
- ❖ Symptoms based diagnosis
- ❖ Blood test (CBC blood test)
- ❖ Lab test of a stool sample (Fecal Test)



HOME REMEDIES

- ❖ दिन में 3 से 4 गिलास संतरे का जूस पिएं
- ❖ छाछ में प्रोबायोटिक्स होते हैं जो पेट में गुड और बैड बैक्टीरिया के संतुलन को बनाए रखते हैं
- ❖ दिनभर में 3 से 4 गिलास छाछ पीने से पेचिश से आराम मिल सकता है

TREATMENT & MEDICINE OPTIONS

1. ANTIAMOEBIC DRUGS:

- 1. TISSUE AMOEBICIDES
- (a) For both intestinal and extraintestinal amoebiasis: Nitroimidazoles,
- Metronidazole (1 OD/BD)
- Tinidazole (1 OD/BD)
- Secnidazole (1 OD/BD)
- Ornidazole (1 OD/BD)
- Satranidazole (1 OD/BD)
- (b) Alkaloids : Emetine, Dehydroemetine
- (c) For extraintestinal amoebiasis only:
- Chloroquine (1 OD/BD)

2. LUMINAL AMOEBICIDES

- (a) Amide:
- Diloxanide furoate (1 OD)
- Nitazoxanide (1 OD)
- (b) 8-Hydroxyquinolines: Quiniodochlor (Iodochlorohy- droxyquin, Clioquinol), (1 OD/BD)
- Diiodohydroxyquin (Iodoquinol)
- (c) Antibiotics:
- Tetracyclines

HOME REMEDIES:

- Add rock salt to buttermilk and use it
- Drink at least two glasses of fresh orange juice a day
- Make a milkshake with pomegranate skin and give to patient
- Drink lemon juice
- Eat a lot of bananas
- This will help in soft and norm stools
- Mix milk, honey and lemon together and give to patient
- Give black tea
- Wash your hands with soap
- Use hand sanitizers, especially after using the toilet
- Make sure had sanitizers are not used in excess
- Drink mineral water
- Boil water for 10 to 15 minutes cool it filter & use
- Eat well cooked food
- Maintain hygiene
- Maintain cleanliness

INTRODUCTION

Dermatitis (also known as eczema) is a group of diseases that result in inflammation of the skin, These diseases are characterized by itchiness, red skin and a rash & cases of short duration, there may be small blisters, while in long-term cases the skin may become thickened



- ❖ एकिजमा एक त्वचा रोग है. इसमें त्वचा में तेज खुजली होती है और त्वचा रुखी हो जाती है.
- ❖ **एकिजमा के कुछ लक्षण ये हैं:** त्वचा में लाल और सूखे चकत्ते, त्वचा में खाज़, त्वचा में सूजन, पपड़ीदार पैच, धक्कों, घाव, छाले

CAUSES

- ❖ Abnormal function of the immune system
- ❖ Skin barrier defect that allow moisture out and germs in
- ❖ Thyroid disease & Genetics
- ❖ Microbes, include bacteria such as *Staphylococcus aureus*, viruses, and fungi
- ❖ Change in Environment
- ❖ Food allergy
- ❖ Hot and cold temperatures: Very hot and very cold weather, high and low humidity, and perspiration
- ❖ from exercise can bring out eczema
- ❖ **Hormonal change:** Females may experience increased eczema symptoms when their hormone levels are changing, such as during pregnancy and at certain points in the menstrual cycle
- ❖ **Irritants:** These include soaps, detergents, shampoos, disinfectants, juices from fresh fruits, meats, vegetables

SYMPTOMS

- ❖ Itching, which may be severe, especially at night
- ❖ Red to brownish-gray patches, especially on the hands, feet, ankles, wrists, neck, upper chest, eyelids, inside the bend of the elbows and knees, and in infants, the face and scalp
- ❖ Very dry skin on affected areas
- ❖ Small, raised bumps, which may leak fluid and crust over when scratched
- ❖ Thickened, cracked, scaly skin
- ❖ Raw, sensitive, swollen skin from scratching
- ❖ Rashes that are permanently itchy
- ❖ Rashes that cover much of the body
- ❖ Skin infections

DIAGNOSIS

- ❖ Skin biopsy
- ❖ Physical examination
- ❖ Blood test
- ❖ Dermatoscopy test



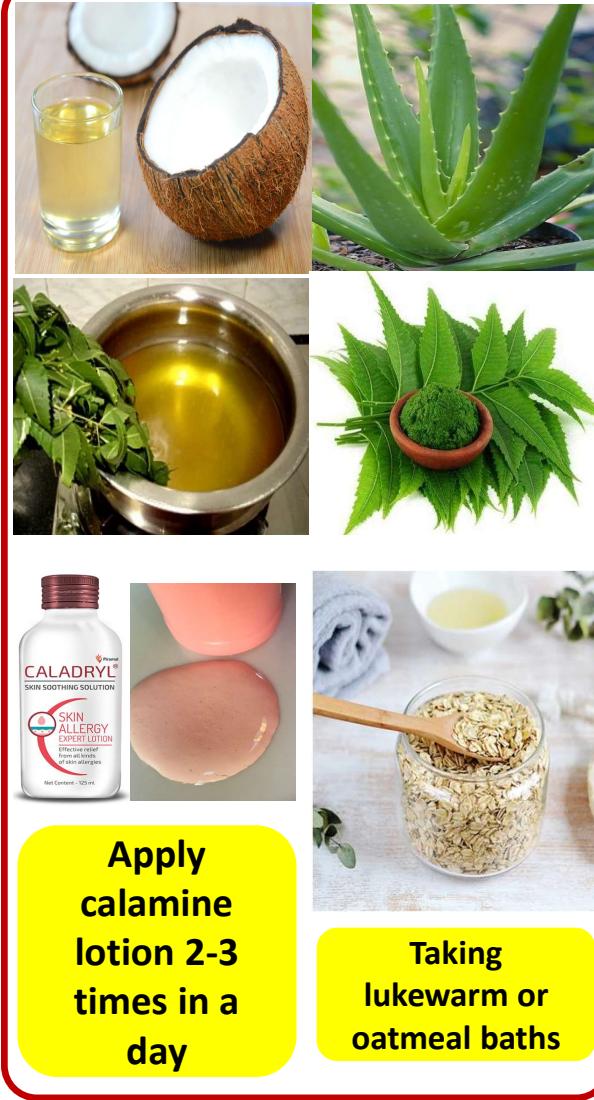
TREATMENT & MEDICINE OPTIONS

- ❖ AVOID ITCHING
- ❖ PROPER MEDICATIONS
- ❖ ANTI-HISTAMINES
- ❖ IMMUNOSUPPRESANTS
- ❖ ANTIFUNGALS
- ❖ HERBAL DRUGS
- ❖ HOME REMEDY



MEDICINE OPTIONS

- ❖ Cold compress application of affected part
- 1. skin moisturizing lotions OR CALAMINE LOTION
- 2. TAKING LUKEWARM OR OATMEAL BATHS
 - A bath in which the patient's body except the head is immersed in water from 94° to 96°F (34.4° to 35.6°C) for 15 to 60 min
 - In Lukewarm water add oatmeal & Soak for about 10-15 minutes
 - Take bath with neem leaf extract in water



- ❖ Lukewarm water का मतलब है, पानी जो ना ज्यादा गरम हो और ना ही ज्यादा ठंडा.
- ❖ गुनगुने पानी से नहाने पर खुजली वाली स्किन को शांत करने और खुजली पैदा करने वाले एलर्जी या जलन को दूर करने में मदद मिल सकती है। इसलिए नहाते समय गुनगुने पानी का ही इस्तेमाल करें और गर्म पानी के इस्तेमाल से बचें, क्योंकि गर्म पानी के नहाने से आपकी स्किन झाय होने के होने से खुजली और बढ़ सकती है।

MEDICINE OPTIONS

3. ANTIHISTAMINES MEDICINES FOR ITCHING

- Levocetirizine (5 mg oral)
- Chlorpheniramine (2–4 mg (0.1 mg/kg) oral, i.m)
- Diphenhydramine
- Fexofenadine (120–180 mg oral)

4. ANTIFUNGAL AGENTS

- Clotrimazole Cream (2-3 times in a day)
- Ketoconazole (200 mg OD-BD oral)
- Fluconazole (150 mg oral weekly)
- Itraconazole (200 mg OD-BD oral)

- Luliconazole cream (2-3 times in a day)

5. OVER-THE-COUNTER ANTIBACTERIAL AGENTS

- Sulfur is applied to the skin for dandruff and an itchy skin infection caused by mites (scabies)
- It is also applied to the skin for acne and skin redness (rosacea)

6. CREAMS AND OINTMENTS

- Betamethasone cream
- Whitfield ointment
- Crotamiton is a drug that is used both as a scabicidal and as a general antipruritic



INTRODUCTION

- ❖ नपुसंकता, कामेच्छा (libido) कम हो जाना, स्तंभन दोष
- ❖ इरेक्टाइल डिसफंक्शन (ED) पुरुषों में पाया जाने वाला एक यौन विकार है। इसे नपुसंकता भी कहते हैं। इरेक्शन पाने के लिए, लिंग को पर्याप्त रक्त प्रवाह चाहिए होता है। इसके लिए, नसों का उचित कार्य लिंग तक और लिंग से होना चाहिए। इसके अलावा, पर्याप्त मात्रा में पुरुष सेक्स हार्मोन टेस्टोस्टेरॉन और पर्याप्त सेक्स ड्राइव (कामेच्छा) भी होनी चाहिए। इनमें से किसी भी प्रणाली के विकार से इरेक्टाइल डिसफंक्शन हो सकता है
- ❖ Erectile dysfunction (impotence) is the inability to get and keep an erection in penis for sex, Not enough strength and erection in penis to perform physical activity, It a medical condition related to reproductive system of the male. Difficulty in erection of penis due to Decreased Blood flow in the region of penis, Penis erection is also involves the function of the brain, hormones, emotions, nerves, muscles and blood vessels.

CAUSES

- | | |
|----------------------------|---|
| ❖ Psychological causes: | ❖ Other: |
| ❖ Mental health conditions | ❖ Tobacco use |
| ❖ Stress, Depression | ❖ Alcoholism |
| ❖ Anxiety | ❖ Smoking habit |
| ❖ Relationship problems | ❖ Atherosclerosis |
| ❖ Physical causes: | ❖ Parkinson's disease |
| ❖ Diabetes | ❖ Injuries that affect the pelvic area in men |
| ❖ Obesity | ❖ Development of scar tissue inside the penis |
| ❖ Sleep disorders | |
| ❖ High cholesterol | |

SYMPTOMS

- ❖ Trouble getting an erection
- ❖ Trouble keeping an erection
- ❖ Reduced sexual desire

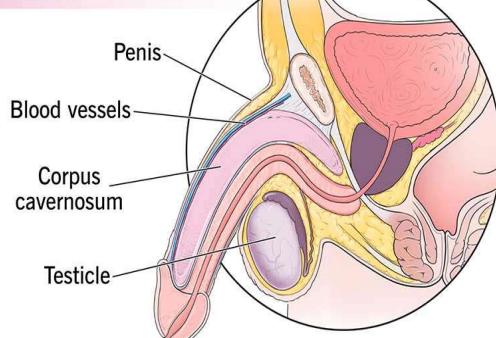
DIAGNOSIS

- ❖ Physical exam
- ❖ Medical history
- ❖ Blood tests
- ❖ Male hormone test
- ❖ Urine tests
- ❖ Ultrasound
- ❖ Psychological exam

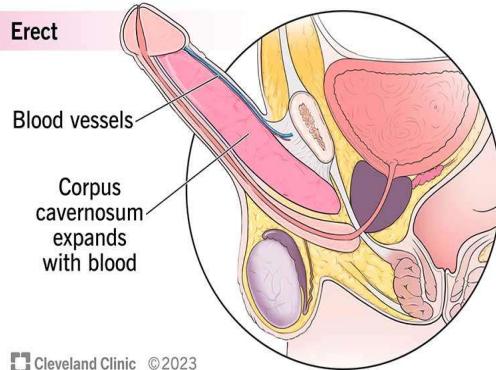
Erectile dysfunction

If you fail to achieve a full erection more than 50% of the time, see a healthcare provider.

Flaccid



Erect



Cleveland Clinic ©2023

TREATMENT AND MEDICINE OPTIONS

- ❖ Treatment is based on causes and reason of ED
- ❖ So patient counseling and diagnosis is important in the treatment of ED
- ❖ If focus on reason then treatment can be done easily of patient
- ❖ **1. LIFESTYLE MODIFICATION**
 - Healthy Diet
 - Yoga
 - Meditation
 - Exercise
 - 8 hour sleep
 - Weight management
 - Cycling or aerobics
 - Testosterone replacement
 - ❖ Vacuum pumps
 - ❖ Penile implants

2. HERBAL MEDICINE (SELECT ANY 1 HERBAL MEDICINE)

- Tentex Forte Tablet (2 Tablet BD)
- Gokshura Tablet (2 Tablet BD)
- Confido Tablet (2 Tablet BD)
- Himcolin Gel (Massage on penis using gel)
- Dabur Shilajit (2 Capsule BD)
- Patanjali Shilajit (2 Tablet BD)
- Addyzoa Capsule (2 Capsule BD)
- Moosli Pak (1 Spoon mix with Milk and taken at night)

3. ALLOPATHIC MEDICINE

- Fertisure M Tablet (1 Tablet OD)
- Health Ok Tablet (1 Tablet OD)
- Tadalafil Tablet (15-30 min before sexual activity)
- Viagra Tablet (15-30 min before sexual activity)

4. INJECTIONS

- Tri - Mix Injection (Doctor/ nursing staff ke advice according)
- Alprostadil Injection (Doctor/ nursing staff ke advice according Medical supervision jaruri hai)

5. SUPPOSITORY

- Muse Suppository
- Insert in urethra before sex



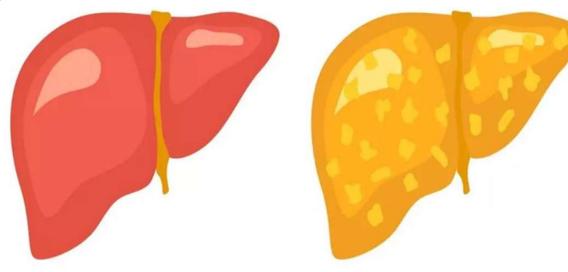
33. FATTY LIVER (फैटी लीवर)

INTRODUCTION

- ❖ Drinking large amount of alcohol build up fat on liver and drinking is not stopped , This is called alcoholic fatty liver
- ❖ Complications like alcoholic cirrhosis and hepatitis
- ❖ Increase Fat in liver
- ❖ लिवर में अतिरिक्त चिकनाई का बनना फैटी लिवर की बीमारी है। फैटी लिवर की बीमारी शराब के अत्यधिक सेवन से हो सकती है।
- ❖ प्रमुख जोखिम कारकों में मोटापा और टाइप 2 मधुमेह शामिल हैं,
- ❖ लिवर में वसा का बढ़ना.

CAUSES

- ❖ Heavy alcohol use
- ❖ Obesity or overweight
- ❖ Having Type 2 diabetes
- ❖ Unprotected sex
- ❖ Over use of drugs
- ❖ Taking steroids



HEALTHY LIVER

FATTY LIVER

SYMPTOMS

- ❖ Tiredness and weakness
- ❖ Weight loss
- ❖ Fever
- ❖ Nausea and vomiting
- ❖ Appetite loss
- ❖ Yellowing of the skin and eyes (jaundice)

DIAGNOSIS

- ❖ Blood test OR Liver biopsy
- ❖ Ultrasound of Liver
- ❖ CT scan or MRI
- ❖ SGPT (serum glutamic-pyruvic transaminase)
- ❖ SGOT (serum glutamic-oxaloacetic transaminase)

HERBAL

- Try the Mediterranean diet
- Research from 2017 suggests that the Mediterranean diet may help to reduce liver fat, even without weight loss
- FRUITS and VEGETABLE
- Aim to eat a variety. Try adding more:
- Berries
- Apples
- Oranges
- Bananas
- Dates
- Figs
- Melons
- Leafy greens
- Broccoli
- Peppers
- Sweet potatoes
- Carrots
- Squash
- Cucumbers
- Eggplant

FISH & LEAN MEATS

- Opt for fish twice per week. Eggs and lean poultry, like skinless chicken and turkey, are fine in moderation

WHOLE GRAINS

- Consume bread unprocessed grains and cereals, such as:
- Whole-wheat
- Brown rice
- Whole oats
- Couscous
- Whole-wheat pasta
- Quinoa

HEALTHY FATS

- Use healthy oils, such as extra virgin olive oil. High concentrations of healthy fats can also be found in:
- Nuts
- Seeds
- Avocados
- Olives

- ❖ Ask your doctor vitamin E
- ❖ Compounds shown to have positive effects on liver health include turmeric, milk thistle, resveratrol, and gr
- ❖ Weight loss
- ❖ Avoid alcohol
- ❖ Reduce fats in the diet
- ❖ Try an omega-3 supplement

MEDICINE

- ❖ Aloe vera Gel
- ❖ Hellebore or Kutki
- ❖ Weight loss
- ❖ Avoid known liver irritants

- Liv 52 tablets or syrup
- Liver tonics
- Hepamerz tablet/injection

34. FEVER (बुखार)

INTRODUCTION

- ❖ **HIGH BODY TEMPERATURE**
- ❖ A fever is a body temperature that is higher than normal
- ❖ A normal temperature can vary from person to person,
- ❖ it is usually around 98.6 °F
- ❖ Also called Pyrexia
- ❖ A fever is not a disease
- ❖ It is usually a sign that our body is trying to fight an illness or infection
- ❖ Infections cause most fevers
- ❖ बुखार (Fever) एक चिकित्सीय स्थिति है. इसमें शरीर का तापमान हर दिन की तुलना में ज्यादा होता जाता है. आम तौर पर, यह तापमान लगभग 37 डिग्री सेल्सियस (95.6 डिग्री फ़ारेनहाइट) होता है.

CAUSES

- ❖ फ्लू - निमोनिया
- ❖ एपेंडिसाइटिस
- ❖ मूत्र पथ के संक्रमण
- ❖ वायरस-बैक्टीरिया
- ❖ Infections cause most fevers
- ❖ We got a fever because our body is trying to kill the virus or bacteria that caused the infection
- ❖ Most of those bacteria and viruses do well when your body is at your normal temperature
- ❖ if have a fever, it is harder for them to survive
- ❖ Fever also activates our body's immune system
- ❖ Thus body will start to fight against that pathogens
- ❖ A virus or A bacterial infection
- ❖ Heat exhaustion
- ❖ Certain inflammatory conditions such as rheumatoid arthritis inflammation of the lining of your joints (synovium)
- ❖ A malignant tumor

SYMPTOMS

- ❖ Sweating
- ❖ Chills and shivering
- ❖ Headache
- ❖ Muscle aches
- ❖ Loss of appetite
- ❖ Irritability
- ❖ Dehydration
- ❖ General weakness

DIAGNOSIS

- ❖ Ask questions about your symptoms and medical history
- ❖ Temperature measurement using thermometer
- ❖ Perform a physical exam
- ❖ Order tests, such as blood tests or a chest X-ray, as needed, based on your medical history and physical exam

TREATMENT OPTIONS

- ❖ Give proper Nutrition
- ❖ Energy Drink like Glucose
- ❖ Rest at home
- ❖ Proper Need of 8 hour Sleep
- ❖ Ice Water Bag
- ❖ Healthy Diet Lena jaruri hai fever ke doran
- ❖ Healthy Environment
- ❖ Proper medicine like paracetamol jisase fever kam ho and patient ko aaram mile.



1. ANTIPYRETIC MEDICINES:

- Available OTC antipyretics include acetaminophen and the nonsteroidal anti-inflammatory drugs
- Paracetamol 500 or 650 mg (1 Tablet 3 or 4 times a day)
- Ibuprofen 400 mg (1 Tablet 2 or 3 times a day)

2. PARACETAMOL IN COMBINATION

- Paracetamol 500mg + caffeine 25mg
- Paracetamol 500mg + domperidone 10mg
- Paracetamol 325mg + Ibuprofen 400mg
- Aceclofenac 100 mg + Paracetamol 32 mg
- Paracetamol 500mg + diphenhydramine 25mg + phenylephrine HCl 5mg + Caffeine 30mg
- Paracetamol/Phenylephrine 500 + 12.2mg



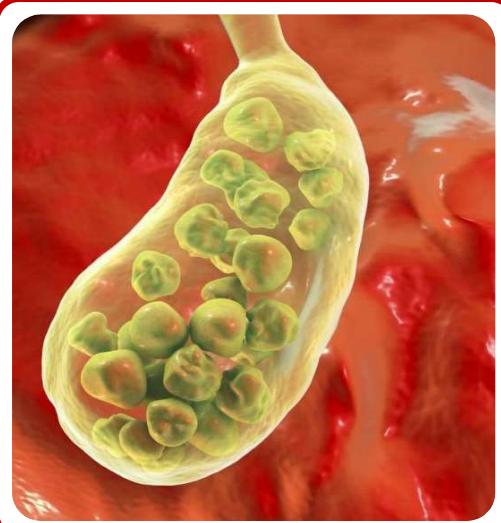
INTRODUCTION

- ❖ पित्ताशय की पथरी को आम तौर पर शल्यचिकित्सा द्वारा ठीक किया जाता है. इस सर्जरी को कोलेसीस्टेकटॉमी कहते हैं. इसमें पेट में छोटे छेद के ज़रिए पित्ताशय को शरीर से निकाल दिया जाता है. पित्ताशय की पथरी को खत्म करने के लिए आम तौर पर कोई और उपचार प्रभावी नहीं होता
- ❖ पित्ताशय की पथरी के लक्षण: पेट दर्द, मतली, उल्टी, बुखार, पीलिया

- ❖ Gallstones are small stones that form in the gallbladder
- ❖ Location: lie under the liver
- ❖ It is hard deposit into the Fluid present in gallbladder
- ❖ Gallstones are hard
- ❖ They like pieces of material
- ❖ They made of cholesterol or Bilirubin, Calcium that form in our gallbladder
- ❖ Gallstones can range in size from a grain of sand to a golf ball

CAUSES

- ❖ High cholesterol diet
- ❖ Bile contains too much bilirubin
- ❖ Low level of bile salts
- ❖ Decreased gall bladder motility
- ❖ Gall bladder mucin
- ❖ Delayed large bowel transit time
- ❖ Cholesterol supersaturation



SYMPTOMS

- ❖ Nausea and vomiting
- ❖ Right shoulder pain
- ❖ Back pain
- ❖ Pain in abdominal area
- ❖ Severe pain upper right portion of your abdomen.
- ❖ Pain intensity is also high
- ❖ Weight loss

RISK FACTORS

- ❖ Person suffering from any disease for a long time
- ❖ People who take excessive fatty diet
- ❖ Sedentary lifestyle
- ❖ Diabetes
- ❖ Obesity
- ❖ Pregnancy
- ❖ Post bariatric surgery

DIAGNOSIS

- ❖ Blood tests
- ❖ Abdominal ultrasound
- ❖ Endoscopic ultrasound (EUS)
- ❖ Endoscopic retrograde cholangio-pancreatography (ERCP)
- ❖ Hepatobiliary iminodiacetic acid (HIDA) scan
- ❖ Computerized tomography (CT) scan
- ❖ Magnetic resonance cholangio pancreatography (MRCP)

PREVENTION

- ❖ Reducing intake of high-fat foods such as dairy, oil and red meat to improve cardiovascular health.
- ❖ Low fat diet
- ❖ Healthy life style
- ❖ Maintain body weight
- ❖ Start doing exercise
- ❖ Start Running, Walking, Cycling

TREATMENT OPTIONS

- ❖ Life style modification
- ❖ Healthy diet & Exercise
- ❖ Gallstone dissolving drugs
- ❖ Herbals and natural remedies
- ❖ Ayurvedic medicines
- ❖ Homeopathy medicines
- ❖ Surgery is last option
- ❖ NSAIDS & Serratiopeptidase
- ❖ Combination of painkillers and anti-inflammatory drugs
- ❖ Take it only when pain occurs



MEDICINE OPTIONS

1. **HERBAL**
 - Turmeric
 - Aloe Vera
 - Gokshura
 - Kalonji (*Nigella sativa*)
 - Black Pepper
2. **ALLOPATHIC MEDICINE**
 - Uditliv-300:
 - DOSE: 1 Tablet 2 To 3 Time In A Day Every 6-8 Hour
3. **HOMEOPATHIC MEDICINE**
 - Allen A23 Drops:
 - 8-10 Drops in a half cup of water 3 times a day
 - Willmar Schwabe India

Geranium Robertianum:
Take 5 drops in half cup of water three times a day.

4. **AYURVEDIC MEDICINE**
 - Baidyanath Ayurved Kalmeghasava: 12-24 ml with equal amount of water after meals, twice a day



INTRODUCTION

- ❖ Medical conditions that may increase intestinal gas, bloating or gas pain include the following: Chronic intestinal disease
- ❖ Excess gas is often a symptom of chronic intestinal conditions, such as diverticulitis, ulcerative colitis or Crohn's disease
- ❖ How does gas forms:
 - Gas in your stomach is primarily caused by swallowing air when you eat or drink.
 - Most stomach gas is released when burping and flatulence
 - Gas forms in our large intestine (colon) when bacteria ferment carbohydrates — fiber, Some starches and some sugars — that aren't digested in your small intestine
 - The small intestine absorbs some of the carbon dioxide and oxygen and rapidly passes the remaining gas to the large intestine

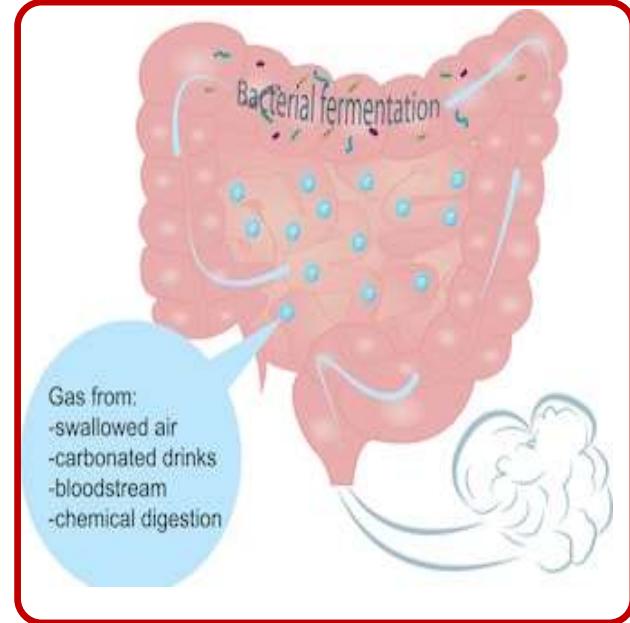
CAUSES

- ❖ Chronic intestinal disease
- ❖ Excess gas is often a symptom of chronic intestinal conditions, such as diverticulitis, ulcerative colitis or Crohn's disease
- ❖ Small bowel bacterial overgrowth
- ❖ Food intolerances
- ❖ Constipation



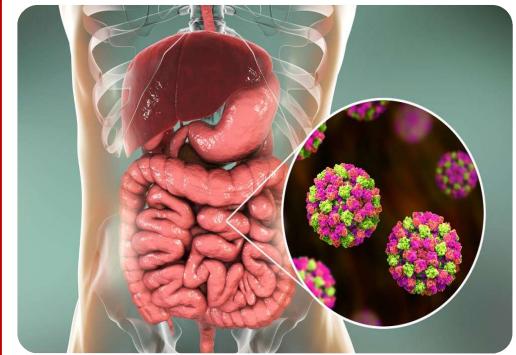
SYMPTOMS

- ❖ Burping
- ❖ Passing gas
- ❖ Pain, cramps or a knotted feeling in your abdomen
- ❖ A feeling of fullness or pressure in your abdomen (bloating)
- ❖ An observable increase in the size of your abdomen (distention)



DIAGNOSIS

- ❖ Nausea & vomiting
- ❖ Abdominal pain
- ❖ Ultra sound scan
- ❖ Indigestion
- ❖ Burning in pain
- ❖ Pet ful jana & dard hona



TREATMENT OPTIONS

- ❖ Medicines for gas problem:
 - Over-the-counter gas remedies include
 - Pepto-Bismol
 - Activated charcoal
- Simethicone
- Lactase enzyme
- (Lactaid or Dairy Ease)
- Beano

❖ **Pudina for gas trouble:**

- Ayurvedic medicine contains pudina satva as the main ingredient use for
- Indigestion
- Gas and acidity
- Quick relief from stomach ache (stomach pain due to gas)
- Gas and indigestion

❖ **Natural remedies for gas:**

- Peppermint tea
- Chamomile tea
- Anise
- Caraway
- Coriander
- Fennel
- Turmeric
- Asafoetida

❖ **Home remedies for gas problem:**

- Baking soda
- Ajwain (karam seeds)
- Cumin seeds
- Garlic
- Buttermilk
- Warm water
- Cinnamon

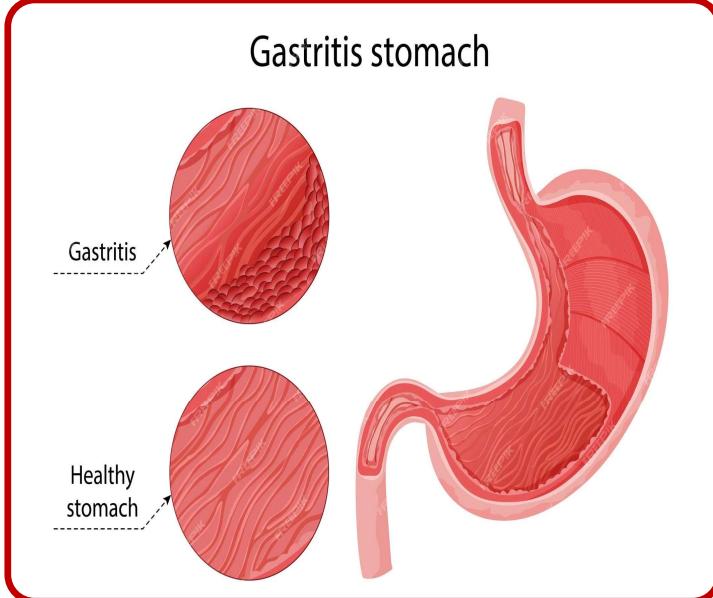
❖ **Tips to prevent gas problem:**

- Fibers shall be introduced slowly
- Drink with Sipping
- Don't sleep right after you eat
- Walk away & Do exercise
- Quit Smoking
- Avoid soda & processed food



INTRODUCTION

- ❖ Gastritis is a medical condition in which inflammation of the lining of the stomach
- ❖ The bacterial infection in stomach is also responsible for the gastritis and damage of the stomach linings



- ❖ गैस्ट्राइटिस एक ऐसी स्थिति है जिसमें पेट के म्यूकोस में सूजन आ जाती है। म्यूकोस में मौजूद सेल एसिड और एंजाइम का उत्पादन करते हैं, जो भोजन को पचाने में मदद करते हैं। यह म्यूकोस का उत्पादन भी करता है जो एसिड की समस्या से बचाता है। गैस्ट्राइटिस होने के कई कारण हो सकते हैं
- ❖ हेलिकोबैक्टर पाइलोरी (*H. pylori*) बैक्टीरिया का संक्रमण
- ❖ रोज़ शराब का सेवन, अपच, रसायनों का सेवन, ऑटोइम्यून विकार

CAUSES

- | | |
|-------------------------------------|----------------------------------|
| ❖ <i>Helicobacter pylori</i> | ❖ Bile reflux |
| ❖ Excessive alcohol use | ❖ Aspirin |
| ❖ Chronic vomiting | ❖ Anti-inflammatory Drugs |
| ❖ Stress | drugs |

SYMPTOMS

- ❖ Pain in the upper abdomen
- ❖ Pain in the chest
- ❖ Belching
- ❖ Heartburn
- ❖ Indigestion
- ❖ Nausea and vomiting
- ❖ Passing excessive of gas
- ❖ Fatigue
- ❖ Feeling stomach full
- ❖ Loss of appetite
- ❖ Abdominal discomfort
- ❖ Hiccups
- ❖ Black or tarry stool
- ❖ Vomiting of blood

DIAGNOSIS

- ❖ Endoscopy
- ❖ Biopsy
- ❖ Stool Examination
- ❖ Blood Examination
- ❖ Urea Breath Test
- ❖ Upper GI Barium Study
- ❖ CT Scan



TREATMENT OPTIONS

- ❖ H2 BLOCKERS
- ❖ PROTON PUMP INHIBITORS
- ❖ ANTACID SYRUPS
- ❖ HERBAL NATURAL MEDICINE
- ❖ PROTECTIVE DRUGS
- ❖ ANTI H. PYLORI DRUGS



MEDICINE OPTIONS

1. H2 BLOCKERS

- Ranitidine: 150 mg BD or 300 mg at bed time
- Famotidine: 20 mg BD
- Cimetidine: 400 mg BD or 800 mg OD at bed time
- Roxatidine : 75 mg BD

2. PROTON PUMP INHIBITORS

- Omeprazole: 20–60 mg/day
- Pantoprazole: 40 mg OD
- Rabeprozole: 20 mg OD
- Lansoprazole: 15–30 mg OD
- Dexrabeprazole: 10-20 mg OD

3. ANTACID SYRUPS

ANY 1 SYRUP

DOSE: 5-10ml 3 TIMES

- Magnesium hydroxide
- Milk of magnesia
- Mag. trisilicate
- Aluminium hydroxide gel
- Magaldrate
- Calcium carbonate

4. HERBAL NATURAL MEDICINE

- Himalaya Himcocid-SF
- SBL Nixocid syrup
- Dabur Pudin hara

5. PROTECTIVE DRUGS:

- Sucralfate protective drug and work by making coating on stomach lining and prevent their damage and help in healing
- 1 g taken 1 hour before 3 major meals & bed time

6. ANTI-H.PYLORI DRUG:

- If reason of infection is bacteria
- **ANY-1 ANTIBIOTIC PRESCRIBE TO PATIENT**
- Amoxicillin (1BD/TID)
- Clarithromycin (1BD/OD)
- Metronidazole (1BD/OD)
- Tinidazole (1BD/OD)
- Clavam 625 (1BD/OD)
- Taxim o cv 200 (1BD/OD)



38. GIARDIASIS (जिआर्डियासिस)

INTRODUCTION

- ❖ Beaver fever OR Parasitic disease
- ❖ Giardiasis, popularly known as beaver fever, is a parasitic disease caused by Giardia duodenalis (G. lamblia and G. intestinalis)
- ❖ About 10% of those infected have no symptoms.

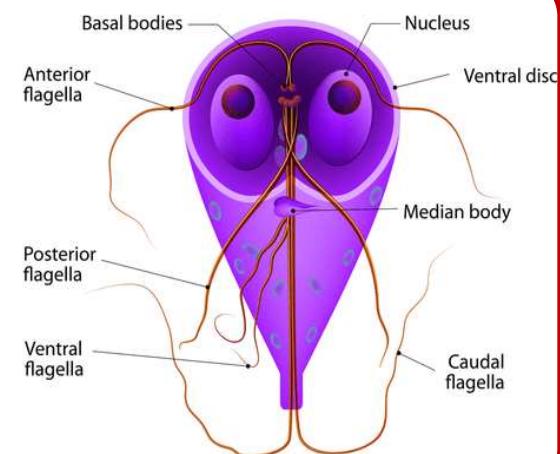
जिआर्डियासिस एक बहुत ही संक्रामक, छोटी आंत का संक्रमण है। जिआर्डिया लैम्बिल्या एक परजीवी है जो इसका कारण बनता है। इसके लक्षण: दस्त, गैस, जी मिचलाना, उल्टी।

CAUSES

- ❖ Giardiasis is a *Diarrheal disease* caused by the microscopic parasite Giardia
- ❖ जियार्डिया एक सूक्ष्म परजीवी है जो छोटी आंत में संक्रमण का कारण बनता है
- ❖ Once a person or animal (for example, cats, dogs, cattle, deer, and beavers) has been infected with Giardia, the parasite lives in the intestines and is passed in feces (poop)

SYMPTOMS

- ❖ Watery diarrhea
- ❖ Sometimes foul-smelling diarrhea that may alternate with soft, greasy stools
- ❖ Fatigue or malaise
- ❖ Abdominal cramps
- ❖ Bloating & Nausea
- ❖ Gas or flatulence



DIAGNOSIS

- ❖ To help diagnose giardiasis, your doctor is likely to test a sample of your stool
- ❖ For accuracy, you may be asked to submit several stool samples collected over a period of days
- ❖ The samples are then examined in a laboratory for the presence of parasites

TREATMENT OPTIONS

- ❖ Several drugs can be used to treat Giardia infection.
- ❖ Effective treatments include metronidazole, tinidazole, and nitazoxanide
- ❖ Alternatives to these medications include paromomycin, quinacrine, and furazolidone

MEDICINE OPTIONS

- 1. **Metronidazole:** 400 mg OD/BD (children 15 mg/kg/day) for 7 days or 2 g daily for 3 days
- 2. **Tinidazole/secnidazole:** 2 g single dose or 0.6 g daily for 7 days
- 3. **Nitazoxanide:** 500 mg (children 7.5 mg/kg) BD × 3 days
- 4. **Quiniodochlor:** 250 mg TDS for 7 days



39. GLAUCOMA (काला मोतिया)

INTRODUCTION

- ❖ Glaucoma is a group of eye related medical conditions that damage the optic nerve of eye
- ❖ The *optic nerve* is necessary for vision, Thus, that can cause blindness due to damage of optic nerve



काला मोतियाबिंद या ग्लूकोमा आंखों की एक गंभीर बीमारी है। यह आंख की रोशनी को खराब करती है आंखों में दबाव बढ़ता है और अंधेपन का कारण बनती है हर तरह के ग्लूकोमा में आंखों में अधिक दबाव होने की वजह से आंख को दिमाग से जोड़ने वाली तंत्रिका क्षतिग्रस्त हो जाती है।

CAUSES

- ❖ The increased pressure in our eye, called intraocular pressure, can damage optic nerve
- ❖ Ocular hypertension
- ❖ Elevated eye pressure is due to a buildup of a fluid (aqueous humor) that flows throughout the inside of your eye
- ❖ Family history of glaucoma

SYMPTOMS

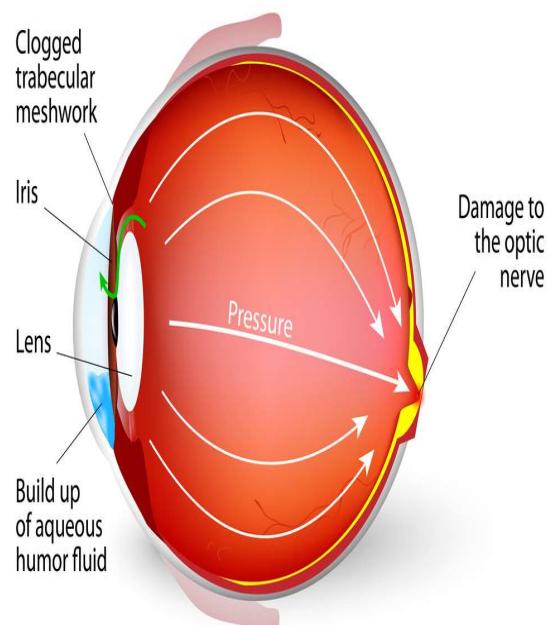
- ❖ Open-angle glaucoma
- ❖ Patchy blind spots in both eyes
- ❖ Tunnel vision
- ❖ Acute angle-closure glaucoma
- ❖ Severe headache
- ❖ Eye pain
- ❖ Nausea and vomiting
- ❖ Blurred vision
- ❖ Halos around lights
- ❖ Eye redness

RISK FACTORS

- ❖ Age over 60
- ❖ Taking corticosteroid medications, especially eyedrops, for a long time
- ❖ Having a family history of glaucoma
- ❖ Having high internal eye pressure (intraocular pressure)
- ❖ Ocular hypertension
- ❖ Have diabetes
- ❖ Have poor vision
- ❖ Injury to your eye or eyes

DIAGNOSIS

- ❖ Visual field test = Checking for areas of vision loss
- ❖ Pachymetry = Measuring corneal thickness
- ❖ Gonioscopy= Inspecting the drainage angle
- ❖ Tonometry= Measuring intraocular pressure
- ❖ Testing for optic nerve damage with a dilated eye examination and imaging tests



TREATMENT OPTIONS

- ❖ Prostaglandins
- ❖ Betablockers
- ❖ Alpha-adrenergic agonists
- ❖ Carbonic anhydrase inhibitors
- ❖ Rho kinase inhibitors
- ❖ Miotic or cholinergic agents
- ❖ Oral medications
- ❖ Surgery and other therapies

MEDICINE OPTIONS

1. PROSTAGLANDINS:

- They work by increase the outflow of the fluid in eye (aqueous humor) & reduce the eye pressure
- Latanoprost
- Travoprost
- Tafluprost
- Bimatoprost
- Latanoprostene bunod

2. BETA BLOCKERS:

- THEY WORK BY REDUce the production of the fluid in eye (aqueous humor) & reduce the eye pressure
- Timolol
- Betaxolol

3. Alpha-adrenergic agonists:

- They work by reduce the production of the fluid in eye (aqueous humor) and also outflow
- Thus reduce the eye

pressure

- Apraclonidine
- Brimonidine

4. Carbonic anhydrase inhibitors:

- They also work by reduce the production of the fluid in eye (aqueous humor), Thus reduce the eye pressure
- Dorzolamide
- Brinzolamide

5. Rho kinase inhibitor:

- They also work by reduce the eye pressure by suppressing the rho kinase enzymes responsible for fluid increase
- Netarsudil

6. Miotic or cholinergic agents:

- They also work by increase the outflow of eye
- Pilocarpine



INTRODUCTION

- ❖ पेट में अल्सर और कैंसर
- ❖ बार-बार डकार आना
- ❖ **H. pylori (Helicobacter pylori)**
- ❖ It is a one type of bacteria that cause infection in stomach and duodenum
- ❖ In that most common causes that peptic ulcer disease
- ❖ H. pylori inflamed and irritation in affected area of gastritis
- ❖ Long term it can cause infection its lead to stomach cancer in rare condition

CAUSES

- ❖ H. Pylori are found in saliva, plaque of teeth & poop
- ❖ Spread person to person
- ❖ Spread through kissing
- ❖ Spread through hand touch
- ❖ Scientifically H. Pylori can spread through contaminated water and food



SYMPTOMS

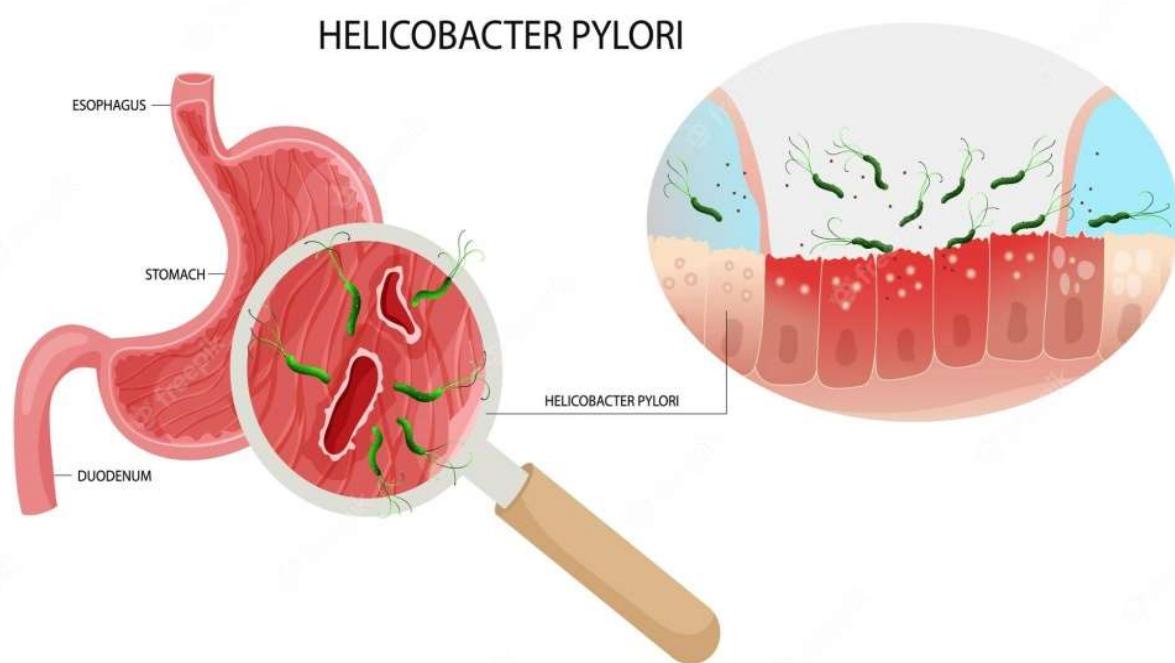
- | | |
|---------------------------|-----------------------|
| ❖ Nausea | ❖ Bloating |
| ❖ Vomiting (bloody vomit) | ❖ Weight loss |
| ❖ Indigestion | ❖ Burning pain |
| ❖ Burping | ❖ Blood in your stool |
| ❖ Loss of appetite | ❖ Fatigue |
| ❖ Dark stools | ❖ Weakness |

DIAGNOSIS

- ❖ Medical history
- ❖ Physical exam
- ❖ Breath test
- ❖ Stool test
- ❖ Upper endoscopy

PREVENTION

- ❖ Drink clean water and use clean water during food preparation
- ❖ Wash your hands thoroughly (20 seconds) with soap and water before eating and after using the bathroom



TREATMENT OPTIONS

- ❖ Following medicines:
- ❖ Antibiotics
- ❖ Proton pump inhibitor
- ❖ Bismuth subsalicylate
- ❖ Antacids
- ❖ Ulcer protectives

MEDICINE OPTIONS

1. ANTIBIOTICS (ANY-1)

- Amoxicillin (1 BD/TID)
- Clarithromycin (1 BD/OD)
- Metronidazole (1 BD/OD)
- Doxycycline (1 BD/od)
- Rifabutin + Amoxicillin

2. Proton pump inhibitor:

- Any 1 Tablet from list
- 1 Tablet per day 30 min before meal
- Omeprazole
- Pantoprazole
- Rabeprazole
- Lansoprazole

3. BISMUTH SUBSALICYLATE:

- 5 ml 2-3 times in a day

4. ANTACIDS

- Any 1 in syrup or suspension form use in dose of 5ml 2-3 times in a day
- Magnesium hydroxide
- Magnesium trisilicate
- Aluminium hydroxide gel
- Magaldrate,
- Calcium carbonate
- Sodium bicarbonate
- Sodium citrate

5. Ulcer protectives:

- Sucralfate 1 g taken 1 hour before 3 major meals and at bed time



41. HAIRFALL (बाल झड़ना कमजोर बाल)

INTRODUCTION

हेयर फॉल यानि बालों का झड़ना और गंजापन, इससे आजकल सभी परेशान हैं, हेयर फॉल, बाल झड़ना, कमजोर बाल,

In medical science it is known as Alopecia, Condition of hair loss. With this issue hair loss also occurs. LOSS HOR HAIR



CAUSES

- ❖ Genetic or Family history
- ❖ Stress in life
- ❖ Hormonal Changes
- ❖ PCOS
- ❖ Thyroid
- ❖ Air pollution
- ❖ Hard water Bathing
- ❖ Nutritional deficiency
- ❖ Riboflavin, Biotin, Folate & Vitamin B12 Deficiencies
- ❖ Medical conditions
- ❖ Medicine side effects
- ❖ Cancer chemotherapy
- ❖ Radiation therapy to the head leads to hair loss
- ❖ Not doing hair care

SYMPTOMS

- ❖ Hair loss
- ❖ Weak hairs
- ❖ Split ends hair
- ❖ Patchy bald spots
- ❖ Thinning of hair



DIAGNOSIS

- ❖ Medical history ❖ Hair Pull test
- ❖ Physical examination ❖ Scalp Biopsy
- ❖ Blood test ❖ Microscopic study



TREATMENT OPTIONS

- ❖ Do Proper Hair care
- ❖ Follow hair care tips
- ❖ Reduce stress of life
- ❖ Yoga or meditation
- ❖ Hair Protein serum
- ❖ Provide protein to hair
- ❖ Vitamin B3 and onion
- ❖ Hair Mask
- ❖ Improve hair strength
- ❖ Hair Oils
- ❖ Do regular Oil massage

MEDICINE OPTIONS

- ❖ Regaine 5% Solution 60 ml : Minoxidil-50mg Solution
- ❖ Regaine 2% Solution 60 ml : Minoxidil-20mg Solution
- ❖ New Hair 4U 5% Solution : Minoxidil-5%W/V
- ❖ Finasteride-1mg : Dose: 1 mg once a day
- ❖ SBL Scalptone Tablet : Dose: 2 Tablet BD or TID
- ❖ Keraglo Eva Tablets : 1 Tablet per day after meal
- ❖ Keraglo Men Tablets : 1 Tablet per day after meal
- ❖ Himalaya Hair Zone Solution : Spray on scalp & massage
- ❖ Himalaya Anti Hair Loss Cream: Apply on scalp & massage
- ❖ Multivitamin Tablet :
 - 1) Supradyn : 1 Tablet per day after meal
 - 2) Zincovit : 1 Tablet per day after meal

42. HEADACHE (सिरदर्द)

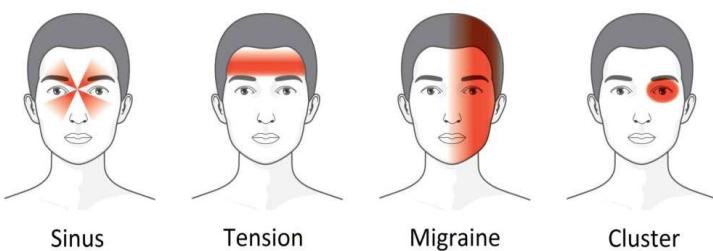
INTRODUCTION

सिरदर्द या शिरपीड़ा, सिर, गर्दन, या कभी-कभी पीठ के उपरी भाग में दर्द की अवस्था है. यह सबसे ज्यादा होने वाली तकलीफ है, जो कुछ लोगों में बार-बार होता है. लाइफस्टाइल में बदलाव और रिलैक्सेशन के तरीके सीखकर इसे दूर किया जा सकता है. इसके पीछे का कारण-नींद की कमी, भूख, ज्यादा शराब पीना, कैफीन का सेवन, तनाव, डिहाइड्रेशन, तेज रोशनी, आवाज से भी सिर में दर्द हो सकती है.

- ❖ A headache is a pain in the head or face that can feel like pressure, throbbing, constant, sharp, or dull.
- ❖ Headaches can vary in pain type, severity, location, and frequency. They can develop gradually or suddenly

TYPES

- ❖ Sinus
- ❖ Tension
- ❖ Migraine
- ❖ Cluster



CAUSES

- ❖ Smells and odors
- ❖ Lack of water
- ❖ Poor sleep
- ❖ Computer screens
- ❖ Fluorescent lightning
- ❖ Stress and anxiety
- ❖ Caffeine or certain foods

SYMPTOMS

- ❖ Blurred vision
- ❖ Fever
- ❖ Loss of appetite
- ❖ Pale skin
- ❖ Fatigue (Kamjori)
- ❖ Sensitivity to light, smells and noise

DIAGNOSIS

- ❖ Sign and symptoms Based
- ❖ Physical examination
- ❖ In severe cases MRI & CT SCAN is also done to know proper cause behind the pain



TREATMENT OPTIONS

- ❖ Simple OTC pain relievers are usually the first line of treatment for reducing headache pain
- ❖ NSAIDS & Serratiopeptidase
- ❖ Combination of painkillers and anti-inflammatory drugs
- ❖ It also treat headache

TREATMENT OPTIONS

- | | |
|--|--|
| <p>1. PARACETAMOL</p> <ul style="list-style-type: none">• Paracetamol is better than other for some types of pain• First choice must be paracetamol for headache• Dose: 500 mg or 650 mg single dose is enough to treat | <p>3. ASPIRIN</p> <ul style="list-style-type: none">• Aspirin for pain relief• Aspirin is an everyday painkiller for aches and pains such as headache, toothache and period pain |
| <p>2. IBUPROFEN:</p> <ul style="list-style-type: none">• Second choice is Ibuprofen• It is effective for all types of headaches, from those caused by stress to severe migraines | <p>4. NAPROXEN</p> <ul style="list-style-type: none">• Dose: Use as single dose• 250 mg BD• 500 mg OD/BD• 750 mg OD |

43. HEAT STROKE (गर्मी में लू लगना)

INTRODUCTION

- ❖ लू लगने की स्थिति में शरीर का तापमान बहुत तेज़ी से बढ़ जाता है और पसीना आना बंद हो जाता है। इससे शरीर की गर्मी बाहर नहीं निकल पाती। ऐसे में, शरीर में पानी और खनिज, खासकर नमक की कमी हो जाती है। शरीर डिहाइड्रेट हो जाता है और बेहोशी जैसी समस्याएं हो सकती हैं।
- ❖ Sunstroke is heatstroke, It is a condition in which body temperature is increase to more than 104°F (40°C) due to overheating of body.
- ❖ Sunstroke is a life-threatening condition in which the body's heat-regulating system fails due to exposure to high temperatures, Need emergency treatment

CAUSES

- ❖ Exposure to high temperatures
- ❖ Exposure to Heat wave
- ❖ Heavy work under sunlight
- ❖ Direct contact with heat
- ❖ Not drinking enough water in a day cause Dehydration
- ❖ Wearing excess clothing that prevents sweat from evaporation Which help in cooling our body
- ❖ Drinking alcohol that affect on Our body's ability to regulate temperature (40°C)

SYMPTOMS

- ❖ Excessive thirst
- ❖ Rapid pulse
- ❖ Confusion
- ❖ Agitation
- ❖ Slurred speech
- ❖ Seizures and coma
- ❖ Loss of consciousness



PREVENTION

- ❖ Avoid Alcohol
- ❖ Wear Light clothing
- ❖ Wear cap
- ❖ Limit outdoor time
- ❖ Drink more water
- ❖ Take cool shower
- Watermelon
- Raw mango Juice
- Butter milk
- Grapes
- Coconut water
- Kokum Sharbat

TREATMENT OPTIONS

1. STEPS TO FOLLOW

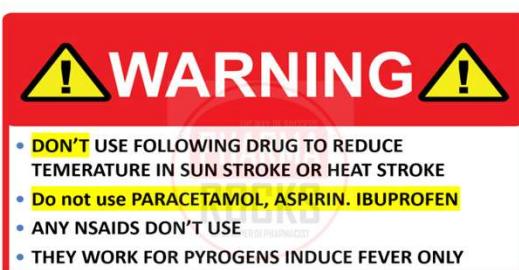
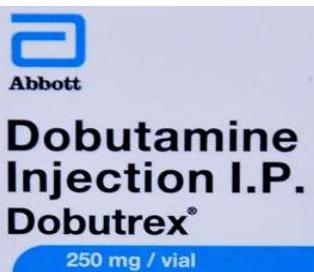
- Place individual in shaded or lightly air-conditioned area
- Place the patient supine Position with their feet elevated
- Remove excess clothing & equipment
- Rehydrate the patient by give fluid like water or You can also give ORS for Rehydrate
- Use a fan, AC, Cooler to lover body temperature
- Apply cold compress using cold water bag containing ice or water or
- Provide sponge to patient using cold Cloth or towel after deep in ice water or ice
- Monitor heart rate, blood pressure and mental status.
- If need hospitalize patient



- 2. IV DRIP FOR Sunstroke**
 - Intravenous (IV) fluids are often necessary to compensate for fluid or electrolyte loss
 - Dextrose 50% in water solution (D50W)
 - D5W OR NS, RL OR DNS

- 3. If patient feel shivering then need to reduce it by using muscle relaxants like benzodiazepine**
 - ❖ Benzodiazepine play a major role in providing sedation, controlling convulsions, and controlling shivering
 - ❖ Benzodiazepine
 - Alprazolam (1 OD)
 - Chlordiazepoxide
 - Clonazepam (1 OD)
 - Clorazepate (1 OD)
 - Diazepam (1 OD/BD)
 - Estazolam (1 OD)
 - Flurazepam (1 OD/BD)
 - Lorazepam (1 OD/BD)

- 4. Alkalizing agents needed if severe acidosis due to heat stroke so urine test is also perform in heat stroke patient**
 - Sodium bicarbonate
 - Mannitol
 - Adrenergic agonist agents
 - Dobutamine
 - Adrenergic agonist agents produce vasodilation and increase the inotropic state.
 - It is the drug of choice for circulatory support in heat stroke.
 - 2.5–10 µg/kg/min i.v. infusion
 - ❖ **WARNING:** Don't use following drug to reduce temerature in sun stroke or heat stroke
 - Do not use paracetamol, aspirin. Ibuprofen
 - Any nsaid don't use
 - They work for pyrogens induce fever only



INTRODUCTION

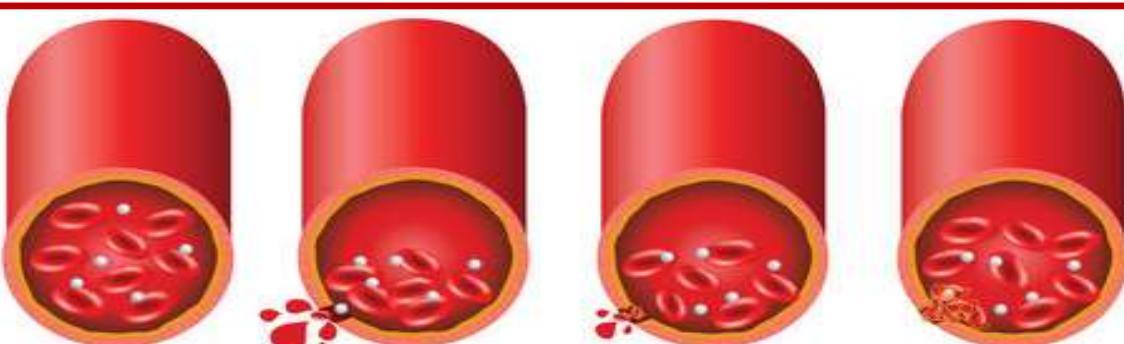
- ❖ Hemophilia is a rare, genetic blood disorder
- ❖ When your blood doesn't clot and make your bleeding slow down or stop, Haemophilia doesn't have blood clotting factors
- ❖ The blood Clotting factors may help to formation of blood clot
- ❖ So to treat haemophilia healthcare providers suggest regular blood transfusion for the replacing missing clotting factor

- ❖ हीमोफिलिया एक आनुवांशिक विकार है।
- ❖ यह एक दुर्लभ रक्तस्राव विकार है। इसमें रक्त में रक्त के थक्के बनाने वाले प्रोटीन की कमी होती है। इस वजह से शरीर के बाहर बहता हुआ खून जमता नहीं है।



TYPES

1. Hemophilia A: deficiency in clotting factor VIII (Antihemophilic factor)
2. Hemophilia B: deficiency in clotting factor IX (Christmas factor)
3. Hemophilia C: deficiency in clotting factor XI (PTA: Plasma Thromboplastin Antecedent)



SYMPTOMS

- ❖ Blood in your stool
- ❖ Blood in the urine
- ❖ Nosebleeds without a any cause
- ❖ Irritability in infants
- ❖ Bleeding after vaccination
- ❖ Swelling or tightness in your joints
- ❖ Bleeding from the mouth and gums
- ❖ Headaches , body pain
- ❖ Difficulties with vision

DIAGNOSIS

- ❖ Health care provider
- ❖ Review of symptoms
- ❖ Clinical evaluation
- ❖ Review of personal medical history
- ❖ Complete blood count (CBC)
- ❖ Prothrombin time (PT) test
- ❖ Activated partial thromboplastin time test
- ❖ Specific clotting factor test

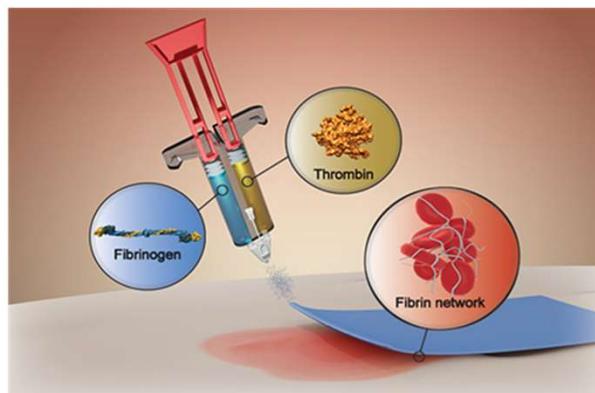
PREVENTION & MANAGEMENT

- ❖ THERE IS NO WAY TO PREVENT HEMOPHILIA BECAUSE IT IS GENETIC
- ❖ However, patients can take steps to limit the frequency and severity of their bleeding
- ❖ Avoid NSAIDS Painkiller
- ❖ Exercise regularly
- ❖ Keep Dental hygiene
- ❖ Protect you from injuries cause bleeding

- ❖ AVOID BLOOD-THINNING MEDICATIONS (DO NOT USE THIS DRUGS HERE)
 - Heparin
 - Warfarin
 - Prasugrel
 - Ticagrelor
 - Apixaban
 - Edoxaban
 - Dabigatran
 - Clopidogrel
 - Rivaroxaban
- 

TREATMENT AND MEDICINE OPTIONS

1. First Aid For Minor Cuts
2. Physical Therapy
3. Clot-Preserving Medications
Tranexamic Acid Tablets 500 mg 1 tablet BD/TID
4. Fibrin Sealants
5. Desmopressin- Tablets (0.05 mg orally twice a day)
6. Emicizumab (Hemlibra)

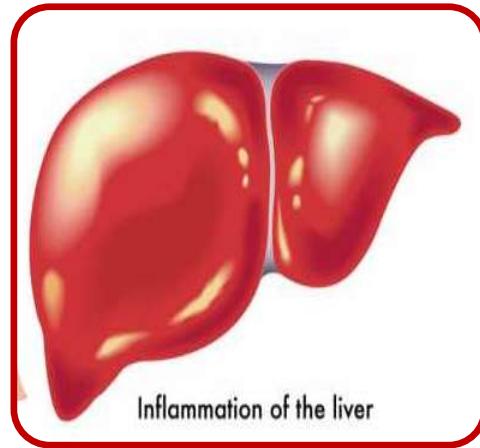


INTRODUCTION

- ❖ हेपेटाइटिस एक बीमारी है जो यकृत की सूजन का कारण बनती है और इसे नुकसान पहुंचाती है। अगर अनियंत्रित होता है, तो यह यकृत की विफलता या यकृत कैंसर का कारण बन सकता है, जो कि घातक हो सकता है।
- ❖ हेपेटाइटिस एक वायरस होता है, जो अत्यधिक शराब के सेवन, विषाक्त पदार्थ, दवाएं और कुछ मेडिकल कंडीशन के बजह से शरीर में पनपने लगते हैं।
- ❖ Hepatitis is a medical condition defined by the inflammation of the liver, It is Characterized by the presence of inflammatory cells in the tissue of the organ
- ❖ It's commonly caused by a viral infection, but there are other possible causes of hepatitis
- ❖ These include autoimmune hepatitis and hepatitis that occurs as a Secondary result of medications, drugs, toxins, and alcohol
Hepatitis refers to an inflammatory condition of liver
- ❖ Autoimmune hepatitis is a disease that occurs when your body makes antibodies against your liver tissue

TYPES

- ❖ There are 5 main hepatitis viruses
- ❖ Referred to as types A, B, C, D & E
- ❖ These 5 types are of greatest concern because of the burden of illness and death they cause
- ❖ The potential for outbreaks and epidemic spread

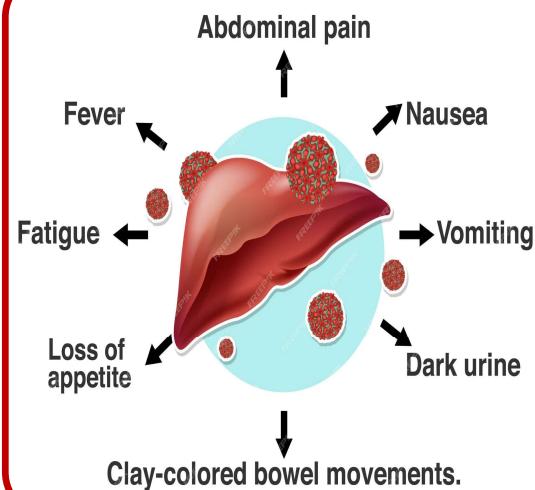


CAUSES

- ❖ It's commonly caused by a **viral infection**, but there are other possible causes of hepatitis
- ❖ These include **Autoimmune hepatitis**
- ❖ Hepatitis that occurs as a secondary result of medications, drugs, toxins, and alcohol
- ❖ Alcohol and other toxins:
 - Excessive alcohol consumption can cause liver damage and inflammation
 - This is sometimes referred to as alcoholic hepatitis.
 - The alcohol directly injures the cells of our liver.
- Over time, it can cause permanent damage and lead to liver failure and cirrhosis, a thickening and scarring of the liver.
- ❖ Autoimmune system response
 - In some cases, the immune system mistakes the liver as a harmful object and begins to attack it
 - It causes ongoing inflammation that can range from mild to severe, often hindering liver function
 - **It's three times more common in women than in men**

SYMPTOMS

- | | |
|------------------------------|---------------------------------|
| ❖ Dark urine | ❖ Anorexia |
| ❖ Abdominal discomfort | ❖ Diarrhea |
| ❖ Right upper abdominal pain | ❖ Fatigue |
| ❖ Jaundice | ❖ Hepatomegaly (Enlarged liver) |
| ❖ Fever | ❖ Elevated level of bilirubin |
| ❖ Nausea | |



DIAGNOSIS

- ❖ Liver function studies
- ❖ Cellular blood counts
- ❖ Bleeding times
- ❖ Electrolyte tests
- ❖ Tests for other chemicals in the body
- ❖ Drug screening tests
- ❖ Ultrasound (also called sonography)
- ❖ Liver biopsy

PREVENTION

- ❖ **TYPE-A HEPATITIS**
 - Vaccination & Maintain good hygienic condition
- ❖ **TYPE-B HEPATITIS**
 - Vaccination, Never share drug equipment, Needles, syringes
 - Never share tooth brushes/razors or any personal hygiene articles that have blood on them (even tiny amounts)
 - Always make sure new & sterilized equipment is being used for tattooing & piercing
 - Make sure ink for tattooing is not being shared
- ❖ **TYPE-C HEPATITIS**
 - No any vaccine available
 - Current recommendations for prevention of HCV include universal precautions for the prevention of blood-borne infections and anti-HCV screening of blood, organ, and tissue donors
 - Programs that focus on reducing HIV transmission are also likely to decrease transmission of HCV in high-risk groups
- ❖ **TYPE-D HEPATITIS**
 - There is no vaccine for Hepatitis D, but it can be prevented in persons who are not already HBV-infected by giving Hepatitis B vaccine
- ❖ **TYPE—E HEPATITIS**
 - The only way to prevent the disease is to reduce the risk of exposure to the virus
 - Reducing risk of exposure means avoiding tap water when traveling internationally and practicing good hygiene and sanitation

TREATMENT OPTIONS

- ❖ Specific treatment for drug-induced hepatitis will be determined by your doctor based on:
- ❖ Your age, overall health, and medical history
- ❖ Extent of the disease
- ❖ Your tolerance for specific medications, procedures, or therapies
- ❖ Expectations for the course of the disease

MEDICINE OPTIONS

- ❖ तीव्र यकृत विफलता और यहां तक कि यकृत प्रत्यारोपण के लिए सहायक देखभाल की आवश्यकता हो सकती है। रोगी को दवा-प्रेरित हेपेटाइटिस के तीव्र चरण के दौरान आराम करना चाहिए, जब लक्षण सबसे गंभीर हों। यदि आपको अधिक गंभीर मतली और उल्टी है, तो आपको नस के माध्यम से तरल पदार्थ निकालने की आवश्यकता हो सकती है।

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ SEVERAL ANTIVIRAL MEDICATIONS — INCLUDING ❖ Entecavir 0.5 mg ❖ Tenofovir 300 mg OD ❖ Lamivudine (epivir) ❖ Adefovir 100 mg OD ❖ Tenofovir: 300 mg OD ❖ Can help fight the virus and slow its ability to damage your liver ❖ These drugs are taken by mouth ❖ There is no specific treatment for drug-induced | <ul style="list-style-type: none"> hepatitis other than discontinuing the medication that is causing the problem ❖ People with acute hepatitis should avoid physical exertion, alcohol, paracetamol and any other hepatotoxic substances ❖ Unfortunately, other than the use of N-acetylcysteine for paracetamol hepatotoxicity, there are no specific antidotes for drug-induced liver disease |
|---|--|

46. HAND,FOOT,MOUTH DISEASE IN BABIES (HFMD)

INTRODUCTION

- ❖ It is a common viral infection in babies or infants But sometimes it will affects in adults
- ❖ HFMD disease is caused by coxsackievirus and Enteroviruses
- ❖ The infection usually occurs hand, feet, mouth but sometimes genitals and buttocks areas.



- ❖ हाथ, पैर और मुँह की बीमारी (HFMD) एक वायरल संक्रमण है जो छोटे बच्चों को प्रभावित कर सकता है.
- ❖ यह बीमारी कॉकस्मसैकी वायरस और एंटरोवायरस 71 (EV71) जैसे एंटरोवायरस के कारण होती है.
- ❖ यह बीमारी एक व्यक्ति से दूसरे व्यक्ति में नाक और गले के स्राव के माध्यम से फैलती है, जिसमें लार, छाला द्रव, बलगम या मल शामिल है.



CAUSES

- | | |
|-------------------------|---|
| ❖ Nose secretions | ❖ Stool |
| ❖ Discharge from throat | ❖ Respiratory droplets sprayed into the air after a coughing and sneezing |
| ❖ Saliva secretion | |
| ❖ Fluid from blisters | |

SYMPTOMS

- ❖ Mild fever
- ❖ Sore throat
- ❖ Runny nose
- ❖ Stomachache
- ❖ Loss of appetite
- ❖ After some days these symptoms go away and develop new symptoms
- ❖ Itchy rash on child's, hands
- ❖ Soles of feet
- ❖ Elbows
- ❖ Genitals
- ❖ Buttocks
- ❖ Painful mouth sores including tongue
- ❖ Sores start with light pink color, and tiny bumps around of it
- ❖ And sometimes bumps convert into blister
- ❖ Swollen lymph nodes in neck

HOW DOES IT SPREADS

- ❖ Poor Hygiene
- ❖ A person who's infected with sneeze or cough
- ❖ Sharing utensils, cups, towels or clothing
- ❖ Touching
- ❖ Contaminated toys
- ❖ Surfaces
- ❖ Doorknob
- ❖ Touching your eyes, nose or mouth

DIAGNOSIS

- ❖ Physical exam
- ❖ Medical history
- ❖ Blood tests
- ❖ Urine tests
- ❖ Mouth saliva strip test



TREATMENT AND MEDICINE OPTIONS

1. **Cetirizine Syrup- 5 ml Once A Day OR 2.5 ml BD**
2. **Vomikind Syrup- 5 ml Once A Day 2.5 ml BD**
3. **Immunoboost-C Syrup -5 ml Once A Day**
4. **Novocal D3- Once A Week**
5. **T-98 Suspension-5 ml Three Times A Day**
6. **Caladryl Skin Soothing Solution- Apply 2-3 Times A Day**
7. **Fluka – 150 Tablets 1 Tablet single dose**
8. **Voritrol 200 Tablets 1 Tablet single dose/OD**
9. **Candidforce 200 Tablet 1 Tablet single dose/OD**



INTRODUCTION

- ❖ Hiccups causes “HIC-HIC” like sound
- ❖ “हिक- हिक” sound, Tourette Syndrome (TS) , They can happen to anyone in the any age, Hiccups are repeated spasms of your diaphragm paired with a ‘hic’ sound from your vocal cords closing
- ❖ Your diaphragm pulls down between breaths, making you suck in air, The glottis (space between the vocal cords) closes to stop more air coming in



Hiccups को हिन्दी में हिचकी कहते हैं. हिचकी एक आम समस्या है और यह लगभग हर इंसान को कभी न कभी आती है. हिचकी को हिक्का भी कहते हैं. हिचकी, डायाफ्राम की मांसपेशियों का अचानक होने वाला एक प्रकार का अनैच्छिक संकुचन है. हिचकी के कारण, डाइजेशन या रेस्पिरेट्री सिस्टम में गड़बड़ी और ज्यादा हलचल होती है. पेट और फेफड़ों के बीच स्थित डायाफ्राम और पसलियों की मसल्स में कॉन्ट्रक्शन होने के कारण हिचकी आती है.



CAUSES

- ❖ Eating food quickly
- ❖ Drink fluid too quickly
- ❖ Drink carbonated beverages
- ❖ Drink alcohol
- ❖ Eat too much
- ❖ Stress
- ❖ Drink a very hot or very cold drink
- ❖ Taking anxiety medicines
- ❖ Inhale toxic fumes
- ❖ Having gas in the stomach
- ❖ Some medications such as:
 - Opiates
 - Benzodiazepines
 - Anesthesia
 - Corticosteroids
 - Barbiturates
 - Methyldopa



SYMPTOMS

- ❖ हिक- हिक” sound
- ❖ Feeling uncomfortable
- ❖ It Affect on daily routine work
- ❖ Difficulty in talk
- ❖ Difficulty during eating



DIAGNOSIS

- ❖ Physical examination:
 - Co-ordination
 - Balancing with talk
 - Reflex control
 - Sight and sense touch
 - Muscle strength
- ❖ Blood test
- ❖ Chest X-ray
- ❖ CT scan
- ❖ MRI
- ❖ Endoscopic tests

TREATMENT OPTIONS

- ❖ Drinking water quickly
 - ❖ Swallowing granulated sugar
 - ❖ Swallow dry pieces of bread
 - ❖ Swallow crushed ice
 - ❖ Gently pulling on your tongue
 - ❖ Gently rubbing your eyeballs
 - ❖ Sticking a finger down your throat
 - ❖ Gargle with plain water
 - ❖ Breathing into paper bag
 - ❖ Hold breath
- ❖ जल्दी-जल्दी पानी पीना
 - ❖ दानेदार चीनी निगलना
 - ❖ ब्रेड के सूखे टुकड़े निगल लें
 - ❖ कुचली हुई बर्फ निगलें
 - ❖ अपनी जीभ को धीरे से खींचे
 - ❖ अपनी आंखों की पुतलियों को धीरे से रगड़ें
 - ❖ अपने गले के नीचे ऊंगली डालना
 - ❖ सादे पानी से गरारे करें
 - ❖ पेपर बैग में सांस लेना
 - ❖ सांस रोको



MEDICINE OPTIONS

- ❖ Long term hiccups then
 - ❖ ANY 1 FROM OPTIONS
1. Baclofen
 2. Chlorpromazine
 3. Haloperidol
 4. Ketamine
 5. Metoclopramide
 6. Gabapentin

48. HISTERIA (हिस्टीरिया)

INTRODUCTION

- ❖ HISTERIA is the disease that firstly found in females
- ❖ Greek work : Uterus, Disruption in Reproduction,
- ❖ It is referred to as "[the widow's disease](#)"
- ❖ Hysteria is a term often used to describe emotionally charged behavior that seems excessive and out of control.
- ❖ Hysteria was viewed as a psychological disorder, Also known as conversion disorder.

- ❖ हिस्टीरिया वह बीमारी है जो सबसे पहले महिलाओं में पाई जाती है, इसे "[विध्वा रोग](#)" कहा जाता है
- ❖ हिस्टीरिया एक शब्द है जिसका उपयोग अक्सर भावनात्मक रूप से आवेशित व्यवहार का वर्णन करने के लिए किया जाता है जो अत्यधिक और नियंत्रण से बाहर लगता है। यह एक मानसिक विकार है, हिस्टीरिया को एक [मनोवैज्ञानिक विकार](#) के रूप में देखा जाता था, जिसे रूपांतरण विकार के रूप में भी जाना जाता है।



CAUSES

- ❖ It is caused by different types of traumatic conditions:

 1. Childhood abuse
 2. Physical abuse
 3. Sexual abuse
 4. Emotional abuse

DIAGNOSIS

- ❖ Behavioral symptoms
- ❖ Sign and symptoms
- ❖ Talk with Patient
- ❖ Patent counseling
- ❖ Medication History
- ❖ Family History

SYMPTOMS

- ❖ Shortness of breath
- ❖ Anxiety
- ❖ Insomnia
- ❖ Fainting
- ❖ Amnesia
- ❖ Paralysis
- ❖ Inability to speak
- ❖ Infertility
- ❖ Pain
- ❖ Spasms
- ❖ Convulsive fits
- ❖ Vomiting
- ❖ Deafness
- ❖ Bizarre movements
- ❖ Seizures
- ❖ Hallucinations

TREATMENT OPTIONS

- ❖ Psychotherapy
- ❖ Rest cure
- ❖ Regular marital sex
- ❖ Pregnancy
- ❖ Childbirth
- ❖ "Paroxysmal convulsions"
(orgasms)
- ❖ Cognitive behavioral therapy (CBT)
- ❖ Dialectical behavioral therapy (DBT)
- ❖ Eye movement desensitization and reprocessing (EMDR)
- ❖ Mindfulness-based therapy

MEDICINE OPTIONS

- ❖ Tryptomer 25mg Tablets (1 tablet BD/OD)
- ❖ Serta-25 Tablets (1 tablet OD)
- ❖ Fludac Capsules (1 tablet OD)
- ❖ Paxidep CR 12.5 (1 tablet BD/OD)
- ❖ REPL 57 Drops (8-10 drops in water 3 times)
- ❖ New Life Braino Life Syrup (5ml 3 times)



49. HIV (एचआईवी और एड्स)

INTRODUCTION

- ❖ HIV- Human immunodeficiency virus
- ❖ It is sexually transmitted infection that causes AIDS
- ❖ The virus attacks and weakens the immune system



- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ एचआईवी (HIV) एक वायरस है. ❖ एचआईवी संक्रमण के बाद मानवीय शरीर की प्रतिरोधक क्षमता घटने लगती है. एचआईवी संक्रमित व्यक्ति में एड्स की पहचान संभावित लक्षणों के दिखने के पश्चात ही हो पाती है. एड्स का पूर्ण रूप से उपचार अभी तक संभव नहीं हो सका है. ❖ एचआईवी किसी स्वस्थ व्यक्ति के | <ul style="list-style-type: none"> शरीर में मुख्य रूप से इन तरीकों से पहुंच सकता है: ❖ संभोग के दौरान वीर्य से ❖ चुम्बन के दौरान लार से ❖ रोगग्रस्त व्यक्ति के खून से ❖ ब्लड चढ़ाने के दौरान ❖ नशे के लिए शिराओं में प्रयुक्त एक ही सिरिज की निडिल की प्रयोग से |
|--|---|

CAUSES

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ It also can spread by: <ul style="list-style-type: none"> • Injection into the blood stream • Mucous membrane like, mouth, penis, vagina • Damage tissues • It Can't be spread through sweat, saliva and urine | <ul style="list-style-type: none"> ❖ Virus spread person to person like ❖ By Blood transfer ❖ Semen and preseminal fluid ❖ By Rectal fluids ❖ By Vaginal fluids ❖ By Breast milk |
|---|--|

SYMPTOMS

- | | | |
|--------------|-------------------|---|
| ❖ Fever | ❖ Muscle pain | ❖ Poor immunity |
| ❖ Rashes | ❖ Night sweats |  |
| ❖ Diarrhea | ❖ Yeast infection | |
| ❖ Tiredness | ❖ Swollen glands | |
| ❖ Joint pain | ❖ Weight loss | |

DIAGNOSIS

- | | |
|--------------------|--|
| ❖ Blood test | ❖ Tests for Sexually Transmitted Infections (STIs) |
| ❖ Home testing kit | ❖ Pap Smear |
| ❖ Urine test | |
| ❖ TB test | |

TREATMENT & MEDICINE OPTIONS

1. **Non-nucleoside Reverse Transcriptase Inhibitors (NNRTIS):**
 - Nevirapine 200 mg/day oral
 - Efavirenz 600 mg OD
 - Delavirdine 400 mg TID oral
2. **Nucleoside or nucleotide reverse transcriptase inhibitors (NRTIS):**
 - Zidovudine (AZT) 300 mg BD
 - Didanosine 200 mg BD
 - Zalcitabine 0.375 mg every 8 hours
 - Abacavir 300 mg BD
3. **PROTEASE INHIBITORS (PIS):**
 - Ritonavir 600 mg BD
 - Indinavir 800 mg TDS
 - Nelfinavir 750 mg TDS
 - Amprenavir 1200 mg OD/BD
 - Lopinavir 133.3 mg + Ritonavir 33.3 mg cap (OD)



50. HYDROCELE (हाइड्रोसील)

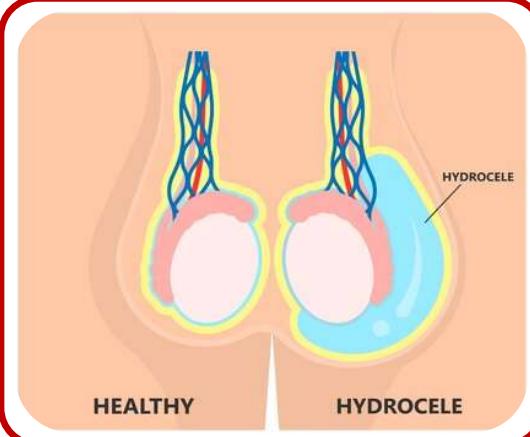
INTRODUCTION

- ❖ पुरुष के अंडकोष में पानी जमा होता है
- ❖ एक अंडकोष छोटा और एक बड़ा
- ❖ **SWELLING IN TESTICLES**
- ❖ Hydrocele is medical condition in which swelling in testicles in male due to accumulation of fluid in scrotum of male
- ❖ Hydro= Water or fluid
- ❖ Cele = Swelling
- ❖ Means swellings due to water



- ❖ हाइड्रोसील एक ऐसी स्थिति है, जिसमें अंडकोष में पानी भर जाता है. यह पुरुषों को होने वाली एक आम बीमारी है. हाइड्रोसील होने के कई कारण हो सकते हैं, जैसे:
- ❖ अंडकोष में चोट लगना
- ❖ नसों में सूजन आना
- ❖ स्वास्थ्य से जुड़ी कोई समस्या
- ❖ ज्यादा शारीरिक संबंध बनाना
- ❖ भारी वज़न उठाना
- ❖ ज्यादा कसरत करना

- ❖ Injury
- ❖ Pressure
- ❖ Inflammation
- ❖ Infections
- ❖ Sexually transmitted infection
- ❖ Poor personal hygiene
- ❖ Weak immunity



SYMPTOMS

- ❖ Swelling of one or both testicles
- ❖ Inflammation in scrotum
- ❖ Some may feel pain as increase in swelling
- ❖ Uncomfortable Feeling
- ❖ Feeling Heaviness in testis

DIAGNOSIS

- ❖ Ultrasound scan
- ❖ Physical examination

TREATMENT OPTIONS

- ❖ Testicle Support: Support Reduce Pain
- ❖ Don't Lift Weight:
- ❖ Avoid Weight Lifting



MEDICINE OPTIONS

- ❖ Chandraprabha Vati: 2 tablet BD with milk
- ❖ Hydronil (30 ml): 10-15 drops in water TID
- ❖ Wheezal WL 53: 10-15 drops in water TID
- ❖ Cefadroxil 500: 1 tablet OD or BD
- ❖ Diethylcarbamazine: 1 tablet OD or BD
- 1. **PAINKILLER-DRUG:**
- Zerodol-SP: 1 tablet OD/BD
- Cefixime 200: 1 tablet OD/BD
- Oflox + ornidazole: 1 tablet OD or BD
- Erythromycin: 1 Tab OD/BD
- 2. **ANTIBIOTICS:**
- Azax-250: 1 tablet OD or BD
- Azax-500: 1 tablet OD or BD
- Nogacid-D: 1 tablet 30 min before meal
- 3. **ZINCOVIT: USE AFTER RECOVERY** 1 Tab OD

INTRODUCTION

- ❖ EXCESSIVE SWEATING हाथ और पैर में ज्यादा पसीना आना
- ❖ Hyperhidrosis is a condition characterized by abnormally increased sweating, in excess of that required for regulation of body temperature
- ❖ *In this abnormally excessive sweating that's not necessarily related to heat or exercise*
- ❖ Sweat glands are a type of exocrine gland, which are glands that produce and secrete substances onto an epithelial surface by way of a duct, People with hyperhidrosis may experience sweat so much that it soaks through clothes or drips off hands
- ❖ Besides disrupting normal daily activities, this type of heavy sweating can cause social anxiety and embarrassment

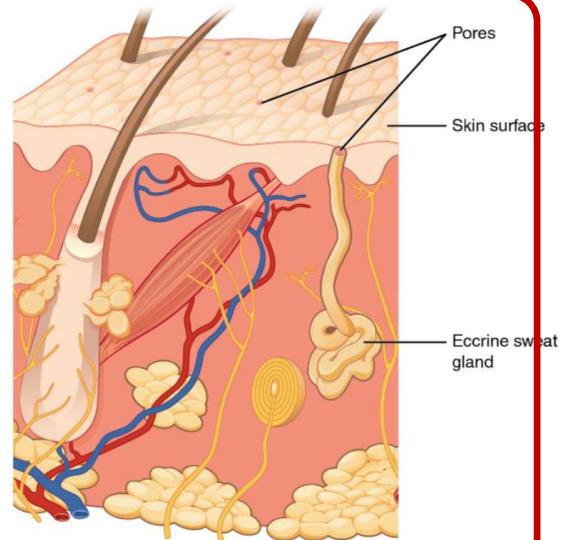
हाइपरहाइड्रोसिस (Hyperhidrosis) एक ऐसी बीमारी है जिसमें असामान्य रूप से अत्यधिक पसीना आता है। पसीने की ग्रंथि यानी स्वेट ग्लैंड अगर ज्यादा एकिट्व हो जाए, तब शरीर से सामान्य से ज्यादा पसीना निकलने लगता है।

- ❖ हाइपरहाइड्रोसिस के कारण
- ❖ डायबिटीज़
- ❖ मीनोपॉज़ हॉट फ्लैश
- ❖ थायरॉइड
- ❖ लो ब्लड प्रेशर
- ❖ कैंसर
- ❖ दिल के रोग
- ❖ नर्वस सिस्टम डिसऑर्डर



CAUSES

- ❖ Excessive sweating can have causes that aren't due to underlying disease
- ❖ Over active nerves associate with sweat gland
- ❖ Nervousness & Stress
- ❖ Heavy exercise, being in a hot environment
- ❖ Spending time in a sauna (room for steam bath)



SYMPTOMS

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ The entire body sweats excessively: Sometimes, only parts of the body sweat ❖ Sweating disturb the daily routine life style ❖ Sweating causes emotional | <ul style="list-style-type: none"> distress or social withdrawal ❖ People suddenly begin to sweat more than usual sweat ❖ People experience night sweats for no apparent reason |
|---|--|

DIAGNOSIS

- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ Chances of following condition if you have excessive sweat (Hyperhidrosis) from many days affecting your daily life ❖ Diabetes ❖ Menopause associate hot flashes | <ul style="list-style-type: none"> ❖ Thyroid problems ❖ Low blood sugar ❖ Some types of cancer ❖ Heart attack ❖ Nervous system disorders ❖ Infections |
|--|---|

TREATMENT & MEDICINE OPTIONS

1. Using aluminium-based antiperspirants product
2. Bathing daily and wearing clothing made of natural materials that allow the skin to breathe may help reduce sweating.
3. However, hyperhidrosis requires solutions or gels with a much higher concentration
4. These antiperspirant solutions or hyperhidrosis gels are especially effective for treatment of axillary or underarm regions
5. Injections of botulinum toxin type A can be used to block neural control of sweat glands
6. The effect can last from 3–9 months depending on the site of injections
7. This use has been approved by the U.S. Food and Drug Administration (FDA)
8. The Botox injections tend to be painful
9. Various measures have been tried to minimize the pain, one of which is the application of ice

1. **Prescription based tablets:**
 - ❖ Propantheline 15-30 mg oral
 - ❖ Glycopyrrolate 0.1–0.3 mg i.m./i.v.
 - ❖ Oxybutynin 5 mg BD/TDS oral
 - ❖ Aluminium chlorohydrate is used in regular antiperspirants
2. **Surgery:**
 - ❖ Sweat gland removal or destruction is one surgical option available for axillary hyperhidrosis (excessive underarm perspiration)
 - There are multiple methods for sweat gland removal or destruction, such as
 - ❖ Sweat gland suction
 - ❖ Retrodermal curettage
 - ❖ Axillary liposuction
 - ❖ Vaser, laser sweat ablation



52. HYPERTENSION (ब्लड प्रेशर बढ़ना)

INTRODUCTION

- ❖ In medical terms problem of high blood pressure is called hypertension
- ❖ It is a long-term medical condition in which the blood pressure in the arteries is persistently elevated

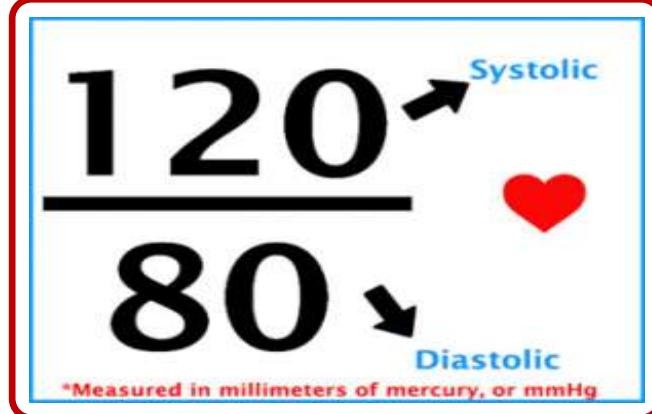
उच्च रक्तचाप (हाई ब्लड प्रेशर)
 या हाइपरटेंशन एक स्वास्थ्य समस्या है. इसमें ब्लड प्रेशर **90/140** या इससे ज्यादा हो जाता है. सामान्य रूप से ब्लड प्रेशर **120-80** होना चाहिए.

CAUSES

- ❖ Excess salt
- ❖ Abnormal arteries
- ❖ Increased blood volume
- ❖ Genetic disorders
- ❖ Stressful life
- ❖ Health conditions
- ❖ Certain medicines
- ❖ Recreational drugs
- ❖ Pregnancy
- ❖ Hormonal therapy
- ❖ Stroke
- ❖ Heart failure
- ❖ Heart attack
- ❖ Kidney disease
- ❖ Sexual dysfunction

SYMPTOMS

- ❖ Headache & Dizziness
- ❖ Heart problem
- ❖ Nose bleed
- ❖ Vision problems
- ❖ Fatigue
- ❖ Numb hand and feet



DIAGNOSIS

- ❖ Blood pressure monitoring
- ❖ Need to measure BP on regular basis For proper diagnosis
- ❖ ECG (electro cardiogram) report
- ❖ Blood cholesterol level
- ❖ Body mass index (BMI)



TREATMENT & MEDICINE OPTIONS

- ❖ Antihypertensive drugs comprise several classes of compound with the therapeutic intention of preventing, controlling, or treating hypertension, Simply Medicine use to treat high BP.

1. DIURETICS USE AS ANTIHYPERTENSIVE

- **Thiazides:** Hydrochlorothiazide: 12.5–50 mg OD
- Chlorthalidone (25–100 mg OD)
- Indapamide: 2.5 mg OD
- **High ceiling:** Furosemide: 20–80 mg once daily
- **K+ Sparing:** Spironolactone : 25–50 mg BD–QID
- Amiloride: 5–10 mg OD–BD

2. ACE INHIBITORS

- Captopril (Initially 25 mg BD taken 1 hr before/2 hr after meal)
- Enalapril (2.5 mg OD–20 mg BD)
- Lisinopril (5 mg OD–20 mg BD)

3. ANGIOTENSIN (AT1 RECEPTOR) BLOCKERS

- Losartan (Min 50 mg OD-max. 50 mg BD)
- Valsartan (80–160 mg OD)
- Telmisartan (20–80 mg OD)

4. DIRECT RENIN INHIBITOR

- Drug: Aliskiren (150mg OD)

5. CALCIUM CHANNEL BLOCKERS

- Verapamil: 40–160 mg TDS oral, 5 mg by slow i.v. inj
- Diltiazem: 30–60 mg TDS–QID oral
- Nifedipine: 5–20 mg BD–TDS oral
- Amlodipine: 5–10 mg OD

6. β ADRENERGIC BLOCKERS

- Propranolol: 40–80 mg (max 160 mg) BD to QID oral
- Metoprolol: 25 mg BD–100 mg QID oral, 5–15 mg slow i.v. inj
- Atenolol: 25 mg OD–50 mg BD

7. $\beta + \alpha$ ADRENERGIC BLOCKERS

- Labetalol: start with 50 mg BD, increase to 100–200 mg TDS
- Carvedilol: 6.25 mg BD initially, titrate to max. of 25 mg BD.

8. α ADRENERGIC BLOCKERS

- Prazosin: Start with 0.5–1 mg at bedtime; usual dose 1–4 mg BD
- Terazosin: Usual maintenance dose 2–10 mg OD
- Doxazosin: 1 mg OD initially, increase up to 8 mg BD

9. CENTRAL SYMPATHOLYTICS

- Clonidine: Start with lower dose 100 μ g OD or BD, max 300 μ g TDS, orally or i.m. can be given
- Metyldopa: 0.25–0.5 g BD–QID

10. VASODILATORS

• Arteriolar:

- Hydralazine: 25–50 mg OD–TDS

• Arteriolar + venous:

- Sodium nitroprusside : Initiate i.v. infusion with 0.02 mg/ min, titrate with lowering of blood pressure upto 0.1–0.3 mg/min;

53. HYPOTENSION (लो ब्लडप्रेशर)

INTRODUCTION

- ❖ Hypotension is the medical term for low blood pressure in which BP of person **Less than 90/60 (BP)**
- ❖ A blood pressure reading lower than 90 millimeters of mercury (mm Hg) for the top number (systolic) or 60 mm Hg for the bottom number (diastolic) is generally considered low blood pressure
- ❖ Some time it becomes life-threatening



- ❖ लो ब्लड प्रेशर या हाइपोटेंशन, तब होता है जब किसी व्यक्ति का ब्लड प्रेशर 90/60 से नीचे चला जाता है.
- ❖ लो बीपी के कई कारण हो सकते हैं, जैसे:
- ❖ शरीर में पानी की कमी
- ❖ दवाई का असर
- ❖ सर्जरी या गंभीर चोट
- ❖ आनुवंशिक या जेनेटिक समस्या
- ❖ तनाव
- ❖ ड्रग्स का सेवन ज्यादा समय तक
- ❖ भूखा रहना
- ❖ अनियमित खान-पान

CAUSES

- | | |
|---------------------------------|--|
| ❖ Pregnancy | ❖ Severe allergic reaction (anaphylaxis) |
| ❖ Heart problems | ❖ Lack of nutrients in your diet |
| ❖ Endocrine problems | ❖ Prolonged bed rest |
| ❖ Dehydration | ❖ Low intake of salt in body |
| ❖ Blood loss & Anemia | ❖ Poor nutrition |
| ❖ Severe infection (septicemia) | |

SYMPTOMS

- ❖ Dizziness or lightheadedness
- ❖ Nausea
- ❖ Dehydration and unusual thirst
- ❖ Dehydration can sometimes cause blood pressure to drop
- ❖ However, dehydration does not always cause low BP
- ❖ Lack of concentration
- ❖ Blurred vision
- ❖ Cold, clammy, pale skin
- ❖ Rapid, shallow breathing
- ❖ Fatigue
- ❖ Depression
- ❖ Some time Unconsciousness
- ❖ Fainting (syncope)

DIAGNOSIS

- ❖ Diagnosis based on BP measurement
- ❖ Blood pressure is measured in units of millimeters of mercury (mmHg).
- ❖ Sphygmomanometer use for bp measurement and diagnosis is done on basis on BP value
- ❖ Value of BP less than 90/60 diagnose as low blood pressure
- ❖ Electrocardiogram (ECG)
- ❖ During this painless, noninvasive test, soft, sticky patches (electrodes) are attached to the skin of your chest, arms and legs
- ❖ The patches detect your heart's electrical signals while a machine records them on graph paper or displays them on a screen

TREATMENT OPTIONS

- ❖ Home remedies
- ❖ Medicines
- ❖ Healthy diet
- ❖ Nutrition
- ❖ Excercise
- ❖ Yoga

MEDICINE OPTIONS

1. Home remedy:

- Use more salt
- Experts usually recommend limiting salt in your diet because sodium can raise blood pressure
- Other are tulsi, beet, coffee
- Lemon juice, carrot juice etc
- We can raise low blood pressure by drinking water and eating more salt
- Low blood pressure hypotension, is considered lower than 90/60 mm Hg
- If low salt is causing low blood pressure then take salt
- During emergency we can give salt water to patient to increase BP

2. MEDICINE:

- ❖ **Fludrocortisone: (50–200 µg/day.)** Fludrocortisone is for low blood pressure while standing up
- This corticosteroid helps control the amount of sodium and fluids in body
- It is often considering as medication for low blood

pressure due to dehydration

- This drug boosts the blood volume, which helps raise blood pressure

❖ **Midodrine: (2.5–10 mg/day)**

- Midodrine is often considering as a low blood pressure medicine
- It is for people with chronic orthostatic hypotension
- It works by restricting the ability of the blood vessels to expand, which raises blood pressure

❖ **Pyridostigmine: (60–180 mg oral)** Pyridostigmine is used to improve muscle strength in patients with a muscle disease

- (e.g., myasthenia gravis)
- It functions by preventing breakdown of a natural substance (acetylcholine) in our body
- Acetylcholine is necessary for healthy muscle function
- Therefore, this drug helps to relieve our fatigue, common symptom of low blood pressure

- ❖ **Caffeine: 20–100 mg oral**
 - Caffeine acts as a central nervous system (CNS) stimulant, and it temporarily stops drowsiness and restoring alertness
 - It also relaxes smooth muscle, stimulates the cardiac muscle, and useful in treatment of some headaches (e.g. migraine)
 - Caffeine can cause a temporary short-term dramatic rise in your blood pressure
- ❖ **Erythropoietin:**
 - **25–100 IU/kg s.c./i.v. 3 times a week (max 600 IU/kg/week)**
 - Erythropoietin is recommending for low blood pressure treatment if the cause of low BP is anemia
 - Erythropoietin is the best choice to increase RBC and thus raises blood pressure
- ❖ **NSAIDs:**
 - Nonsteroidal anti-inflammatory drugs are used primarily to treat inflammation, mild to moderate pain, and fever
 - It is useful if one has inflammation along with low blood pressure



54. HYPOTHERMIA (हाइपोथर्मिया)

INTRODUCTION

- ❖ Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat. Causing a dangerously low body temperature falls below 95°F (35°C)
- ❖ Normal body temperature is around 98.6 °F (37°C)
- ❖ Hypothermia is caused by prolonged exposures to very cold temperatures

हाइपोथर्मिया, शरीर की वह स्थिति होती है जिसमें तापमान, सामान्य से कम हो जाता है। इसमें शरीर का तापमान 35° सेल्सियस (95 डिग्री) से नीचे हो जाता है। हाइपोथर्मिया तब होता है जब शरीर उस गर्मी की तुलना में अधिक गर्मी गंवा देता है, जिसे व्यायाम के ज़रिए शरीर द्वारा उत्पन्न गर्मी की मात्रा में वृद्धि करके या बाहरी स्रोतों, जैसे आग या सूरज से गर्मी में वृद्धि करके बदले में पाया जा सकता है।

CAUSES

- ❖ Wearing clothes that are not warm enough for weather conditions
- ❖ Staying out in the cold too long
- ❖ Being unable to get out of wet clothes or move to a warm, dry location
- ❖ Falling into the water, as in a boating accident
- ❖ Living in a house that's too cold, either from poor heating or too much air conditioning



SYMPTOMS

- ❖ Shivering
- ❖ Slurred speech
- ❖ Mumbling
- ❖ Slow, shallow breathing
- ❖ Weak pulse
- ❖ Clumsiness
- ❖ Lack of coordination
- ❖ Drowsiness
- ❖ Very low energy
- ❖ Confusion
- ❖ Memory loss
- ❖ Loss of consciousness

DIAGNOSIS

- ❖ The diagnosis of hypothermia is usually apparent based on a person's physical signs and the conditions in which the person with hypothermia became ill or was found
- ❖ Blood tests also can help confirm hypothermia and its severity
- ❖ A diagnosis may not be readily apparent, however,
- ❖ If the symptoms are mild, as when an older person who is indoors has symptoms of confusion, lack of coordination and speech problems

RISK FACTORS

- ❖ Your tolerance for cold diminishes when you are fatigued.
- ❖ Older age. The body's ability to regulate temperature and to sense cold may lessen with age
- ❖ Very young age
- ❖ Mental problems
- ❖ Alcohol and drug use
- ❖ Medical conditions



TREATMENT OPTIONS

- ❖ सबसे पहले गीले कपड़ों को उतारकर और गर्म कंबलों में लपेटकर शरीर को बाहर से सुखाये और गर्म करे, सांस लेने के लिए हवा को गर्म करके और गर्म तरल पदार्थों का इस्तेमाल करके शरीर को अंदर से गर्म करे.
- ❖ **रक्त को पुनः गर्म करना:** गर्म अंतःशिरा तरल पदार्थ
- ❖ रक्त को गर्म करने में मदद के लिए नमक के पानी का गर्म अंतःशिरा घोल शिरा में डाला जा सकता है
- ❖ **वायुमार्ग को पुनः गर्म करना:** मास्क या नाक की नली से दी जाने वाली आर्द्र ऑक्सीजन का उपयोग

- ❖ Be gentle, When you're helping a person with hypothermia, handle him or her gently
- ❖ Move the person out of the cold
- ❖ Remove wet clothing
- ❖ Cover the person with blankets
- ❖ Insulate the person's body from the cold ground
- ❖ Monitor breathing
- ❖ Provide warm beverages
- ❖ Dry compresses
- ❖ Don't apply direct heat but Passive rewarming
- ❖ For someone with mild hypothermia, it is enough to cover them with heated blankets and offer warm fluids to drink
- ❖ **Blood rewarming:** Warm intravenous fluids
- ❖ A warmed intravenous solution of salt water may be put into a vein to help warm the blood
- ❖ **Airway rewarming:** The use of humidified oxygen administered with a mask or nasal tube

55. IMMUNOGLOBULIN-E (आईजीई)

INTRODUCTION

- ❖ चेहरा फूलना rid of germs
- ❖ शरीर पर लाल दाने
- ❖ The blood usually has small amounts of IgE antibodies
- ❖ An immunoglobulin E (IgE) test measures the level of IgE, a type of antibody
- ❖ High IgE Level:
- ❖ Antibodies (also called immunoglobulins) are proteins the immune system makes to recognize and get Increase in IgE Level from normal to high indicates condition of high IgE Test in report, It usually increase in various allergic conditions

- ❖ इम्युनोग्लोबुलिन ई (आईजीई) परीक्षण आईजीई, एक प्रकार के एंटीबॉडी के स्तर को मापता है
- ❖ रक्त में आमतौर पर थोड़ी मात्रा में IgE एंटीबॉडी होते हैं
- ❖ एंटीबॉडीज़ (जिन्हें उच्च आईजीई स्तर:
- ❖ इम्युनोग्लोबुलिन भी कहा जाता है) वे प्रोटीन हैं जिन्हें प्रतिरक्षा प्रणाली बढ़ाना खिलौना से उच्च तक रोगाणुओं को पहचानने और उनसे बढ़ाना खिलौना से उच्च तक करता है, यह छुटकारा पाने के लिए बनाती है आमतौर पर विभिन्न एलर्जी स्थितियों में बढ़ता है

CAUSES

- | | |
|---------------------|------------------------|
| ❖ Asthma | ❖ Food allergy |
| ❖ Allergic rhinitis | ❖ Occupational allergy |
| ❖ Angioedema | ❖ Latex allergy |
| ❖ Dermatitis | ❖ Drug allergy |



SYMPTOMS

- | | |
|-----------------------------|-------------------------------|
| ❖ Itchy or sore throat | ❖ Eczema |
| ❖ Post nasal drip | ❖ Swelling face, tongue, lips |
| ❖ Cough | ❖ Nausea or vomiting |
| ❖ Fatigue | ❖ Abdominal pain |
| ❖ Red and itchy watery eyes | ❖ Trouble breathing |
| ❖ Sneezing | ❖ Dizziness |
| ❖ Congestion | ❖ Diarrhea |
| ❖ Runny nose | ❖ Itchy mouth |

TREATMENT & MEDICINE OPTIONS

- 1. ALLOPATHY MEDICINE:**
 - Omalizumab
 - Humanized anti-IgE antibody
 - best medicine to treat high IgE Level, It is SC injection given to patient after dose calculation
- 2. HERBALS TREATMENT:**
 - Ayurvedic treatment
 - Himalaya Bresol Tablets
(1-2 Tablet Per day)
 - Help to reduce IgE Level in patient with allergic bronchitis and allergic rhinitis
 - It will help to control symptoms of High IgE
- 3. HOMEOPATHY MEDICINE:**
 - Arsenic Album
 - Allium Cepa
 - Natrum Mur
 - Sabadilla
 - Arundo
- 4. OTHER MEDICINES TO PREVENT SYMPTOMS (any 1 can be use to reduce IgE)**
 - Pheniramine maleate (Avil)
 - Cetirizine
 - Desloratadine
 - Fexofenadine
 - Levocetirizine
 - Loratadine
 - **Calamine lotion for itching and redness**

INTRODUCTION

- ❖ A condition in which a part of the body becomes red, sore & swollen because of infection or injury
- ❖ It is characterized by redness, heat, swelling, and pain in the affected area
- ❖ Body starts to heal itself and start healing & cell will release chemicals which produce inflammation

- ❖ इन्फ्लेमेशन एक तरह की शरीर की प्रक्रिया होती है। जब शरीर पर कोई चोट लगती है या संक्रमण होता है, तो शरीर की रक्षा के लिए इन्फ्लेमेशन होता है। जब कोई धाव सूज जाता है, लाल हो जाता है और दर्द करता है, तो यह सूजन का संकेत हो सकता है
- ❖ इसे सामान्य भाषा में सूजन भी कहा जाता है।
- ❖ इन्फ्लेमेशन के लक्षण:
- ❖ शरीर में जलन
- ❖ सूजन

CAUSES

- ❖ Pathogens infection (germs)
- ❖ Bacterial infection
- ❖ Infection due to Virus
- ❖ Infection due fungi
- ❖ External injuries like scrapes or damage through foreign objects
- ❖ Effects of chemicals or radiation
- ❖ Autoimmune disorders: immune system of Body attack our healthy cells and start to damage them and cause inflammation in affected area



SYMPTOMS

- ❖ Swelling in affected area
- ❖ Redness in affected area
- ❖ Pain in affected area
- ❖ Body cramps
- ❖ Nausea
- ❖ Vomiting
- ❖ Fever
- ❖ Chills
- ❖ Fatigue/loss of energy
- ❖ Headaches
- ❖ Loss of appetite
- ❖ Muscle stiffness

DIAGNOSIS

- ❖ Medical history
- ❖ Physical exam
- ❖ Blood test :
 - Erythrocyte sedimentation rate (ESR) and
 - C-reactive protein (CRP)
- ❖ Laboratory Test
- ❖ Other possible causes of symptoms
- ❖ Imaging tests :
 - X-ray
 - MRI
 - Ultrasound
- ❖ Skin biopsy

PREVENTION

- ❖ Reduce sugar intake
- ❖ Less eat junk foods or deep fried food
- ❖ Avoid excess consumption of omega 6 fatty acids like: soy, sunflower, vegetable, corn and peanut oils, mayonnaise
- ❖ Follow a gluten free diet
- ❖ Avoid aspartame
- ❖ Avoid excess alcohol
- ❖ Regular usage of ginger, black pepper, cinnamon, turmeric has an anti-inflammatory effect

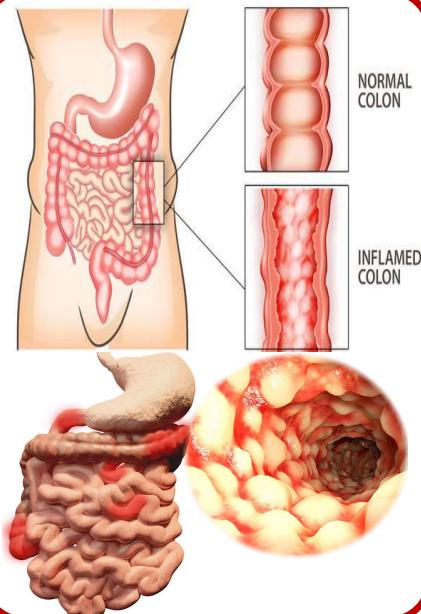
TREATMENT & MEDICINE OPTIONS

1. **Physical therapy** Keep joint movement and muscle strength
 2. Correct, control, or slow down the disease process
 3. Avoid or change activities that aggravate pain
 4. Lower stress on joints by using braces, splints, or canes as needed
 5. Home remedies:
 6. Regular Exercise
 7. Avoid alcohol
 8. Avoid smoking
 9. Take healthy food
 10. Manage stress level
 11. Take multivitamin - multi mineral supplement
 12. **MEDICATIONS :**
 - ❖ **NONSTEROIDAL ANTI-INFLAMMATORY DRUGS:**
 - Aspirin 325 (1 OD/BD)
 - Ibuprofen 400 (1 OD/BD)
 - Naproxen 500 (1 OD/BD)
 - Piroxicam 20 (1 OD/BD)
 - Ketolorac 10 (1 OD/BD)
 - ❖ **CORTICOSTEROIDS:**
 - Cortisone (20–100 mg/day oral/i.m.)
 - Prednisone (5–60 mg/day)
 - Methylprednisolone 4–32 mg/day orally
 - Dexamethasone (0.5–5 mg/day oral OR 4–20 mg i.v./i.m. inj)
 - Betamethasone (5–5 mg/day oral OR 4–20 mg i.v./i.m. inj)
 - Hydrocortisone (20–30 mg/day Oral)
- ❖ **DISEASE-MODIFYING ANTIRHEUMATIC DRUGS (DMARDs):**
- Methotrexate (7.5–15 mg weekly oral)
 - Sulfasalazine 1–3 g/day
 - Leflunomide (20 mg OD)
- ❖ **OTHER BRANDS**
- Betnesol injection
 - Brufen 400 (1-2 OD BD)
 - Dexona tablet /injection
 - Dynapar Tablet/injection
 - Ketorol DT tablet (1BD/OD)
 - Macvestin 1 tablet OD
 - Rumalaya Forte (2 BD/OD)

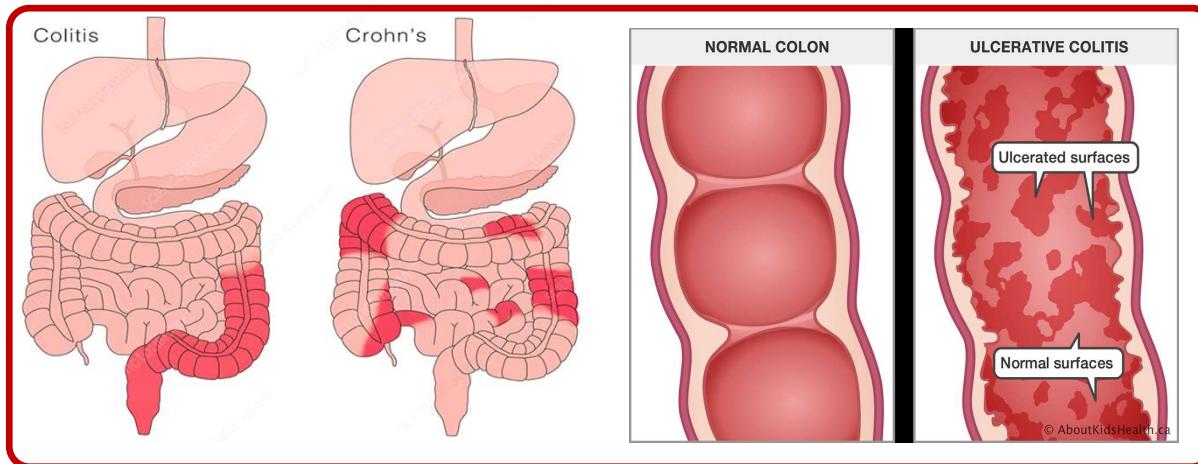
57. INFLAMMATORY BOWEL DISEASE

INTRODUCTION

- ❖ इंफ्लेमेटरी बाउल डिजीज (आईबीडी) पाचन से संबंधित ऐसी ही एक बीमारी है जो कई प्रकार की समस्याओं को जन्म दे सकती है। इस बीमारी के कारण पाचन तंत्र में दीर्घकालिक सूजन की समस्या हो सकती है। जिन लोगों को (आईबीडी) की बीमारी होती है उनमें सामान्यतौर पर थकान, दस्त, ऐंठन, पेट में दर्द और पाचन से जुड़ी दिक्कतें हो सकती हैं।



- ❖ Inflammatory bowel disease (IBD) is a disease of the lower GI Tract, It is characterized by chronic inflammation of the gastrointestinal (GI) tract and damage it
- ❖ Inflammatory bowel disease (IBD) is a term for two conditions
- ❖ 1. Crohn's disease 2. Ulcerative colitis
- ❖ Both are characterized by chronic inflammation of the gastrointestinal (GI) tract,
- ❖ Prolonged inflammation results in damage to the GI tract
- ❖ **CROHN'S DISEASE:**
- ❖ It causes inflammation of digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition. Can affect any part of the GI tract (from the mouth to the anus), Most often it affects the portion of the small intestine before the large intestine/colon
- ❖ Damaged areas appear in patches that are next to areas of healthy tissue



- ❖ **ULCERATIVE COLITIS:**
- ❖ This condition causes long-lasting inflammation
- ❖ Sores (ulcers) in the innermost lining of our large intestine (colon) and rectum
- ❖ Ulcerative colitis is an inflammatory bowel disease (IBD) that causes long-lasting inflammation and ulcers (sores) in our digestive tract
- ❖ Ulcerative colitis affects innermost lining of our large intestine (colon) and rectum
- ❖ Symptoms usually develop over time, rather than suddenly
- ❖ Occurs in the large intestine (colon) and the rectum
- ❖ Ulcerative colitis is an idiopathic form of acute and chronic ulcero-inflammatory colitis affecting chiefly the mucosa and submucosa of the rectum and descending colon, though sometimes it may involve the entire length of the large bowel
- ❖ Both these disorders primarily affect the bowel but may have systemic involvement in other parts

CAUSES

- ❖ The exact cause of IBD is unknown, but IBD is the result of a defective immune system
- ❖ A properly functioning immune system attacks foreign organisms, such as viruses and bacteria, to protect the body

SYMPTOMS

- ❖ Diarrhea
- ❖ Fever and fatigue
- ❖ Abdominal pain and cramping
- ❖ Blood in your stool
- ❖ Reduced appetite
- ❖ Unintended weight loss



Loss of appetite



Blood in your stool



Fatigue



Fever



Mouth sores



Stomach aches
and cramps



Weight loss



Diarrhea

DIAGNOSIS

- ❖ Gastroenterologists almost always recommend a colonoscopy to diagnose Crohn's disease or ulcerative colitis doctor to examine the intestinal lining for inflammation, ulcers & other signs of IBD
- ❖ This test provides live video images of the colon and rectum and enables the
- ❖ Biopsy
- ❖ Stool Examination
- ❖ Blood Examination
- ❖ CT Scan

TREATMENT & MEDICINE OPTIONS

1. AMINOSALICYLATES

- Sulfasalazine (dose 3–4 g/day)
- Balsalazide (1.2–2.4 g/day oral)
- Mesalamine (1.2–2.4 g/day oral)

2. GLUCOCORTICOIDS

- ❖ Prednisolone: 5–60 mg/day oral, 10–40 mg i.m./intraarticular
- ❖ Hydrocortisone: 20–30 mg/day oral for replacement therapy;
100 mg i.v. 8 hourly (as hemisuccinate)
- ❖ Azathioprine (50–150 mg/day)

3. METHOTREXATE

- ❖ It is used for the induction and maintenance of remission of Crohn's disease but not ulcerative colitis

- ❖ Dose: 7.5–15 mg weekly oral

4. Anti Tnf- α Therapy:

- ❖ Tumor necrosis factor is a cell signaling protein (cytokine) involved in systemic inflammation and is one of the cytokines that make up the acute phase reaction
- ❖ **Infliximab, adalimumab and certolizumab** are useful in Crohn's disease

- ❖ Efficacy of them in ulcerative colitis is doubtful

- ❖ Infliximab is given by i.v. route whereas other two are administered s.c.

- ❖ Certolizumab is a pegylated anti-TNF- α indicated for crohn's disease

5. Anti-Integrin Therapy:

- ❖ Natalizumab is for moderate to severe Crohn's disease not responding to other therapies

- ❖ It is targeted against a4 subunit of integrins

58. INSOMNIA (अनिद्रा)

INTRODUCTION

- ❖ It is a medical condition in which person feel difficulty in sleeping
- ❖ Specially it affect the night time sleeping and very less sleep time
- ❖ Normal 8 hour Sleep is necessary for health

अनिद्रा (नींद न आना) स्लीपिंग डिसऑर्डर के प्रकारों में से एक है जिसमें व्यक्तियों को सो जाना, सोते रहना या दोनों में कठिनाई होती है

- ❖ सोने में परेशानी होना
- ❖ ज्यादा देर तक जागना
- ❖ नींद नहीं आ रही

CAUSES

- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ Mental health ❖ Stress-Anxiety ❖ Panic situations ❖ Phobia ❖ Depression ❖ Poor sleep habits ❖ Excessive Caffeine | <ul style="list-style-type: none"> ❖ Medical conditions ❖ Some medications ❖ Changes in sleep patterns ❖ Travel or work schedule ❖ Using late night Mobile, PC |
|--|---|



SYMPTOMS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Difficulty in sleep till late night ❖ Waking up too early & Absence of sound sleep ❖ Daytime tiredness | <ul style="list-style-type: none"> ❖ Sleepiness ❖ Not feeling well ❖ Felling like Nausea ❖ Difficulty paying attention ❖ Fatigue (thakan) |
|--|--|



DIAGNOSIS

- ❖ Physical examination
- ❖ Patient counselling
- ❖ Sleep habit schedules
- ❖ Sleep study



TREATMENT OPTIONS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Cognitive behavioral therapy ❖ Meditation ❖ Yoga | <ul style="list-style-type: none"> ❖ Exercise ❖ Medicines ❖ Herbals ❖ Homeopathy |
|--|--|



MEDICINE OPTIONS

1. Melatonin: Dose: 3 to 8 mg per day
2. Zolpidem: Dose: 10 mg per day
3. Lorazepam: Dose: 1–6 mg/day
4. Himalaya Tagara tablet: Dose: 2 tablet per day
5. R14 drops: Dose: 10-15 drops taken in the evening with water
6. SBL Sleeptite tablet: Take 2 tablets 4 times a day



59. ITCHING (तेज खुजली होना)

INTRODUCTION

- ❖ Itching is an irritating sensation that makes person to scratch the skin
- ❖ People may also experience feel itchy in one area in body

- खुजली त्वचा की एक दाद आम समस्या है, यह कई पायोडर्मा कारणों से हो सकती है। तेज गर्भी खुजली के कुछ कारण कीड़े के काटने स्कैबीज एलर्जी जुएं त्वचा का सूखना

CAUSES

- ❖ Itching also occurs due to disturbances in the immune system in the body
- ❖ Skin conditions such as eczema, psoriasis, dry skin
- ❖ In some cases Diabetes
- ❖ Hypersensitivity of any allergen
- ❖ Irritating chemicals, cosmetics, and other substances
- ❖ Parasites such as pinworms, scabies, head and body lice
- ❖ In some cases during Pregnancy
- ❖ Liver, kidney, or thyroid diseases
- ❖ Cancer treatments side effects
- ❖ Diseases that can affect the nervous system may cause skin itching

SYMPTOMS

- ❖ Small bumps on skin
- ❖ Irritation
- ❖ Rashes
- ❖ Dry skin
- ❖ Abnormal sensations



DIAGNOSIS

- ❖ Physical examinations
- ❖ Blood test
- ❖ Urine test
- ❖ Kidney function test
- ❖ Liver function test
- ❖ Skin biopsy
- ❖ IgE Test



TREATMENT OPTIONS

- ❖ Cold compress application of affected part
- 1. skin moisturizing lotions OR CALAMINE LOTION
- 2. TAKING LUKEWARM OR OATMEAL BATHS
 - A bath in which the patient's body except the head is immersed in water from 94° to 96°F (34.4° to 35.6°C) for 15 to 60 min
 - In Lukewarm water add oatmeal & Soak for about 10-15 minutes
 - Take bath with neem leaf extract in water



COCONUT OIL



ALOE VERA GEL



NEEM WATER



NEEM PASTE



Apply calamine lotion 2-3 times in a day



Taking lukewarm or oatmeal baths

MEDICINE OPTIONS

3. ANTIHISTAMINES MEDICINES FOR ITCHING

- Levocetirizine (5 mg oral)
- Chlorpheniramine (2–4 mg (0.1 mg/kg) oral, i.m)
- Diphenhydramine
- Fexofenadine (120–180 mg oral)

4. ANTIFUNGAL AGENTS

- Clotrimazole Cream (2-3 times in a day)
- Ketoconazole (200 mg OD-BD oral)
- Fluconazole (150 mg oral weekly)
- Itraconazole (200 mg OD-BD oral)

- Luliconazole cream (2-3 times in a day)

5. OVER-THE-COUNTER ANTIBACTERIAL AGENTS

- Sulfur is applied to the skin for dandruff and an itchy skin infection caused by mites (scabies)
- It is also applied to the skin for acne and skin redness (rosacea)

6. CREAMS AND OINTMENTS

- Betamethasone cream
- Whitfield ointment
- Crotamiton is a drug that is used both as a scabicidal and as a general antipruritic



60. JAUNDICE (पीलिया)

INTRODUCTION

- ❖ पीलिया को जॉन्डिस भी कहते हैं।
- ❖ यह एक गंभीर बीमारी है।
- ❖ शरीर में बिलीरुबिन का स्तर बढ़ जाने के कारण त्वचा, नाखून और आंखों का सफेद भाग पीला नज़र आने लगता है। पीलिया के लक्षण:
- ❖ अचानक उनींदापन महसूस होना
- ❖ टैरी ब्लैक रंग का मल
- ❖ उल्टी या मल में खून आना
- ❖ पेट में छूने से दर्द होना या उसमें अत्यधिक दर्द महसूस होना
- ❖ बिना चोट के रक्तस्राव या नीलापन



- ❖ Jaundice is a condition in which the skin, whites of the eyes and mucous membranes turn yellow because of a high level of bilirubin, a yellow-orange bile pigment
- ❖ Bilirubin is a yellowish substance in your blood
 - It forms after red blood cells break down, and it travels through your liver, gallbladder, and digestive tract before being excreted
 - Typically, bilirubin levels fall somewhere between **0.3 and 1.2 milligrams per deciliter (mg/dL)**, The liver helps break down the substance so it can be removed from the body in the stool
- ❖ A high level of bilirubin makes a baby's skin and whites of the eyes look yellow

TYPES

- ❖ There are three main types of jaundice:
 1. PRE-HEPATIC
 2. HEPATOCELLULAR
 3. POST-HEPATIC
- ❖ In pre-hepatic jaundice, there is excessive red cell breakdown which overwhelms the liver's ability to conjugate bilirubin
- ❖ This causes an unconjugated hyperbilirubinaemia



Normal bilirubin level
0.3 and 1.2 mg/dL

CAUSES

- ❖ Acute inflammation of liver
- ❖ Inflammation of the bile duct
- ❖ Obstruction of the bile duct
- ❖ Hemolytic anemia
- ❖ Gilbert's syndrome A mild condition in which the liver doesn't properly process bilirubin
- ❖ It is caused due to the accumulation of bilirubin in the blood and body's tissues
- ❖ Bilirubin is a waste product that is generated when red
- ❖ blood cells break down
- ❖ It is then transported to the liver through the bloodstream where it is then combined with a digestive fluid called bile
- ❖ Usually, bilirubin is discharged through stool & remaining is excreted through urine. But if bilirubin cannot be propelled through liver, it gets accumulated in blood causing Jaundice

SYMPTOMS

- ❖ Itchiness
- ❖ Vomiting
- ❖ Abdominal pain
- ❖ Paler than usual stool
- ❖ Fatigue and Weight loss
- ❖ Dark urine

DIAGNOSIS

- ❖ Liver function tests (LFTs)
- ❖ Coagulation studies
- ❖ FBC (Full Blood Count)
- ❖ Specialist blood tests
- ❖ Urinalysis (Urine test)
- ❖ Ultrasonography
- ❖ CT-Scan

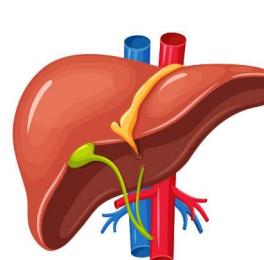


TREATMENT OPTIONS

- *Treatment depends on the cause of jaundice*
- Administration of Antibiotic, antiviral, antifungal, or anti-parasitic drugs *depend on reason* of jaundice



- Surgery to correct blockage.
- The use of chemotherapy, Antiflammatory, or steroid medications.



- Drink 6-8 glasses of water a day
- Eat lots of raw fruits and vegetables (especially green leafy vegetables)
- Juice is good (make your own with a juice machine)



- Do not drink coffee, alcohol, soda pop, junk food drinks
- Do not eat processed foods white sugar, white flour, etc, Use stress relief like going for walks in the park



- For diet Brown rice and millet are good
- Avoid red meat and animal fats - Reduce dairy products cheese, milk, and others - Fast a few days a month –
- A colon intestinal cleansing is helpful



- Get sleep –
- Exercise light to moderate amounts
- Eg. yoga and stretching are good –
- Do not smoke and avoid second hand smoke



INTRODUCTION

- ❖ घुटनों में कट-कट की आवाज आती है
- ❖ गाउट, गठिया रोग
- ❖ घुटनों में सूजन
- ❖ जोड़ों में दर्द होना
- ❖ It a medical condition with problem of pain in bone and Joints
- ❖ Main reason of pain is inflammation
- ❖ This may occurs due to so many reasons



CAUSES

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Weak bones ❖ Inflammation in bones ❖ Poor nutrition ❖ Arthritis ❖ Bone infection ❖ Rheumatic fever ❖ Paget's disease of bone ❖ Bone cancer ❖ Broken bone | <ul style="list-style-type: none"> ❖ Bursitis ❖ Gout ❖ Ankylosing spondylitis ❖ Vitamins deficiency: <ul style="list-style-type: none"> • Vit K27 • Vit D3 Calcitriol • Vit B12 Methylcobalamin ❖ Minerals deficiency: <ul style="list-style-type: none"> • Calcium & Boron |
|--|--|

SYMPTOMS

- ❖ Pain in the joints

DIAGNOSIS

❖ Physical examination

❖ Blood test and urine test

TREATMENT & MEDICINES OPTIONS

❖ ANALGESIC AND ANTIINFLAMATORY DRUGS

- Diclofenac (50 mg TDS)
- Aceclofenac (100 mg BD)
- Celecoxib (100–200 mg BD)
- Etoricoxib (60–120 mg OD)
- Etodolac (200-400 mg BD-TDS)
- Paracetamol (0.5–1 g TDS; infants 50 mg; children 15 mg/kg)
- Ketolorac (10–20 mg oral 6 hourly, 15–30 mg i.m./i.v. 6 hourly (max 90 mg/day)
- Piroxicam: 20 mg BD for two days followed by 20 mg OD

❖ DISEASE-MODIFYING ANTRHEUMATIC DRUGS :

- Sulfasalazine (1–3 g/day in 2–3 divided doses)
- Methotrexate (7.5–15 mg weekly oral)
- Penicillamine (125-250 mg OD (max 250 mg BD))
- Azathioprine (50–150 mg/day)
- Hydroxychloroquine (initially 200 mg BD followed by 200 mg OD for maintenance)

❖ ANTI-GOUT DRUGS:

- Allopurinol (Start with 100 mg OD, Maintenance dose of 300 mg/day, maximum 600 mg/day)
- Colchicine (dose 0.5–1 mg/day)
- Febuxostat (40 milligrams (mg) or 80 mg once a day)
- Sulfinpyrazone: 100–200 mg BD
- Probenecid (0.25–1.0 g BD)

MEDICINES OPTIONS

5. Herbal medicine:

- Himalaya Hadjod : Dose: 2 tablet OD or BD
- Himalya Rumalya forte: Dose: 1 tablet OD or BD
- SBL drops no.6: Dose: 10-15 Drops in water 2 to 3 times
- Divya peedadantak taila: Massage using 5 ml oil
- Charak rymanyl capsules: Dose: 1 Capsule OD or BD
- Charak ostolief tablets: Dose: 1 tablet OD or BD
- Ostrolief nutra tablets: Dose: 1 tablet OD or BD
- Baidyanath yograj guggulu: 1 tablet OD or BD

6. Supplements for vitamin and mineral deficiencies:

- Benocal K27 capsules: Dose: 1 Capsule per day
- Caldikind plus capsules: Dose: 1 Capsule per day
- Shelcal-500 tablets : Dose: 1 Tablet per day
- Cipcal-500 tablets : Dose: 1 Tablet per day
- Calshine-D tablets : Dose: 1 Tablet per day
- Dailycal-500 tablets : Dose: 1 Tablet per day



62. KELOID SCARS (केलॉइड स्कार्स)

INTRODUCTION

त्वचा पर होने वाला एक तरह का निशान, स्किन पर चोट वाली जगह उठा हुआ निशान, केलॉइड एक तरह का स्किन पर उठा हुआ निशान

Keloids are benign (noncancerous), fibrous skin tumours, It is overly aggressive healing response to a wound



CAUSES

- ❖ Acne scars
- ❖ Burns
- ❖ Chickenpox
- ❖ Ear piercing
- ❖ Scratches
- ❖ Due to vaccine
- ❖ Injection
- ❖ Hair removal
- ❖ Minor scratches
- ❖ Surgical incision
- ❖ Insect bite
- ❖ Tattoo



SYMPTOMS

- ❖ Pink or reddish in a colour
- ❖ Scars grow quickly
- ❖ It is itchy and painful
- ❖ Look like a shiny
- ❖ Soft and rubbery scars
- ❖ Gradually turn into dark brown
- ❖ Feels Discomfort



DIAGNOSIS

- ❖ Go and visit to your dermatologist
- ❖ Physical examination
- ❖ Disease history
- ❖ Personal history
- ❖ Skin biopsy

TREATMENT & MEDICINE OPTIONS

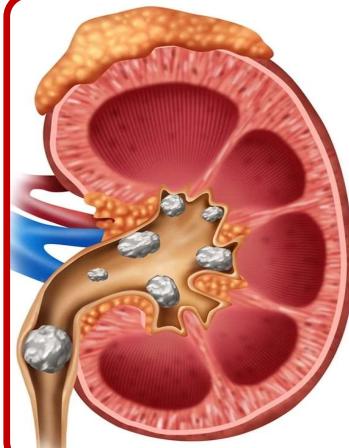
1. **CORTICOSTEROID CREAM:**
 - Clobetasone
 - Hydrocortisone
 - Candid-B Cream
 - Anovate Cream
 - Derobin Ointment
2. **INJECTED MEDICINE:**
 - Reduce the thickness by injecting it with cortisone or other steroids
 - Experts give injection monthly to solve this issue for at least 6 months
3. **WOUND CARE:**
 - Compression dressings Using any material like cotton plug fabric
 - Here main goal is to reduce or prevent a scar by putting pressure on the wound as it heals
4. **FREEZING THE SCAR:**
 - In this methods Small keloids were reduced or removed by freezing them with liquid nitrogen
 - This method is called cryotherapy
5. **LASER TREATMENT:**
 - In this laser method Larger keloids can be flattened by pulsed-dye laser sessions.
 - This session will continue till 4 to 8 weeks
6. **RADIATION THERAPY:**
 - Shrinkage or minimization of the scar tissue may be aided by low-level X-ray radiation used alone or following surgical excision of a keloid
7. **SURGICAL REMOVAL:**
 - If other treatments haven't helped your keloid, your doctor may suggest having it surgically removed in addition to other treatments
 - Effectiveness of surgery range from 45% to 100%

63. KIDNEY STONE (गुर्दे की पथरी, किडनी स्टोन)

INTRODUCTION

- ❖ A small, hard deposit that forms in the kidneys and is often painful when passed.
- ❖ Kidney stone made up of minerals and salts that form inside our kidneys.
- ❖ When it start to pass in urinary tract cause painful conditions and sometime block the track
- ❖ Kidney stones also called:
- ❖ 1. Renal calculi
- ❖ 2. Nephrolithiasis
- ❖ 3. Urolithiasis
- ❖ They are different in size and measured in millimeter unit
- ❖ Usually small stones passes through urine

किडनी स्टोन को गुर्दे की पथरी, यूरोलिथियासिस या रिनल कैलकुली के नाम से भी जाना जाता है। यह नमक और मिनरल्स से बनी होती है। किडनी स्टोन एक ऐसी स्थिति है, जिसमें रोगी को असहनीय दर्द का सामना करना पड़ सकता है। विटामिन-डी या कैल्शियम सबस्टीट्यूट लंबे समय तक ली जाए तो बॉडी में कैल्शियम की मात्रा बढ़ जाती है।



CAUSES

- ❖ Drinking very less water in a day become a reason for dark concentrated urine, which contain more crystal (stone) forming substances and less water
- ❖ Taking more calcium and Salt in diet
- ❖ Less Minerals in body
- ❖ Dehydration (loss of water or less water)

- ❖ Excessive junk food in diet
- ❖ Family or personal history for kidney stone
- ❖ Taking more calcium-based antacids High body mass index (BMI) and obesity become risk factor
- ❖ Digestive diseases and surgery
- ❖ High protein Diet
- ❖ Taking more sodium (salt) and sugar

SYMPTOMS

- | | |
|---|--|
| ❖ Pain or burning sensation while urinating | of urinary and digestive tract of body |
| ❖ Dark colour urine or blood in urine | ❖ Cloudy or foul-smelling urine |
| ❖ Severe pain in back side of body | ❖ Nausea and vomiting |
| ❖ Severe and sharp pain in area | ❖ Fever and chills due to infection |

PREVENTION

- ❖ Be hydrated, Drink more water in a day must take 5 to 7 Litre/day water
- ❖ Take less calcium and Salt in diet
- ❖ Do not stop urine for long time
- ❖ Limit junk food in diet
- ❖ Less animal protein diet
- ❖ Control body weight

DIAGNOSIS

- ❖ Blood testing
- ❖ Urine testing
- ❖ Imaging test
- ❖ Ultrasound scan
- ❖ Abdominal X-rays
- ❖ Analysis of passed stones for prevention on stone in future
- ❖ Computerized tomography (CT) scan

MEDICINE OPTIONS



Option-1 Dose: 10-15
Drops in half cup water
Three times in a day

Option-2 Dose: 8-10
Drops in half cup water
Three times in a day

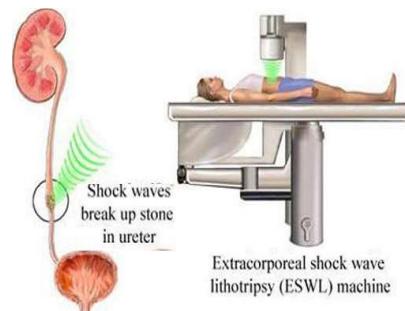
Option-3 Dose: 2 Tablet 2
Times in a day (2 Tablet
subah & 2 Rat me)



Option-4 Dose:
5 ml to be taken three
times in a day

Option-5 Dose:
5 ml to be taken three
times in a day

Option-6 Dose: (painkiller)
2-3 tablet per day



Option-7 Dose:
(Antibiotics)
1-2 tablet per day

Option-8 Dose: (urine
tube dilator)
2-3 tablet per day

Option-9 Lithotripsy
SURGERY shock waves to
break up stones

INTRODUCTION

- ❖ Leprosy, also known as Hansen's disease, is a chronic infectious disease caused by *Mycobacterium leprae*, a microorganism that has a predilection for the skin and nerves
- ❖ World's oldest recorded disease
- ❖ कुष्ट रोग को लेप्रोसी (Leprosy) या हैनसेन रोग (Hansen's Disease) के नाम से भी जाना जाता है. यह एक पुरानी संक्रामक बीमारी है जो माइकोबैक्टीरियम लेप्राई के कारण होती है. यह बीमारी मुख्य रूप से त्वचा, परिधीय तंत्रिकाओं, ऊपरी श्वसन पथ और आंखों की शैलिक सतहों को प्रभावित करती है, यह बीमारी छूने से नहीं फैलती.
- ❖ कुष्ट रोग के लक्षण: ❖ ऊपरी श्वसन पथ ❖ वृषण
- ❖ त्वचा ❖ आंखों की शैलिक ❖ नाक और गले की
- ❖ परिधीय तंत्रिकाएं सतहें म्युक्स डिल्ली

CAUSES

- ❖ Leprosy, caused by *Mycobacterium leprae*, has been considered incurable since ages and bears a social stigma

SYMPTOMS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ First symptoms : • Numbness and loss of temperature sensation (cannot sense very hot or cold temperatures) | <ul style="list-style-type: none"> ❖ As the disease progresses : • The sensations of touch, then pain, and eventually deep pressure are decreased or lost |
|--|--|

DIAGNOSIS

- ❖ Slit Skin Smear (Reporting the smear)



TREATMENT & MEDICINE OPTIONS

1. **Sulfone Dapsone (DDS):**
 - ❖ It is diamino diphenyl sulfone (DDS), the simplest, oldest, cheapest, most active and most commonly used member of its class
 - ❖ All other sulphones have become obsolete
 - ❖ **Dose:** 100mg orally OD
 2. **Phenazine derivative Clofazimine:**
 - ❖ Clofazimine works by binding to the guanine bases of bacterial DNA, thereby blocking the template function of the DNA and inhibiting bacterial proliferation
 - ❖ Alteration of membrane structure & transport function
 - ❖ Disruption of mitochondrial electron trans- port chain
 - ❖ Trade names: Lamprene
- ❖ The t½ is 70 days Orally active (40–70% absorbed)
 - ❖ **Dose:** 50-100 mg daily
 - 3. **Antitubercular drugs (Rifampin):**
 - ❖ This important tuberculocidal drug is also the most potent cidal drug for *M.leprae*; rapidly renders leprosy patients noncontagious
 - ❖ **Upto 99.99% *M.leprae* are killed in 3–7 days by 600 mg/day dose**
 - ❖ Rifampicin inhibits bacterial DNA-dependent RNA synthesis by inhibiting bacterial DNA-dependent RNA polymerase
 - ❖ **Dose:** 600mg monthly



INTRODUCTION

- ❖ Visceral leishmaniasis (VL), also known as kala-azar, is fatal if left untreated in over 95% of cases., Word kala-azar consists of “Kala” (in Hindi means “Black”) & “azar” (in Hindi means “Fever”)
- ❖ Fever associated with dark complexion
- ❖ Kala azar, also called **visceral leishmaniasis** is a disease in which a **Parasite migrates to the internal visceral organs** such as the liver, spleen and bone marrow.



- ❖ काला अजार एक संक्रमण बीमारी है
- ❖ इसे आंत का लीशमैनियासिस भी कहा जाता है।
- ❖ यह बीमारी परजीवी लिशमैनिया डोनोवानी के कारण होती है।
- ❖ यह परजीवी बालू मक्खी के ज़रिए फैलता है।
- ❖ काला अजार, लीशमैनियासिस का सबसे गंभीर रूप माना जाता है। इस बीमारी के कारण दुनिया भर में परजीवी से होने वाली मौतों में दूसरा स्थान है।

- | | |
|--------------|--------------|
| ❖ विसरल | ❖ दमदम बुखार |
| लीशमैनियासिस | ❖ कालाजार |
| ❖ ब्लैक फीवर | ❖ काला ज्वर |



CAUSES

- ❖ Leishmania donovani (and other Leishmania species) occurs in several tropical and subtropical regions of the world

SYMPTOMS

- ❖ Loss of appetite, Weight loss,
- ❖ Fever & Weakness (fatigue)
- ❖ Skin – Dry, thin and scaly and hair may be lost
- ❖ Enlarge liver, spleen
- ❖ Light colored person show grayish discolouration of the skin of hands, feet, abdomen



TREATMENT & MEDICINE OPTIONS

- ❖ **Option-1 Antimonials**
- ❖ **Sodium stibogluconate (SSG)**
(Antimonate), It has been the standard first line drug for VL in most parts of the world achieving > 90% cure rate To treat Kala-azar., Dose: 20 mg Sb/kg/day (maximum 850 mg) IV/IM for 20-28 days



- **Option-2 Antimonials Meglumine (Antimonate)**, Meglumine is an amino sugar derived from glucose, Injection Given under medical supervision **Dose:** The usual dose is 20 mg of pentavalent antimony in meglumine antimoniate per kilogram (kg) of body weight per day



- **Option-3 Diamidine: Pentamidine**
- It is an antimicrobial medication Use in people with poor immune function.
- **Dose:** 2 to 4 mg/kg every other day or three times per week for 15 doses, and for VL it is 4 mg/kg every other day or three times per week for 15 to 30 doses.



- **Option-4 Liposomal Amphotericin-B injection,** It is being used increasingly to reduce the burden of kala-azar from the Indian subcontinent
- **Dose:** 3 mg/kg IV qDay on days 1-5, 14, and 21



- **Option-5 Miltefosine**
- It is sold under the trade name Impavido among others, is a medication mainly used to treat leishmaniasis.
- **Dose:** 50 mg orally 3 times a day



- **OTHER TREATMENT OPTIONS IF PREVIOUS WILL NOT WORK**
- Ketoconazole
- Paromomycin
- Allopurinol



- Some symptoms based medicine also can be use
- To reduce fever Paracetamol can be given to patient.



INTRODUCTION

- ❖ **THROMBOCYTOPENIA**
- ❖ **Low platelet count OR**
Thrombocytopenia is medical condition in which blood platelet count decrease from its normal value
- ❖ Generally in healthy person normal blood platelet count is 150,000 to 450,000 platelets per microliter of blood
- ❖ **शरीर में प्लेटलेट की भूमिका:**
- ❖ प्लेटलेट्स छोटी रक्त कोशिकाएं होती हैं जो हमारे शरीर को रक्तस्राव रोकने के लिए थक्के बनाने में मदद करती हैं
- ❖ यदि हमारी कोई रक्त वाहिका क्षतिग्रस्त हो जाती है, तो यह प्लेटलेट्स को संकेत भेजती है
- ❖ इसके बाद प्लेटलेट्स क्षति स्थिल पर पहुंच जाते हैं और क्षति को ठीक करने के लिए एक प्लग (थक्का) बनाते हैं

CAUSES

- ❖ Dengue fever
- ❖ Aplastic anemia
- ❖ Vitamin B-12 deficiency
- ❖ Folate & Iron deficiency
- ❖ Viral infections like HIV
- ❖ Chickenpox
- ❖ Consuming too much alcohol
- ❖ Cirrhosis
- ❖ Leukemia
- ❖ Myelodysplasia
- ❖ Exposure to chemotherapy, radiation, or toxic chemicals

SYMPTOMS

- ❖ Headache
- ❖ High fever
- ❖ Loss of appetite
- ❖ Body ache
- ❖ Diarrhoea
- ❖ Vomiting
- ❖ Fatigue
- ❖ Eye pain
- ❖ Knee pain
- ❖ Lethargy
- ❖ Nose bleeding
- ❖ Red spots in the body

DIAGNOSIS

- ❖ Blood test kare and Regular WBC Count and platelet measure kare
- ❖ Urine test
- ❖ Medical history
- ❖ Disease condition



TREATMENT OPTIONS

- ❖ 1. Drink plenty of fluids.
- ❖ 2. Use only Paracetamol
- ❖ 3. Blood pressure monitoring
- ❖ 4. Platelet count monitoring
- ❖ 5. Supportive care in a hospital
- ❖ 6. Intravenous (IV) fluid
- ❖ 7. Electrolyte replacement
- ❖ 8. Blood transfusion if blood loss
- ❖ 9. Herbal medicines & Remedies



HOME REMEDIES

- | | |
|---------------|---------------|
| ❖ Beetroot | ❖ Carrot |
| ❖ Papaya leaf | ❖ Coconut |
| ❖ Amla | water |
| ❖ Kiwi | ❖ Goat's milk |

- | | |
|------------|-----------|
| ❖ चुकंदर | ❖ गाजर |
| ❖ पपीते का | ❖ नारियल |
| ❖ पत्ता | पानी |
| ❖ आंवला | ❖ बकरी का |
| ❖ कीवी | दूध |

MEDICINES OPTIONS



5-7 LITER WATER PER DAY

Fever hone par sirf paracetamol



AGAR PLATELET KAM HO JAYE
PLATELET TRANSFUSION

KOI BHI EK IV DRIP LAGAYI JATI
HAI JO PATEINT KO SUIT KARE



Caripill Tablet Dose: 1-2
tablet 2-3 times in a day

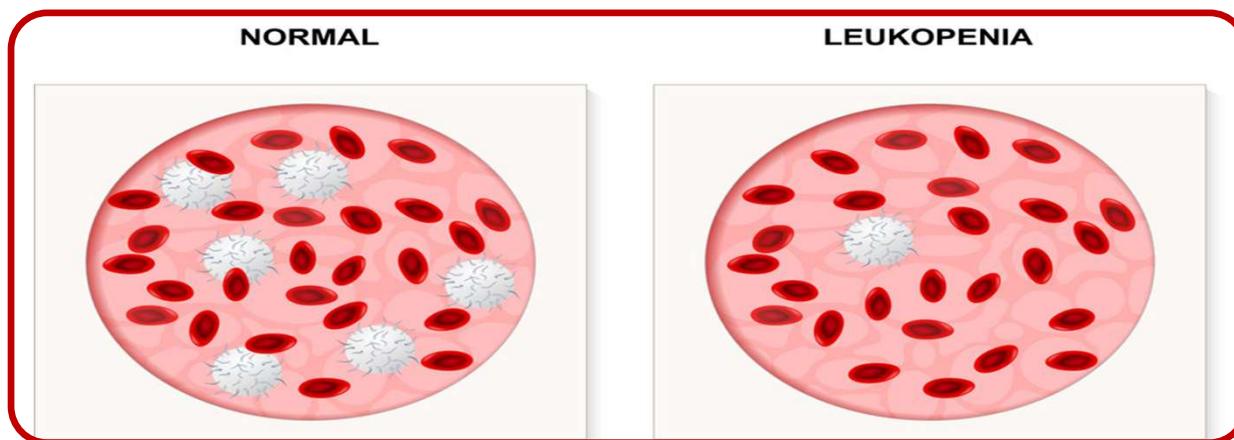


Giloy Ghanvati Dose: 1-2 tablet
2-3 times in a day

67. LOW WBC COUNT (WBC की कमी)

INTRODUCTION

- ❖ LOW WBC COUNT Or Leukopenia is medical condition in which WBC count in blood decrease from its normal value
- ❖ Generally in healthy person normal WBC count is **4000 to 11000 White blood cell** per microliter of blood
- ❖ Role WBC in body:
 - White blood cells are part of body's immune system
 - They help the body fight infection and other diseases



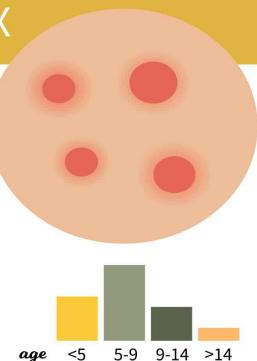
- ❖ ल्यूकोपेनिया एक असामान्य स्थिति है. यह श्वेत रक्त कोशिकाओं (डब्ल्यूबीसी) की कमी से होता है.
- ❖ डब्ल्यूबीसी की सामान्य संख्या **चार हजार से 11 हजार** होती है.
- ❖ लेकिन, इस बीमारी से इसकी संख्या एक लाख से ज्यादा हो जाती है.
- ❖ 40 साल की उम्र के बाद यह बीमारी शुरू होती है.
- ❖ अगर खून में सफेद रक्त कोशिकाओं की संख्या कम हो जाए, तो शरीर कई रोगों का शिकार हो सकता है.
- ❖ विशेषज्ञ कहते हैं कि सफेद रक्त कोशिकाओं की कमी से ल्यूकेमिया या ब्लड कैंसर, हेपेटाइटिस आदि के होने का खतरा बना रहता है.

CAUSES

- ❖ Cancer treatment
- ❖ Radiotherapy
- ❖ Some cancers, like leukaemia
- ❖ Hepatitis disease
- ❖ Medicine for an overactive thyroid
- ❖ Autoimmune disorders, like rheumatoid arthritis
- ❖ Dengue fever
- ❖ Aplastic anemia
- ❖ Vitamin B12 deficiency
- ❖ Folate, Iron deficiency
- ❖ Viral infections, HIV
- ❖ Chickenpox
- ❖ Consuming too much alcohol
- ❖ Cirrhosis
- ❖ Myelodysplasia
- ❖ Exposure to chemotherapy, radiation, or toxic chemicals



CHICKENPOX



- ❖ डेंगू बुखार
- ❖ एप्लास्टिक एनीमिया
- ❖ विटामिन बी-12 की कमी
- ❖ फोलेट की कमी
- ❖ आयरन की कमी
- ❖ विषाणु संक्रमण
- ❖ HIV
- ❖ चेचक
- ❖ बहुत अधिक शराब का सेवन
- ❖ सिरोसिस
- ❖ ल्यूकेमिया
- ❖ माइलोडिसप्लासिया
- ❖ कीमोथेरेपी, विकिरण, या जहरीले रसायनों के संपर्क में आना

SYMPTOMS

- ❖ Infections occurs repetitively
- ❖ Low immunity
- ❖ Sinus infections
- ❖ Stuffy nose
- ❖ Headache
- ❖ High fever
- ❖ Loss of appetite
- ❖ Body ache
- ❖ Diarrhoea
- ❖ Vomiting
- ❖ Fatigue
- ❖ Eye pain



- | | |
|----------------------------------|------------------|
| ❖ संक्रमण बार-बार होता है | ❖ तेज बुखार |
| ❖ रोग प्रतिकारक शक्ति कम हो जाना | ❖ भूख की कमी |
| ❖ साइनस इन्फेक्शन | ❖ बदन दर्द |
| ❖ बंद नाक | ❖ डायरिया |
| ❖ सिर दर्द | ❖ उलटी |
| | ❖ थकान |
| | ❖ आंखों में दर्द |

DIAGNOSIS

- ❖ If you have Symptoms them immediately do diagnosis
- ❖ Blood test
- ❖ Medical history
- ❖ Disease condition
- ❖ Urine test

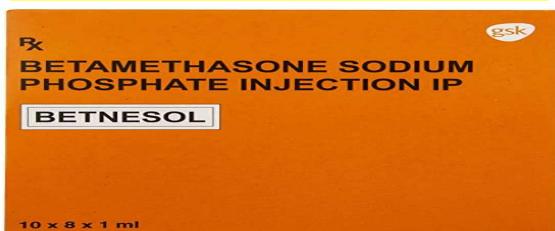
HOME REMEDIES

- | | | |
|---------------------------|--------------------------|------------------------|
| ❖ 1. Lavender Oil Massage | ❖ 7. Omega-3 Fatty Acids | ❖ 14. Red Bell Peppers |
| ❖ 2. Garlic | ❖ 8. Zinc | ❖ 15. Sunflower Seeds |
| ❖ 3. Spinach (पालक) | ❖ 9. Broccoli | ❖ 16. Lemon juice |
| ❖ 4. Papaya Leaves | ❖ 10. Selenium | ❖ 17. Noni Fruit |
| ❖ 5. Multi-Vitamins | ❖ 11. Kiwi fruit | |
| ❖ 6. Yogurt | ❖ 13. Orange fruit | |

TREATMENT AND MEDICINE OPTIONS



A blood transfusion is given from carefully screened donors.



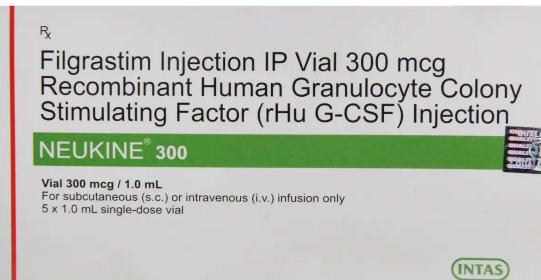
4 to 20mg betamethasone (1 to 5ml) administered by slow intravenous injection over half to one minute.



Carica papaya leaf extract tablets Dose: 1-2 Tablet BD

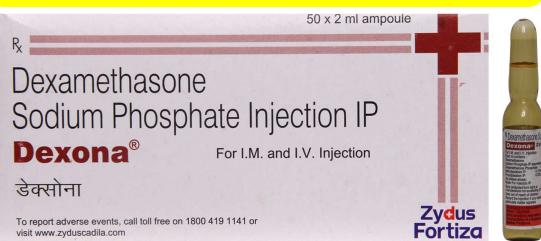


10-15 Drops in half cup water
3 to 4 times in a day



Stimulate the growth of WBC

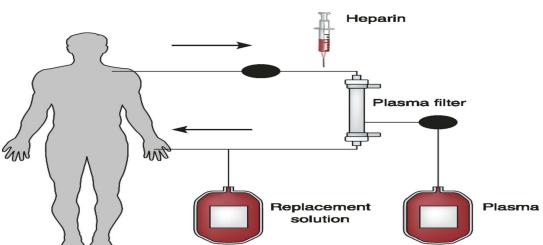
Dose: 5 mcg/kg/day



0.5 mg to 9 mg IV or IM per day in divided doses every 12 hours



Giloy Tablets
Dose: 1-2 Tablet BD



Plasmapheresis is the removal, treatment, and return or exchange of blood plasma or components thereof from and to the blood circulation of person.

INTRODUCTION

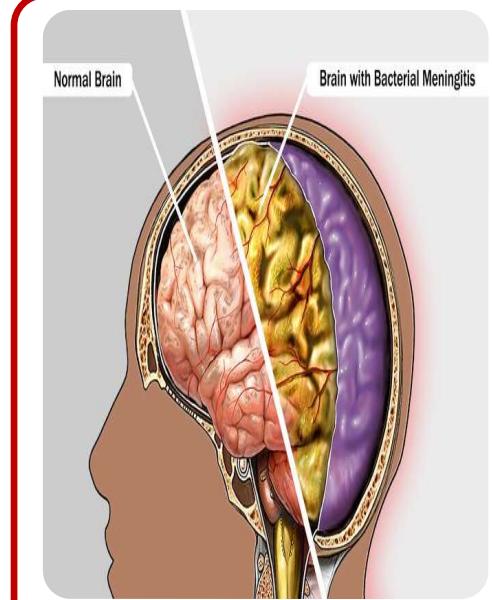
- ❖ Meningitis is an inflammation of the meninges. There are three protective membrane layers surrounding the brain and spinal cord. **They are composed of the**
 - Pia mater (closest to the CNS)
 - Arachnoid mater
 - Dura mater (outermost layer)
- ❖ Also contain blood vessels and enclose the cerebrospinal fluid (CSF). Meningitis can occur when fluid surrounding the meninges becomes infected due to viral and bacterial infections.

मेनिन्जाइटिस को हिन्दी में तानिकाशोथ या मस्तिष्कावरणशोथ कहते हैं।

यह मस्तिष्क और रीढ़ की हड्डी के आस-पास की सुरक्षात्मक डिलिलयों में होने वाली सूजन है। यह सूजन वायरस, बैक्टीरिया या अन्य सूक्ष्मजीवों से होने वाले संक्रमण के कारण हो सकती है। कम सामान्य मामलों में, कुछ दवाइयों के कारण भी यह सूजन हो सकती है।

CAUSES

- ❖ Bacteria that enter the bloodstream and travel to the brain and spinal cord cause acute bacterial meningitis.
- ❖ But it can also occur when bacteria directly invade the meninges.
- ❖ This may be caused by an:
- ❖ Ear or sinus infection
- ❖ A skull fracture
- ❖ Rarely — some surgeries

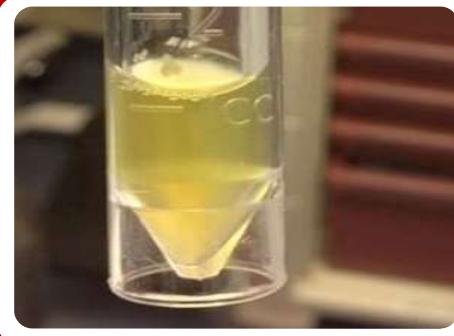


SYMPTOMS

- ❖ Sudden high fever
- ❖ Stiff neck
- ❖ Severe headache with nausea or vomiting
- ❖ Confusion or difficulty concentrating
- ❖ Seizures
- ❖ Sleepiness or difficulty waking
- ❖ Sensitivity to light
- ❖ No appetite or thirst
- ❖ Skin rash (sometimes, such as in meningococcal meningitis)

DIAGNOSIS

- ❖ In people with meningitis, the CSF often shows a
 - Low sugar (glucose) level
 - Along with an increased white blood cell count
 - Increased protein



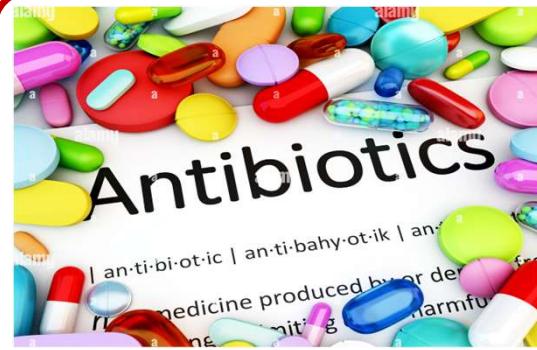
TREATMENT OPTIONS

- ❖ Acute bacterial meningitis must be treated immediately with intravenous antibiotics and sometimes corticosteroids
- ❖ This helps to ensure recovery and reduce the risk of complications, such as brain swelling and seizures
- ❖ The antibiotic or combination of antibiotics depends on the type of bacteria causing the infection
- ❖ Commonly used meningitis treatments include a class of antibiotics called cephalosporins, especially Claforan (cefotaxime) and Rocephin (ceftriaxone)
- ❖ Various penicillin-type antibiotics, aminoglycoside drugs such as gentamicin, and others, are also used

MEDICINE OPTIONS

❖ Any 1 antibiotic given as IV Route Injection

- Cefotaxime
- Ceftriaxone
- Ampicillin-Sulbactam
- Amoxicillin-clavulanate



❖ Any 1 from following iv fluid given to patient to prevent dehydration

- NS (Normal saline)
- D5W (Dextrose 5%)
- RL (Ringer's lactate solution)
- DNS (Dextrose Normal saline Solution)



❖ OXYGEN FACE MASK

- During Hospitalization oxygen Given through a face mask if there are any **Breathing Difficulties.**
- Check spo2 Regularly



❖ STEROID FOR SWELLING

- Dexamethasone
- Betamethasone
- Given by IV route under medical supervision

- ❖ PARACETAMOL IN FEVER Along with IV therapy of antibiotics Paracetamol also given to patient orally to reduce fever & body pain in meningitis.

69. MENORRHAGIA (मीनोरेजिया)

INTRODUCTION

- ❖ It is the most common type of abnormal uterine bleeding characterized by heavy and prolonged menstrual bleeding.
- ❖ Heavy prolong periods, In some cases, bleeding may be so severe and daily activities become interrupted
- ❖ **Normal period cycle:**
 - The first day of a woman's period is day 1 of the menstrual cycle.
 - "Periods last around 2 to 7 days, and women lose about 3 to 4 tablespoons of blood in a period, 25 to 50 ml blood lose
 - A normal menstrual cycle 21-35 days in duration, with bleeding lasting an average of 5 days and total blood flow between 25-50 ml, **Blood of greater than 80 ml or lasting longer than 7 days constitutes menorrhagia**

मेनोरेजिया का मतलब है, अत्यधिक मासिक रक्तस्राव। जब किसी महिला को माहवारी के दौरान 7 दिनों से ज्यादा सामान्य से ज्यादा रक्त के थक्के (क्लॉट्स) निकलते हैं, तो इस स्थिति को मेनोरेजिया कहा जाता है। हर घंटे पैड बदलना पड़ना, पीरियड्स के दौरान पेट में तेज दर्द और हैवी ब्लीडिंग की शिकायत होती है।



CAUSES

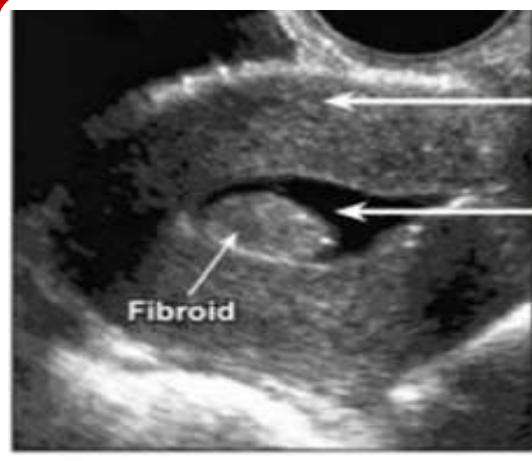
- | | |
|------------------------------|------------------------------------|
| ❖ Hormone imbalance | ❖ Pregnancy complications |
| ❖ Dysfunction of the ovaries | ❖ Inherited bleeding disorders |
| ❖ Uterine fibroids & Polyps | ❖ Medications & medical conditions |
| ❖ Adenomyosis | |
| ❖ Intrauterine device (IUD) | |

SYMPTOMS

- ❖ Soaking through one or more sanitary pads or tampons every hour for several consecutive hours
- ❖ Needing to use double sanitary protection to control your menstrual flow
- ❖ Needing to wake up to change sanitary protection during the night
- ❖ Bleeding for longer than a week
- ❖ Passing blood clots with menstrual flow for more than one day
- ❖ Restricting daily activities due to heavy menstrual flow
- ❖ Symptoms of anemia, such as tiredness, fatigue or shortness of breath

DIAGNOSIS

- ❖ History collection
- ❖ Physical examination
- ❖ Blood tests
- ❖ Pap test
- ❖ Endometrial biopsy
- ❖ Ultrasound scan
- ❖ Sonohysterogram
- ❖ Hysteroscopy



TREATMENT & MEDICINE OPTIONS

- Iron supplements:**
 - If you also have anemia, your doctor may recommend that you take iron supplements regularly
 - Patent have to take Autrin Capsule daily Dose: 1 Capsule per day

Cyanocobalamin,
Ferrous Fumarate and
Folic Acid Capsules
(Autrin®)

Haematinic Capsules

20 Strips of 30 Capsules Each

- 2. **Nonsteroidal anti-inflammatory drugs (NSAIDs):**
 - NSAIDs have the added benefit of relieving painful menstrual cramps (dysmenorrhea)
 - Ibuprofen 400 mg (1-2 BD)
 - Paracetamol 500mg (1-2 BD)
- 3. **TRANEXAMIC ACID:**
 - This medication is used to treat heavy bleeding during menstrual period
 - Tranexamic acid works by slowing the breakdown of blood clots, which helps to prevent prolonged bleeding
 - It belongs to a class of drugs known as antifibrinolytics, Not a hormone
 - *Dose: 10–15 mg/kg 2–3 times a day or 1–1.5 g TDS oral, 0.5–1 g TDS by slow i.v. infusion.*
- 4. **Oral contraceptives:**
 - Most oral contraceptives contain a combination of 2 types of hormones: an ***estrogen and a progestin.***
 - Both of these hormones are naturally found in women's bodies
- *Dose: 1 Pill per day as mention on label*
- 5. **The hormonal IUD (Mirena):**
 - Mirena is a hormonal intrauterine device (IUD) that can provide long-term birth control (contraception)
 - The device is a ***T-shaped plastic frame*** that's inserted into the uterus, where it releases a type of the hormone progestine
- 6. **Uterine artery embolization:**
 - For women whose menorrhagia is caused by fibroids, the goal of this procedure is to shrink any fibroids in the uterus by blocking the uterine arteries and cutting off their blood supply
- 7. **Endometrial ablation:**
 - Using a variety of techniques, doctor permanently destroys the lining of your uterus (endometrium).
 - After endometrial ablation, most women have much lighter periods
 - ***MUST CONSULT GYNACOLOGIST IN SUCH CASE OF HEAVY PERIODS***

8. DILATION AND CURETTAGE (D&C):

- In this procedure, doctor opens (dilates) cervix and then scrapes or suctions tissue from the lining of uterus to reduce menstrual bleeding
- Although this procedure is common and often treats acute or active bleeding successfully

9. FOCUSED ULTRASOUND ABLATION:

- Similar to uterine artery embolization, focused ultrasound ablation treats bleeding caused by fibroids by shrinking the fibroids
- This procedure uses ultrasound waves to destroy the fibroid tissue
- There are no incisions required for this procedure

10. Myomectomy:

- This procedure involves surgical removal of uterine fibroids
- Depending on the size, number and location of the fibroids, surgeon may choose to perform the myomectomy using open abdominal

surgery, through several small incisions (laparoscopically), or through the vagina and cervix (hysteroscopically)

11. Endometrial resection:

- This surgical procedure uses an electrosurgical wire loop to remove the lining of the uterus.
- Both endometrial ablation and endometrial resection benefit women who have very heavy menstrual bleeding.
- Pregnancy isn't recommended after this procedure

12. Hysterectomy:

- Hysterectomy — surgery to remove your uterus and cervix — is a permanent procedure that causes sterility and ends menstrual periods
- Hysterectomy is performed under anesthesia and requires hospitalization.
- Additional removal of the ovaries (bilateral oophorectomy) may cause premature menopause

70. MIGRAINE (माइग्रेन)

INTRODUCTION

- ❖ माइग्रेन एक जटिल विकार है जिसमें बार-बार **मध्यम से गंभीर सिरदर्द** होता है। यह सिर के आधे हिस्से में होता है। ऐसा माना जाता है कि माइग्रेन दिमाग में नाड़ियों, रसायन और रक्त कोशिकाओं में कुछ समय के लिए होने वाले परिवर्तन की वजह से होता है।
- ❖ **माइग्रेन के लक्षण:**
- ❖ प्रकाश व तेज़ आवाज से दिक्कत
- ❖ उल्टी आने को भी होती है
- ❖ मतली
- ❖ गंध के प्रति संवेदनशीलता
- ❖ **माइग्रेन के कारण:**
- ❖ नींद की कमी
- ❖ मौसम में बदलाव
- ❖ भूख
- ❖ इंद्रियों की बहुत ज्यादा उत्तेजना
- ❖ तनाव

- ❖ Migraine is a Neurological disorder that causes a strong Headache, This headache comes with small episodes
- ❖ Pain can shift from one side of your head to the other, or it can affect the front of the head, or back of the head or feel like it's affecting your whole head

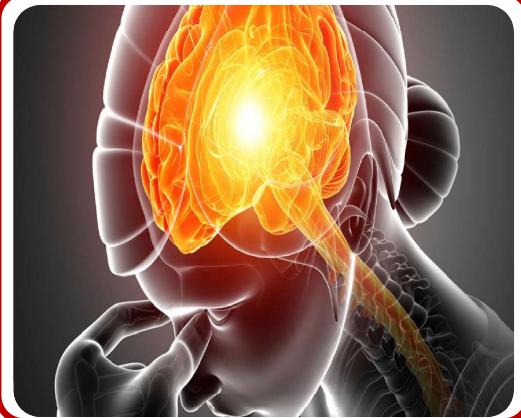
CAUSES

- | | | |
|----------------------------------|-----------------------------|-----------------|
| ❖ Bright lights | ❖ Loud sounds | ❖ Certain foods |
| ❖ Severe heat | ❖ Intense physical activity | ❖ Smoking |
| ❖ Dehydration | ❖ Skipping meals | ❖ Alcohol use |
| ❖ Changes in barometric pressure | ❖ Changes in sleep patterns | ❖ Traveling |
| ❖ Hormone changes | ❖ Medicine | |
| ❖ Excess stress | ❖ Unusual smells | |



SYMPTOMS

- ❖ Blurred vision
- ❖ Vomiting, feeling sick
- ❖ Pain lasting 4-72 hours
- ❖ One sided pain
- ❖ Headache can be moderate to severe
- ❖ Hormonal changes



PREVENTION

- | | |
|--|---------------------------------|
| ❖ Reduce mobile phone usage | ❖ Sip a caffeinated drink |
| ❖ Drink 5-7 liters of water per day | ❖ Establish regular sleep hours |
| ❖ Minimize computer screen use during a migraine | ❖ Don't try so hard to sleep |
| ❖ Turn off the lights | ❖ Don't skip meals |
| ❖ Try temperature therapy | ❖ Manage your stress level |
| | ❖ Take proper medicines |

TREATMENT & MEDICINE OPTIONS

- Naproxen tablets:1 tablet OD or BD
- Migran tablets:1 tablet OD or BD
- Migranex-10 tablets:1 tablet OD or BD
- Migrabeta plus:1 tablet OD or BD
- Suminat-25: 1 tablet OD or BD
- Zerograin plus:1 tablet OD or BD
- Patanjali Divya Dhara roll Oil (10ml)
- Amrutanjan Roll-on - 10 ml



INTRODUCTION

- ❖ Nausea & vomiting during pregnancy
- ❖ Morning sickness is a common symptom of pregnancy and is marked by nausea and occasional vomiting. It is called Morning sickness but it can cause discomfort at any time of the day
- ❖ Morning sickness usually happens within the first four months of pregnancy and is often first sign that a woman is pregnant



- ❖ मॉर्निंग सिकनेस, प्रेगनेंसी के दौरान होने वाली एक समस्या है। इसमें गर्भवती महिला को सुबह उठते ही जी मिचलाने लगता है और उल्टी महसूस होती है।
- ❖ इसके पीछे हॉर्मोन में बदलाव वजह है। सुबह उठते ही मतली और उल्टी महसूस होना
- ❖ आम तौर पर, गर्भावस्था के छठे हफ्ते से मॉर्निंग सिकनेस शुरू हो जाती है और हफ्तों या महीनों तक रहती है। हालांकि, कुछ महिलाओं को इससे भी ज्यादा दिनों तक उल्टियां हो सकती हैं।

CAUSES

- ❖ The production of the **human chorionic gonadotropin (HCG) hormone** pregnancy and could contribute to queasiness
- ❖ Commonly referred to as the pregnancy hormone, this is the hormone that the body begins to produce once the fertilized egg attaches to the uterine lining
- ❖ A sensitive stomach could be made worse while trying to adapt to the changes of pregnancy
- ❖ Stress or fatigue is suggested to cause a physical reaction within the body, leading to nausea and vomiting
- ❖ **Estrogen** is another hormone that rises during early

SYMPTOMS

- ❖ Common signs and symptoms of morning sickness include nausea and vomiting,
- ❖ It enhance by certain odors, spicy foods, heat, excess salivation
- ❖ Morning sickness is most common during the first trimester and usually begins by nine weeks after conception, While in some cases it starts for 4th week of pregnancy & continue till 16th week or more



DIAGNOSIS

- ❖ Blood test
- ❖ Urine test
- ❖ Pregnancy test
- ❖ Ultrasound scan
- ❖ Physical examinations

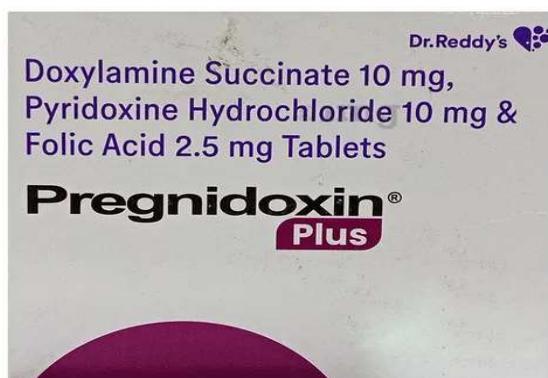
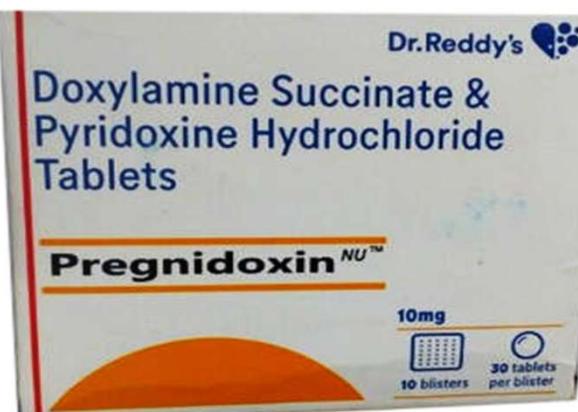


PREVENTION

- ❖ Avoiding foods and smells that trigger your nausea
- ❖ If possible someone else prepare food for you and eat it away from kitchen so you can eliminate smell and odor
- ❖ Allow some time for digestion, and rise slowly once you are ready
- ❖ Eating smaller meals more frequently throughout the day instead of three big meals
- ❖ Means take 5 to 6 smaller meal in place of 2-3 big meal
- ❖ Drinking less water/fluids with your meals, and instead, drink them between meals

TREATMENT & MEDICINE OPTIONS

- ❖ Vitamin B6 supplements (pyridoxine)
- ❖ Doxylamine succinate
- ❖ Drug of choice: Doxylamine & Pyridoxine
- ❖ Other antiemetics should be avoided because of side effects
- ❖ Use only Doxylamine & Pyridoxine combination for best results
- ❖ Ginger as herbal natural remedy



1 Tablet to be taken 2-3 times in a day OR take 1 tablet at bed time

1 Tablet to be taken 2-3 times in a day OR take 1 tablet at bed time



Use fresh lemon juice or lemon water to prevent nausea naturally during the pregnancy



Keep Ginger piece in mouth to prevent nausea naturally during the pregnancy

INTRODUCTION

- ❖ Motion sickness is not a disease but a condition when our brain receives different signals from the inner ear, eye, and skin, putting the central nervous system in a confusion
- ❖ For example, while traveling in a car, give your ears a message of speed & eyes to read a book
- ❖ Motion sickness is a sensation of Drowsiness
- ❖ It usually occurs when you're traveling by car, boat, plane, or train
- ❖ Your body's sensory organs send mixed messages to brain, causing dizziness, lightheadedness, or nausea

- ❖ मोशन सिक्नेस एक आम समस्या है. यह कोई बीमारी नहीं है, बल्कि यह एक प्रकार की मनोस्थिति है.
- ❖ इसमें हमारे दिमाग को कान, नाक और त्वचा से अलग-अलग प्रकार के सिग्नल मिलते हैं. ऐसे में हमारा दिमाग यह समझ नहीं पाता कि हमारा शरीर गति कर रहा है या
- ❖ रुका हुआ है. ऐसे में सेंट्रल नर्वस सिस्टम दुविधा में पड़ जाता है और पेट में बेचैनी होने लगती है.
- ❖ मोशन सिक्नेस के लक्षण:
- ❖ चक्कर आना
- ❖ पेट खराब होना
- ❖ उल्टी-मतली

CAUSES

- ❖ While travelling Brain receives different signals from the inner ear, eye, and skin, putting the central nervous system confusion
- ❖ Stress & Anxiety during travelling



SYMPTOMS

- ❖ Nausea
- ❖ Vomiting
- ❖ Cold sweat
- ❖ Headache
- ❖ Yawning (उबासी)
- ❖ Loss of appetite
- ❖ Increased salivation
- ❖ Sleepiness



TREATMENT & PREVENTION

- ❖ आंखों को सीधे सामने की वस्तुओं पर केंद्रित करने से मदद मिल सकती है
- ❖ यात्रा से पहले अधिक भोजन, शराब और धूम्रपान से बचें
- ❖ मोशन सिक्नेस से बचने के लिए यात्रा से पहले दवा लें
- ❖ यात्रा के दौरान पढ़ने से बचें
- ❖ पीठ के बल बैठने से बचें
- ❖ यात्रा के दौरान वाहन हाथ की स्थिति में तेजी से बदलाव से बचें
- ❖ यात्रा के दौरान ताजी हवा लें और यदि संभव हो तो खिड़की खोलें
- ❖ यदि संभव हो तो कार, बस आदि में आगे की ओर सीट लगाएं
- ❖ मुंह में अदरक या लौंग रखने से मोशन सिक्नेस से बचाव होता है

MEDICINE OPTIONS

- ❖ Promethazine: DOSE: 25–50 mg oral per day
- ❖ Ondansetron: Dose: 4 to 8 mg every 8 hours
- ❖ Granisetron: DOSE: 1 to 3 mg (10-40 µg/kg)
- ❖ Doxylamine: DOSE: 10-20 mg at bed time
- ❖ Domperidone: DOSE: 10–40 mg TDS
- ❖ Meclizine: DOSE: 25 to 50 mg per day
- ❖ Dimenhydrinate: DOSE: 25–50 mg OD
- ❖ Prochlorperazine: DOSE: 5- 25 mg Per day.



INTRODUCTION

- ❖ A mouth ulcer is an ulcer that occurs on the mucous membrane of the oral cavity
- ❖ Mouth ulcers are very common, occurring in association with many diseases and by many different mechanisms, but usually there is no serious underlying cause

CAUSES

- ❖ Mouth ulcers can have causes that aren't due to underlying disease.
- ❖ Canker sores (shallow sore inside the mouth)
- ❖ Deficiency of vitamin B-complex
- ❖ Burns in oral cavity
- ❖ Biting the tongue or cheeks
- ❖ Eating acidic foods such as Sour sweets and pineapple
- ❖ Constipation
- ❖ Smoking
- ❖ Lack of oral hygiene
- ❖ Vitamin B12 Deficiency
- ❖ Bacterial Infections
- ❖ Nutritional disorders

SYMPTOMS

- ❖ One or more painful sores on part of the skin lining the mouth
- ❖ Swollen skin around the sores
- ❖ Problems with chewing or tooth brushing because of the tenderness
- ❖ Irritation of the sores by salty, spicy or sour foods
- ❖ Loss of appetite



TREATMENT & MEDICINE OPTIONS

❖ HOME REMEDY:

- Honey
- Baking Soda Paste
- Coconut Oil
- Saltwater
- Orange Juice
- Clove Oil
- Coconut Milk
- Turmeric Powder
- Cabbage Juice
- Apple Cider Vinegar
- Liquorice
- Vitamin B12 supplements
- Vitamin C supplements
- Folic acid
- Multivitamin syrup
- Vitamin B-complex

❖ TABLET CONTAINING FOLLOWING COMBINATION

ALSO USEFUL

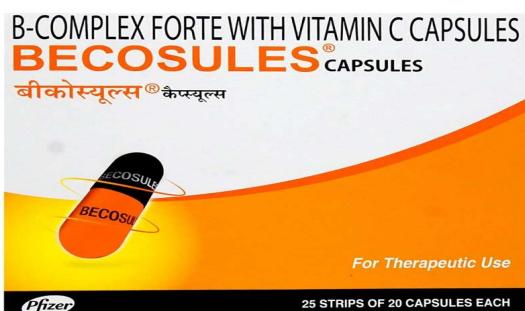
- Riboflavin
- Folic acid
- Niacinamide
- Lactic acid bacillus spores

❖ ORAL ANALGESIC GELS (BENZOCAINE):

- Benzocaine is used short term to relieve pain from minor mouth problems (such as toothache, canker sores, sore gums/throat, mouth/gum injury)
- It is a local anesthetic that works by numbing the painful area
- Do not use this product for children younger than 2 years due to risk of serious side effects



DOSE: 1 TABLET PER DAY



DOSE: 1 TABLET PER DAY

INTRODUCTION

- ❖ Mucormycosis is a fungal infection that caused by Mucorales
- ❖ It is also called black fungus disease, zygomycosis,
- ❖ It is a fungal infection of the sinuses, brain, or lungs.
- ❖ It occurs in which people who have weakened immune system.
- ❖ Infection of the oral cavity or brain are the most common forms of mucormycosis
- ❖ The fungus can also infect other areas of the body such as the gastrointestinal tract & skin

- ❖ ब्लैक फंगस एक प्रकार की बीमारी है जो बैक्टीरिया और वायरस से नहीं फैलती बल्कि यह एक विशेष प्रकार के फंगस के द्वारा फैलती है।
- ❖ ब्लैक फंगस को म्यूकर माईकोसिस के नाम से भी जाना जाता है।
- ❖ यह एक प्रकार का दुर्लभ संक्रमण है जो काफ़ी खतरनाक माना जाता है।



- आँखों में जलन
- चेहरे, नाक के पास या आँख के पास त्वचा का काला हो जाना
- त्वचा पर काली पपड़ी बनना
- जबड़ों की हड्डी को नुकसान
- चेहरा सुन्न हो जाना

CAUSES

- ❖ Mucormycosis is a fungal infection caused by certain types of molds (mucormycetes)
- ❖ The most common types that cause mucormycosis are Rhizopus species and Mucor species.



SYMPTOMS

- ❖ Eyes that swell and stick out (protrude) (आँखे चिपकना)
- ❖ Dark scabbing in nasal cavities
- ❖ Fever & Headache
- ❖ Mental status changes
- ❖ Redness of skin above sinuses
- ❖ Sinus pain or congestion
- ❖ Coughing blood
- ❖ One-sided facial swelling
- ❖ Shortness of breath
- ❖ Abdominal pain
- ❖ Blood in the stools
- ❖ Diarrhea

DIAGNOSIS

- ❖ See an ear-nose-throat (ENT)
- ❖ Testing depends on your symptoms,
- ❖ but may include these imaging tests:
 - ❖ CT scans
 - ❖ MRI scans
- ❖ A biopsy must be done to diagnose mucormycosis
- ❖ A biopsy is the removal of a small piece of tissue for laboratory examination to identify the fungus



RISK FACTORS

- ❖ Patient with AIDS
- ❖ Patient with Burns
- ❖ Diabetic Patient
- ❖ Leukemia and lymphoma
- ❖ Long-term steroid use
- ❖ Metabolic acidosis
- ❖ Poor nutrition
- ❖ Weaker immunity after Covid-19 infection
- ❖ Cancer
- ❖ Rheumatic or Autoimmune disorders

MEDICINE OPTIONS

- ❖ **Amphotericin B:** 0.3–0.7 mg/kg daily by slow i.v. infusion over 4–8 hours (Total dose 3–4 g); 0.5 mg intrathecal, 3% topically in ear, 50–100 mg QID oral
- ❖ **Liposomal amphotericin B:** 3-5 mg/kg/day i.v. infusion
- ❖ **Posaconazole 100 mg :** orally twice a day on the first day · Maintenance dose: 100 mg orally once a day
- ❖ **CRESEMBA, isavuconazole:** Initial: 372 mg PO/IV q8hr x6 doses (48 hr), Maintenance: 372 mg PO/IV qDay
- ❖ **Voriconazole:** Oral-200 mg BD taken 1 hour before or 1 hour after meal; Intravenous—initially 6 mg/kg 12 hourly 2 doses, then 4 mg/kg 12 hourly. Drug is to be reconstituted and diluted, infused at not more than 3 mg/kg/hr.



75. MALARIA (मलेरिया)

INTRODUCTION

- ❖ मलेरिया एक पैरासाइटिक रोग है जो एनोफेलीज मच्छर के काटने से फैलता है
- ❖ जब यह मच्छर आप को काटता है, तब पैरासाइट आप के खून में जा कर रेड ब्लड सेल्स को नष्ट करता है
- ❖ Malaria is transmitted by infected mosquitoes
- ❖ When you get bitten by a mosquito which carries the malaria parasite, the parasite enters your bloodstream
- ❖ It is then carried to your liver, where it multiplies

TYPES

- | | |
|---------------------------------|-------------------------------|
| 1. <i>Plasmodium Falciparum</i> | 3. <i>Plasmodium Ovale</i> |
| 2. <i>Plasmodium Vivax</i> | 4. <i>Plasmodium Malariae</i> |
| | 5. <i>Plasmodium Knowlesi</i> |



SYMPTOMS

- | | | |
|---------------------------------|------------------------|--------------------|
| ❖ Fever | ❖ Nausea | ❖ Rapid breathing |
| ❖ Chills | ❖ Vomiting | ❖ Rapid heart rate |
| ❖ General feeling of discomfort | ❖ Muscle or joint pain | ❖ Cough |
| ❖ Headache | ❖ Fatigue | ❖ Diarrhea |
| | | ❖ Abdominal pain |

PREVENTION

- | | |
|----------------------------|-------------------------------|
| ❖ Mosquito repellent | ❖ Wear full sleeve cloth |
| ❖ Mosquito repellent Cream | ❖ Keep surrounding area clean |
| ❖ Mosquito Net/Machardani | ❖ Maintain good hygiene |

DIAGNOSIS

- ❖ Microscopic Examination of Blood Smears (Giemsa Staining)
- ❖ Rapid Diagnostic Tests (RDTs)
- ❖ Polymerase Chain Reaction (PCR) Testing
- ❖ Quantitative Buffy Coat (QBC) Test

TREATMENT & MEDICINE OPTIONS

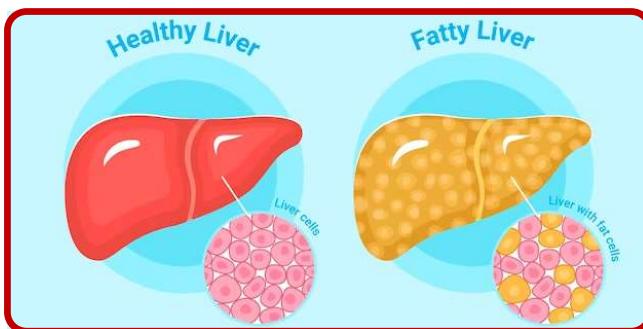
1. **CHLOROQUINE:** 1000 milligrams (mg) once a day, taken for 2 days, Followed by 500 mg once a day for at least 2 to 3 weeks.
2. **Artemether-lumefantrine:** 3 Days course of total 24 tablets in six doses (4 Tablet BD for 3 days)
3. **Atovaquone-proguanil:** 50 milligrams (mg) of atovaquone and 100 mg proguanil (1 adult strength tablet) per day, starting 1 to 2 days before entering malarial area and continuing for 7 days following return.
4. **Primaquine phosphate:** For radical cure of vivax malaria: 15 mg (children 0.25 mg/kg) daily for 2 weeks along with chloroquine for 3 days; As gametocidal for falciparum malaria 45 mg (0.75 mg/kg) single dose along with chloroquine;
5. **Himalaya Platenza:** Take 1 to 2 tablets twice daily
6. **Resochin:** Dose:1 or 2 tablet per day
7. **Norsunate-200:** Dose: 1 tablet per day
8. **Quinestar:** Dose: 1 tablet OD/BD
9. **Lumerax-60:** Dose: 1 tablet per day
10. **Lumerax-80:** Dose: 1 tablet per day
11. **Larinate-100 kit:** Single time kit
12. **Larinate-200 kit :** Single time kit
13. **Synriam tablet:** 1 tablet per day



76. NON ALCOHOLIC FATTY LIVER DISEASE (NAFLD)

INTRODUCTION

- ❖ The liver is the largest organ in human body
- ❖ Location : The upper right part of the belly (abdomen)
- ❖ Color : Dark reddish-brown in color & Weight: About 3 pounds
- ❖ It removes toxins from the blood & Helps in protein synthesis
- ❖ Storage of vitamins and minerals also Filtration of blood from the body and filter out toxins drug



- ❖ Everyone has little amount of fat on liver, But, In fatty liver too much accumulation of fat on liver, Its lead to serious liver damage like liver cirrhosis, liver fibrosis
- ❖ Because of the fat deposits in the liver, (NAFLD) is a severe type of fatty liver disease that damages and swells the liver, Additionally linked to an increased risk of conditions including diabetes, heart attacks, and strokes are high liver fat levels.

- ❖ फैटी लिवर एक गंभीर बीमारी है. इसमें लिवर में वसा या चर्बी जमा हो जाती है
- ❖ फैटी लिवर के लक्षण:
 - वज़न कम होना
 - भूख न लगना
 - थकान
 - पैरों में सूजन
 - मतली
- ❖ फैटी लिवर को ठीक करने के उपाय
 - ❖ वज़न कम करना
 - ❖ फल-सब्जियाँ खूब खाना
 - ❖ एक्सरसाइज करना
 - ❖ धनिया का सेवन करना

CAUSES

- ❖ Obesity or overweight
- ❖ Having Type 2 diabetes
- ❖ Over use of drugs
- ❖ Taking steroids

SYMPTOMS

- | | |
|---|--|
| ❖ Tiredness and weakness | ❖ Spiderlike blood vessels on the skin |
| ❖ Weight loss | ❖ Long-lasting itching |
| ❖ Fever | ❖ Severe tiredness |
| ❖ Nausea and vomiting | ❖ Weakness |
| ❖ Appetite loss | ❖ Weight loss |
| ❖ Yellowing of the skin and eyes (jaundice) | ❖ Yellowing of the skin or eyes |

DIAGNOSIS

- | | |
|--------------|-----------------|
| ❖ Blood test | ❖ CT scan & MRI |
| ❖ Urine test | ❖ Liver biopsy |
| ❖ Ultrasound | ❖ SGPT / SGOT |



TREATMENT OPTIONS

- ❖ Doctors recommended for weight loss
- ❖ Suggest improve health
- ❖ Suggest nutritional supplements



2 Tablet BD



1-2 tablets daily

INTRODUCTION

- ❖ Nausea is stomach discomfort and the sensation of wanting to vomit. It can be a precursor to vomiting the contents of the stomach. The condition has many causes and can often be prevented.
- ❖ Nausea is not a disease itself,
- ❖ but can be a symptom of many disorders related to the digestive system or GI tract



Nausea and vomiting

- ❖ जी घबराना या मतली आना एक सामान्य स्थिति है, इस आभास को नॉशिया कहा जाता है। नॉशिया की स्थिति कई कारणों से हो सकती है।
- ❖ ज़रूरी नहीं कि किसी बीमारी की वजह से ही जी मिचलाएं। इसकी वजहें कार या हवाई जहाज में सफ़र करना, खाली पेट गोलियां लेना बहुत ज्यादा या बहुत कम खाना या खूब सारी शराब पी लेना।

- | | |
|---|-------------------------------------|
| ❖ जी मिचलाने या उल्टी आने के कई कारण हो सकते हैं: | ❖ पेट संबंधित समस्याएं |
| ❖ एलर्जी | ❖ पेट में कीड़े होना |
| ❖ कोई सर्जरी | ❖ फूड इन्टॉलरेंस (Food intolerance) |
| ❖ प्रेग्नेंसी | ❖ कैंसर का इलाज |
| ❖ कुछ दवाओं का सेवन | ❖ अधिक गर्मी |
| ❖ हार्मोनल डिसऑर्डर | ❖ सफर में जी मिचलाना |

CAUSES

- ❖ Motion sickness or seasickness
- ❖ Early stages of pregnancy
- ❖ Nausea occurs in approximately 50%-90% of all pregnancies; vomiting in 25%-55%
- ❖ Pain in body cause nausea
- ❖ Emotional stress (such as fear)
- ❖ Gallbladder disease
- ❖ Food poisoning
- ❖ Stomach Infections
- ❖ Stomach Flu
- ❖ Some medications

SYMPTOMS

- ❖ Feeling to do vomiting
- ❖ Dizziness
- ❖ Faintness
- ❖ Dry mouth
- ❖ Diarrhea
- ❖ Fever
- ❖ Abdominal pain
- ❖ Decreased urination



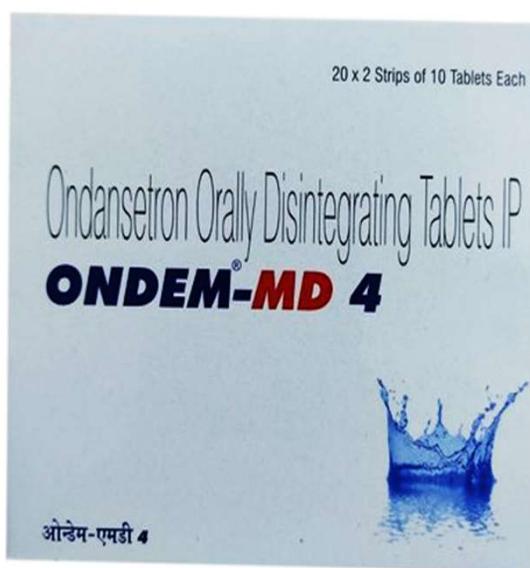
DIAGNOSIS

- ❖ Blood test
- ❖ Urine test
- ❖ Pregnancy test
- ❖ Ultrasound scan
- ❖ Physical examinations



MEDICINE OPTIONS

- 1.** Promethazine theoclinate: 25–50 mg oral;
- 2.** Diphenhydramine: 25–50 mg oral.
- 3.** Dimenhydrinate: 25–50 mg oral.
- 4.** Cyclizine: 50 mg oral.
- 5.** Meclozine: 25–50 mg oral.
- 6.** Doxylamine: 10–20 mg at bed time (for morning sickness).
- 7.** Cinnarizine: 25–50 mg oral.
- 8.** Chlorpromazine: 10–25 mg oral/i.m.
- 9.** Prochlorperazine: 5–25 mg oral/i.m.
- 10.** Metoclopramide: 10 mg (children 0.25–0.5 mg/kg) TDS oral or i.m. For chemotherapy induced vomiting 0.3–1.0 mg/kg i.v./
- 11.** Domperidone: 10–40 mg (Children 0.3–0.6 mg/kg) TDS;
- 12.** Cisapride: 10–20 mg TDS
- 13.** Mosapride: 5 mg (elderly 2.5 mg) TDS
- 14.** Itopride: 50 mg TDS
- 15.** Tegaserod: 2–6 mg BD before meals



INTRODUCTION

- ❖ Nerve pain is medical condition in which you feel pain in nerve due to weakness of nerve.
- ❖ Also called Neuropathy
- ❖ Peripheral Neuropathy
- ❖ Neuron pain
- ❖ Diabetic Neuropathy

पैरों के तलवे में झुनझुनाहट

- ❖ नसों के दर्द को नर्व पैन कहा जाता है. यह एक दर्दनाक और जलन वाली अनुभूति है.
- ❖ नसों के दर्द के लक्षण ये हैं:
- ❖ दर्द, पिन-और-डीडल सनसनी
- ❖ सूजन- कमज़ोरी

सुई चुभने जैसा एहसास होना

पूरे पैर में असहनीय दर्द होता है

अक्सर तेज और जलन वाले दर्द

CAUSES

- ❖ Nerve damage or weakness
- ❖ Peripheral neuropathy
- ❖ Diabetic neuropathy
- ❖ Heavy alcohol drinking
- ❖ Brain or spine injury
- ❖ Poor blood supply to neuron
- ❖ Vitamin B12 or thiamine (vitamin B1) or B6 deficiency
- ❖ Nutritional deficiency
- ❖ Uncontrolled diabetes

SYMPTOMS

- ❖ Continuous Pain in nerve
- ❖ Sudden Tingling in feet
- ❖ Feeling like a needle prick
- ❖ Sudden pain in body



DIAGNOSIS

- ❖ Medical History ❖ Blood & sugar Test
- ❖ Physical examination ❖ Urine test
- ❖ Symptoms based ❖ CT SCAN or MRI
- ❖ Vitamin b12 test



TREATMENT & MEDICINE OPTIONS

1. ALLOPATHY OPTIONS:

- Meconerv Forte Capsules: Dose: 1 Capsule Per Day
- Neurobion Forte Tablet: Dose: 1 Tablet Per Day
- Neurobion Plus Tablet: Dose: 1 Tablet Per Day
- Optineuron Forte Tablet: 1 Tablet Per Day
- Mecgla Capsule: Dose: 1 Capsule Per Day
- Nurokind Gold Capsules: Dose: 1 Capsule Per Day
- Neurobion Forte Injection: Dose: 1 Injection Per Week
- Nurokind Gold Injection: Dose: 1 Injection Per Week
- Resner Plus Tablet: Dose: 1 Tablet OD/BD
- Pregabalin 75 Mg Tablet: Dose: 1 Tablet OD/BD
- Gabapentin 100 Mg Tablet: Dose: 1 Tablet OD/BD
- Arigaba Ointment: Apply 2-3 Times A Day
- Capsaicin Cream: Apply 2-3 Times A Day

2. HERBAL & HOMEOPATHY:

- SBL Hypericum Perforatum 1x Tablets : Dose: 1 or 2 Tablet BD
- SBL Hypericum Ointment: Apply 2-3 Times A Day
- Bakson Hypericum Ointment :Apply 2-3 Times A Day
- Allen A29 Homeopathy Sciatica Drops For Nerve Pain Drops:
DOSE 10 - 15 drops in half-cup of water, 4 times a day.

INTRODUCTION

- ❖ Night fall is condition when men ejaculate (release sperm) and women release fluid from their vaginas while sleeping
- ❖ ***They are also known as nocturnal emissions***
- ❖ Also called wet dreams
- ❖ It occurs any time when u sleep Either in day or night
- ❖ ***In adult age it is also common in many people and its Not a any disease or disorder***
- ❖ Nightfall is completely physiological
- ❖ **NORMAL NIGHT FALL:**
- ❖ Normal: 2-3 times a week
- ❖ It's natural process of throwing waste semens
- ❖ Body naturally release excessive semen which form by our reproductive organ on daily basis
- ❖ Nothing to worry
- ❖ **EXCESSIVE NIGHT FALL:**
- ❖ When night fall occurs daily or when u sleep is sign of excessive night fall
- ❖ **5-7 times a week or More than 15-20 times in a month** need some treatment base on reason of night fall

- ❖ नाइट फॉल को स्वप्नदोष भी कहते हैं.
- ❖ यह एक स्वाभाविक दैहिक क्रिया है.
- ❖ सोते समय वीर्य के निकल जाने को नाइट फॉल कहते हैं. युवावस्था में नाइट फॉल होना आम बात है.



- ❖ नाइट फॉल एक ऐसी समस्या है जिसमें किसी पुरुष को सोते-सोते अचानक ही सीमन निकलने की दिक्कत हो जाती है.
- ❖ यह महिने में अगर 1 या 2 बार ही हो तो सामान्य बात कही जा सकती है. लेकिन, अगर यह इससे ज्यादा बार होता है, तो वीर्य की या शुक्र की हानि होती है और व्यक्ति को शारीरिक कमज़ोरी का अहसास होता है

CAUSES

- ❖ Less frequent masturbation
- ❖ Absence or lack of sexual activity (Physical inactivity)
- ❖ Watching too much of sexual content
- ❖ Going to bed with full bladder at night
- ❖ Excessive stimulation of genitals
- ❖ Taking of sex hormone supplements
- ❖ Weak muscles
- ❖ Inadequate ejaculation
- ❖ Obesity & Stress
- ❖ Prostate Gland Inflammation
- ❖ Nervous System Problems
- ❖ Nightfall Due to Drug Side Effect

- ❖ अश्लील कल्पनाएं
- ❖ अश्लील चिंतन
- ❖ अश्लील फ़िल्म देखना
- ❖ नारी स्मरण
- ❖ मन में भोग-विलास के वासनात्मक ख्याल
- ❖ मन में काम-वासना
- ❖ यौन गतिविधि की अनुपस्थिति या कमी
- ❖ बहुत ज्यादा अश्लील सामग्री देखना
- ❖ ज्यादा तनाव लेना

SYMPTOMS

- | | |
|-------------------------------------|---------------------|
| ❖ Sperm release when you pass urine | ❖ Mild weakness |
| ❖ Same during you pass stool | ❖ Pain in testicles |
| ❖ Chills or sweating at night | ❖ Loss of appetite |
| | ❖ Weakness in body |

DIAGNOSIS

- ❖ Semen analysis
- ❖ Blood test & Urine test
- ❖ BMI (basal mass index)



TREATMENT & MEDICINE OPTIONS

1. Treat your Prostate gland inflammation
2. Treat by Reduce the intake of sex hormone medicine
3. Reduce your body weight in range of normal BMI
4. Read Good books with motivation before you sleep
5. Limit the use and watching of sexual content
6. Reduce stress, Anxiety, and depression
7. Do Yoga on regular basis
8. Mediation
9. Reading of holy books
10. Take healthy sleep of 8 hour
11. Avoid watching content which distract your mind
12. **MEDICINES:**
 - For overall health: Multivitamins and Multiminerals
 - For healthy neuron: Multivitamins and Multiminerals
 - Sleep and wellness medicine: Herbal or allopathy medicine available for good sleep
 - Antidepressants if reason is stress and depression
 - Medicine treatment of Prostate and its inflammation



1-2 tablet two times in a day

4 to 6 tablet with Milk

1 Spoon with milk 2 times

2 tablet two times in a day

INTRODUCTION

- ❖ ओबेसिटी (Obesity) का सिंपल अर्थ है वजन का बढ़ना (Over Weight)
- ❖ पेट निकलना, बेली फैट बढ़ता है, मोटापा होने की प्रमुख वजह अधिक खाना और एक्सरसाइज़ नहीं करना है।
- ❖ मोटापा (Obesity) एक ऐसी स्थिति है जिसमें शरीर में अत्यधिक चर्बी जमा हो जाती है। यह स्वास्थ्य के लिए हानिकारक हो सकता है।
- ❖ मोटापा या अधिक वजन दुनिया की 30 प्रतिशत आबादी को प्रभावित करता है। यह दुनिया भर में मौत का पांचवां प्रमुख कारण बन गया है।

- ❖ Obesity is a complex disease involving an excessive amount of body fat
- ❖ Higher BMI Compare to Normal one, BMI above 30 is considered to be obese



BODY MASS INDEX FORMULA (Metric)	
BMI =	$\frac{\text{Weight (kgs)}}{[\text{Height (m)}]^2}$

Category	BMI range - kg/m ²
Severe Thinness	< 16
Moderate Thinness	16 - 17
Mild Thinness	17 - 18.5
Normal	18.5 - 25
Overweight	25 - 30
Obese Class I	30 - 35
Obese Class II	35 - 40
Obese Class III	> 40

CAUSES

- ❖ Bad habits of eating junk food
- ❖ Stress in life
- ❖ Poor sleep
- ❖ Hormonal imbalance
- ❖ Genetics
- ❖ Thyroid problem
- ❖ **SOME MEDICINES:**
 - Insulin
 - Antipsychotic
 - Antidepressant
 - Epilepsy medicines
 - Steroid hormone

SYMPTOMS

- ❖ Breathlessness
- ❖ Often Feeling Very Tired
- ❖ Increased Sweating
- ❖ Joint Pain
- ❖ Snoring
- ❖ Back Pain
- ❖ Difficulty In Doing Work
- ❖ Feeling Isolated
- ❖ Anxiety



DIAGNOSIS

- ❖ Find Your BMI
- ❖ Blood Test
- ❖ Hormonal Test

TREATMENT

- ❖ Diet changes
- ❖ Exercise & Yoga
- ❖ Life style modification

MEDICINE OPTIONS

1. Ayurslim Capsules: Dose: 2 Capsule BD
2. Himalaya Vrikshamla: Dose: 2 Tablet BD
3. Patanjali Divya Weight Go: Dose: 2 Tab BD
4. Charak Obenyl Tablet: Dose: 1-2 Tablet BD
5. Charak Obenyl Nutra: Dose: 1-2 Tablet BD
6. Zandu Lean & Slim: Dose: 1-2 Capsule BD
7. Hamdard Safoof Mohazzil: 5 gm BD With Water
8. SBL B-Trim Drop: 10-15 Drops In Half Cup Water 4 Time
9. Lipocut 60: 1 Capsule BD Or TID
10. Lipocut 120: 1 Capsule BD Or TID



INTRODUCTION

- ❖ It is the medical condition in which pressure inside the eyes increase, In medical term High pressure in the eyes is called the ocular hypertension (INCREASED EYE PRESSURE)
- ❖ The front part of the eye is filled with a clear fluid (called aqueous humor) made by the ciliary body
- ❖ **Intraocular pressure (IOP):**
- ❖ Normal eye pressure ranges from 12-22 mm Hg
- ❖ Eye pressure of greater than 22 mm Hg is considered higher than normal Called ocular hypertension
- ❖ Ocular hypertension occurs when the pressure in the eye (known as intraocular pressure) is above the range considered normal (often defined as above 21 mm Hg)

नेत्र संबंधी उच्च रक्तचाप का मतलब है कि आंखों में दबाव (आंतराक्षि दाब) सामान्य से ज्यादा है। आंखों में दबाव को इंट्राओक्युलर प्रेशर (आईओपी) कहते हैं, आंखों के फ्रंट एरिया में फ्लूइड होता है। **जब यह फ्लूइड पूरी तरह से ड्रेन नहीं होता, तो यह आंखों में बिल्ड-अप हो सकता है,** जब आंखों का दबाव ज्यादा होता है, तो इस स्थिति को आंख का रोग कहते हैं।

CAUSES

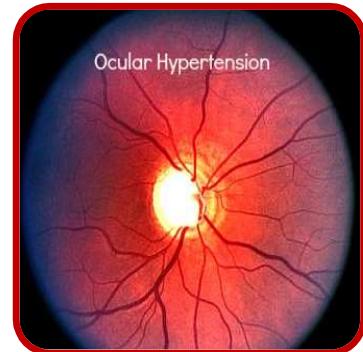
- ❖ Primary reason behind increase the eye pressure is
 - 1.Increase fluid production in eyes by ciliary body
 - 2.Decrease in the fluid out flow
- ❖ Resulting increase in amount of aqueous humor and it build up the pressure inside the eyes and damage the different parts of eyes
- ❖ Poor drainage of the aqueous humor (a fluid inside the eye)

SYMPTOMS

- ❖ Hazy or blurred vision
- ❖ Nausea or vomiting
- ❖ The appearance of rainbow-colored circles around bright lights
- ❖ Severe eye pain
- ❖ Severe eye and head pain
- ❖ Sudden sight loss
- ❖ Red eyes

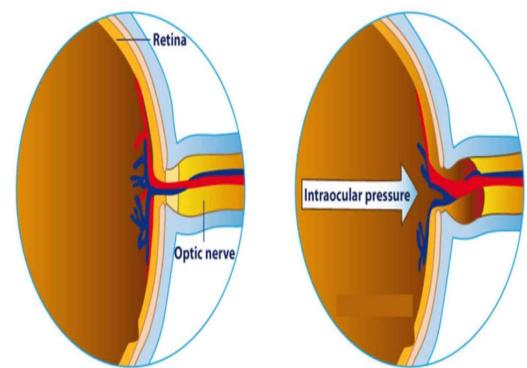
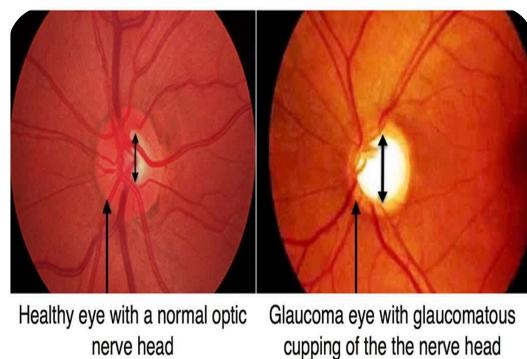
DIAGNOSIS

- ❖ During a regular eye exam, intraocular pressure is measured using a device called tonometer
- ❖ If elevated pressure is measured above **21 mm Hg twice**, an eye care professional may diagnose ocular hypertension



TREATMENT OPTIONS

- ❖ **PROSTAGLANDINS:**
 - They work by increase the outflow of the fluid in eye (aqueous humor) & reduce the eye pressure
 - Latanoprost, Bimatoprost
 - Travoprost, Tafluprost
 - Latanoprostene bunod
- ❖ **BETA BLOCKERS:**
 - They work by reduce the production of the fluid in eye (aqueous humor) & reduce the eye pressure
 - Timolol & Betaxolol



❖ **Alpha-adrenergic agonists:**

- They work by reduce the production of the fluid in eye (aqueous humor) and also outflow
- Thus reduce the eye pressure.

• Apraclonidine

• Brimonidine

❖ **Carbonic anhydrase inhibitors:**

- They also work by reduce the production of the fluid in eye (aqueous humor), Thus reduce the eye pressure.

• Dorzolamide

• Brinzolamide

❖ **Rho kinase inhibitor:**

- They also work by reduce the eye pressure by suppressing the rho kinase enzymes responsible for fluid increase.

• Netarsudil

❖ **Miotic or cholinergic agents:**

- They also work by increase the outflow of eye

• Pilocarpine



INTRODUCTION

- ❖ Oral Thrush or oral candidiasis, is a yeast infection of the mouth
- ❖ Oral Thrush produces slightly raised, creamy white patches in the mouth or on tongue
- ❖ Oral Thrush also called oral candidiasis
- ❖ It mostly affects babies but can also occur in adults
- ❖ Fungi normally live in our mouths, but rapid multiplication can cause an infection

- ❖ ओरल थ्रश, जिसे ओरल कैंडिडिआसिस भी कहा जाता है, एक फंगस संक्रमण है. यह फंगस के एक समूह यानी कैंडिडा, विशेष रूप से कैंडिडा अल्बिकन्स के कारण होता है.
- ❖ ओरल थ्रश की समस्या
- ❖ मुँह के अंदर फंगस
- ❖ जीभ में इन्फेक्शन
- ❖ मुँह के छाले
- ❖ मुँह का फंगल इन्फेक्शन



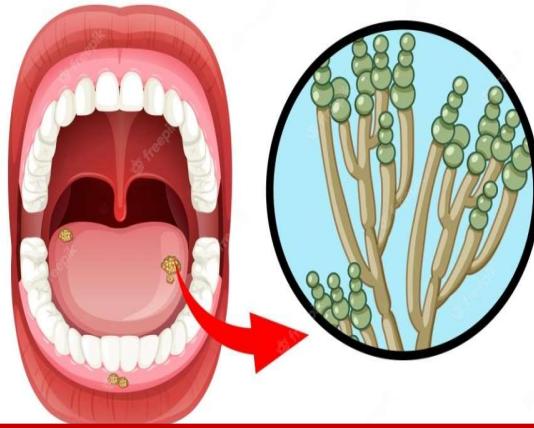
- ❖ सफेद रंग की कोटिंग या परत महसूस होना
- ❖ जीभ लाल होने के साथ जलन और दर्द होना
- ❖ स्वाद लेने की क्षमता में बदलाव आना
- ❖ जीभ या होठों के कोनों का फटना
- ❖ जीभ पर रुई या सैंडपेपर जैसा महसूस होना



CAUSES

- ❖ it's caused by a group of yeasts called Candida
- ❖ Poor oral hygiene
- ❖ Stress
- ❖ Using birth control pill
- ❖ Weak immune system
- ❖ Cancer
- ❖ Poor or Unhealthy diet

Oral Candidiasis (Thrush)



SYMPTOMS

- | | |
|--|---|
| ❖ Plaques formation in our tongue | ❖ Cottony feeling in your mouth |
| ❖ Unpleasant taste in mouth or loss of taste | ❖ A feeling that food gets stuck in your throat |
| ❖ Cracks at the corners of the mouth | ❖ Painful & burning sensation in the mouth |

RISK FACTORS

- | | |
|--------------------|-------------------------|
| ❖ Diabetes | ❖ Smoking |
| ❖ Anemia | ❖ ill-fitting dentures |
| ❖ HIV/AIDS | ❖ Poor nutritional diet |
| ❖ Cancer | ❖ Chromotherapy |
| ❖ Local irritation | ❖ Vitamin deficiency |
| ❖ Local radiation | |
| ❖ Dry mouth | |
| ❖ Pregnancy | |



TREATMENT & MEDICINES

1. CLOTRIMAZOLE LOZENGES

- Mild Oral Thrush:
- 10 MG Clotrimazole lozenge - 5 times a day

2. NYSTATIN SUSPENSION

- 5 mg nystatin oral suspension - 4 times a day

3. FLUCONAZOLE TABLET

- Moderate To Severe Oral Thrush:
- Loading Dose : 200mg of fluconazole once
- Maintenance Dose : 100 mg once a day, for 7–14 days

4. ITRACONAZOLE CAPSULES

- Oral Thrush that is not responding to treatment
- 200mg of Itraconazole capsules once a day for 28 days

5. VORICONAZOLE TABLETS

- Oral Thrush that is not responding to treatment
- 200mg voriconazole twice a day for 28 days

6. POSACONAZOLE SUSPENSION

- Loading Dose :
- 400mg posaconazole suspension twice a day for 3 days
- Maintenance Dose :
- 400 mg once a day for 28 days

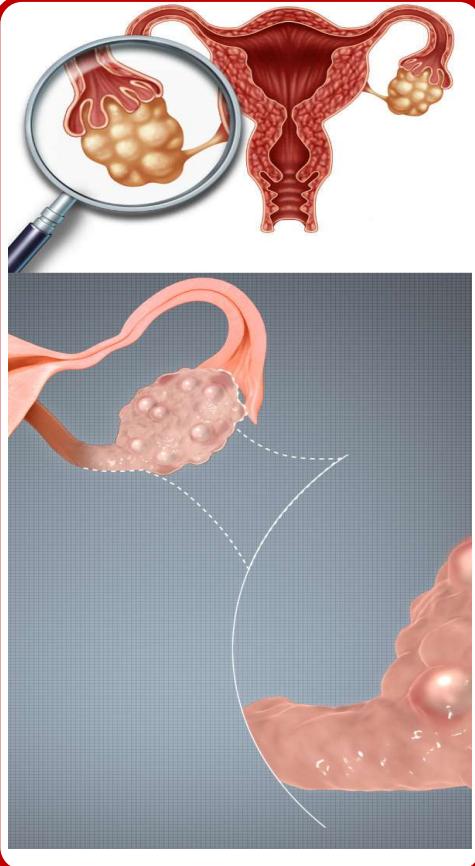


83. OVARIAN CYST (अंडाशय में गांठ)

INTRODUCTION

- ❖ Ovarian cysts are sacs, usually filled with fluid, in an ovary or on its surface. The majority of cysts are harmless.
- ❖ If the cyst either breaks open or causes twisting or Rupture of the ovary, it may cause severe pain.

- ❖ ओवेरियन सिस्ट का मतलब है, अंडाशय में गांठ होना। ओवरी एक तरल पदार्थ से भरी थैली होती है। ओवेरियन सिस्ट दिखने में किसी छोटी थैली की तरह होते हैं।
- ❖ प्रेग्नेंसी रखने में परेशानी होना
- ❖ पीरियड्स रुक रुक के आते हैं
- ❖ पेट फूलना या सूजन



CAUSES

- ❖ Abnormal cell reproduction
- ❖ Endometriosis
- ❖ Pelvic Inflammatory Disease
- ❖ Hormonal imbalance

SYMPTOMS

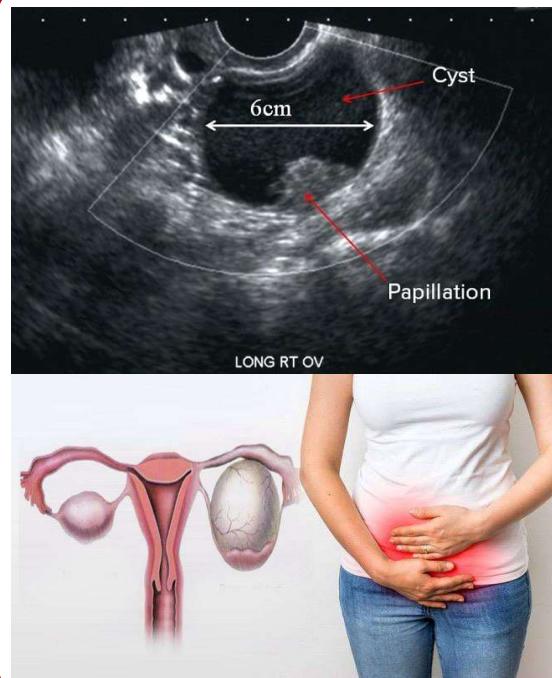
- | | |
|-----------------------|-----------------------|
| ❖ Pelvic pain | ❖ Menorrhagia |
| ❖ Fullness in abdomen | ❖ Weight gain |
| ❖ Feeling of bloating | ❖ Hair growth on face |
| ❖ Painful intercourse | ❖ Nausea & vomiting |
| ❖ Irregular periods | |

DIAGNOSIS

- ❖ Pelvic Examination
- ❖ Ultrasound Scan
- ❖ MRI or CT scan
- ❖ Laparoscopy
- ❖ Regular follow-ups

TREATMENT

1. Ovarian cyst medications
2. NSAIDS to stop pain
3. Ovarian cyst surgery
4. Watchful Waiting



MEDICINE OPTIONS

1. **Allen A90 Ovarian Cysts Drop:** Dose: Take 50 Drops in half cup of water daily 4 times for 4 days, After 4 days, take 30 Drops, 3 times a day
2. **SBL Ovarinum 30 CH:** DOSE: Take 5 drops in half cup of water three times a day, 15 to 30 minutes before or after taking food
3. Paracetamol 500 mg 1 or 2 tablet per day
4. Ibuprofen 400 mg 1 or 2 tablet per day
5. This Medicine Help Reduce & Relieve Pain
6. Surgery options:
 - Laparoscopy
 - Laparotomy



84. PARALYSIS (लकवा)

INTRODUCTION

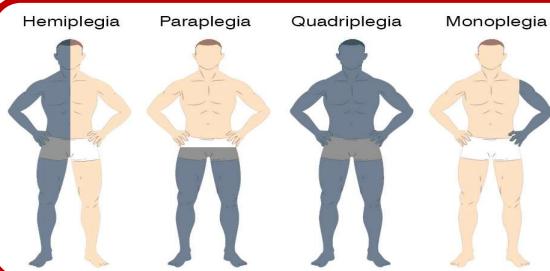
- ❖ Paralysis is medical condition which is mainly occurs due to damage or injury to nervous system
- ❖ It is a problem related to bodies nervous system
- ❖ Neuron related problem



- ❖ लकवा एक घातक बीमारी है. यह एक या एकाधिक मांसपेशियों के समूह के काम करने में पूर्णतः असमर्थ होने की स्थिति को कहते हैं.
- ❖ प्रभावित क्षेत्र में सनसनी या सुन्नता की कमी, प्रभावित क्षेत्र में दर्द या बेचैनी का महसूस होना, झुनझुनी या अन्य असामान्य संवेदनाएँ

TYPES

1. Hemiplegia (half body)
2. Paraplegia (half body)
3. Quadriplegia (Full Body)
4. Monoplegia (single hand)



CAUSES

- ❖ Spinal cord injuries
- ❖ Strokes or Brain injuries
- ❖ Cerebral palsy
- ❖ Multiple sclerosis
- ❖ Neurological diseases
- ❖ Autoimmune disease
- ❖ Diabetes
- ❖ Family history
- ❖ Herpes simplex virus
- ❖ High blood pressure
- ❖ Epstein-Barr virus
- ❖ Herpes zoster virus

SYMPTOMS

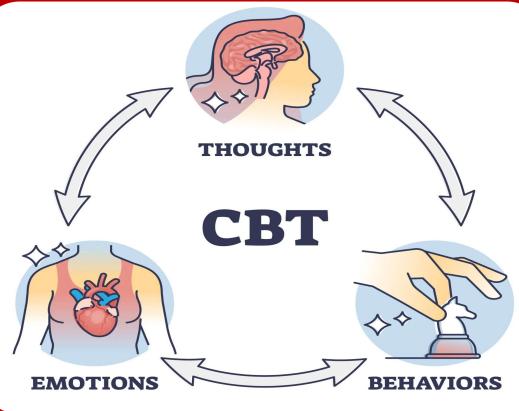
- ❖ CT SCAN
- ❖ MRI
- ❖ Blood test
- ❖ Neurological examinations
- ❖ Physical examinations

DIAGNOSIS

- ❖ Loss of feeling
- ❖ No movement
- ❖ No sensations
- ❖ Loss of muscle control
- ❖ Muscle cramps
- ❖ Tingling
- ❖ Numbness

TREATMENT OPTIONS

- ❖ Supportive care
- ❖ Rehabilitation
- ❖ Physiotherapy
- ❖ Speech therapy
- ❖ Routine Exercises
- ❖ Cognitive behavioural therapy (CBT) for patient



MEDICINE OPTIONS



Dose: 1 Tablet Per day



Dose: 1 Tablet Per day

85. PELVIC PAIN (पेडू में दर्द)

INTRODUCTION

- ❖ Pain occurs in lower abdomen area, It may be might be steady, or it might come and go
- ❖ It can be a sharp and stabbing pain in a specific spot, Sometimes can be dull pain that is spread out



पेट के निचले हिस्से में सूजन , पेल्विक दर्द, पेडू में दर्द को पेल्विक पेन भी कहते हैं. पेडू में दर्द होने के कई कारण हो सकते हैं:

- | | | |
|----------------------------|---------------------|------------------------|
| ❖ प्रोस्टेट की सूजन | ❖ यूरिन इन्फेकशन | ❖ गैस |
| ❖ प्रोस्टेट बढ़ने से मूत्र | ❖ गुर्दे का संक्रमण | ❖ बैक्टीरियल इंफेकशन |
| मार्ग पर दबाव बढ़ना | ❖ किडनी स्टोन | ❖ यौन संक्रमण से जुड़ी |
| ❖ अपेंडिक्स | ❖ पीरियड्स | बीमारी |

CAUSES

- | | |
|-------------------------------------|---|
| ❖ Pregnancy | ❖ Cervical cancer |
| ❖ Ectopic pregnancy | ❖ Uterine cancer |
| ❖ Miscarriage | ❖ Ovarian cancer |
| ❖ Pelvic inflammatory disease (PID) | ❖ Kidney infection |
| ❖ Ovulation | ❖ Bladder infection |
| ❖ Menstrual cramps | ❖ Pelvic disorders |
| ❖ Ovarian cyst | ❖ Appendicitis |
| ❖ Uterine fibroids | ❖ Urinary tract infection |
| ❖ Endometriosis | ❖ Sexually transmitted infection (STIs) |

SYMPTOMS

- ❖ Swelling in affected area
- ❖ Redness in affected area
- ❖ Pain in affected area
- ❖ Body cramps
- ❖ Nausea
- ❖ Vomiting

PREVENTION

- ❖ Don't stand or walk for long periods
- ❖ Eat more fibrous food
- ❖ Physically active
- ❖ Regular exercise
- ❖ Visit your healthcare provider regularly

- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ Blood tests ❖ Urine tests ❖ Pregnancy tests ❖ X-ray ❖ Ultrasound | <ul style="list-style-type: none"> ❖ CT-Scan ❖ Endoscopy ❖ Uterus examination ❖ Laparoscopy |
|--|---|

TREATMENT OPTIONS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Physiotherapy ❖ Medication ❖ Surgery | <ul style="list-style-type: none"> ❖ Hormonal Treatments ❖ Home Remedies |
|--|--|

MEDICINES OPTIONS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ PAIN RELIEVERS: <ul style="list-style-type: none"> • Dicyclomine: 10–20 mg oral. • Mefenamic Acid: 250–500 mg TDS • Ibuprofen: 400–800 mg TDS • Paracetamol: 0.5–1 g TDS • Dose: infants 50 mg; children 15 mg/kg (1–3 years 80–160 mg, 4–8 years 240–320 mg, 9–12 years 300–600 mg); |  <p>BLUE CROSS
Rx
Mefenamic Acid and
Dicyclomine Hydrochloride Tablets IP
MEFTAL-SPAS®
TABLETS
मेफ्टाल-स्पास</p> |
|--|--|

TREATMENT OPTIONS

❖ HORMONE TREATMENTS:

- *If reason related to female hormonal imbalance then Birth control pills or hormonal medicines may prescribe*
- Progesterone: 10–100 mg i.m. (as oily solution) OD
- Medroxyprogesterone acetate: 5–20 mg OD–BD oral,
- Norethindrone (Norethisterone): 5–10 mg OD–BD oral
- Levonorgestrel: 0.1–0.5 mg/day

❖ ANTIBIOTICS: *If pain due to bacterial infection in stomach*

- Levofloxacin: 500 mg OD oral, 500 mg by slow i.v. infusion
- Ofloxacin: 200–400 mg BD oral, 200 mg by slow i.v. infusion
- Cefadroxil: 0.5–1 g BD

❖ ANTIDEPRESSANTS: *If reason is Anxiety of fear*

- 0.25–1.0 mg TDS for anxiety

❖ MUSCLE RELAXERS:

- Cyclobenzaprine is a centrally acting *skeletal muscle relaxant*
- It help to prevent pelvic pain by relaxing muscles in pelvic area Dose: 10 milligrams (mg) 3 times a day

❖ HOME REMEDIES

- ❖ Regular exercise
- ❖ Hot water bag massage
- ❖ Avoid alcohol
- ❖ Avoid smoking
- ❖ Take healthy food
- ❖ Manage stress level
- ❖ Multivitamin-multi mineral supplements

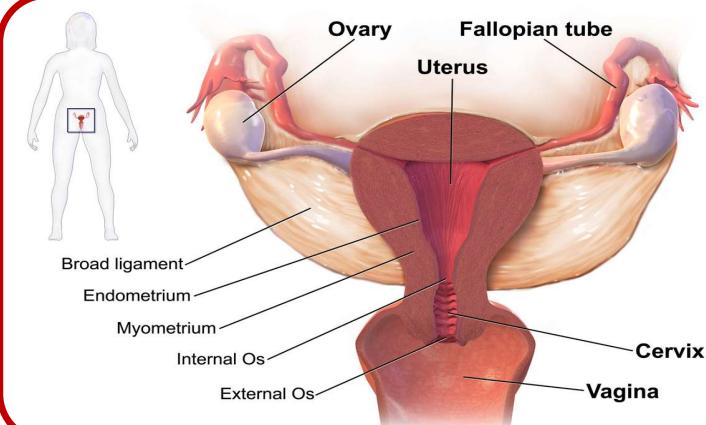


INTRODUCTION

- ❖ पीआईडी, पेल्विक इंफ्लेमेटरी डिजीज, तब होता है जब महिला प्रजनन अंग संक्रमित हो जाते हैं, यह गर्भाशय, फैलोपियन ट्यूब और अंडाशय के साथ समस्याएं पैदा कर सकता है, निशान ऊतक आंतरिक अंगों के बीच बनते हैं, जिससे लगातार श्रोणि असुविधा होती है
- ❖ यह संभावित रूपसे एक अस्थानिक गर्भावस्था में परिणाम कर सकता है
- ❖ Pelvic inflammatory disease (PID) is defined as an inflammation of the upper genital tract due to an infection in women. The disease affects the uterus, fallopian tubes, and/or ovaries
- ❖ PID can become extremely dangerous, even life-threatening, if the infection spreads into the blood

CAUSES

- ❖ Two most common infections that cause PID are
 1. Gonorrhea
 2. Chlamydia
- ❖ Unprotected-sex
- ❖ Childbirth
- ❖ Pelvic surgery
- ❖ Miscarriage
- ❖ Getting an intrauterine device (IUD)



- ❖ पेट के निचले हिस्से में बहुत बुरा दर्द
- ❖ अपना पेट खराब महसूस होना या उल्टी आना, योनि निर्वहन जो पीला-हरा रंग का या पस जैसा होता है

SYMPTOMS

- ❖ Pain around the pelvis or lower tummy
- ❖ Discomfort or pain during sex that's felt deep inside the pelvis
- ❖ Pain when peeing
- ❖ Bleeding between periods and after sex
- ❖ Heavy periods
- ❖ Painful periods
- ❖ Unusual vaginal discharge, especially if it's yellow, green or smelly
- ❖ Severe pain in the tummy
- ❖ A high temperature (fever)
- ❖ Feeling and being sick

DIAGNOSIS

- ❖ **PELVIC EXAM TO CHECK PELVIC ORGANS**
- ❖ Cervical culture to check cervix for infections
- ❖ Urine test to check your urine for signs of blood, cancer, and other diseases, After collecting samples, your doctor sends these samples to a laboratory
- ❖ **ASSESSING DAMAGE**
- ❖ If your doctor determines that you have pelvic inflammatory disease, they may run more tests and check your pelvic area for damage. PID can cause scarring on your fallopian tubes and permanent damage to your reproductive organs
- ❖ **PELVIC ULTRASOUND:** This is an imaging test that uses sound waves to create pictures of your internal organs
- ❖ **ENDOMETRIAL BIOPSY:** In this outpatient procedure a doctor removes and examines a small sample from the lining of your uterus
- ❖ **LAPAROSCOPY:** A laparoscopy is an outpatient procedure where a doctor inserts a flexible instrument through an incision in your abdomen and takes pictures of your pelvic organs

TREATMENT OPTIONS

1. Empiric treatment for PID in the inpatient setting includes:
 - Ceftriaxone 1 g IV every 24 hours PLUS Doxycycline 100 mg orally or IV every 12 hours PLUS Metronidazole 500 mg orally or IV every 12 hours
 - Cefotetan (2 g intravenously [IV] every 12 hours) plus doxycycline (100 mg by mouth every 12 hours) or
 - Cefoxitin (2 g IV every 6 hours) plus doxycycline (100 mg by mouth every 12 hours) or
 - Clindamycin (900 mg IV every 8 hours) plus gentamicin (3 to 5 mg/kg IV once daily)
2. The CDC recommends the following for first-line treatment for outpatient therapy:
 - Doxycycline (100 mg orally twice a day for 2 weeks) plus ceftriaxone 500 mg intramuscularly (IM) for one dose or cefoxitin 2 g IM with probenecid (1g orally) for one dose or another parenteral third-generation cephalosporin
 - Metronidazole (500 mg orally twice per day for 14 days) should be added if there is a concern for trichomonas or recent vaginal instrumentation



87. PENILE PAPULES (पेनाईल पैप्युल्स)

INTRODUCTION

- ❖ Penile papules are small, skin-colored bumps and non-cancerous growths that appear on the head of men's private part
- ❖ The medical term: **hirsutoid Papillomas**
- ❖ Their size and color can vary across individuals
- ❖ ***Measure between 1 to 4 millimeters in diameter***
- ❖ पेनाईल शिश्र के दाने
- ❖ हिर्सुटॉइड पेपिलोमा
- ❖ पर्ली पेनाईल पैप्युल्स
- ❖ नर के शिश्र मुण्ड (Penis Glans) के कोरोना (Corona) की त्वचा पर दिखने वाली दानेदार संरचनाएँ हैं
- ❖ सभी पुरुषों में इस जगह पर अदृश्य दाने होते हैं, लेकिन कुछ लोगों में ये दाने ज्यादा बड़े हो जाते हैं। इन बड़े दानों को ही “पर्ली पेनाईल पैप्युल्स” कहा जाता है।

CAUSES

- ❖ No any causes find for penile papules
- ❖ Because they aren't harmful, It is normal anatomic variant
- ❖ It can not be passed from person to person during physical activities

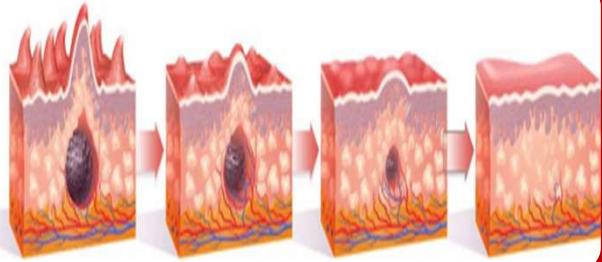
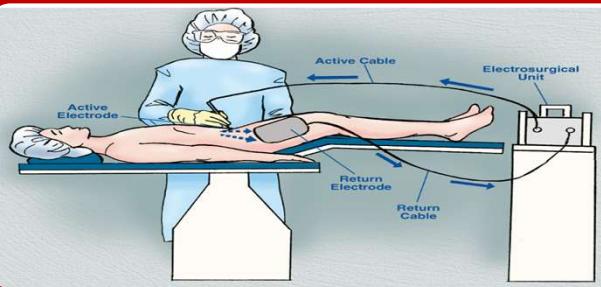
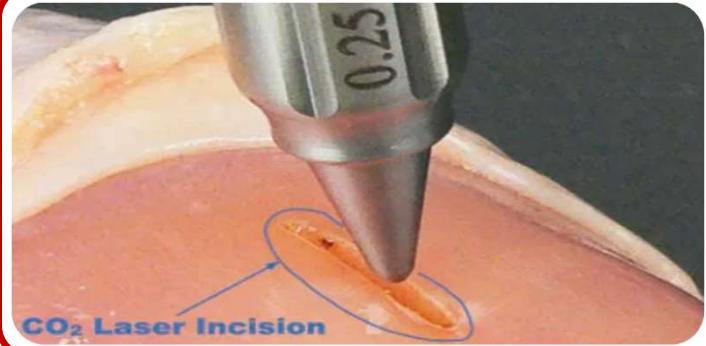
SYMPTOMS

- ❖ Usually they have no symptoms
- ❖ But, Lack of self confidence in male



TREATMENT OPTIONS

- ❖ Do not require any specific treatment
- ❖ Carbon dioxide laser vaporisation
- ❖ Electrosurgery
- ❖ Cryotherapy



SAFETY ADVICE

- ❖ व्यक्तिगत स्वच्छता रखें, उस क्षेत्र को साफ रखने के लिए नहाते समय डेटॉल पानी का उपयोग करें, किसी भी ओटीसी क्रीम जैसे एंटीफंगल, एंटीसेप्टिक और जीवाणुरोधी का उपयोग न करें
- ❖ पीपीपी पुरुष के प्रजनन स्वास्थ्य पर कोई प्रभाव नहीं डालता है
- ❖ यह केवल एक प्रकार की शारीरिक संरचना है और पुरुष प्रजनन प्रणाली के शारीरिक कार्य पर कोई प्रभाव नहीं डालता है

- Keep personal hygiene
- Simply use Dettol water during bathing to keep that area clean
- Don't use any OTC creams like, antifungal, antiseptic, and antibacterial
- PPP doesn't cause any effect on reproductive health of male
- It just one type of anatomical structure and doesn't affect on physiological function of male reproductive system

INTRODUCTION

BALANITIS INFECTION, Penis yeast Infection means inflammation of Penis, itching or soreness, redness ,Penis yeast Infection can be caused by fungus called candida growing in and around your Penis

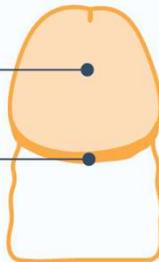
- ❖ लिंग में यीस्ट इन्फेक्शन होने पर पुरुष महसूस कर सकते हैं.
- ❖ ये आमतौर पर कैंडिडा एल्बीकैंस (candida albicans) नामक फ़ंगस से इन्फेक्शन के कारण होता है.
- ❖ ये आमतौर पर शरीर के उन अंगों में होता है जहां नमी बनी रहती है.
- ❖ पुरुषों में ये आमतौर पर लिंग में या पेनाइल एरिया में हो सकता है.

Candida balanitis

Healthy penis

Glans

Foreskin

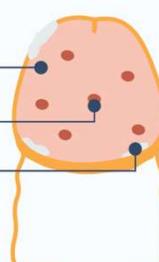


Infected penis

Redness

Blotchy rash

A thick, lumpy discharge



CAUSES

- ❖ Infection fungus candida
- ❖ Overgrowth of candida
- ❖ Unprotected intercourse with women have vaginal infection
- ❖ Poor personal hygiene
- ❖ Regular use of dirty public toilets & Do not clean your private part properly

SYMPTOMS

- ❖ Rashes (चक्के)
- ❖ Itchiness (खुजली)
- ❖ Discharge from penis. (लिंग से डिस्चार्ज)
- ❖ Redness (लालपन)
- ❖ Pain (दर्द)
- ❖ Inflammation (सूजन)

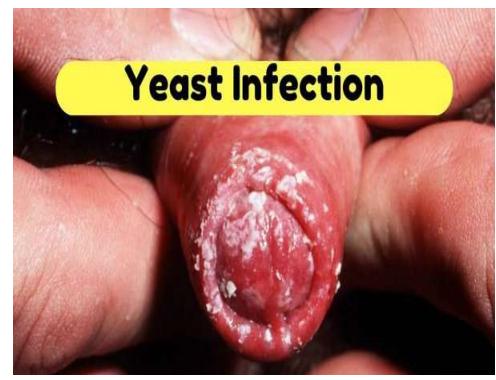
DIAGNOSIS

- ❖ Blood test & Urine test
- ❖ Physical examination
- ❖ Culture test
- ❖ Test for STIs
- ❖ Discharge swab test



TREATMENT OPTIONS

- ❖ Men's intimate hygiene wash
- ❖ Oral medicines and drugs
- ❖ Antimicrobials
- ❖ Herbal creams
- ❖ Topical Preparation



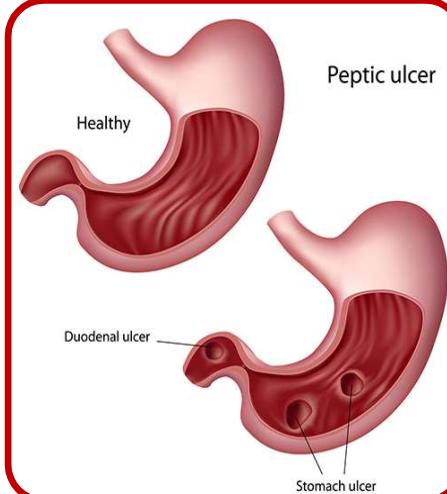
MEDICINE OPTIONS

1. **ANTIMICROBIALS (ANY 1 FROM GIVEN LIST)**
 - Clavam 625 (1 BD)
 - Flagyl 500 (1 OD)
 - Zenflox OZ (1 BD)
 - Fluka-150 (Single Dose)
 - Candiforce (1 OD/BD)
2. **HERBAL CREAM**
 - Charak Takzema
 - Charak Femiplex
 - Himalaya antiseptic cream (Apply 2-3 times)
3. **TOPICAL PREPARATIONS**
 - Any 1 Cream from given list apply 2-3 times in a day after clean penile area
 - Flucort -H
 - Candid-B
 - Imidil
 - Cipladine
 - Betadine
 - Surfaz-SN cream
 - Neosporin cream
 - Himalaya V-gel

89. PEPTIC ULCERS (पेट में छाले)

INTRODUCTION

- ❖ Peptic ulcers is a disease of the Gastrointestinal tract (GI TRACT)
- ❖ Peptic ulcer disease (PUD) is a break in the inner lining of the stomach, the first part of the small intestine, or sometimes the lower oesophagus
- ❖ Ulcers occur when stomach acid damages the lining of the digestive tract and cause peptic ulcer



- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ पेप्टिक अल्सर, पेट या ड्यूडेनम की लाइनिंग में होने वाला एक गोल या अंडाकार घाव है। ❖ यह घाव तब होता है, जब पेट के एसिड और पाचक रसों द्वारा पेट या ड्यूडेनम की लाइनिंग को क्षतिग्रस्त कर दिया जाता है। | <ul style="list-style-type: none"> ❖ पेप्टिक अल्सर के कारण ❖ हैलिकोबैक्टर पायलोरी संक्रमण ❖ पेट या ड्यूडेनम के अस्तर को कमज़ोर करने वाली दवाएं ❖ शरीर बहुत ज्यादा अम्ल बनाना ❖ पाचन पथ का क्षतिग्रस्त होना |
|---|--|

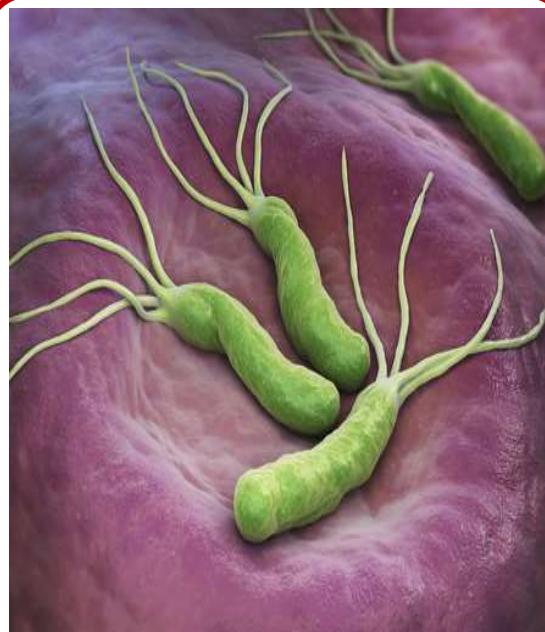
CAUSES

- ❖ Infection with the **bacterium Helicobacter pylori (H. pylori)**
- ❖ long-term use of aspirin and **Nonsteroidal Anti-inflammatory Drugs (NSAIDs)**
- ❖ High Stress and excessive alcohol cause peptic ulcers
- ❖ **Family history** and **Genetic factors** also play a role in the pathogenesis of ulcer disease: lifetime prevalence of developing ulcer disease in first-degree relatives of ulcer patients is about three times greater than the general population (Agar family me kisi ko past me ulcer hua tha)

- ❖ **Hormonal factors:** evident in cases of Zollinger Ellison syndrome
- ❖ **Environmental factors:** cigarette smoking, coffee and alcoholism
- ❖ **Emotional stress:** evident with duodenal ulcer
- ❖ **Associated diseases:** Chronic bronchitis, emphysema, liver cirrhosis, renal failure

SYMPTOMS

- ❖ Pain in the chest or upper abdomen
- ❖ Gastrointestinal: belching, heartburn, indigestion,
- ❖ Nausea and vomiting
- ❖ Passing excessive of gas, or
- ❖ Whole body: fatigue, feeling full sooner than normal,
- ❖ Loss of appetite
- ❖ Abdominal discomfort



DIAGNOSIS

- ❖ Endoscopy and Biopsy
- ❖ Stool Examination to Diagnose Duodenal Ulcer
- ❖ Blood Examination for Urea Breath Test
- ❖ Upper GI Barium Study
- ❖ CT Scan



MEDICINES OPTIONS

1. H2 BLOCKERS

- Ranitidine: 150 mg BD or 300 mg at bed time
- Famotidine: 20 mg BD
- Cimetidine: 400 mg BD or 800 mg OD at bed time
- Roxatidine : 75 mg BD

2. PROTON PUMP INHIBITORS

- Omeprazole: 20–60 mg/day
- Pantoprazole: 40 mg OD
- Rabeprazole: 20 mg OD
- Lansoprazole: 15–30 mg OD
- Dexrabeprazole: 10-20 mg OD

3. ANTACID SYRUPS

ANY 1 SYRUP

DOSE: 5-10ml 3 TIMES

- Magnesium hydroxide
- Milk of magnesia
- Mag. trisilicate
- Aluminium hydroxide gel
- Magaldrate
- Calcium carbonate

4. HERBAL NATURAL MEDICINE

- Any 1 (5ml 2-3 times)
- Himalaya Himcocid-SF
- SBL Nixocid syrup

5. PROTECTIVE DRUGS:

- Sucralfate protective drug and work by making coating on stomach lining and prevent their damage and help in healing
- 1 g taken 1 hour before 3 major meals & bed time

6. ANTI-H.PYLORI DRUG:

- If reason of infection is bacteria
- ANY-1 ANTIBIOTIC PRESCRIBE TO PATIENT**
- Amoxicillin 500 (1 OD/BD)
- Clarithromycin (1OD)
- Metronidazole 500 (1 OD)
- Ofloxacin + Ornnidazole (1 OD/BD)
- Doxycycline 100 (1 OD/BD)



INTRODUCTION

- ❖ Difficulty in retracting the prepuce, Greek word : “muzzling”
- ❖ In male, the head of the penis is covered by a sheath of skin known as the foreskin, Phimosis is a condition in which the foreskin is tightly stretched around the head of the penis and cannot be pulled back freely, Phimosis can occur naturally

फाइमोसिस या फिमोसिस एक ऐसी बीमारी है, जिसमें लिंग की ऊपरी स्किन बहुत ज्यादा टाइट हो जाती है और नीचे करने पर वह पीछे की तरफ नहीं हट पाती है

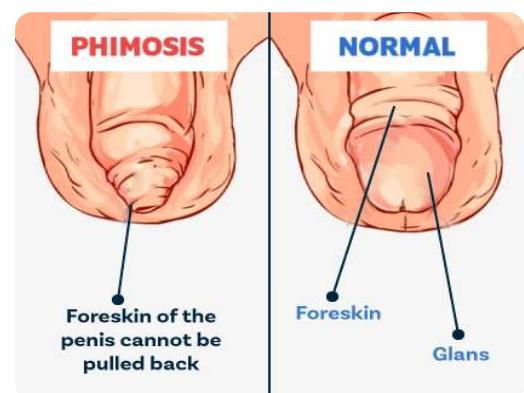
CAUSES

- ❖ Poor hygiene
- ❖ Scar tissue
- ❖ Injuries
- ❖ Skin diseases
- ❖ Sexually transmitted infections (STIs)

SYMPTOMS

- ❖ Soreness
- ❖ Itchiness
- ❖ Odor
- ❖ Foreskin pain
- ❖ Redness and swelling
- ❖ Buildup of thick fluid
- ❖ Pain when urinating

फिमोसिस का इलाज करने के लिए खतना किया जाता है. लेज़र खतना एक एडवांस और दर्द रहित सर्जरी है. इसमें कोई कट नहीं लगाया जाता, खून नहीं निकलता, और इन्फेक्शन की कोई संभावना नहीं होती. खतना करने के बाद मरीज़ घर जा सकता है और अगले दिन से ऑफिस भी जा सकता है. रिकवरी में कोई दर्द नहीं होता



DIAGNOSIS

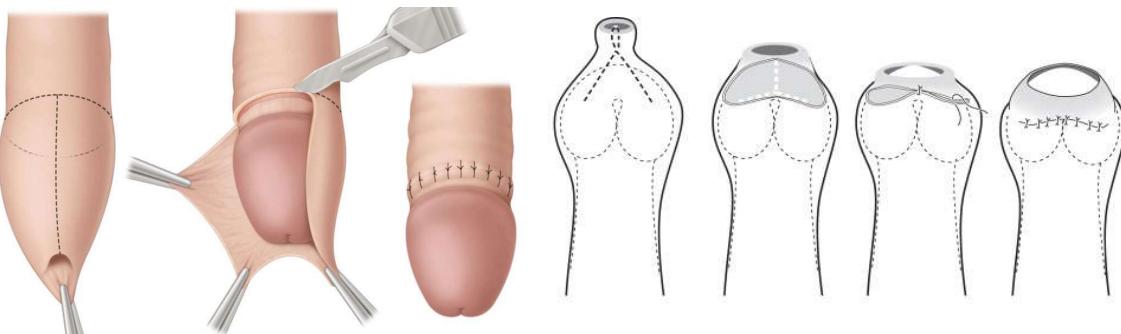
- ❖ Physical examination
- ❖ Urine & Blood test
- ❖ Sugar test

TREATMENT OPTIONS

- ❖ Topical Steroid Creams
- ❖ Manual Stretching
- ❖ Surgical Treatment

MEDICINE OPTIONS

- ❖ **APPLY CREAM 2-3 TIMES A DAY & TRY TO TAKE SKIN BACK AND FRONT (Cream lagane ke baad skin ko aage piche kare)**
 - Betnovate: Dose: Apply 3-4 times in a day
 - Soframycin cream : Dose: Apply 2-3 times in a day
 - Charak femiplex: Dose: Apply 3-4 times in a day
 - Himalaya antiseptic cream (Apply 2-3 times)
 - Himalaya V- gel: Dose: Apply 3-4 times in a day



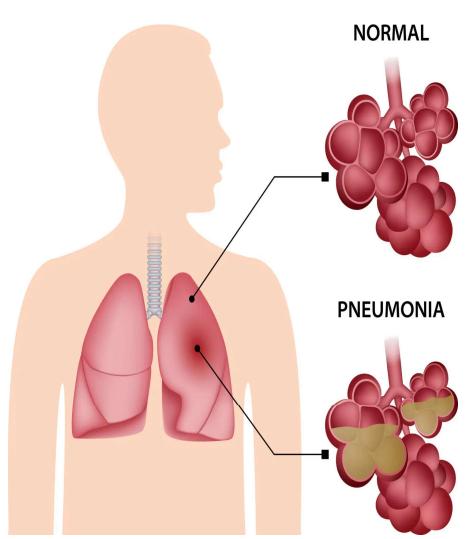
Circumcision: cut foreskin

Preputioplasty: Loose foreskin

INTRODUCTION

Pneumonia is an infection of the Lungs that cause inflammation and swelling in lungs, It affect on small air sacs known as ALVEOLI, One type of RTI (Respiratory Tract Infection) affect the lungs.

निमोनिया एक संक्रामक बीमारी है जो फेफड़ों को प्रभावित करती है. यह बीमारी किसी संक्रमित व्यक्ति की खांसी या छींक से निकली बूंदों के संपर्क में आने से आसानी से दूसरे व्यक्ति में फैल सकती है. इसके कारकों में बैक्टीरिया, वायरस या फंगस शामिल होते हैं.



CAUSES

- ❖ Bacteria or Viruses or Fungi
- ❖ Streptococcus pneumoniae
- ❖ Human Influenza Virus (Flu)
- ❖ Respiratory syncytial virus
- ❖ COVID-19 Virus

SYMPTOMS

- | | | |
|---------------------|------------------------|--------------------|
| ❖ High fever | ❖ Shortness of breath | ❖ Headaches |
| ❖ Chills | ❖ Pleuritic chest pain | ❖ Loss of appetite |
| ❖ Skin clamminess | ❖ Hemoptysis | ❖ Nausea |
| ❖ Blueness | ❖ Fatigue | ❖ Vomiting |
| ❖ Cough with sputum | | ❖ Low BP |

DIAGNOSIS

- ❖ Chest X-Ray
- ❖ Sputum Culture Test
- ❖ CBC-Test
- ❖ Check Blood oxygen Level
- ❖ Blood CRP Test

TREATMENT OPTIONS

- | | |
|-------------------|--------------------|
| ❖ Proper Rest | ❖ Coconut Water |
| ❖ Antibiotics | ❖ Herbal Kadha |
| ❖ Hospitalization | ❖ Steam Inhalation |
| ❖ Water | ❖ Homeopathy |
| ❖ Fruit Juice | ❖ Bronchodilators |



MEDICINE OPTIONS

- 1. ANTIBIOTICS FOR INFECTION**
 - Azithromycin: 1 Tablet OD
 - Cefadroxil: 1 Tablet OD or BD
 - Taxim-O Cv: 1 Tablet OD or BD
 - Oflomac-Oz: 1 Tablet OD or BD
 - Ceftriaxone: Dose- 1–2 G I.V. Or I.M./Day
 - Paracetamol: Take When Fever
 - Ibuprofen: Take When Fever
 - Omeprazole: 1 Tablet 30 Min Before Meal
 - Vitamin-C: 1 Tablet Per Day
 - Zincovit: 1 Tablet Per Day
- 2. Herbal Kadha ingredients**
 - 2 cups of water
 - 1 inch of ginger
 - 4-5 cloves
 - 5-6 black pepper
 - 5-6 Tulsi leaves
 - ½ tsp honey
 - 2 inch cinnamon stick
 - Mulethi (licorice)
- 3. Herbal:** Sudarshan & Giloy Ghanvati
- 4. Bronchodilators:**
 - Asthalin
 - Levolin-4: Use by inhalation

92. POLY CYSTIC OVARIAN DISEASE

INTRODUCTION

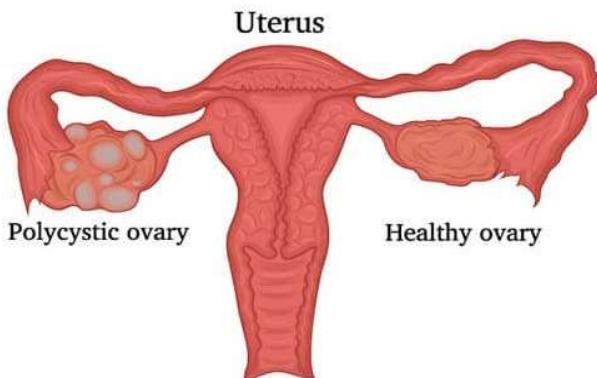
- ❖ It is a hormonal disorder in women of reproductive age
- ❖ It is a very common condition affecting 5% to 10% of women in the age group 12–45 years, In PCOD multiple bubble-like form on the surface of one or both of ovaries, Due to presence of multiple cyst eggs partially mature but are not released, These eggs remain in their follicles, which swell but don't open
- ❖ Thus it cause irregular menstrual cycle in women
- ❖ It can cause problems with menstrual periods and make it difficult for female to conceive Pregnancy
- ❖ It cause irregular or prolonged menstrual periods, and often excess male hormone (androgen) levels

- ❖ पीसीओडी- पॉलीसिस्टिक ओवरी डिजीज़, इसे हिन्दी में बहुत्विक अंडाशय रोग कहते हैं. पीसीओडी, महिलाओं में एण्ड्रोजन (पुरुष हार्मोन) की अधिकता से होने वाला विकार है. अनियमित माहवारी या पीरियड्स नहीं आना
- ❖ लक्षणों में अनियमित माहवारी या पीरियड्स नहीं आना, दर्दभरा व लम्बा मासिक धर्म, चेहरे पर अनचाहे बाल, मुंहासे, पेल्विक दर्द, संतान प्राप्ति में कठिनाई होना है।

CAUSES

- ❖ The cause of PCOD is still unknown
- ❖ But following reasons are responsible for PCOD/PCOS
- ❖ Excessive stress in life and hormonal imbalance
- ❖ PCOD with low-grade inflammation

Polycystic ovary



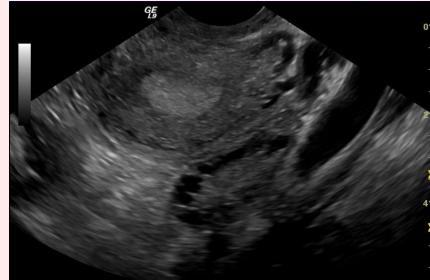
- ❖ Production of male hormones (hyperandrogenism) in high quantity and genetics can be found
- ❖ Also, early age of menarche, unhealthy lifestyle and pollution are some of the contributing factors of PCOD
- ❖ Insulin resistance means the body's tissues are resistant to the effects of insulin. The body therefore has to produce extra insulin to compensate
- ❖ High levels of insulin causes the ovaries to produce too much testosterone, which interferes with the development of the follicles (the sacs in the ovaries where eggs develop) and prevents normal ovulation
- ❖ It also lead to weight gain, which can make PCOS symptoms worse, as having excess fat causes body to produce more insulin
- ❖ Production of male hormones (hyperandrogenism) in high quantity and genetics can be found

SYMPTOMS

- ❖ Irregular periods or no periods at all
- ❖ Difficulty getting pregnant (because of irregular ovulation or failure to ovulate)
- ❖ Excessive hair growth (hirsutism) – usually on the face, chest, back or buttocks
- ❖ Weight gain
- ❖ Thinning hair and hair loss from the head
- ❖ Oily skin or acne
- ❖ Irregular periods, occurring every 2 to 3 months (amenorrhea)
- ❖ Heavy bleeding (Menorrhagia)
- ❖ Unusual & and facial hair growth (hirsutism)
- ❖ Male-pattern baldness
- ❖ Infertility
- ❖ Pigmentation or darkening of the skin around the neck region

DIAGNOSIS

- ❖ Medical history
- ❖ Physical appearance
- ❖ Symptoms based diagnosis
- ❖ Hormonal assay and blood test
- ❖ Raised levels of testosterone
- ❖ Raised levels of luteinising hormone (LH)
- ❖ Low levels of follicle-stimulating hormone (FSH)
- ❖ An ultrasound (SONOGRAPHY) also done for diagnosis



TREATMENT OPTIONS

- | | |
|----------------------|-----------------------|
| ❖ Medications: | ❖ Yoga |
| ❖ Lifestyle changes | ❖ Meditation |
| ❖ Reduce body weight | ❖ Reduce stress |
| ❖ Cinnamon water | ❖ Birth control pills |
| ❖ Green tea | ❖ Progestin therapy |



MEDICINE OPTIONS

- ❖ Birth control pills: Estrogen & Progesterone
- ❖ Metformin HCL: 1 Tablet OD OR BD
- ❖ Clomiphene Citrate:1 Tablet OD OR BD
- ❖ Letrozole 2.5 mg Tablet:1 Tablet OD OR BD
- ❖ Cabergoline Tablets:1 Tablet per week
- ❖ M2 Tone Syrup & tablets: 5 ml 3 times a day/2 tablet BD
- ❖ Himalaya evecare Syrup: 5 ml 3 times a day
- ❖ Himalaya evecare Forte Capsule 2 Capsule BD
- ❖ Allen A90 Ovarian Cysts Drop: Take 50 Drops in half cup of water daily 4 times for 4 days. After 4 days, take 30 Drops, 3 times a day
- ❖ SBL Ovarinum 30 CH:Take 5 drops in half cup of water three times a day.15 to 30 minutes before or after taking food



93. PUS FORMATION (मवाद)

INTRODUCTION

- ❖ Pus is Thick fluid caused by infection in body
- ❖ It is made up of
 1. White blood cells
 2. Dead tissue & cell
 3. Living or dead microorganisms
- ❖ पस को मवाद भी कहते हैं. यह आमतौर पर त्वचा में फोड़ों, रोमछिद्रों या किसी चोट की वजह से होने वाले बैक्टेरियल इंफेक्शन का असर होता है.
- ❖ अगर पस त्वचा की ऊपरी सतह पर जमा हो, तो गर्म पानी या एंटीबायोटिक्स से ठीक हो सकता है

CAUSES

- ❖ Due to infection in body
- ❖ Pus is form when our immune system cell start to fight back with infection causing microorganism
- ❖ So many reason for pus is infection in our body

SYMPTOMS

- ❖ Pain and swelling
- ❖ Pus inside body
- ❖ Discharge from the eye
- ❖ Discharge from the ear
- ❖ Pus formation in PID
- ❖ Fever and body pain

TREATMENT OPTIONS

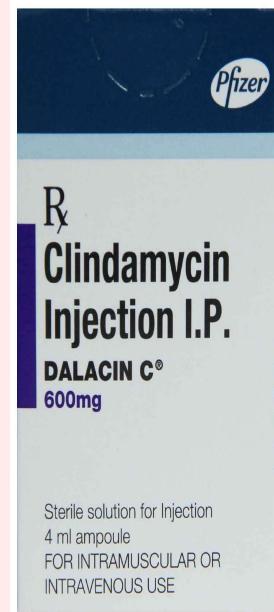
- ❖ Oral Antibiotics
- ❖ Antibiotics Cream
- ❖ Antibiotics Gel & Ointment
- ❖ Antibiotics Injection
- ❖ Antibiotics Powders
- ❖ Optic Drops (Eye drops)



MEDICINE OPTIONS (पस सुखाने की दवाइयाँ)

❖ ORAL ANTIBIOTICS :

- Clindamycin Capsules : 150–300 mg QID Oral
- Septran Ds Tablets: Dose 1 Tablet OD or BD
- Taxim O CV 200: 1 Tablet Bd or TID Q8h
- Doxycycline-100mg: 1 Capsule OD or BD
- Azithromycin 500 mg: 1 Tablet OD For 3 Days
- Clavam 625 Tablets: 1 Tablet OD or BD
- Nor-Metrogyl Plus Tablet: 1 Tablet OD or BD
- Cefuroxime Axetil 500 mg: 1 Tablet OD or BD
- Levofloxacin 500 mg : 1 Tablet OD or BD
- Linezolid Tablet IP 600 : 1 Tablet OD or BD



❖ CREAM & POWDER TO APPLY ON WOUND TO DRY PUS

- Clindamycin Cream: Apply 2-3 Times A Day
- Neosporin Ointment 5 Gm: Apply 2-3 Times A Day
- Povidone Iodine Ointment: Apply 2-3 Times A Day
- SBL Sulphur Gel: Apply 2 To 3 Times A Day
- Neosporin Powder: Apply 2 To 3 Times A Day
- Povidone Iodine Powder: Sprinkle On Wound



❖ ANTIBIOTICS INJECTIONS:

- Clindamycin Injection : 600-900 Mg IV/IM Q8h
- Augmentin Injection: 0.25–1 G TDS By Iv
- Cefuroxime Sodium Injection: 0.75–1.5 G I.M. Or I.V. Q8h
- Monocef-SB Injection: 1–2 G I.V. Or I.M./Day
- Lincomycin Injection: 300-600 mg IM/IV Q8h



❖ OPTIC DROPS (EYE DROPS IF PUS FORMATION IN EYE)

- Moxifloxacin Eye Drops: 1 Drop Two Times
- Gatifloxacin Eye Drops: 1-2 Drop Every 2-3 Hour
- Ciprofloxacin Eye Drops: 1-2 Drop Every 2-3 Hour

INTRODUCTION

Respiratory tract infection (RTI) is defined as any infectious disease of upper or lower respiratory tract. Many different viruses infect the respiratory tract. Also due to allergy or bacterial infection affect the upper or lower respiratory tract.

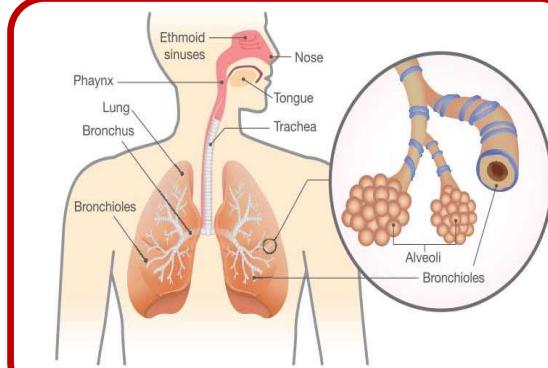
- ❖ श्वसन तंत्र संक्रमण (Respiratory tract infection) एक ऐसा रोग होता है जो श्वसन तंत्र में संक्रमण से फैलता है। साइनस, गले, वायुमार्ग या फेफड़ों के संक्रमण हैं।
- ❖ श्वसन रोग (सांस रोग) आपके ऊपरी और निचले श्वसन तंत्र को प्रभावित करता है।
- ❖ यह साइनस से शुरू होकर आपके वोकल कॉर्ड्स और फेफड़ों को प्रभावित करता है।
- ❖ फेफड़ों के रोग or श्वासनली के रोग or स्वयंसीमित सर्दी-जुकाम

TYPES

- | | |
|--|--|
| <p>1. Upper respiratory tract infections (URTIs)</p> <ul style="list-style-type: none"> ❖ Common cold ❖ Laryngitis ❖ Pharyngitis/tonsillitis ❖ Acute rhinitis ❖ Acute rhinosinusitis ❖ Acute otitis media | <p>2. Lower respiratory tract infections (LRTIs)</p> <ul style="list-style-type: none"> ❖ Acute Bronchitis ❖ Bronchiolitis ❖ Pneumonia ❖ Tracheitis |
|--|--|

CAUSES

- ❖ Virus
- ❖ Bacteria
- ❖ Allergy
- ❖ Contact with infected person



SYMPTOMS

- ❖ A cough with mucus-phlegm
- ❖ Sneezing, high fever
- ❖ A stuffy or runny nose
- ❖ A sore throat
- ❖ Headaches
- ❖ Muscle aches
- ❖ Breathlessness
- ❖ Tight chest or wheezing

PREVENTION

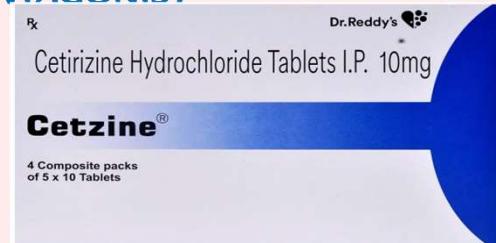
- ❖ Washing your hands regularly and thoroughly, particularly after touching your nose or mouth, and before handling food.
- ❖ Sneezing and coughing into tissues.
- ❖ This will help prevent the virus-or bacteria containing droplets from your nose and mouth entering the air where they can infect others

TREATMENT OPTIONS

- ❖ Nasal decongestants
- ❖ Antibiotic for infection
- ❖ Antihistamines
- ❖ Topical and systemic steroids
- ❖ Saline nasal drops
- ❖ Topical phenol or lidocaine

MEDICINES OPTIONS

- ❖ **ANTIHISTAMINES & LEUCOTRINE ANTAGONIST**
 - Cetirizine: 10 mg oral
 - Diphenhydramine 25–50 mg oral
 - Fexofenadine: 120–180 mg oral
 - Loratadine: 10 mg oral
 - Chlorpheniramine: 2–4 mg (0.1 mg/kg) oral, i.m.
 - Montelukast: 10 mg OD; children 2–5 yr 4 mg OD



- ❖ **ANTIBIOTICS FOR INFECTION**
 - Azithromycin: 1 Tablet OD
 - Cefadroxil: 1 Tablet OD or BD
 - Taxim-O CV: 1 Tablet OD or BD
 - Oflomac-OZ: 1 Tablet OD or BD
 - Ceftriaxone: Dose- 1–2 G I.V. Or I.M./Day
 - Paracetamol: Take When Fever
 - Ibuprofen: Take When Fever
 - Omeprazole/Pantoprazole: 1 Tablet 30 Min Before Meal
 - Vitamin-C: 1 Tablet Per Day
 - Health OK: 1 Tablet Per Day
 - Dexona: 0.5 To 10 mg Per Day

❖ BRONCHODILATORS:

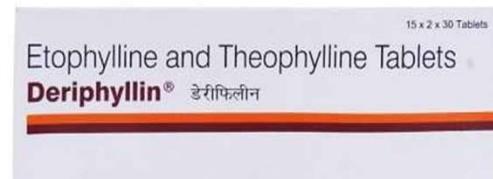
- Asthalin Or Levolin
- Deriphylline tablet (1 OD/BD)

❖ HERBAL KADHA INGREDIENTS

- 2 cups of water
- 1 inch of ginger
- 4-5 cloves
- 5-6 black pepper
- 5-6 Tulsi leaves
- $\frac{1}{2}$ tsp honey
- 2 inch cinnamon stick
- Mulethi (Lecorice)

❖ HERBAL REMEDY:

- Sudarshan Ghanvati & Giloy Ghanvati (2 Tablet BD)
- Himalaya Bresol



INTRODUCTION

- ❖ रूमेटाइड अर्थराइटिस एक ऑटोइम्यून बीमारी है, इसमें, रोग-प्रतिरोधक क्षमता अपने ही शरीर की स्वस्थ कोशिकाओं को नुकसान पहुंचाने लगती है.
- ❖ इससे शरीर के जोड़ों पर बुरा प्रभाव पड़ता है और जोड़ों की परतें खराब होने लगती हैं, इस बीमारी में जोड़ों में सूजन, लालिमा, दर्द, और जकड़न जैसी समस्याएं हो जाती हैं. उपचार के लिए एक डिजीज मॉडिफाइड एंटी-रूमेटिक ड्रग (DMARD) दी जाती है, इसके अलावा नॉन-स्टेरायडल एंटी इंफ्लेमेटरी ड्रग या लो डोज कॉर्टिकोस्टेरॉइड का उपयोग DMARD के साथ किया जा सकता है.



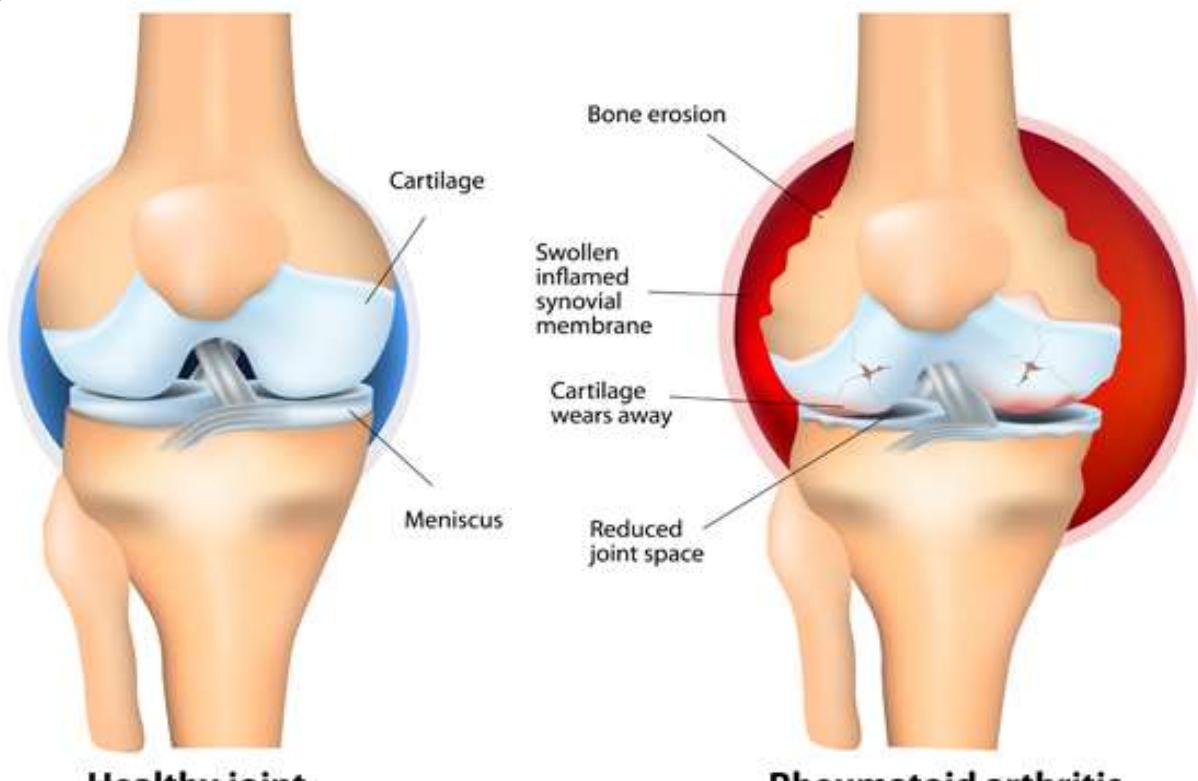
- ❖ Rheumatoid arthritis is a long-term autoimmune disorder that primarily affects joints. It typically results in warm, swollen, and painful joints. It is a chronic inflammatory disorder that can affect more than just your joints.
- ❖ In some people, condition can damage a wide variety of body systems, including the skin, eyes, lungs, heart and blood vessels.
- ❖ An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues, Damage the tissue and after then mace inflammation of that tissue , When inflammation occurs around joints condition becomes painful

CAUSES

- ❖ Genetic susceptibility
- ❖ An immunological reaction
- ❖ Autoimmune responses
- ❖ An inflammatory reaction in joints and tendon sheaths
- ❖ The appearance of rheumatoid factors in the blood and synovium
- ❖ Perpetuation of the inflammatory process
- ❖ Articular cartilage destruction

SYMPTOMS

- ❖ Tender & Warm joints
- ❖ Swollen joints (sujan)
- ❖ Fatigue (Kamjori)
- ❖ Fever (bukhar)
- ❖ Loss of appetite (Bhukh me kami)
- ❖ Joint stiffness in morning



DIAGNOSIS

- ❖ Primary Diagnosis based on the sign & symptoms
- ❖ X-ray is performed for further detail diagnosis
- ❖ Compare to Normal in RA we can find bone erosion & displacement
 - Full blood count (FBC) –
 - Normocytic hypochromic anaemia (due to abnormal erythropoiesis from chronic inflammation), WBC
 - Inflammatory markers
 - ESR, CRP elevated
 - (its use as indication of disease progression monitoring, treatment response)
 - Rheumatoid factor(RF)
 - anti-IgG auto Ab 80% will have it & Anti- cyclic citrullinated peptide (CCP) Ab



Figure 1

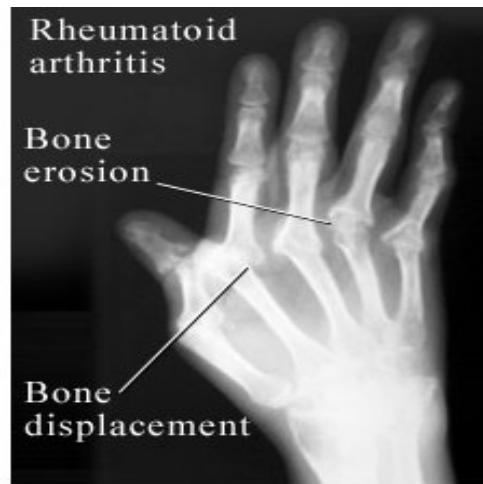
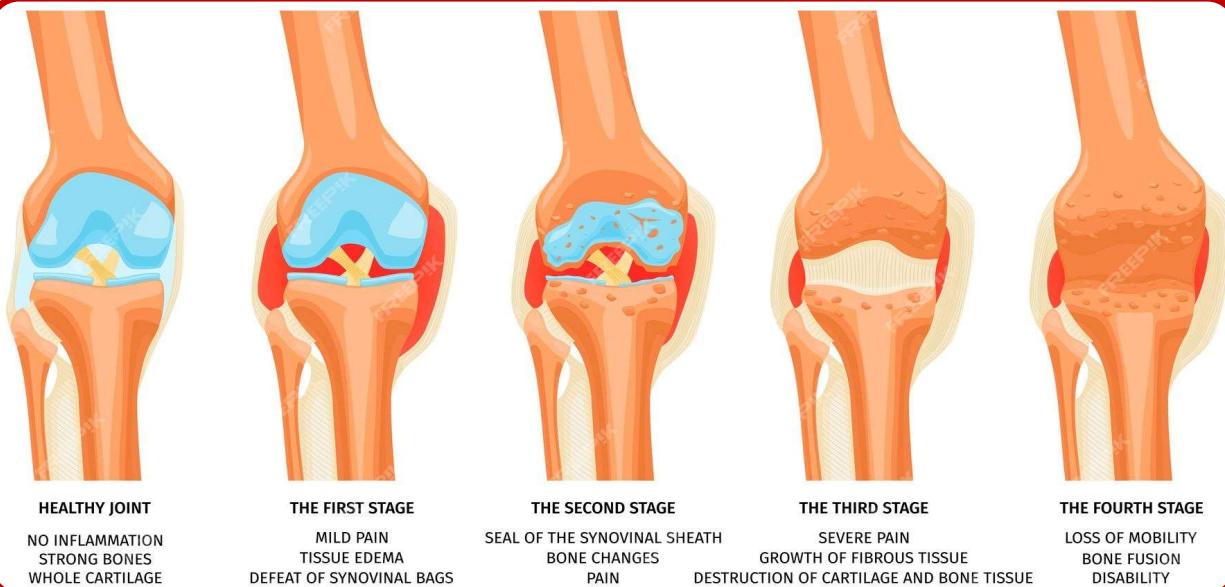


Figure 2



TREATMENT & MEDICINES OPTIONS

❖ ANALGESIC AND ANTIINFLAMATORY DRUGS

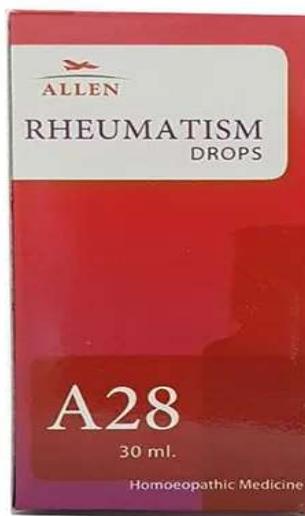
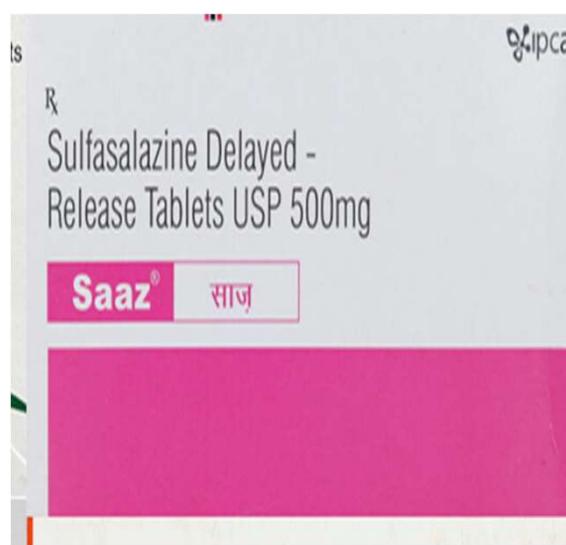
- Diclofenac (50 mg TDS)
- Aceclofenac (100 mg BD)
- Celecoxib (100–200 mg BD)
- Etoricoxib (60–120 mg OD)
- Etodolac (200-400 mg BD-TDS)
- Paracetamol (0.5–1 g TDS; infants 50 mg; children 15 mg/kg)
- Ketolorac (10–20 mg oral 6 hourly, 15–30 mg i.m./i.v. 6 hourly (max 90 mg/day)
- Piroxicam: 20 mg BD for two days followed by 20 mg OD

❖ DISEASE-MODIFYING ANTIRHEUMATIC DRUGS :

- Sulfasalazine (1–3 g/day in 2–3 divided doses)
- Methotrexate (7.5–15 mg weekly oral)
- Penicillamine (125–250 mg OD (max 250 mg BD))
- Azathioprine (50–150 mg/day)
- Hydroxychloroquine (initially 200 mg BD followed by 200 mg OD for maintenance)

HOMEOPATHIC DROPS

- Allen A28 Rheumatism Drop 30 ml, Dose: 8 to 10 drops in half cup of water, 3 times a day before meals



96. RINGWORM (दाद)

INTRODUCTION

रिंगवॉर्म को दाद भी कहते हैं. यह फंगस की वजह से होता है, दाद की समस्या आम है. कभी-कभी यह जल्दी ठीक हो जाता है, यह संक्रमण खोपड़ी, बाहों और त्वचा के कुछ अलग-अलग हिस्सों में हो सकता है। दाद होने पर त्वचा पर लाल गोलाकार धब्बे बन जाते हैं जो देखने में बहुत ही भयानक लगते हैं।

- ❖ It is a common skin Fungal infection
- ❖ It can cause in a circular rash, so called Ringworm, Red circle shape.
- ❖ It is also known as dermatophytosis, dermatophyte infection, or tinea that caused by a fungal skin condition



CAUSES

- ❖ Fungal infection
- ❖ If you Live in Hot and Humid weather
- ❖ Poor personal hygiene
- ❖ Yeast infection
- ❖ Contact with infected person of ring worm

SYMPTOMS

- ❖ Redness and swelling
- ❖ Pus-filled bumps
- ❖ Hair loss for some days
- ❖ Swollen lymph nodes
- ❖ Raw, open skin
- ❖ Raised soft, spongy skin that weeps fluid

DIAGNOSIS

- ❖ Physical examination
- ❖ Sign and symptoms based
- ❖ Skin biopsy test
- ❖ Blood test



TREATMENT OPTIONS

1. ORAL ANTIFUNGAL TABLET:

- Fluka-150: Dose: 150 mg oral/week
- Zocon-10 DT: Dose: 100 mg /day
- Candiforce-100: Dose: 1 Tablet OD/BD
- Fungicide: Dose: 200 mg OD-BD oral
- Terbinaforce: Dose: 1 Tablet OD/BD
- Grisovin-FP: Dose: 1 Tablet BD/TID
- Voritrol-200: Dose: 1 Tablet OD/BD

2. TOPICAL ANTIFUNGALS

- Kz cream: Apply 2-3 times a day
- Clocip cream: Apply 2-3 times a day
- Canesten cream: Apply 2-3 times a day
- Candid-B cream: Apply 2-3 times a day
- Dermijan plus: Apply 2-3 times a day
- Clocip powder: Apply 2-3 times a day
- B-Tex ointment: Apply 2-3 times a day
- Terbinaforce: Apply 2-3 times a day
- Lulifin: Apply 2-3 times a day

3. COMBINATION STEROIDS

- Clotrimazole Beclomethasone Dipropionate And Neomycin Sulphate Cream Grade (Apply 2-3 times a day)

4. MEDICATED SOAP

- Ketovate
- Kevon lotion
- Dettol soap

5. MEDICATED SHAMPOO

- Keraglo-AD: Apply for hair wash



INTRODUCTION

Schizophrenia is a serious **mental disorder** in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning, and can be disabling.

सिज़ोफ्रेनिया एक मानसिक बीमारी है। इसे मनोविद्युत या **विखंडित मानसिकता** भी कहते हैं। यह एक गंभीर बीमारी मानी जाती है। सिज़ोफ्रेनिया के मरीज़ अक्सर एक तरह के भ्रम की स्थिति में रहते हैं। उनका नज़रिया वास्तविक दुनिया से अलग होता है। कई लोग इस बीमारी को विभाजित व्यक्तित्व मानते हैं, जबकि यह एक अलग तरह का विकार है।

- सिज़ोफ्रेनिया एक ग्रीक शब्द है, जिसका मतलब है 'स्प्लट माइंड' ('विभाजित मन')
- सिज़ोफ्रेनिया के कुछ मरीज़ एक तरह की काल्पनिक दुनिया या भ्रम की स्थिति में रहते हैं, सिज़ोफ्रेनिया पुरुष और महिलाओं को किसी भी उम्र में हो सकती है।
- सिज़ोफ्रेनिया को दवाओं और थेरेपी से नियंत्रित किया जा सकता है।
- भ्रम की स्थिति रहती है, जहां अजीब चीजें महसूस होती हैं, जो बिल्कुल झूठी होती हैं।

CAUSES

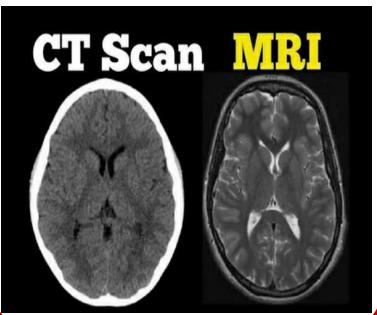
- ❖ Research suggests a combination of physical, genetic, psychological and environmental factors can make a person more likely to develop the condition
- ❖ Some people may be prone to schizophrenia, and a stressful or emotional life event might trigger a psychotic episode

SYMPTOMS

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ Hallucination: hearing, seeing or feeling things that are not there
(मतिभ्रम: उन चीजों को सुनना, देखना या महसूस करना जो मौजूद नहीं हैं) | <ul style="list-style-type: none"> ❖ Delusion a false belief ❖ Abnormal behaviour ❖ Disorganised speech ❖ Disturbances of emotions |
|---|--|

DIAGNOSIS

- ❖ सिजोफ्रेनिया का निदान तब किया जाता है जब किसी व्यक्ति में दो या अधिक मुख्य लक्षण हों, जिनमें से एक कम से कम एक महीने तक मतिश्रम, भ्रम या अव्यवस्थित भाषण होना चाहिए।
- ❖ अन्य मुख्य लक्षण घोर अव्यवस्था और कम भावनात्मक अभिव्यक्ति हैं, परीक्षण और स्क्रीनिंग
- ❖ इनमें ऐसे परीक्षण शामिल हो सकते हैं जो समान लक्षणों वाली स्थितियों से निपटने में मदद करते हैं, और शराब और नशीली दवाओं की जांच करते हैं
- ❖ MRI या सीटी स्कैन जैसे इमेजिंग अध्ययन

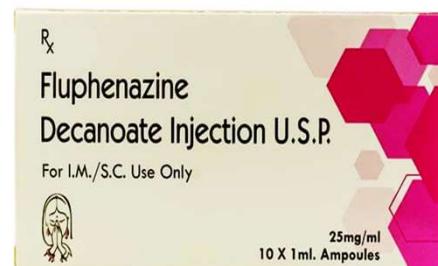


TREATMENT OPTIONS

1. Treatment with medications and psychosocial therapy can help manage the condition, In some cases, hospitalization.
2. Medications are the cornerstone of schizophrenia treatment, and **ANTIPSYCHOTIC MEDICATIONS** are the most commonly prescribed drugs Treatment with medications and psychosocial therapy can help manage the condition
3. Medications are the cornerstone of schizophrenia treatment, and antipsychotic medications are the most commonly prescribed drugs
4. Training primary health-care personnel
5. Providing access to essential drugs
6. Supporting families in providing home care
7. Educating the public to decrease stigma and discrimination
8. Enhancing independent living skills through recovery-oriented psychosocial interventions (e.g. Life skills training, social skills training)

MEDICINE OPTIONS

- ❖ **ANTIPSYCHOTIC MEDICATIONS**
- ❖ Any 1 medicine use to treat this problem during treatment
- ❖ 1. Chlorpromazine: 100–800 mg/day
- ❖ 2. Trifluoperazine: 50–200 mg/day
- ❖ 3. Thioridazine: 100–400 mg/day
- ❖ 4. Trifluoperazine: 2–20 mg/day
- ❖ 5. Fluphenazine: 1–10 mg/day
- ❖ 6. Haloperidol: 2–20 mg/day
- ❖ 7. Trifluperidol: 1–8 mg/day
- ❖ 8. Penfluridol: 20–60 mg (max. 120 mg) once weekly
- ❖ 9. Flupenthixol: 3–15 mg/day
- ❖ 10. Pimozide: 2–6 mg/day
- ❖ 11. Loxapine: 20–100 mg/day
- ❖ 12. Clozapine: 50–300 mg/day
- ❖ 13. Risperidone: 2–12 mg/day
- ❖ 14. Olanzapine: 2.5–10 mg/day
- ❖ 15. Quetiapine: 50–400 mg/day
- ❖ 16. Aripiprazole: 10–30 mg/day
- ❖ 17. Ziprasidone: 80–160 mg/day
- ❖ **ANTIPSYCHOTIC MEDICATIONS**
- ❖ REPL Dr. Advice No.66 Mental Shock Drop
- ❖ DOSE: 15 Drops with 1/4th cup water 5-6 times daily for 15 days.



INTRODUCTION

- ❖ The medical definition of scurvy is severe vitamin C (ascorbic acid) deficiency.
- ❖ Scurvy causes general weakness, anemia, gum disease, poor wound healing, and skin hemorrhages



ब्रश करते समय खून आता है

SYMPTOMS

- ❖ Swollen, spongy and purplish gums
- ❖ Loose teeth
- ❖ Bulging eyes (proptosis)
- ❖ Bleeding into the skin (severe and easy bruising)
- ❖ Scaly, dry and brownish skin
- ❖ Very dry hair that curls and breaks off close to the skin

PREVENTION

Scurvy can be prevented by a diet that includes vitamin C-rich foods like Orange, Lemon

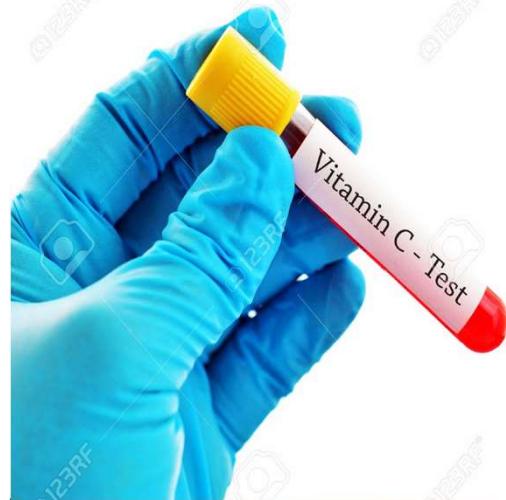


❖ स्कर्वी रोग, विटामिन सी की कमी से होने वाला एक रोग है. विटामिन सी की कमी से शरीर कोलेजन का उत्पादन नहीं कर पाता, जिससे शरीर के ऊतकों का टूटना होता है. विटामिन सी आयरन के अवशोषण में भी मदद करता है. आयरन की कमी से एनीमिया हो जाता है

- ❖ **स्कर्वी के लक्षण:**
- ❖ दांतों का गिरना
- ❖ मसूड़ों से खून आना
- ❖ **स्कर्वी के कारण:**
- ❖ मनुष्य स्वयं विटामिन सी का संश्लेषण नहीं कर सकता.
- ❖ आहार में विटामिन सी की अपर्याप्ति मात्रा.

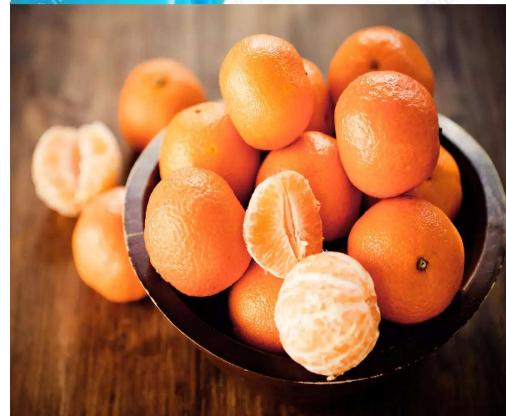
DIAGNOSIS

- ❖ The blood test will be used to check the levels of vitamin C in your blood serum & dietary history
- ❖ Check for signs & symptoms
- ❖ Order a blood test



TREATMENT OPTIONS

- ❖ स्कर्वी का इलाज केवल विटामिन सी की खुराक से किया जा सकता है।
- ❖ इसके लिए, खट्टे फल और सब्जियां खा सकते हैं,
- ❖ विटामिन सी की गोलियां ले सकते हैं, रोजाना संतरे का सेवन कर सकते हैं



1. TABLETS

- Nector: 1 tablet OD
- Limcee: 1 tablet OD
- Ourdaily: 1 tablet OD
- Eucee: 1 tablet OD
- MaxCee: 1 tablet OD
- Activiral CE+: 1 tablet OD



2. SYRUPS

- Faith: 5 ml 2 times a day
- Vita - C: 5 ml 2 times a day
- Pie – C: 5 ml 2 times a day



INTRODUCTION

- ❖ It is a group of diseases that result in inflammation, damage of the skin due to various causes and reasons, These diseases are characterized by itchiness, red skin and a rash
- ❖ In cases of short duration, there may be small blisters, while in long-term cases the skin may become thickened
- ❖ त्वचा रोग के कुछ लक्षण
- ❖ सूजन
- ❖ त्वचा में लालीपन
- ❖ खुलजी
- ❖ खुरदरापन
- ❖ त्वचा में खुजलीदार
- ❖ सूखे धब्बे
- ❖ लाल धब्बे

- ❖ त्वचा से जुड़ी बीमारियों को चर्म रोग कहा जाता है. इनके कुछ उदाहरण ये हैं, त्वचाशोथ, घमौरी, दाद, खाज, सफेद दाग, कुष्ट रोग, मुंहासे, फोड़ा
- ❖ त्वचा रोग के कुछ गंभीर प्रकार: एक्जिमा, सोरायसिस, स्कैबीज
- ❖ त्वचा रोग होने के कुछ कारण, त्वचा के रोम छिद्रों में गंदगी फंसना, प्रदूषण, बैक्टीरिया, फ्रंगस के संपर्क में आना, विटामिन डी की कमी
- ❖ त्वचा रोग के उपचार में: जीवनशैली में बदलाव, मलहम, क्रीम, दवाइयाँ



तेज खुजली होना



लाल-लाल दाने



त्वचा पर चकत्ते

CAUSES

- ❖ Bacteria trapped in your pores or hair follicles.
- ❖ Some health Conditions that affect your thyroid, kidneys or immune system.
- ❖ Contact with environmental triggers, such as allergens or another person's skin.
- ❖ Genetics & Family history
- ❖ Fungus or parasites living on your skin.
- ❖ रोम छिद्रों में गंदगी फंसना
- ❖ बैक्टीरिया या फंगस
- ❖ किसी ऐसी चीज़ का सेवन करना जिससे एलर्जी हो
- ❖ किसी संक्रमित व्यक्ति के संपर्क में आना
- ❖ बदलते मौसम
- ❖ कमज़ोर इम्यून सिस्टम
- ❖ मुंहासे, फोड़ा

SYMPTOMS

- ❖ Itching, which may be severe, especially at night
- ❖ Red to brownish-gray patches, especially on the hands, feet, ankles, wrists, neck, upper chest, eyelids, inside the bend of the elbows and knees, and in infants, the face and scalp
- ❖ Very dry skin on affected areas
- ❖ Small, raised bumps, which may leak fluid and crust over when scratched
- ❖ Thickened, cracked, scaly skin
- ❖ Raw, sensitive, swollen skin from scratching
- ❖ Rashes that are permanently itchy
- ❖ Rashes that cover much of the body
- ❖ Skin infections



MEDICINE OPTIONS

- ❖ Cold compress application of affected part
- 1. skin moisturizing lotions OR CALAMINE LOTION
- 2. TAKING LUKEWARM OR OATMEAL BATHS
 - A bath in which the patient's body except the head is immersed in water from 94° to 96°F (34.4° to 35.6°C) for 15 to 60 min
 - In Lukewarm water add oatmeal & Soak for about 10-15 minutes
 - Take bath with neem leaf extract in water



- ❖ Lukewarm water का मतलब है, पानी जो ना ज्यादा गरम हो और ना ही ज्यादा ठंडा.
- ❖ गुनगुने पानी से नहाने पर खुजली वाली स्किन को शांत करने और खुजली पैदा करने वाले एलर्जी या जलन को दूर करने में मदद मिल सकती है। इसलिए नहाते समय गुनगुने पानी का ही इस्तेमाल करें और गर्म पानी के इस्तेमाल से बचें, क्योंकि गर्म पानी के नहाने से आपकी स्किन ड्राय होने के होने से खुजली और बढ़ सकती है।

MEDICINE OPTIONS

3. ANTIHISTAMINES MEDICINES FOR ITCHING

- Levocetirizine (5 mg oral)
- Chlorpheniramine (2–4 mg (0.1 mg/kg) oral, i.m)
- Diphenhydramine
- Fexofenadine (120–180 mg oral)

4. ANTIFUNGAL AGENTS

- Clotrimazole Cream (2-3 times in a day)
- Ketoconazole (200 mg OD-BD oral)
- Fluconazole (150 mg oral weekly)
- Itraconazole (200 mg OD-BD oral)

- Luliconazole cream (2-3 times in a day)

5. OVER-THE-COUNTER ANTIBACTERIAL AGENTS

- Sulfur is applied to the skin for dandruff and an itchy skin infection caused by mites (scabies)
- It is also applied to the skin for acne and skin redness (rosacea)

6. CREAMS AND OINTMENTS

- Betamethasone cream
- Whitfield ointment
- Crotamiton is a drug that is used both as a scabicidal and as a general antipruritic



100. SCABIES

(अस्पहनीय खुजली वाला रोग स्केबीज)

INTRODUCTION

- ❖ Scabies is a skin condition caused by the Sarcoptes scabiei var hominis mite.
- ❖ Common mite sites include:
 - Folds in between the fingers and toes, Under fingernails, thighs and genital area
 - Bends at your wrists & knees
 - The area around waist
 - Under rings, watch bands
 - The area around nipples

CAUSES

Tiny mites that burrow into the skin & lay eggs, causing intense itching and a rash.

SYMPTOMS

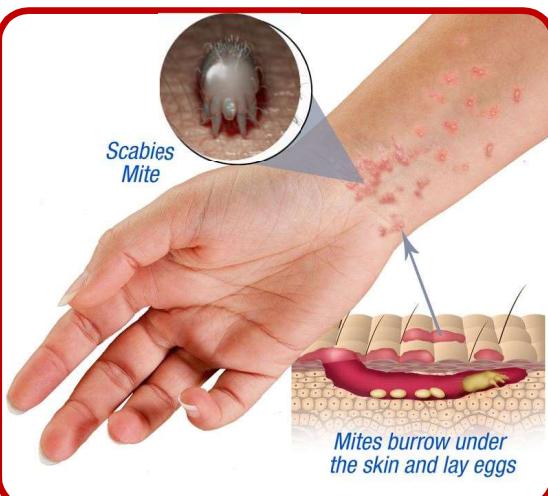
- ❖ Intense itching, especially at night
- ❖ A pimple-like rash
- ❖ Scales or blisters
- ❖ Sores caused by scratching
- ❖ Inflamed bumps on male genitalia and female breasts
- ❖ It is spreads easily from person to person

स्केबीज को हिन्दी में खाज कहते हैं. यह एक तरह की खुजली है जो सरकोप्टस स्कैबीई नामक खुजली के कीटाणुओं से होती है.

- ❖ शारीरिक संपर्क से एक से दूसरे व्यक्ति तक फैलता है
- ❖ ये कीटाणु आठ पैर वाले परजीवी होते हैं. ये बहुत छोटे होते हैं और त्वचा को खोदते रहते हैं जिससे तेज़ खुजली होती है.

❖ स्केबीज की खुजली:

- उंगलियों के बीच
- बगल में
- कमर के आसपास
- कलाइयों के अंदरूनी भाग
- भीतरी कोहनियों पर
- पैरों के तलवों पर



DIAGNOSIS

- ❖ PHYSICAL EXAMINATION
- ❖ DERMATOSCOPY TEST
- ❖ BLOOD & URINE TEST



TREATMENT OPTIONS

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ Topical treatments <ul style="list-style-type: none"> • 5% Permethrin cream • 0.5% Malathion Lotion • 10–25% Benzyl Benzoate Emulsion • 5–10% Sulphur Ointment • Thiabendazole lotion | <ul style="list-style-type: none"> ❖ Oral medications <ul style="list-style-type: none"> • Ivermectin • Albendazole • Mebendazole • Antihistamines (Specially Jb bahot jyada itching hoti hai) |
|---|--|

MEDICINE OPTIONS

- **Permit cream:** Apply 2-3 times in day
- **Scabigard-P:** Apply 2-3 times in day
- **Debac-M liquid:** Apply 2-3 times in day
- **Salbenz lotion:** Apply 2-3 times in day
- **Ivecop-6 tablets:** Dose: 200 μ g/kg/day
- **Ivrea shampoo:** Wash hair using shampoo
- **Thiabendazole ointment:** Apply 2-3 times in day
- **NIXIPER SOAP:** Use Soap for bathing
- **Albendazole tablets:** 400 mg/day for three days week 1 and week 2
- **Mebex tablets:** 100 mg two times a day for week 1 & week 2
- **Loratine tablets:** If there is itching use, 1-2 tablet per day
- **Allegra tablets:** If there is itching use, 1-2 tablet per day



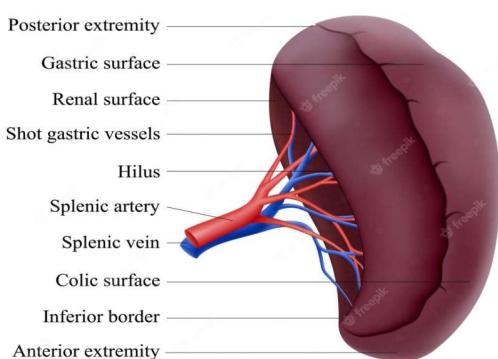
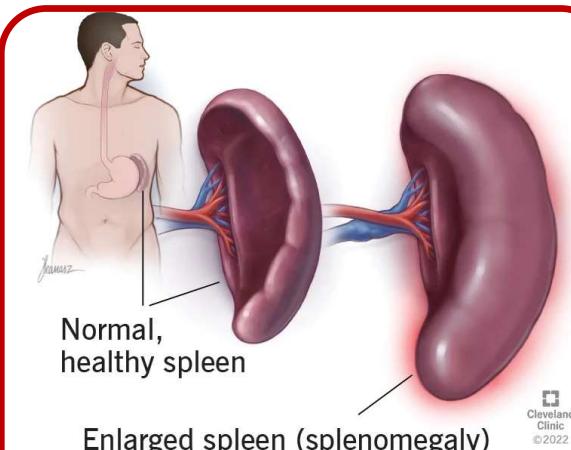
INTRODUCTION

- ❖ SPLEEN ENLARGEMENT
- ❖ Also called splenomegaly
- ❖ Splenomegaly—caused by a wide range of disorders
- ❖ Splenomegaly is a serious condition
- ❖ Spleen is the largest organ of lymphatic system
- ❖ The spleen stores and filters blood and makes white blood cells that protect you from infection
- ❖ प्लीहा लसीका तंत्र का सबसे बड़ा अंग है, प्लीहा (Spleen) रक्त को संग्रहित और फ़िल्टर करती है और श्वेत रक्त कोशिकाएं बनाती है जो आपको संक्रमण से बचाती है

- ❖ तिल्ली की बीमारी कहते हैं।
- ❖ **तिल्ली बढ़ने के लक्षण:**
- ❖ पेट में भारीपन या दर्द होना
- ❖ भूख कम लगना
- ❖ बहुत जल्दी थकान महसूस होना
- ❖ खाने के तुरंत बाद ही पेट में चुभन
- ❖ बार-बार इंफ़ेक्शन की समस्या
- ❖ शरीर में खून की कमी होना
- ❖ शरीर में थोड़ा-थोड़ा बुखार
- ❖ जलन-कब्ज की समस्या बढ़ना
- ❖ आंखें-अंगुलियां-नाखून पीले होना

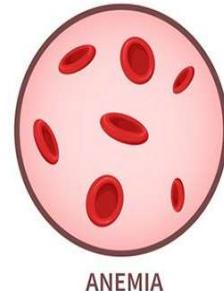
FUNCTIONS OF SPLEEN

- ❖ Storage of blood
- ❖ Filtration of blood and remove waste product
- ❖ Make WBC and antibodies
- ❖ Fluid balance
- ❖ Produced antibodies



CAUSES

- ❖ Viral infections
- ❖ Bacterial infections
- ❖ Parasitic infections
- ❖ Certain cancers
- ❖ Portal hypertension
- ❖ Haemolytic anaemia
- ❖ Sickle cell
- ❖ Chronic inflammatory disease
- ❖ Metabolic disease



SYMPTOMS

- ❖ Unable to eat large meal
- ❖ Feeling discomfort
- ❖ Chest pain, Abdomen pain
- ❖ Fatigue
- ❖ Weight loss
- ❖ Easy bleeding
- ❖ Jaundice
- ❖ Anemia



DIAGNOSIS

- ❖ Physical examination
- ❖ Blood test, CT scan
- ❖ MRI
- ❖ Ultrasound



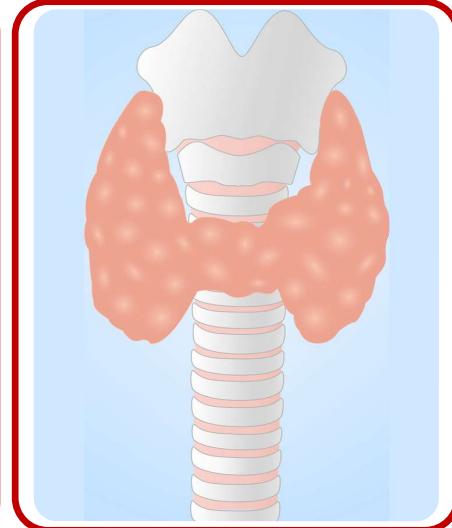
TREATMENT OPTIONS

- ❖ **Spleen REPL-91:** 10 to 15 Drops with half cup of water 3 times daily for 3months
- ❖ **Rohitkarishta:** 3 to 6 teaspoonful with equal quantity of water twice daily after meal
- ❖ **Adel-34 Drops:** Adults 20 drops, children 7-10 drops, 3 times a day in some liquid before meals
- ❖ **Jakavi 20mg:** 1 tablet 2 times a day
- ❖ **Spleen detox:** 1-2 Capsules twice daily, after meals
- ❖ **Kumari aasav:** Take 12 ml to 24 ml twice daily with Water
- ❖ **Lohasava:** Take 10 to 20 ml with of water once or twice after meals
- ❖ **LAST OPTION IS SURGERY**

INTRODUCTION

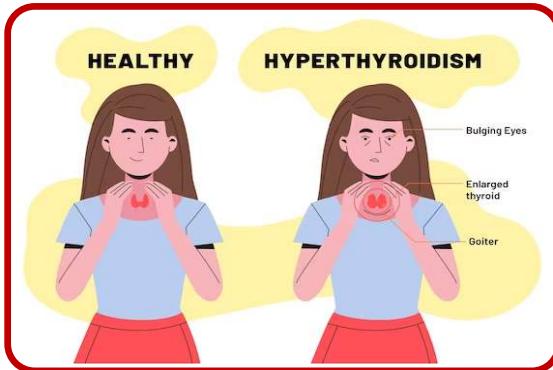
- ❖ The thyroid gland is a small organ that's located in the front of the neck, wrapped around the windpipe (trachea)
- ❖ It's shaped like a butterfly, smaller in the middle with two wide wings that extend around the side of your throat.
- ❖ You have glands throughout your body, where they create and release substances that help your body do a specific thing
- ❖ Your thyroid makes hormones that help control many vital functions of your body Your thyroid makes hormones that help control many vital functions of your body

- ❖ हाइपरथाइरॉयडिज्म (Hyperthyroidism) या अतिगलग्रंथिता, थायराइड ग्रंथि के अंदर के अतिसक्रिय ऊतकों के लिए इस्तेमाल किया जाने वाला शब्द है।
- ❖ जब थायराइड ग्रंथि बहुत अधिक थायराइड हार्मोन पैदा करती है, तो स्थिति को हाइपरथायरायडिज्म कहा जाता है। इससे मेटाबॉलिज्म भी अतिसक्रिय हो जाता है



CAUSES OF HYPERTHYROIDISM

- ❖ Graves disease
- ❖ Thyroid due to viral infections
- ❖ Thyroid hormone
- ❖ Eating too much of foods that contain iodine
- ❖ Overactive thyroid nodules



SYMPTOMS OF HYPERTHYROIDISM

- ❖ Weight loss despite an increased appetite
- ❖ Irregular heartbeat
- ❖ Infertility
- ❖ Nervousness & Fatigue
- ❖ Irritability
- ❖ Trouble sleeping
- ❖ Shaky hands
- ❖ Muscle weakness
- ❖ Sweating or trouble tolerating heat

- ❖ भूख बढ़ने के बावजूद वजन कम
- ❖ दिल की अनियमित धड़कन
- ❖ बांझपन
- ❖ घबराहट और थकान
- ❖ चिड़चिड़ापन
- ❖ नींद न आना
- ❖ कांपते हाथ
- ❖ मांसपेशियों में कमजोरी
- ❖ पसीना आना
- ❖ गर्मी सहन करने में परेशानी होना

DIAGNOSIS

- | | |
|---|----------------------------------|
| ❖ Autonomous thyroid function by blood test | ❖ Thyroid scan |
| ❖ Low TSH | ❖ diffuse elevated iodine uptake |
| ❖ Elevated T3 / T4 | ❖ Thyroid ultrasound |

TREATMENT OF HYPERTHYROIDISM

1. **ANTITHYROID DRUGS**
 - Propyl thiouracil (PTU) = 100-300 mg TID
 - Methimazole (Tapazole) = 10-20 mg TID then OD
 - Carbimazole = 40 mg OD
2. **Radioactive iodine therapy**
3. **SURGERY**

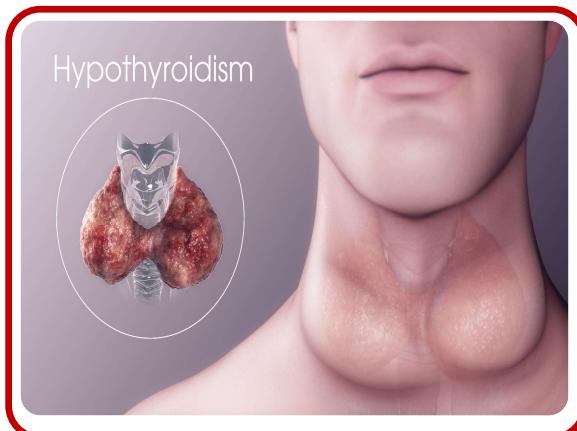


INTRODUCTION

- ❖ **HYPOTHYROIDISM:** Also called underactive or early, mild Hypothyroidism, When the thyroid gland doesn't make enough thyroid hormone Is called hypothyroidism
- ❖ Hypothyroidism that isn't treated can lead to other health problems, such as high cholesterol and heart problems

CAUSES

- ❖ Medications
- ❖ Iodine deficiency
- ❖ Radioactive iodine treatment
- ❖ Thyroid surgery
- ❖ Radiation therapy



हाइपोथायराइडिज्म एक सामान्य विकार है। इसमें थायरॉयड ग्रंथि पर्याप्त थायराइड हार्मोन का उत्पादन नहीं कर पाती, इस को अवटु अल्पक्रियता या "जड़मानवता" भी कहा जाता है

SR	HYPERTHYROIDISM	HYPOTHYROIDISM
1	High T3 & T4 level	Low T3 & T4 level
2	Low TSH level	High TSH level
3	Intolerance to Heat	Intolerance to Cold
4	Cause Diarrhea	Cause Constipation
5	Bulging Eye	Eyelid & facial edema
6	Weight loss	Weight gain
7	Increase Appetite	Decrease Appetite
8	Goitre, Graves disease, Papillary carcinoma	Cretinism, myxoedema

SYMPTOMS

- ❖ Fatigue
- ❖ Weight gain
- ❖ Trouble tolerating cold
- ❖ Joint and muscle pain
- ❖ Dry skin or dry, thinning hair
- ❖ Heavy or irregular menstrual periods or fertility problems
- ❖ Slowed heart rate
- ❖ Depression
- ❖ A low body temperature.
- ❖ Anemia.
- ❖ Coma

- ❖ थकान & वजन बढ़ना
- ❖ ठंड बर्दाश्त करने में परेशानी
- ❖ जोड़ों और मांसपेशियों में दर्द
- ❖ सूखी त्वचा
- ❖ सूखे, पतले बाल
- ❖ भारी या अनियमित मासिक धर्म
- ❖ प्रजनन संबंधी समस्याएं
- ❖ हृदय गति धीमी होना
- ❖ अवसाद- एनीमिया
- ❖ शरीर का कम तापमान
- ❖ प्रगाढ़ बेहोशी

OTHER DISEASES ASSOCIATED WITH THYROID

A. GOITER:

- ❖ Goiter is associated with hyper and hypothyroidism
- ❖ Enlargement of thyroid gland
- ❖ Goiter is noticeable tightness in throat and difficulty swallowing

❖ But it can be replaced thyroid hormones with certain medication to regulate and restore thyroid hormones

C. CRETINISM:

- ❖ Cretinism is a severe deficiency of thyroid hormone in newborns
- ❖ Cretinism is a child with severe hypothyroidism present at birth
- ❖ It causes impaired neurological function, stunted growth, and physical deformities

B. HASHIMOTO'S THYROIDITIS:

- ❖ It is an autoimmune disease
- ❖ Not make to enough thyroid hormone can caused Hashimoto's thyroiditis
- ❖ No cure for Hashimoto's thyroiditis

D. THYROID NODULES:

- ❖ Thyroid nodules are lumps that occur in the thyroid gland in the front of the throat
- ❖ Nodules may no symptoms, but people may feel bump around neck
- ❖ It caused by iodine deficiency

E. THYROID CANCER:

- ❖ It caused by when thyroid cell mutated or cell changed, Inherited genetic syndromes and iodine deficiency
- ❖ 1. Papillary thyroid cancer
- ❖ 2. Follicular thyroid cancer
- ❖ 3. Medullary cancer
- ❖ 4. Anaplastic thyroid cancer

TREATMENT AND MEDICINE OPTIONS

❖ FOR CRETINISM

- Iodine only if iodine deficiency is the cause.
- **LEVOTHYROXINE (T4):**
- **Average dose 1.6 ug/kg**
- Age > 50-60 or cardiac disease: must start at a low dose (25 ug/d)
- Recheck thyroid hormone levels every 4-6weeks after a dose change

• Aim for a normal TSH level

- **LIOTHYRONINE (T3)**
- **Cytomel® Tablet**
- 5-10 ug/d (starting)
- 25 ug/d (maintenance)
- Triostat® Injection : 50-100 ug
- ❖ **FOR MYXEDEMA**
- Levothyroxine: 500 mg/day
- Liothyronine: 75 mg/day



INTRODUCTION

- ❖ Pain or inflammation in or around the tooth, often caused by tooth decay or infection
- ❖ Feeling of throbbing pain or swelling in or around your tooth or gum & sharp pain when you touch your tooth or bite down
- ❖ A toothache or tooth pain is caused when the nerve in the root of a tooth or surrounding a tooth is irritated
- ❖ दांत दर्द की समस्या किसी भी उप्र के व्यक्ति को हो सकती है।
- ❖ दांत दर्द की पीड़ा रोगी को बेचैन कर देती है। रातों की नींद उड़ जाती है। दांतों की साफ-सफाई सही से ना रखने के कारण बैक्टीरियल इन्फेक्शन होने का ज्यादा खतरा बना रहता है
- ❖ इस कारण उनके दांतों में कैविटी बन जाती है। इससे दर्द होने लगता है।
- ❖ दांत दर्द के लिए यहां कुछ सुझाव
- ❖ लौंग का उपयोग करें
- ❖ नमक के गर्म पानी से कुल्ला करें
- ❖ प्याज का उपयोग करें



CAUSES

- ❖ Severe persistent, throbbing toothache
- ❖ Sensitivity to hot and cold temperatures
- ❖ Sensitivity to the pressure of chewing or biting
- ❖ Fever
- ❖ Swelling on face or cheek

- ❖ दांत खराब होना
- ❖ क्षय
- ❖ मसूड़े का रोग
- ❖ क्षतिग्रस्त या खंडित दांत
- ❖ साइनसाइटिस
- ❖ क्लस्टर सिरदर्द
- ❖ हार्ट अटैक
- ❖ मधुमेह

SYMPTOMS

- ❖ Sensitive teeth
- ❖ Gum disease
- ❖ Impacted tooth
- ❖ Inflammation of tooth pulp
- ❖ Tooth decay
- ❖ Abscess
- ❖ Cracked tooth
- ❖ Microbial infection

- ❖ कुछ चबाते समय दर्द होना
- ❖ ठंडी और गर्म चीज़ों के प्रति संवेदनशीलता में वृद्धि
- ❖ दांतों और मसूड़ों के बीच दर्द
- ❖ दर्द दांतों से या जबड़े से बाहर की ओर महसूस होना

- ❖ दांत दर्द से राहत पाने के लिए कुछ घरेलू उपाय ये हैं:
- ❖ गर्म पानी में नमक डालकर कुल्ला करना
- ❖ बेकिंग सोडा पेस्ट or
- ❖ प्रभावित हिस्से पर बर्फ़ लगाना
- ❖ वनिला का रस
- ❖ टी बैग- लौंग
- ❖ काली मिर्च का पाउडर



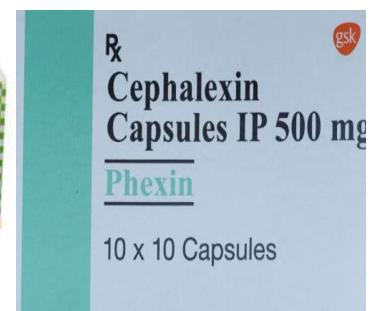
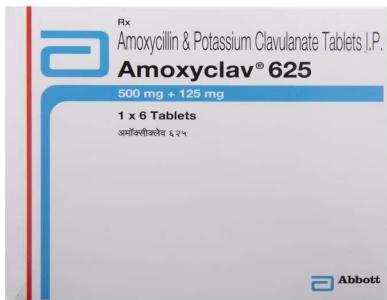
TREATMENT AND MEDICINE OPTIONS

❖ PAINKILLER OPTIONS

1. Any 1 painkiller or combination painkiller given to patient for dental pain during infection
2. PARACETAMOL 500mg (Dose: 1 tablet 2-3 times in a day)
3. IBUPROFEN 400mg (Dose: 1 tablet 2-3 times in a day)
4. NEPROXEN 500mg (Dose: 1 tablet 2-3 times in a day)
5. ACECLOFENAC 100 MG (Dose: 1 tablet 1 or 2 times)
6. DICLOFENAC 50mg Tablet (Dose: 1 tablet 1 or 2 times)
7. KETOROLAC 10mg Tablet (Dose: 1 tablet 1 or 2 times)

❖ ANTIBIOTICS OPTIONS

1. Any 1 Antibiotic or combination antibiotic given to patient for dental pain during infection to treat infection in oral cavity
 2. Amoxicillin 500mg + clavulanic acid 125 Tablet (1 Tablet BD/TID)
 3. Amoxicillin 500 mg Capsule (1 Tablet BD/TID)
 4. Ampicillin (250mg) + Dicloxacillin (250mg) Capsule (1 tablet BD)
 5. Ampicillin 500 mg (1 Tablet BD/TID)
 6. Cefixime 200 mg Tablet (1 Tablet OD/BD)
 7. Azithromycin 500 mg (1 Tablet OD)
 8. Cephalexin 500 mg Capsule (1 Capsule OD/BD)
 9. Clindamycin 300 mg Capsule (1 Capsule OD/BD)
- ❖ Salt Water Rinse For Tooth Pain/ Cold Compress For Tooth Pain
- ❖ Dental Surgery For Tooth Pain



INTRODUCTION

- ❖ In medical terms it is called TREMOR, It is involuntary, meaning that you cannot control it, Shaking happens anytime to patient

- ❖ ट्रेमर एक ऐसी समस्या है जिसमें शरीर का कोई भी हिस्सा लगातार कांपता है.
- ❖ यह कंपन शरीर के किन्हीं भी एक या दो हिस्सों में हो सकता है,
- ❖ ट्रेमर के कुछ लक्षण: हाथ कांपना, पैर कांपना।
- ❖ ट्रेमर की उत्पत्ति तंत्रिका तंत्र में समस्या से होती है. उम्र के साथ हाथ और पैरों का कांपना पार्किन्सन रोग कहलाता है, लेकिन कम उम्र में ऐसा होना खतरनाक है.



CAUSES

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Genetic or Family history ❖ Neurological disorders ❖ Multiple sclerosis (MS) ❖ Parkinson's disease ❖ Stroke and brain injury ❖ Mercury poisoning ❖ Hyperthyroidism (overactive thyroid) ❖ Liver or kidney failure | <ul style="list-style-type: none"> ❖ Anxiety or panic Attack ❖ Older age ❖ MEDICINE SIDE EFFECTS ❖ Asthma medicines ❖ Amphetamines or Caffeine ❖ Corticosteroids ❖ Psychiatric drugs ❖ Vitamin D Deficiency ❖ Calcium in the brain |
|--|--|

DIAGNOSIS

- ❖ Brain CT SCAN-MRI
- ❖ Physical examination
- ❖ Neurological Exam
- ❖ Blood & Urine test
- ❖ Writing or Drawing test



SYMPTOMS

- ❖ Shakiness in hands
- ❖ Unable to hold things
- ❖ Shaking of Fingers
- ❖ Shaking of Leg
- ❖ Can not hold glass
- ❖ Shaky voice
- ❖ Difficulty writing or drawing
- ❖ Problem holding utensils

TREATMENT OPTIONS

- ❖ Physical therapy
- ❖ Speech-language therapy
occupational therapy
- ❖ Deep brain stimulation
(DBS) surgery option
- ❖ Medicines



MEDICINE OPTIONS

- ❖ Propranolol: 40–80 mg (max 160 mg) BD/QID
- ❖ Primidone tablets: Dose: 100–200 mg BD
- ❖ Alprazolam: Dose: 0.25–1.0 mg TDS
- ❖ Clonazepam: Dose: 0.5–5 mg TDS
- ❖ Topiramate: Dose: Initially 25 mg OD
- ❖ Gabapentin: Dose: 100 to 300 mg OD
- ❖ Levetiracetam: Dose: 250-750 mg BD
- ❖ Vitamin D Supplement: 1 Sachet or Capsule Per Week
- ❖ Meconerv Forte capsule : 1 Capsule Per Day
- ❖ Agaricus Muscaris: 3-5 drops 2-3 times a day in water
- ❖ Plumbum Metallicum: 3-5 drops 2-3 times a day in water
- ❖ **REPL Dr. Advice No.148 Tremor-En Drop:**
10 drops with 1/4th cup water 3 times daily for 6 months to 1 year or as prescribed by a physician.

INTRODUCTION

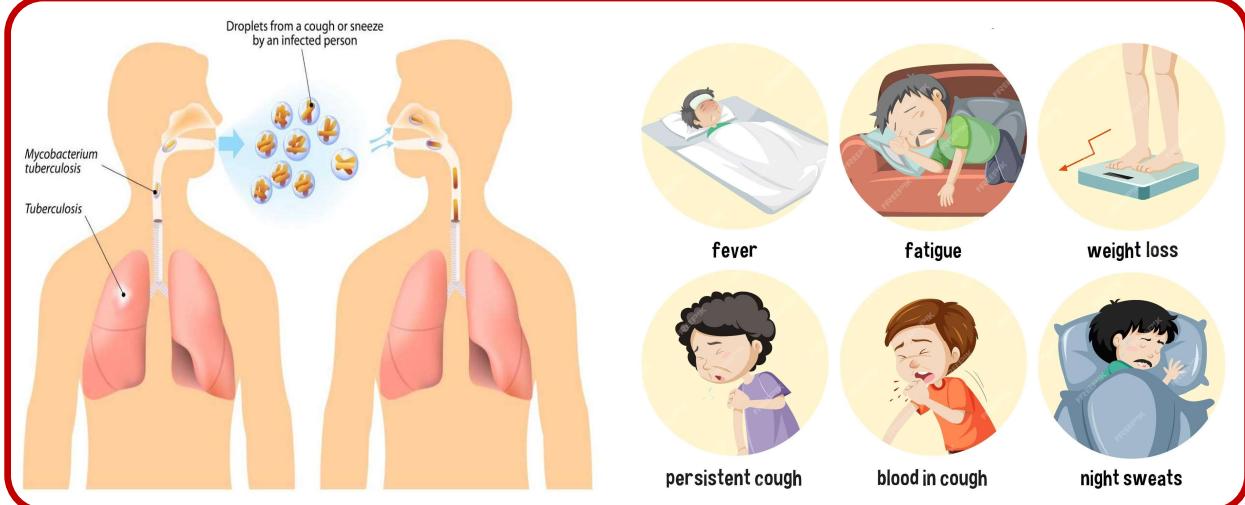
Tuberculosis (TB) is an infectious disease usually caused by **Mycobacterium tuberculosis** (MTB) bacteria. Gram positive, aerobic acid fast bacilli, Tuberculosis generally affects the lungs, but can also affect other parts of the body.

टीबी को आम बोलचाल की भाषा में क्षयरोग, या एमटीबी भी कहा जाता है. यह एक आम और कई मामलों में घातक संक्रामक बीमारी है. यह शरीर के विभिन्न अंगों को प्रभावित कर सकता है.

SYMPTOMS

- ❖ Long term coughing
- ❖ Coughing up blood
- ❖ Chills
- ❖ Fever
- ❖ Chest pain
- ❖ Fatigue
- ❖ Body pain

- ❖ एक खराब खांसी ❖ फेफड़ों के अंदर जो 3 सप्ताह या गहरे से कफ उससे अधिक समय तक रहती है ❖ कमज़ोरी या थकान
- ❖ सीने में दर्द ❖ बज्जन घटना
- ❖ खून या थूक खांसी ❖ भूख नहीं लगना
- ❖ ठंड लगना-बुखार



DIAGNOSIS

- ❖ The Mantoux tuberculin skin test (TST) or the, Mantoux tuberculin skin test is performed by injecting a small amount of fluid called tuberculin into the skin in the lower part of the arm, The test is done by putting a small amount of TB protein (antigens) under the top layer of skin on your inner forearm
- ❖ If you have ever been exposed to the TB bacteria your skin will react to the antigens by developing a firm red bump at the site within 2 or 3 days. Indicates positive test



TREATMENT OPTIONS

1. टीबी (ट्यूबरक्लोसिस) बैक्टीरिया से होता है। टीबी के इलाज में ये दवाएं दी जाती हैं: [आइसोनियाज़िड](#), [स्फैम्पिसिन](#), [पायराज़ीनामाइड](#)
2. अगर शुरुआती इलाज में ये दवाएं ठीक से काम नहीं करतीं, तो दूसरी लाइन की दवाएं दी जाती हैं। इनका कोर्स 9 महीने से 20 महीने तक का होता है। आमतौर पर, एंटीबायोटिक्स का कोर्स 6 महीने तक चलता है।
3. टीबी के कुछ रूप कुछ एंटीबायोटिक दवाओं के लिए प्रतिरोधी होते हैं
- ❖ टीबी के कुछ घरेलू उपचार ये हैं:
 1. अखरोट खाना
 2. मोरिंगा (सहजन) की पत्तियों का सेवन करना
 3. मुलेठी चूसना
 4. ताज़ा लौकी का जूस पीना

MEDICINE OPTIONS

❖ FIRST LINE DRUGS

- 1. Isoniazid (H)
- 2. Rifampin (R)
- 3. Pyrazinamide (Z)
- 4. Ethambutol (E)
- 5. Streptomycin (S)

❖ SECOND LINE DRUGS

- 1. Thiacetazone (Tzn)
- 2. Paraaminosalicylic acid (PAS)
- 3. Ethionamide (Etm)

- 4. Cycloserine (Cys)

- 5. Kanamycin (Kmc)
- 6. Amikacin (Am)
- 7. Capreomycin (Cpr)

❖ NEWER DRUGS

- 1. Ciprofloxacin
- 2. Ofloxacin
- 3. Clarithromycin
- 4. Azithromycin
- 5. Rifabutin

Table 1. DOTS therapy for tuberculosis treatment.

Category	Clinical symptoms of patient	Regimen	Duration in months
Category I	Red New Sputum Smear, Positive New Sputum Smear, Negative New Extra Pulmonary	2 (HRZE)3, 4 (HR)3	6
Category II	Blue Sputum Positive relapse, Sputum Positive failure, Sputum Positive treatment after default	2 HRZES)3, 1 (HRZE)3, 5 (HRE)3	8
Category III	Green Sputum Negative, extra pulmonary, not Seriously ill	2 (HRZ)3, 4 (HR)3	6

Credit <https://madridge.org/journal-of-internal-and-emergency-medicine/mjiem-1000134.php>



INTRODUCTION

- ❖ Typhoid fever is a life-threatening bacterial infection caused by the bacterium *Salmonella Typhi*.
- ❖ It can spread throughout the body, affecting many organs. Without prompt treatment, it can cause serious complications and can be fatal.



त्वचा पर लाल चकते

- ❖ टाइफाइड एक खतरनाक रोग है जो कि सलमोनेल्ला टायफी नामक जीवाणु (बैक्टीरिया) से होता है।
- ❖ टाइफाइड की बीमारी शरीर में 7 से 14 दिनों के बीच रहती है लेकिन 3 दिन या 30 दिन तक की हो सकती है। अगर इलाज नहीं किया जाता है, तो बीमारी 3 से 4 सप्ताह तक चल सकती है
- ❖ तेज बुखार, डायरिया, उल्टी, पेट दर्द, भूख कम लगना, थकान
- ❖ इसे “आँतों का बुखार” के रूप में भी जाना जाता है

CAUSES

- ❖ Microorganism bacteria
- ❖ *Salmonella typhi*
- ❖ This bacterial is main cause for disease and it spread in human
- ❖ By Contaminated water, Food
- ❖ Close contact to infected person
- ❖ Infected surface by *S.typhi*



SYMPTOMS

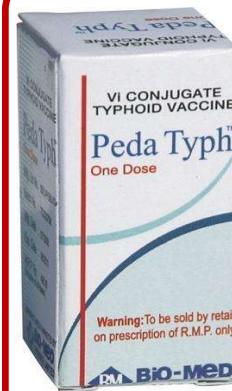
- ❖ Fever that starts low and increases daily, reaches high as 104.9 °F
- ❖ Headache
- ❖ Weakness
- ❖ Fatigue
- ❖ Muscle aches
- ❖ Sweating
- ❖ Dry cough
- ❖ Loss of appetite
- ❖ Weight loss
- ❖ Diarrhea or constipation
- ❖ Rash (Rose spot)
- ❖ Extremely swollen abdomen

DIAGNOSIS

- ❖ Widal test is the main confirmatory test for Typhoid Disease
- ❖ Also perform blood test to check blood counts & Hb

PREVENTION

- ❖ Different vaccines available to prevent typhoid
- ❖ Vivovif is one of them (Typhoid Vaccine Live Oral Ty21a), Also known as '*typhoid pills*',
- ❖ It is made from attenuated live bacteria.
- ❖ The vaccine provides up to five years' protection and is approved for use in individuals over six-years-old
- ❖ **Typhoid Vaccination Schedule:**
- ❖ Typhoid conjugate vaccines (Vi-PS):
- ❖ **Typbar-TCV®:** Single dose at 9-12 through 23 months followed by a booster at 2 years of age
- ❖ **Pedatyph® :** Single dose at 9-12 through 23 months followed by a booster at 2 years of age



TREATMENT OPTIONS

- ❖ Drink plenty of fluids (Pani Jyada Pina chahiye)
- ❖ Need to be hydrated during the treatment of Typhoid fever
- ❖ So take water properly
 - 1. Drink more water in a day must take 5 to 7 litre/day water
 - 2. Be hydrated
 - 3. Limit junk food in diet
- ❖ Antibiotics therapy & other medicines :
- ❖ The only effective treatment for typhoid is antibiotics
- ❖ The most commonly used are *ciprofloxacin (for non-pregnant adults) and ceftriaxone*
- ❖ Coconut water, fresh fruit juices are also best options
- ❖ Lemon juice and orange are also given to patient.



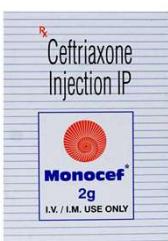
MEDICINES OPTIONS



Option 1. (herbal)
Dose: 2-4 Tablet TID

Option 2. (herbal)
Dose: 2-4 Tablet TID

Option 3. (Antibiotics)
Dose: 1 Tablet OD or BD



Option 4. (Antibiotics)
Dose: 1-2 g I.V I.M./day

Option 4. (Antibiotics)
Dose: 1 Tablet OD

Option 6. (Antibiotics)
Dose: 1 Tablet OD or BD



Option 7. (Antibiotics)
Dose: 1-2 g I.V. I.M./day

Option 8. (To reduce fever) Dose: 1 Tablet 2-3 time

Option 9. (To Reduce Acidity) Dose: 1 Tablet OD before meal



Option 10.
(to stop Vomiting)
Dose: 1 or 2 tablet/day

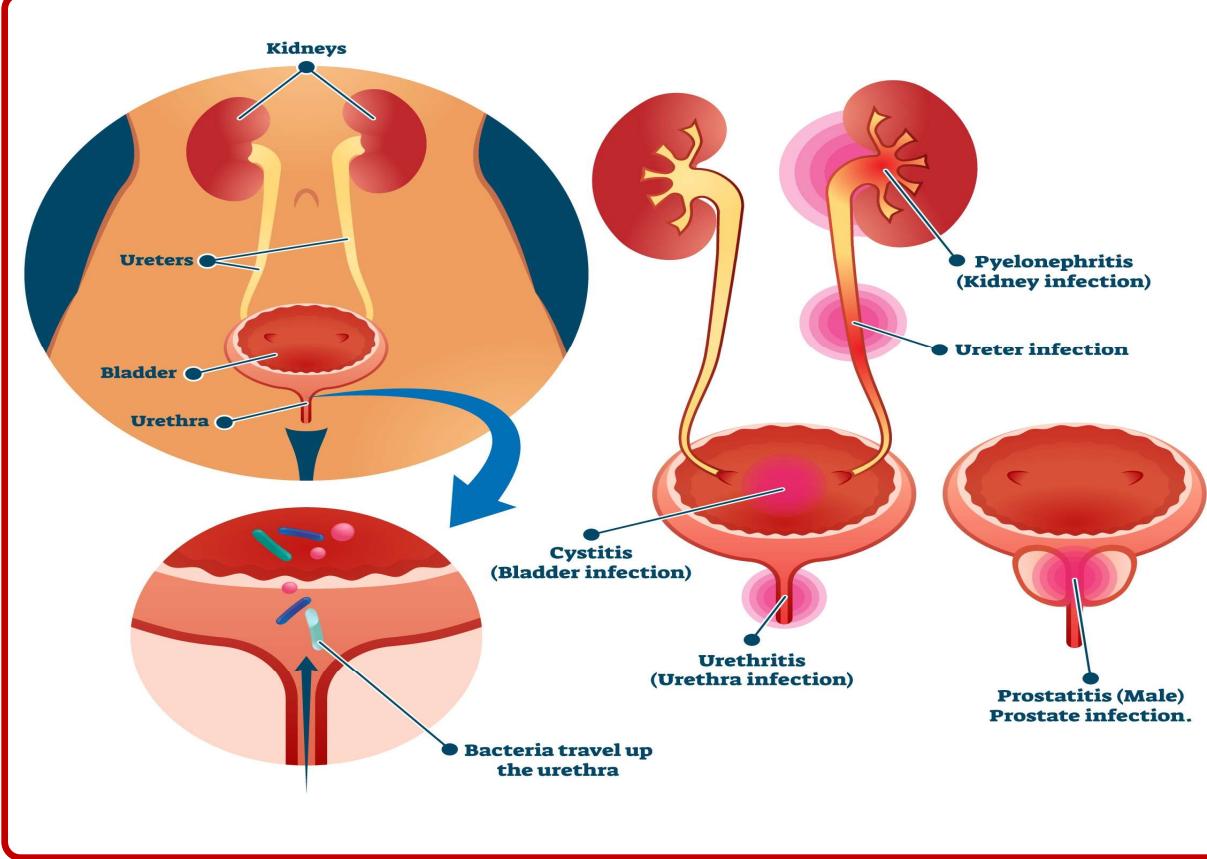
Option 11 (to boost Immunity) Dose: 1 injection IV/IM

Option 12 (to boost Immunity)
Dose: 1 TABLET PER DAY

INTRODUCTION

- ❖ A Urine infection is a medical condition in which bacterial infection occurs in our urinary tract
- ❖ It may cause change in
 - ❖ 1. Urine colour
 - ❖ 2. Foul smell of urine
 - ❖ 3. Pain in urinary tract & organs
 - ❖ 4. Burning sensations during urination

- ❖ यूरिन इंफेक्शन (पेशाब में संक्रमण) को यूटीआई भी कहा जाता है। यूटीआई यानी यूरिनेरी ट्रैक्ट इंफेक्शन (Urinary Tract Infection)।
- ❖ यूरिन इंफेक्शन यूरिन सिस्टम यानी किडनी, मूत्रवाहिनी (Ureters), मूत्राशय (Bladder), यूरिन मार्ग (Urethra) में से किसी में भी हो सकता है।



CAUSES

- ❖ Due to Microbial infections
- ❖ UTIs are usually caused by bacteria from Stool or urine entering the urinary tract
- ❖ The bacteria enter through the tube that carries urine out of the body (urethra)
- ❖ Women have a shorter urethra than men
- ❖ This means bacteria are more likely to reach the bladder or kidneys and cause an infection called UTI
- ❖ Recent use of diaphragm with spermicide
- ❖ Frequent sexual intercourse
- ❖ A new sexual partner
- ❖ A UTI in the previous 12 months
- ❖ A maternal history of UTI
- ❖ Diabetes
- ❖ Poor hygiene
- ❖ Indwelling catheter

SYMPTOMS

- ❖ Pain or burning while urinating
- ❖ Frequent urination
- ❖ Feeling the need to urinate despite having an empty bladder
- ❖ Bloody urine
- ❖ Pressure or cramping in the groin or lower abdomen
- ❖ Fever & Chills
- ❖ Lower back pain or pain in the side of your back
- ❖ Nausea or vomiting

DIAGNOSIS

- ❖ Analyzing a urine sample
- ❖ Growing urinary tract bacteria in lab
- ❖ Creating images of your urinary tract
- ❖ CT scan or MRI
- ❖ Using a cystoscope to see inside your bladder
- ❖ Male or female cystoscopy
- ❖ Ultrasound

TREATMENT OPTIONS

- ❖ Drink More Water: 2 To 3 Liter Water/Day
- ❖ Take Coconut Water: 1 Coconut Water/Day
- ❖ Fresh Cranberry Juice
- ❖ Keep Personal Hygiene: Antiseptics Fluids
- ❖ Medicines

MEDICINE OPTIONS

- ❖ Levofloxacin 500mg Tablet: Dose: 1 Tablet OD Or BD
- ❖ Levofloxacin+Ornidazol: Dose: 1 Tablet Per Day
- ❖ Ofloxacin+Ornidazole: Dose: 1 Tablet Per Day
- ❖ Norfloxacin+Ornidazole: Dose:1 Tablet Per Day
- ❖ Fosfomycin Powder: 3 gm Single Dose Only Once
- ❖ Clavam 625 Tablets: 1 Tablet BD Or TID
- ❖ Augmentin Injection:0.25–1 G TDS (Iv Use Only)
- ❖ Co-Trimoxazole Tablets: Dose: 1 Tablet Per Day
- ❖ Nitrofurantoin Tablets:1 Tablet BD Or TID
- ❖ Cefadroxil Tablet:1 Tablet OD Or BD
- ❖ Cefexime Tablets:1 Tablet OD Or BD
- ❖ Ceftriaxone Injection: Dose- 1–2 G I.V. Or I.M./Day
- ❖ Lactagard Injection:1–3 G I.M./I.V. 12 Hourly
- ❖ Fluconazole 150 Mg:1 Tablet Per Week
- ❖ Itraconazole 200 Mg:1 Capsule OD 7 Days



INTRODUCTION

ल्यूकोरिया को आम बोलचाल की भाषा में सफेद पानी, श्वेत प्रदर या व्हाइट डिस्चार्ज के नाम से जाना जाता है। यह महिलाओं में होने वाली एक आम समस्या है, ल्यूकोरिया के लक्षण: योनि से सफेद रंग का गाढ़ा और दुर्गंधयुक्त पानी निकलना, किसी तरह का इन्फेक्शन होने पर स्नाव पीले, हल्के नीले या हल्के लाल रंग का, और बहुत चिपचिपा एवं बदबूदार होना.

TYPES

1. WHITE DISCHARGE:

- ❖ Thick, white discharge is common at the beginning and end of your cycle
- ❖ Normal white discharge is not accompanied by itching
- ❖ If itching is present, thick white discharge may indicate a yeast infection



WHITE DISCHARGE

2. CLEAR & STRETCHY DISCHARGE

- ❖ This is “fertile” mucous and means you are ovulating
- ❖ It is Ovulation discharge



STRETCHY DISCHARGE

3. CLEAR & WATERY DISCHARGE

- ❖ This occurs at different times of your cycle and can be particularly heavy after exercising



WATERY DISCHARGE

4. YELLOW OR GREEN DISCHARGE:

- ❖ May indicate an infection, especially if it's thick or clumpy like cotton cheese or has a foul odor

5. BROWN DISCHARGE:

- ❖ This type of discharge may happen right after periods as your body is "cleaning out" your vagina & Vaginal cavity
- ❖ Before first period
- ❖ Old blood looks brown

6. RED/BLOODY VAGINAL DISCHARGE:

- ❖ This type of discharge could be found in Following conditions:
- ❖ Menstruation
- ❖ Vaginal trauma
- ❖ Vaginal infections
- ❖ Cervical infections
- ❖ Cervical Cancers
- ❖ Endometrial cancers

7. PINK VAGINAL DISCHARGE:

- ❖ Implantation bleed
- ❖ Vaginal irritation
- ❖ Cervical bleeding
- ❖ Any cause of red discharge, but in small quantity thus acted upon by the acidic vaginal fluid



YELLOW OR GREEN DISCHARGE



BROWN DISCHARGE



RED DISCHARGE



PINK DISCHARGE

CAUSES

- ❖ Feminine hygiene sprays
- ❖ Certain soaps or bubble
- ❖ Antibiotics side effects
- ❖ High blood sugar level
- ❖ Pregnancy
- ❖ Vaginal Infections
- ❖ Excessive Douching
- ❖ Unprotected sex

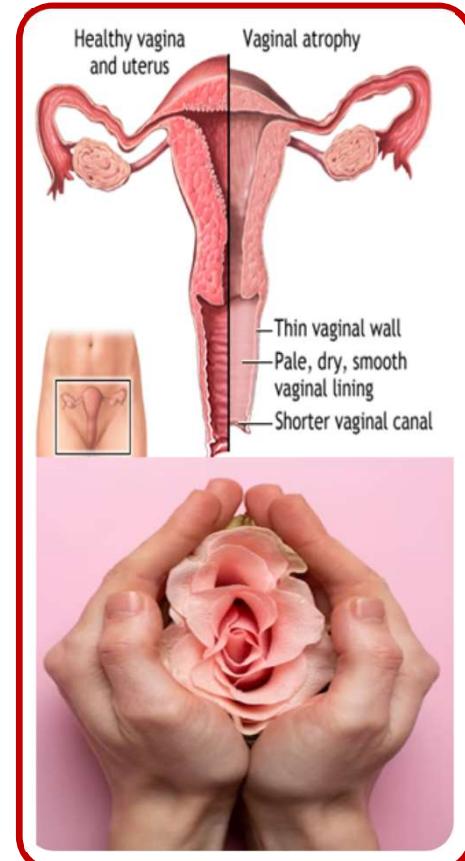
MEDICINES & TREATMENT OPTIONS

- ❖ Leucorrhea ke Ilaj me sabse pahele hygiene wash week me ek bar use karna hai
- ❖ Sath me patient ko vaginal gel ya tablet di jati hai jo vagina me rakhni jati hai
- ❖ Jarurat padane par patient ko oral antifungal dete hai
- ❖ Intimate Hygiene Wash- V-Wash
- ❖ Antiseptics Fluid- Dettol
- ❖ **CREAMS TO APPLY IN VAGINAL AREA**
- ❖ Candid V-Gel
- ❖ Zocon-C Cream
- ❖ Candid-Cl Gel
- ❖ Povidone-Iodine ointment
- ❖ Metrogyl Gel
- ❖ Clocep-B Cream
- ❖ Himalaya V-Gel
- ❖ Charak Femiplex Gel
- ❖ Clindac Ap Gel
- ❖ **ORAL TABLET OPTIONS**
- ❖ Fluka – 150 Tablet (Single dose week me ek baar)
- ❖ Itraconazole 100 mg (1 OD)
- ❖ Terbinafine (1 OD)
- ❖ Voriconazole (1 OD)
- ❖ **VAGINAL TABLET OPTIONS**
(Insert 1 tablet in vagina at night)
- ❖ Candid V6 Tablet (6 night)
- ❖ Clingen Forte (6 night)
- ❖ Fentin Capsule (single dose)
- ❖ Onabet V1 (single dose)
- ❖ **INJECTION OPTIONS**
- ❖ Ceftriaxone Injection
- ❖ Augmentin Injection
- ❖ **SOME HERBAL TABLETS OPTIONS TO TREAT VAGINAL DISCHARGE**
- ❖ Charak Femiplex (1 BD)
- ❖ Himalaya Lukol (1 BD)

INTRODUCTION

Vaginal dryness is the problem of vaginal route of female reproductive system, Also called Atrophic vaginitis

- योनि में सूखापन एक आम समस्या है. इसके कई कारण हो सकते हैं, जिनमें से कुछ ये हैं:
- ❖ स्तनपान
 - ❖ सर्जरी कर ओवरी को हटाना
 - ❖ कुछ कैंसर उपचार, जैसे कि श्रोणि के लिए विकिरण चिकित्सा
 - ❖ एस्ट्रोजन हार्मोन का स्तर कम होना
 - ❖ जैसे कि श्रोणि के लिए विकिरण चिकित्सा
 - ❖ उम्र बढ़ना
 - ❖ पेरिमेनोपॉज़
 - ❖ श्रोगेन सिन्ड्रोम
 - ❖ प्रसव
 - ❖ पीरियड मिस होना



CAUSES

- ❖ Menopause (end of menstrual cycles in age of 40s or 50s)
- ❖ Decrease in estrogen Hormone
- ❖ Excessive use of douching preparation to keep vagina clean.
- ❖ Vaginal yeast infection
- ❖ During Breastfeeding period
- ❖ Cigarette smoking
- ❖ Depression
- ❖ Excessive stress
- ❖ Removal of ovaries
- ❖ Cancer treatments
- ❖ Immune system disorders, such as sjögren syndrome (श्रोगेन सिन्ड्रोम)

SYMPTOMS

- ❖ Itching in vaginal cavity or outside of vagina
- ❖ Rashes in vaginal area
- ❖ Burning and pain in vagina
- ❖ Light bleeding after intercourse
- ❖ Severe pain during intercourse
- ❖ Sudden pain in vagina
- ❖ Loss of interest in intercourse
- ❖ Itching in vaginal cavity
- ❖ Low level of estrogen Hormone
- ❖ Decrease in lubrication in vagina
- ❖ सेक्स के दौरान दर्द होना
- ❖ वजाइना में रेडनेस
- ❖ योनि में सूखापन

DIAGNOSIS

- ❖ Medical history
- ❖ Physical exam
- ❖ Blood and urine test
- ❖ Estrogen test
- ❖ Pelvis examination
- ❖ Ultrasound scan

TREATMENT OPTIONS

- 1. TREATMENT IS BASED ON DIAGNOSIS & REASON FOR DRYNESS**
 - 1. Estrogen cream (Apply 2-3 time in a day)
 - 2. Estrogen pills (1-2 mg orally once daily for 3 weeks)
 - 3. Estrogen tablets (1-2 mg orally once daily for 3 weeks)
 - 4. Vaginal inserts (insert 1 in night)
- 2. LUBRICATING AGENTS ARE ALSO USE**
 - 1. Moisturizing cream
 - 2. Coconut oil
 - 3. Aloe vera gel
 - 4. Petroleum jelly



INTRODUCTION

- ❖ Vaginal Yeast infection
- ❖ Vaginal infection means inflammation of vagina, itching or soreness, redness
- ❖ प्राइवेट पार्ट में दाने-फुंसी
- ❖ योनि संक्रमण का अर्थ है योनि में सूजन, खुजली या खराश, लालिमा
- ❖ योनि में और उसके आसपास पनपने वाले बैक्टीरिया, कवक, परजीवी या वायरस के कारण हो सकता है



CAUSES

- ❖ Bacteria - cause Bacterial vaginosis
- ❖ Fungi, Candida or "yeast" infection
- ❖ Monilial vaginitis
- ❖ Parasites (*trichomonas vaginalis*)
- ❖ Herpes simplex virus (HSV)
- ❖ Human papillomavirus (HPV)
- ❖ Poor hygiene
- ❖ Use of public toilet
- ❖ History of UTI
- ❖ Monilial vaginitis

- ❖ एंटीबायोटिक्स
- ❖ अनियंत्रित शुगर
- ❖ मोटापा
- ❖ कमज़ोर इम्यून सिस्टम
- ❖ टाइट अंडर गारमेंट्स
- ❖ हॉर्मोन्स का असंतुलन
- ❖ बैक्टीरिया
- ❖ कवक - परजीवी

SYMPTOMS

- ❖ White discharge from vagina that looks like Thinner, white, green or yellow fishy-smelling discharge
- ❖ Itchiness / redness or soreness in or around vagina
- ❖ Inflammation of inner lining of vagina
- ❖ Pain during sexual intercourse
- ❖ Painful urination
- ❖ Pain in lower abdomen or pelvis
- ❖ Burning in Vaginal area
- ❖ Pain in pelvic area
- ❖ Weakness & Fatigue
- ❖ Nausea and Vomiting

DIAGNOSIS

- ❖ Physical examination of vagina
- ❖ Sign and symptoms based diagnosis
- ❖ Patient medical history
- ❖ Sample of discharge or cells from vagina using a small, round cotton bud (swab)
- ❖ Examination of it under microscope or in laboratory to identify microorganism
- ❖ Also examination of blood or urine test

TREATMENT OPTIONS

- ❖ Use Vaginal hygiene wash preparation during vaginal infection
- ❖ It provide hygiene and reduce symptoms
- ❖ Homeopathy Medicine
- ❖ **Allopathic Medicine**
 - Antibiotic Drugs
 - Antifungal Drugs
 - Antiparasitic Drugs
- ❖ **Herbal Medicine**
- ❖ **Unani Medicines**

MEDICINES OPTIONS

This medicine are available as tablet, gel, cream and suppository

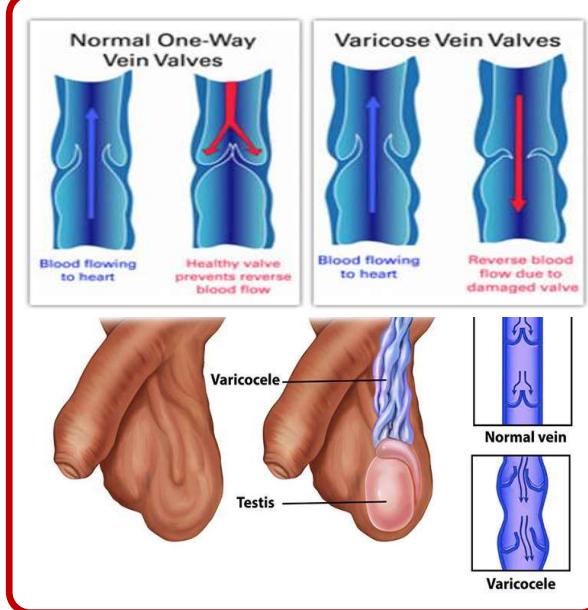
1. Candid-CL Vaginal Suppository. : Insert 1 in vagina at night
2. Candid-CL Gel: Apply 2-3 times in a day
3. Clindamycin 300 Mg Tablet: Dose- 150–300 mg QID oral
4. Oflox OZ Tablets: Dose: 1 tablet OD or BD
5. Levofloxacin 500mg Tablet: Dose: 1 tablet OD or BD
6. Betadine Pessaries: Insert 1 in vagina at night
7. Povidone-Iodine Oitment: Apply 1 or 2 times a day
8. Ceftriaxone Injection: Dose- 1–2 g I.V. or I.M./day
9. Augmentin Injection: 0.25–1 g TDS (IV USE ONLY)
10. Clavam 625 Tablets: 1 Tablet BD or TID
11. Fluconazole 150 Mg: 1 Tablet Per Week
12. Itraconazole 200 Mg: 1 Capsule OD 7 Days
13. Clotrimazole (Candid-V6): Insert 1 In Night
14. Clotrimazole Candid V- Gel: Dose: Apply at night
15. Sertaconazole Vaginal Tab : Insert 1 in night (once)
16. Fenticonazole Vaginal Tab: Insert 1 in night (once)
17. Metronidazole 400 Mg Tab: Dose: 1 tablet OD or BD
18. Metronidazole Gel: Dose: Apply at night
19. Norflox-TZ : Dose: 1 Tablet OD or BD
20. Himalaya V-Gel: Apply 2-3 Times A Day
21. Himalaya Lukol Tablet: Dose: 1 Tablet OD or BD
22. Himalaya Lukol Syrup: DOSE: 5 ml 2-3 times
23. Charak Femiforte Tablets : Dose: 1 Tablet OD or BD
24. SBL-Bio Comb-13 : Dose: 2 Tablet OD or BD
25. Hamdard Majun Supari Pak: Dose: 5 to 10 gm with milk



111. VARICOCELE (वेरीकोसिल)

INTRODUCTION

- ❖ अंडकोश के थैली की नसों में सूजन आ जाती है, अंडकोश एक छोटा एक बड़ा हो जाना
- ❖ It is an increase of the size of veins within the loose bag of skin that holds the testicles (scrotum)



CAUSES

- ❖ Faulty valve vein

DIAGNOSIS

- ❖ Physical Examinations
- ❖ Ultrasound Scan
- ❖ Semen Test
- ❖ Blood Test

SYMPTOMS

- ❖ Testicular Pain
- ❖ Mass In The Scrotum
- ❖ Size Difference
- ❖ Male Infertility

TREATMENT AND MEDICINE OPTIONS

- **Support The Scrotum:**
- Testicle Supporter
- **SBL Tabacum 30 CH:10-15**
Drops In Water 3 Time
- **Dr. Reckeweg R42 Drops:** 10-15 Drops In Water 3 Time
- **Variclose :** 1-2 Tablet Per Day
- **Pain killers to relieve pain**
- Paracetamol 500 (1 OD/BD)
- Ibuprofen 400 (1 OD/BD)
- Aceclofenac 100 (1 OD/BD)
- **Surgery Options:**
- Varicocelectomy
- Laparoscopic Surgery

INTRODUCTION

- ❖ Vertigo generally describe the sensation as “**feeling dizzy**”, it is a sensation of feeling off balance
- ❖ If you have these dizzy spells, you might feel like you are spinning or that the world around you is spinning
- ❖ It can happen when there is a problem with: The inner ear, Brain, Sensory nerve pathway.
- ❖ Vertigo is the feeling that you are moving when you are not Or it might feel like things around you are moving when they are not

संतुलन की हानि वर्टिंगो आम तौर पर इस अनुभूति को “चक्कर आना” के रूप में वर्णित करता है, यह संतुलन बिगड़ने की अनुभूति है यदि आपको चक्कर आते हैं, तो आपको ऐसा महसूस हो सकता है कि आप धूम रहे हैं या आपके आस-पास की दुनिया धूम रही है यह तब हो सकता है जब इनमें कोई समस्या हो: आंतरिक कान, मस्तिष्क, संवेदी तंत्रिका मार्ग।

चक्कर आने के कुछ लक्षण:

- ❖ बेहोशी-सिर चकराना
- ❖ डिसेक्विलिब्रियम (असंतुलन या अस्थिर महसूस करना)
- ❖ एक अस्पष्ट आस-पास के बारे में अनजान या स्विमी-हेडेड अनुभूति
- ❖ वर्टिंगो (गतिविधि की अनुभूति जब कोई वास्तविक गतिविधि नहीं होती है)



CAUSES

- ❖ Meniere's disease
- ❖ Vestibular neuritis or labyrinthitis
- ❖ Head or neck injury
- ❖ Brain problems such as stroke or tumor
- ❖ Certain medications that cause ear damage
- ❖ Migraine headaches
- ❖ Benign paroxysmal positional vertigo (BPPV) – where certain head movements trigger vertigo
- ❖ Labyrinthitis – Inner ear infection
- ❖ Vestibular neuronitis: Inflammation of the vestibular nerve, which runs into the inner ear and sends messages to the brain that help to control balance
- ❖ रक्तचाप में कमी
- ❖ डिहाइड्रेशन
- ❖ उल्टी, दस्त, बुखार और अन्य स्वास्थ्य समस्याओं के कारण निर्जलीकरण
- ❖ लंबे समय तक तनाव
- ❖ विटामिन बी की कमी
- ❖ विटामिन डी की कमी
- ❖ शरीर में आयरन की कमी
- ❖ शारीरिक कमज़ोरी
- ❖ हड्डियों का कमज़ोर होना
- ❖ शरीर में इम्युनिटी का कमज़ोर होना
- ❖ भूख
- ❖ थकान
- ❖ हाइपोग्लाइसीमिया (निम्न रक्त शर्करा)
- ❖ चिंता

SYMPTOMS

- ❖ Balance problems
- ❖ Light-headedness
- ❖ A sense of motion sickness
- ❖ Nausea and vomiting
- ❖ Ringing in the ear, called tinnitus
- ❖ A feeling of fullness in the ear
- ❖ Headaches
- ❖ Nystagmus, in which the eyes move uncontrollably, usually from side to side

DIAGNOSIS

- ❖ Physical examination
- ❖ Based on symptoms
- ❖ In severe cases MRI
- ❖ CT SCAN
- ❖ Blood Sugar test
- ❖ Blood test
- ❖ Urine test
- ❖ Thyroid test

TREATMENT OPTIONS

- ❖ Motion sickness medications may reduce the spinning sensation and help control nausea & vomiting
- ❖ Anti-nausea or Antihistamines medications might control nausea and vomiting during an episode of vertigo

MEDICINE OPTIONS

- ❖ Betahistine : 4–8 mg Every 6 hour
- ❖ Cinnarizine: 15 mg, 20 mg, 25 mg
- ❖ Prochlorperazine: 5–25 mg oral/i.m
- ❖ Diphenhydramine: 25–50 mg oral
- ❖ Cyclizine: 50 mg oral
- ❖ Cinnarizine: 25–50 mg oral
- ❖ Promethazine: 25–50 mg oral, i.m. (1 mg/kg)
- ❖ Flunarizine: 10–20 mg OD, children 5 mg OD



113. VIRAL FEVER (वायरल फीवर)

INTRODUCTION

A viral fever refers to any fever that results from a viral infection, such as the flu or dengue fever, Temperature starts reading 103°F (39°C) or higher need proper medical treatment

वायरल बुखार का अर्थ शरीर में वायरल इन्फेक्शन की ओर इशारा करता है जो आमतौर पर शरीर के तापमान में अचानक बढ़ने के रूप में दिखाई देता है। कमजोर रोग प्रतिरोधक क्षमता के कारण यह बच्चों और बुजुर्गों में बहुत आम होता है। वायरल बुखार से पीड़ित लोगों को स्किन रैश और शरीर और सिर में दर्द का अनुभव होता है।

CAUSES

- ❖ It Cause by Virus infection
 - 1. Inhalation of air
 - 2. Ingestion of food
 - 3. Bites of animal or insect
 - 4. Bodily fluids with virus



SYMPTOMS

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Fever, Cough ❖ Fatigue ❖ Dizziness ❖ Weakness ❖ Chills ❖ Headache ❖ Muscle, body and joint pains ❖ Inflammation of the pharynx ❖ Painful tonsils | <ul style="list-style-type: none"> ❖ Running nose ❖ Nasal congestion ❖ Chest congestion ❖ Sore throat ❖ Burning sensation in eyes ❖ Skin rashes ❖ Diarrhea ❖ Nausea & Vomiting |
|--|--|

DIAGNOSIS

- ❖ Body temperature measurements
- ❖ Symptoms based
- ❖ Physical examination
- ❖ Blood test
- ❖ WBC count increase

TREATMENT OPTIONS

- ❖ Drink more fluids
- ❖ Herbal medicines
- ❖ Allopathic medicine
- ❖ Medicine for reduce fever
- ❖ Medicines for Runny nose
- ❖ Antiviral drug
- ❖ Antibiotic
- ❖ Multivitamin tablet

MEDICINES OPTIONS

- ❖ ANTIHISTAMINES & LEUCOTRINE ANTAGONIST
 - Cetirizine: 10 mg oral
 - Diphenhydramine 25–50 mg oral
 - Fexofenadine: 120–180 mg oral
 - Loratadine: 10 mg oral
 - Chlorpheniramine: 2–4 mg (0.1 mg/kg) oral, i.m.
 - Montelukast: 10 mg OD; children 2–5 yr 4 mg OD



❖ ANTIBIOTICS FOR INFECTION

- Azithromycin: 1 Tablet OD
- Cefadroxil: 1 Tablet OD or BD
- Taxim-O CV: 1 Tablet OD or BD
- Oflomac-OZ: 1 Tablet OD or BD
- Ceftriaxone: Dose- 1–2 G I.V. Or I.M./Day
- Paracetamol: Take When Fever
- Ibuprofen: Take When Fever
- Omeprazole/Pantoprazole: 1 Tablet 30 Min Before Meal
- Vitamin-C: 1 Tablet Per Day
- Health OK: 1 Tablet Per Day
- Dexona: 0.5 To 10 mg Per Day

❖ BRONCHODILATORS:

- Asthalin Or Levolin
- Deriphylline tablet (1 OD/BD)

❖ HERBAL KADHA INGREDIENTS

- 2 cups of water
- 1 inch of ginger
- 4-5 cloves
- 5-6 black pepper
- 5-6 Tulsi leaves
- ½ tsp honey
- 2 inch cinnamon stick

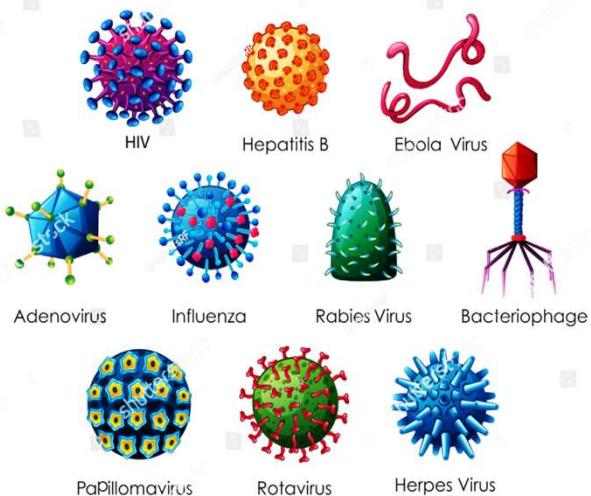
❖ HERBAL REMEDY:

- Sudarshan Ghanvati & Giloy Ghanvati (2 Tablet BD)
- Himalaya Bresol



INTRODUCTION

- ❖ Viral Infection caused by the presence of virus in body
- ❖ Viral infections are any illness you get from a virus (a small germ that uses your cells to reproduce).
- ❖ Common viral illnesses include colds, the flu, COVID-19, norovirus (“stomach flu”), HPV (warts) and herpes simplex virus (cold sores).



❖ वायरल संक्रमण शरीर में वायरस की उपस्थिति के कारण होता है वायरस और व्यक्ति के स्वास्थ्य की स्थिति के आधार पर, विभिन्न वायरस मस्तिष्क से लेकर त्वचा तक लगभग किसी भी प्रकार के शरीर के ऊतकों को संक्रमित कर सकते हैं।

- ❖ वायरल इन्फेक्शन कारण
- ❖ निगलने या सांस लेने से
- ❖ कीड़ों द्वारा काटे जाने से
- ❖ यौन संपर्क के माध्यम से
- ❖ वायरल इन्फेक्शन में आमतौर पर ये सिस्टम शामिल होते हैं:
- ❖ नाक, गला, ऊपरी वायुमार्ग, तंत्रिका, गैस्ट्रोइंटेस्टाइनल, प्रजनन प्रणाली।

- ❖ वायरल बुखार के लक्षण:
- ❖ पसीना आना
- ❖ शरीर में दर्द
- ❖ ठंड लगना
- ❖ मांसपेशियों में दर्द
- ❖ थकान और कमज़ोरी
- ❖ भूख में कमी
- ❖ डिहाइड्रेशन
- ❖ जी मिचलाना

SYMPTOMS

- ❖ Runny or stuffy nose
- ❖ Sore throat
- ❖ Cough
- ❖ Congestion
- ❖ Slight body aches
- ❖ Mild headache
- ❖ Sneezing
- ❖ Low-grade fever

CAUSES

- ❖ There are many ways that you can become infected with a virus, including: Inhalation
- ❖ If someone with a viral infection sneezes or coughs near you, you can breathe in droplets containing the virus
- ❖ Examples of viral infections from inhalation include the flu or common cold

DIAGNOSIS

- ❖ Sign & Symptoms based
- ❖ Blood test
- ❖ RT-PCR test
- ❖ Sputum test
- ❖ Urine test
- ❖ Semen test
- ❖ Lachrymal fluid test
- ❖ Blood CRP test



PREVENTION

- | | |
|--------------------------------|------------------------|
| ❖ Personal hygiene | ❖ Hand wash |
| ❖ Vaccination (if available) | ❖ Sanitation |
| ❖ Cover face using mask | ❖ Avoid hand shaking |
| ❖ Use hand gloves if necessary | ❖ Maintain cleanliness |

TREATMENT AND MEDICINE OPTIONS

- ❖ अधिकांश वायरल संक्रमणों के लिए, उपचार केवल लक्षणों में मदद कर सकता है जब तक आप अपनी प्रतिरक्षा प्रणाली के वायरस से लड़ने की प्रतीक्षा करते हैं, एंटीवायरल वायरल संक्रमणों के लिए काम नहीं करते
- ❖ कुछ वायरल संक्रमणों के इलाज के लिए एंटीवायरल दवाएं मौजूद हैं
- ❖ टीके आपको कई वायरल बीमारियों से बचाने में मदद कर सकते हैं
- ❖ लक्षण आधारित उपचार भी हम प्रदान कर सकते हैं
- ❖ अगर बुखार है तो हम पैरासिटामोल का उपयोग करके बुखार को नियंत्रित कर सकते हैं
- ❖ यदि खांसी के लक्षण हैं तो हम खांसी और सर्दी की दवा दे सकते हैं
- ❖ यदि लक्षण शरीर में दर्द और सिरदर्द हैं तो हम दर्द निवारक (एनालजेसिक) का उपयोग करके रोगी का इलाज कर सकते हैं।
- ❖ फिर निदान के आधार पर वायरस के प्रकार के आधार पर उचित एंटीवायरल दवा दी जाती है
- ❖ एंटीवायरल दवाएं दवाओं का एक वर्ग है जिसका उपयोग विशेष रूप से बैक्टीरिया के बजाय वायरल संक्रमण के इलाज के लिए किया जाता है
- ❖ अधिकांश एंटीवायरल का उपयोग विशिष्ट वायरल संक्रमणों के लिए किया जाता है,

- ❖ For most viral infections, treatments can only help with symptoms while you wait for your immune system to fight off the virus, Antibiotics do not work for viral infections
- ❖ There are antiviral medicines to treat some viral infections
- ❖ Vaccines can help prevent you from getting many viral diseases
- ❖ Symptoms based treatment also we can provide
- ❖ If fever then we can control fever using paracetamol

TREATMENT AND MEDICINE OPTIONS

- ❖ If symptoms of cough then we can give medicines for cough and cold
- ❖ If symptoms are body pain and headache then we can treat patient using pain relievers (analgesic)
- ❖ Then based on diagnosis proper antiviral medicine based on the type of virus
- ❖ Antiviral drugs are a class of medication used specifically for treating viral infections rather than bacterial ones
- ❖ Most antivirals are used for specific viral infections, while a broad-spectrum antiviral is effective against a wide range of viruses

COMBINATION THERAPY FROM TREATMENT OF VIRAL INFECTION

- ❖ 1. Lamivudine 150 mg + Zidovudine 300 mg tab (1 tab BD);
- ❖ 2. Lamivudine 150 mg + Stavudine 30 mg or 40 mg tab (1BD)
- ❖ 3. Lamivudine 150 mg + Zidovudine 300 mg + Nevirapine
- ❖ 4. Lamivudine 150 mg + Stavudine 30 mg or 40 mg +Nevirapine 200 mg tab (1 tab BD)
- ❖ 5. Lamivudine 150 mg + Zidovudine 300 mg 2 tab and Efavirenz 600 mg 1 tab kit

OTHER ANTIVIRAL MEDICINE

- ❖ **Acyclovir:** 200 mg 5 times a day oral (15 mg/kg/day), 5–10 mg/kg 8 hourly by slow i.v. infusion, 5% topical Cream 6 times/day
- ❖ **Valaciclovir:** For genital herpes simplex 0.5-1.0 g BD 7-10 days
- ❖ **Zidovudine** (Azidothymidine, AZT): Adults 300 mg BD
- ❖ **Nevirapine:** 200 mg/day oral
- ❖ **Efavirenz:** 600 mg OD on empty stomach
- ❖ **Lamivudine:** For chronic hepatitis B—100 mg OD, For HIV infection—150 mg BD (with other antiretroviral drugs)
- ❖ **Oseltamivir:** therapeutic dose—75 mg BD
- ❖ **Indinavir:** 800 mg TDS

INTRODUCTION

- ❖ **EMESIS**
- ❖ Emesis means the action or process of vomiting
- ❖ Vomiting can have causes that aren't due to underlying disease
- ❖ Examples include hangover, pregnancy, overeating or motion sickness, food poison
- ❖ अन्दर के पदार्थों को बलपूर्वक शरीर के बाहर निकालने की क्रिया को उल्टी (Vomiting) कहते हैं।
- ❖ आम तौर पर यह भोजन के तुरंत बाद महसूस होता है और ज्यादातर यह फूड पॉइंजनिंग, ज्यादा खाने, अपच, गैस्ट्राइटिस या अल्सर के कारण होता है।



CAUSES

- | | |
|---------------------------------|--------------------------|
| ❖ Foodborne illnesses | ❖ Acidity or gas trouble |
| ❖ Food poisoning | ❖ Migraine headache |
| ❖ Indigestion | ❖ Pregnancy |
| ❖ Bacterial or viral infections | ❖ Severe cough |
| ❖ Viral gastroenteritis | ❖ Diarrhea |
| ❖ Stomach bug | ❖ Cancer chemotherapy |
| ❖ Motion sickness | ❖ Thyroid disorders |
| ❖ Morning sickness | |

SYMPTOMS

- ❖ Vertigo or spinning of body
- ❖ Excessive sweating
- ❖ Nausea
- ❖ Dizziness
- ❖ Faintness
- ❖ Dry mouth
- ❖ Diarrhea
- ❖ Fever
- ❖ Abdominal pain
- ❖ Rapid pulse

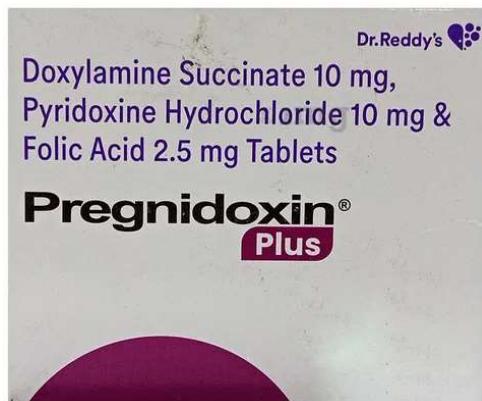
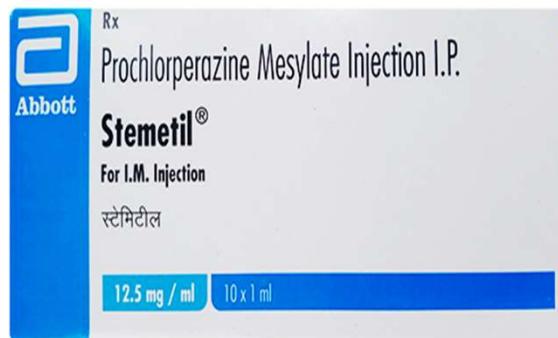
DIAGNOSIS

- ❖ Physical examination
- ❖ Symptoms based
- ❖ Blood Test
- ❖ Urine test
- ❖ Pregnancy Test
- ❖ Ultrasound scan

MEDICINE OPTIONS

IN TREATMENT OF VOMITING FIRST CHOICE MEDICINES ARE ANTIHISTAMINES, YE MEDICINES VOMITING CENTER KO BLOCK KARKE APNA KAAM KARTI HAI JISASE VOMITING STOP HOTI HAI

1. Promethazine- DOSE: 25–50 mg oral per day
2. Ondansetron- Dose: 4 to 8 mg every 8 hours
3. Granisetron- DOSE: 1 to 3 mg (10 – 40 µg/kg)
4. Doxylamine - DOSE: 10-20 mg at bed time
5. Domperidone- DOSE: 10–40 mg TDS
6. Meclizine-25mg- DOSE: 25 to 50 mg per day
7. Dimenhydrinate- DOSE: 25–50 mg oral per day
8. Cinnarizine- DOSE: 25–50 mg oral per day
9. Metoclopramide- DOSE: 10 mg TDS
10. Prochlorperazine: DOSE: 5–25 mg oral/i.m./Day



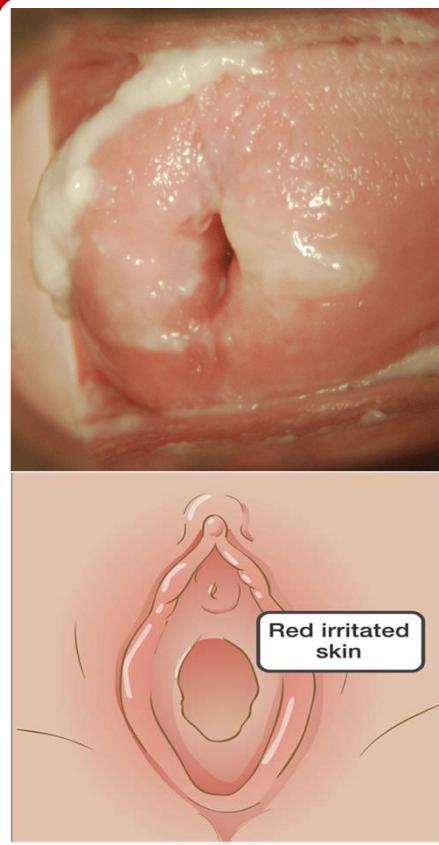
INTRODUCTION

- ❖ Vulva : area around the opening of the vagina, If it might be irritated, in which case it is called vulvovaginitis
- ❖ Vulvovaginitis in toddlers is the inflammation or swelling of their vulva & vaginal area
Vulvovaginitis is also called pediatric vulvovaginitis

योनि के उद्धाटन के आसपास का क्षेत्र, यदि इसमें जलन हो सकती है, तो इस स्थिति में इसे वुल्वोवैजिनाइटिस कहा जाता है छोटे बच्चों में वुल्वोवैजिनाइटिस उनकी योनी और योनि क्षेत्र की सूजन या सूजन है वुल्वोवैजिनाइटिस को बाल चिकित्सा वुल्वोवैजिनाइटिस भी कहा जाता है

CAUSES

- ❖ Poor Hygiene
- ❖ Tight-fitting clothes and underwear
- ❖ Yeast Vulvitis due to wet diapers
- ❖ Labial Fusion
- ❖ Harsh soaps and bubble baths
- ❖ Scented lotions
- ❖ Laundry detergents
- ❖ Fabric softeners
- ❖ Swimsuits & Sand
- ❖ Pinworms
- ❖ Vaginal Foreign Object
- ❖ Bladder Infection
- ❖ Sexual, Emotional, Physical abuse
- ❖ Skin rashes



SYMPTOMS

- ❖ Itching, burning, or pain
- ❖ Redness, soreness, or swelling around the opening to the vagina
- ❖ Discharge (fluid) coming from the vagina, stains on their underpants
- ❖ Sometime discharge comes with blood
- ❖ Vaginal bleeding
- ❖ Pain or burning when peeing
- ❖ Redness of the skin between the labia majora

DIAGNOSIS

- ❖ Physical exam
- ❖ Medical history
- ❖ Blood & Urine tests
- ❖ Pelvic Ultrasound
- ❖ pH test of vaginal fluid
- ❖ Skin biopsy

TREATMENT & MEDICINE OPTIONS

- ❖ Intimate Hygiene Wash
- ❖ Antiseptics Fluids
- ❖ Candid V-Gel-Apply 2-3 time
- ❖ Zocon-C Cream-Apply 2 time
- ❖ Candid-Cl Gel Apply 2-3 time
- ❖ Metrogyl Gel Apply 2-3 time
- ❖ Clocip-B Cream
- ❖ Himalaya V-Gel-
- ❖ Charak Femiplex (2 tab BD)
- ❖ Himalaya Lukol (2 tab BD)
- ❖ Giloy Ghanvati (1-2 OD/BD)
- ❖ Fluka – 150 (1 Tablet only)
- ❖ Clavam 625 (1 BD/TID)
- ❖ Zenflox OZ (1 OD/BD)
- ❖ Ceftriaxone Injection
- ❖ Augmentin Injection



INTRODUCTION

- ❖ In medical terms it is called Lethargy or laziness all over time
- ❖ A condition in which someone feels weakness, Low energy, fatigue and sluggishness
- ❖ आलस और सुस्ती आना
- ❖ कमजोर इम्यूनिटी
- ❖ मेडिकल भाषा में इसे हर समय सुस्ती या आलस्य कहा जाता है ऐसी स्थिति जिसमें किसी को कमजोरी, कम ऊर्जा, थकान और सुस्ती महसूस होती है

CAUSES

- ❖ You have Poor Immunity
- ❖ Recovery from any illness
- ❖ Nutritional deficiency
- ❖ Medicine Side effects
- ❖ Disease conditions
- ❖ Major depressive disorder
- ❖ Lack of sleep



SYMPTOMS

- ❖ Fatigue & Tiredness
- ❖ General Debility
- ❖ Weakness
- ❖ Lethargy & Laziness
- ❖ Recurrent Infections
- ❖ Decreased ability to think
- ❖ Decreased ability to work



DIAGNOSIS

- ❖ Medical history
- ❖ Physical examination
- ❖ Blood test
- ❖ Blood Sugar test
- ❖ CT Scan
- ❖ MRI

TREATMENT OPTIONS

- ❖ Drink more water
- ❖ Drink fresh fruit juices
- ❖ Reduce stress level
- ❖ Take proper sleep
- ❖ Multivitamins & Supplements

MEDICINE OPTIONS

1. Zincovit Tablet: Dose: 1 Tablet Per Day
2. Zincovit Syrup: Dose: 5-10 ml Per Day
3. Nurokind Gold: Dose: 1 Capsule/Day
4. Becadexamin Capsule: 1 Capsule/Day
5. Supra Plus Tablet: Dose: 1 Tablet/day
6. Supradyn Daily: Dose: 1 Tablet Per Day
7. Healthok Tablets : Dose: 1 Tablet/day
8. Cipla Maxirich Daily / Gold: Dose: 1 Tablet Per Day
9. Becozinc-G Capsule: Dose: 1 Capsule Per Day
10. Sun Pharma Revital H: Dose: 1 Capsule/Tab Per Day
11. Supermune Tablet: Dose: 1 Tablet Per Day
12. Multi-3 Tablets: Dose: 1 Tablet Per Day



INTRODUCTION

- ❖ गीली खांसी लगभग हमेशा श्वसन प्रणाली से बलगम लाती है
- ❖ गीली खांसी आमतौर पर सामान्य सर्दी या फ्लू के कारण होती है।
- ❖ गीली खांसी को गीला इसलिए कहा जाता है, क्योंकि इसमें बलगम बाहर आता है या आपको गले में बलगम महसूस होता है। कई मामलों में गीली खांसी के साथ पस या खून भी आ सकता है।
- ❖ Coughing is a common reflex action that clears our throat of mucus or foreign irritants
- ❖ A cough that lasts for less than three weeks is an “acute cough”
- ❖ A productive ('wet' or chesty) cough is when you have a cough that produces mucus or phlegm (flem) (sputum)
- ❖ You may feel congested and have a 'rattly' or 'tight' chest

SYMPTOMS

- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ A runny or stuffy nose ❖ A feeling of liquid running down the back of our throat (postnasal drip) ❖ Frequent throat clearing ❖ Sore throat ❖ Hoarseness ❖ Wheezing and shortness of breath ❖ Heartburn or a sour taste in your mouth ❖ In rare cases, coughing up blood | <ul style="list-style-type: none"> ❖ बहती या भरी हुई नाक ❖ गले के पिछले हिस्से में तरल पदार्थ ❖ बार-बार गला साफ होना ❖ गला खराब होना ❖ कर्कशता, घरघराहट और सांस की तकलीफ ❖ मुँह में खट्टा स्वाद ❖ खांसी के साथ खून आना |
|--|---|

CAUSES

- ❖ Smoking
- ❖ Post nasal drip
- ❖ Gerd or acid reflux
- ❖ Asthma
- ❖ COPD or chronic bronchitis
- ❖ Pneumonia or acute bronchitis

DIAGNOSIS

- ❖ Chest X-ray
- ❖ Blood test
- ❖ Urine test
- ❖ Sputum analysis
- ❖ Blood CRP test
- ❖ CT scan

TREATMENT & MEDICINE OPTIONS

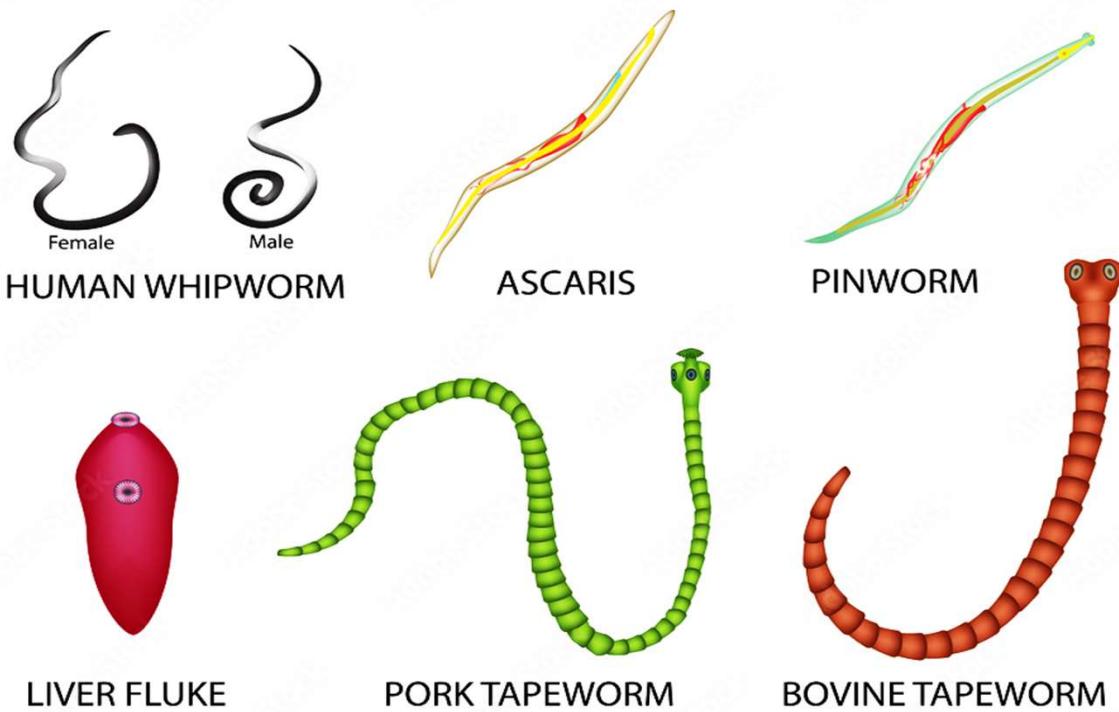
- ❖ Himalaya vasaka syrup- 5ml 3 time a day
- ❖ Himalaya koflet syrup - 5ml 3 time a day
- ❖ Cufrex syrup- 5ml 2-3 time a day
- ❖ Ambroxol hydrochloride lozanges- 1-2 Lozenges/day
- ❖ Cofsils lozanges- 1-2 Lozenges per day
- ❖ Solvin cough tablets- 1 OR 2 Tablet/day
- ❖ Montek LC tablet- 1 tablet per day
- ❖ Deryphyllin tablet- 1 or 2 tablet/day



119. WORM INFECTION (पेट की कृमि)

INTRODUCTION

- ❖ वर्म इंफेक्शन, इस इंफेक्शन को सॉयल ट्रांसमिटेड हेलमिनिथ कहा जाता है, पेट में कीड़ा होना कृमि रोग कहलाता है।
- ❖ कीड़े आंत में रहते हैं और आपके बच्चे का पोषण खा जाते हैं।
- ❖ यह समस्या सबसे अधिक बच्चों में होती है जिस कारण उनमें पेट दर्द, भूख न लगना और बजन घटने जैसे लक्षण नजर या महसूस होते हैं।
- ❖ Infection due to helminths and parasitic worms called worm infection or Helminth Disease
- ❖ You may become infected with various worms by following way
- ❖ Contaminated food & water
- ❖ Lack of personal hygiene, Worms can spread through small amounts of feces from people with an infection



CAUSES

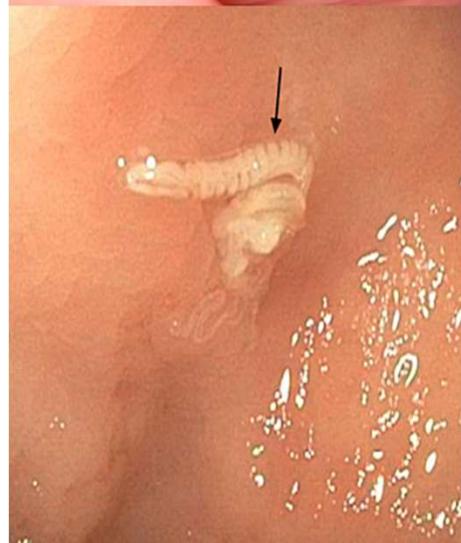
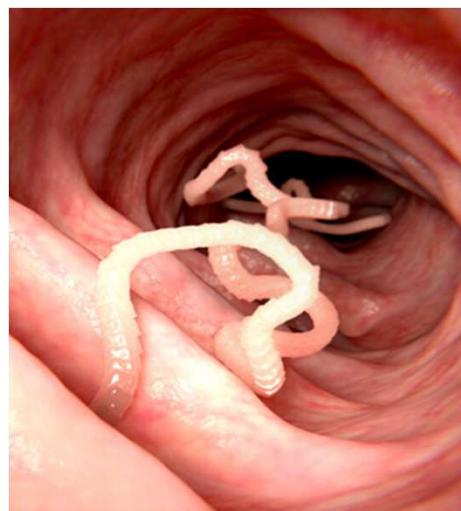
- ❖ Liver
- ❖ Flukes
- ❖ Pinworms
- ❖ Hookworms

SYMPTOMS

- ❖ Abdominal pain
- ❖ Diarrhea,
- ❖ nausea, or vomiting
- ❖ Gas/bloating
- ❖ Fatigue
- ❖ Unexplained weight loss
- ❖ Abdominal pain or tenderness

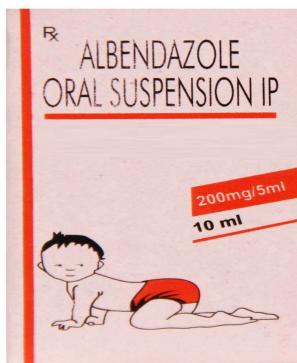
TREATMENT OPTIONS

- ❖ Worm infection mainly treat by using Antihelmintics
- ❖ पेट के कीड़ों से छुटकारा पाने के लिए कुछ घरेलू उपाय ये हैं
- ❖ अंजीर और जैतून का तेल
- ❖ लहसुन और गुड़
- ❖ पपीते का बीज
- ❖ नीम की पत्ती or अजवाइन



MEDICINE OPTIONS

- Albendazole- 400 mg as a single dose
- Mebendazole: 100 mg BD for 3 days
- Praziquantel: 10 mg/kg single dose in the morning
- Ivermectin: 10–15 mg (0.15–0.2 mg/kg)
- Pyrantel pamoate: 10 mg/kg daily for 3 days
- Piperazine: For roundworm infestation 4 g once a day for 2 consecutive days; children 0.75 g/year of age (max. 4 g)
- Levamisole: For roundworm 150 mg (adults), 100 mg (children 20–39 kg body weight), 50 mg (children 10–19 kg weight) single dose
- Diethylcarbamazine citrate: For filariasis 2 mg/kg TDS for 12–21 days, for tropical eosinophilia 2–4 mg/kg TDS for 2–3 weeks
- Niclosamide: 2.0 g taken in 2 doses 1 hour



INTRODUCTION

- ❖ हमारे शरीर में अलग – अलग इंद्रियां (सेंस) होती हैं जिसमें से एक कान है।
- ❖ इनमें से किसी भी इंद्री में समस्या होना हमारे लिए बहुत कष्टकारी हो सकता है। अगर बात करें सुनने वाली इंद्री की तो कान में इंफेक्शन होने के पीछे बैक्टीरिया या वायरल संक्रमण हो सकता है जो कान के मध्य भाग (मिडल ईयर) को प्रभावित करता है।
- ❖ इसी मिडल ईयर में संक्रमण के कारण होने वाली सूजन, जलन और मवाद आदि के स्वरूप कान में इंफेक्शन की स्थिति बहुत दर्द भरी हो सकती है।
- ❖ कान के संक्रमण के कई कारण हो सकते हैं
- ❖ बैक्टीरियल और वायरल संक्रमण, फ़ॉगस संक्रमण
- ❖ सामान्य सर्दी या एलर्जी

- ❖ An ear infection, also called acute otitis media, is a sudden infection in your middle ear. The middle ear is the air-filled space between your eardrum and inner ear. It houses the delicate bones that transmit sound vibrations from your eardrum to your inner ear so you can hear



CAUSES

- ❖ When eustachian tubes are clogged (mostly in infants)
- ❖ Allergies
- ❖ Colds and sinus infections
- ❖ Excess mucus and saliva produced during teething
- ❖ Infected or overgrown adenoids (lymph tissue in the upper part of the throat)
- ❖ Tobacco smoke
- ❖ Changes in altitude or climate
- ❖ Cold climate
- ❖ Family history of ear infections
- ❖ Not being breastfed
- ❖ Recent ear infection
- ❖ Recent illness of any type (because illness lowers the body's resistance to infection)
- ❖ Birth defect, leading to deficiency in eustachian tube function

SYMPTOMS

- ❖ Ear pain
- ❖ Trouble hearing
- ❖ Headache
- ❖ Loss of appetite
- ❖ Drainage of fluid from the ear
- ❖ Drainage of fluid from the ear

- ❖ सूजन आना
- ❖ दर्द होना
- ❖ बाहरी कान लाल होना
- ❖ बाहरी कान गर्म होना
- ❖ तेज़ दर्द होना

DIAGNOSIS

- ❖ By otoscope
- ❖ Tympanometry
- ❖ Acoustic reflectometry:
- ❖ Hearing tests
- ❖ Fluid Sample
- ❖ Computed tomography (CT) scan:
- ❖ Blood test

TREATMENT OPTIONS

❖ HOME TREATMENT

- प्रभावित कान पर लगभग 20 मिनट तक गर्म, नम कपड़ा या हीटिंग पैड लगाने से दर्द को कम करने और जल निकासी को बढ़ावा देने में मदद मिल सकती है। सुनिश्चित करें कि त्वचा को जलने से बचाने के लिए सेक बहुत गर्म न हो
- अच्छी तरह से **हाइड्रेटेड रहना** और पर्याप्त आराम करना आपके शरीर की प्राकृतिक उपचार प्रक्रिया का समर्थन कर सकता है
- कान से तरल पदार्थ की निकासी को प्रोत्साहित करने के लिए सोते समय अपना सिर ऊपर उठा लें।
- सिगरेट के धुएं और एलर्जी जैसे उत्तेजक पदार्थों के संपर्क में आने से बचें जो लक्षणों को बढ़ा सकते हैं या उपचार में देरी कर सकते हैं।
- च्युइंग गम चबाने या हार्ड कैंडी चूसने से यूस्टेशियन ट्यूब खोलने वाली मांसपेशियों को उत्तेजित करने में मदद मिल सकती है, जिससे कान के बेहतर जल निकासी को बढ़ावा मिलता है।
- कुछ लोगों का मानना है कि **लहसुन के तेल की बूंदें** (जैतून के तेल में लहसुन मिलाकर बनाई गई) दर्द को कम करने में मदद कर सकती हैं और संभवतः इसमें जीवाणुरोधी गुण भी होते हैं। हालाँकि, इसकी प्रभावशीलता का समर्थन करने के लिए सीमित वैज्ञानिक प्रमाण हैं।



MEDICINE OPTIONS

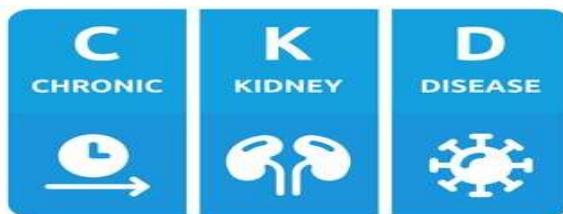
- ❖ **ANTIBIOTICS FOR CURE BACTERIAL INFECTION**
- ❖ **AMOXICILLIN**:- In most adults, the dose is amoxicillin 875 mg with clavulanate 125 mg orally twice daily
- ❖ **CLAVAM 625** : 1 Tablet BD/TID
- ❖ **CEFDINIR**: 300 mg OD/BD
- ❖ **CEFTRIAXONE**: Usual Paediatric Dose for Otitis Media, 50 mg/kg IM as a single dose, Maximum dose: 1 g/dose
- ❖ **AZITHROMYCIN**: 250 mg 1 BD, 500 mg 1 OD for 3 Days
- ❖ **OFLOXACIN**: 200–400 mg BD oral, 200 mg by slow i.v. infusion
- ❖ **CEPHALEXIN**: 0.25–1 g 6–8 hourly (children 25–100 mg/kg/day)
- ❖ **CLARITHROMYCIN**, 6 months or older: 7.5 mg/kg orally every 12 hours for 10 days, Maximum dose: 500 mg/dose
- ❖ **SOME PAIN RELIVING MEDICINE ARE ALSO USED**:-
- ❖ **PARACETAMOL**: 500 mg or 650 mg 1 tablet BD or TID
- ❖ **IBUPROFEN**: 400 mg 1 OD or BD
- ❖ **SINGLE OR COMBINATION EYEDROPS**
- ❖ **FOROTO EAR Drops 5ml (2-3 Drops 2-3 times a day)**
- ❖ **Oflokem D Eye/Ear Drops 10 MI (2-3 Drops 2-3 times a day)**
- ❖ **Ciplox Eye/Ear Drops 10ml (2-3 Drops 2-3 times a day)**
- ❖ **Otogenic Bottle Of 10ml Ear Drops (2-3 Drops 2-3 times a day)**



INTRODUCTION

- ❖ क्रोनिक किडनी डिजीज (सीकेडी)
- ❖ किडनी की बीमारी का मतलब है कि आपकी किडनी ठीक से काम नहीं कर रही है और अपना कार्य खोना शुरू कर रही है। क्रोनिक किडनी रोग (सीकेडी) समय के साथ बिगड़ता जाता है।
- ❖ उच्च रक्तचाप और मधुमेह सीकेडी के दो सामान्य कारण हैं।
- ❖ सीकेडी का कोई इलाज नहीं है, लेकिन आप यथासंभव लंबे समय तक इसकी कार्यप्रणाली को सुरक्षित रखने के लिए कदम उठा सकते हैं।

- ❖ ***CKD means Chronic Kidney Disease***
- ❖ **Kidney disease means *kidneys are not working properly* and loose their functions**
- ❖ **Kidney work as filter in our body like filtering out wastes, toxins and extra water from the blood.**
- ❖ **CKD can lead to *kidney failure*, which is also called *end-stage kidney disease***



Stages of Chronic Kidney Disease (CKD)

PACE HOSPITALS



STAGE 1
Mild loss of function

GFR = 90 or above



STAGE 2
Mild Kidney Damage

GFR = 60-89 mL/min



STAGE 3A
Mild to Moderate Kidney Damage

GFR = 45-59 mL/min



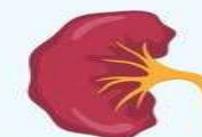
STAGE 3B
Mild to Moderate Kidney Damage

GFR = 30-44 mL/min



STAGE 4
Moderate to Severe Kidney Damage

GFR = 15-29 mL/min

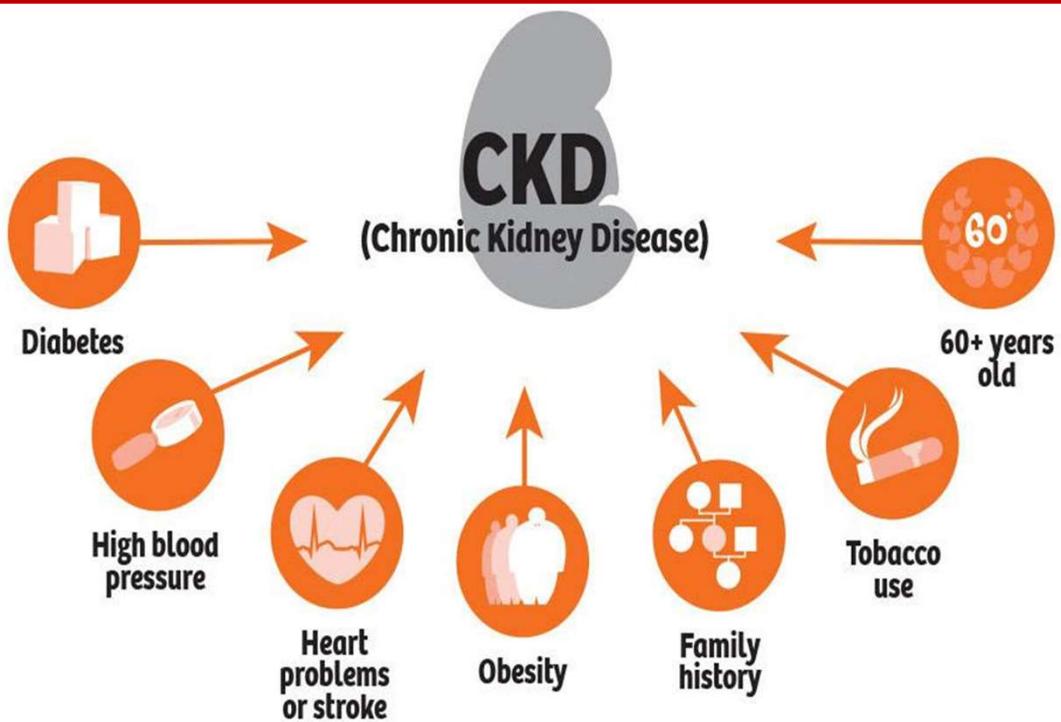
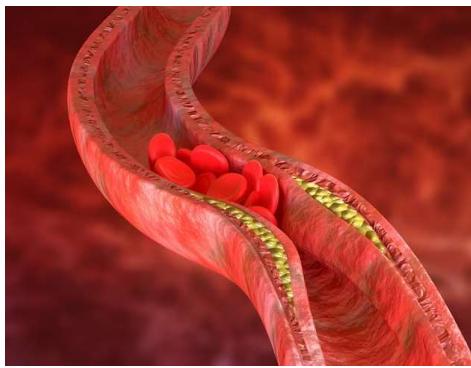
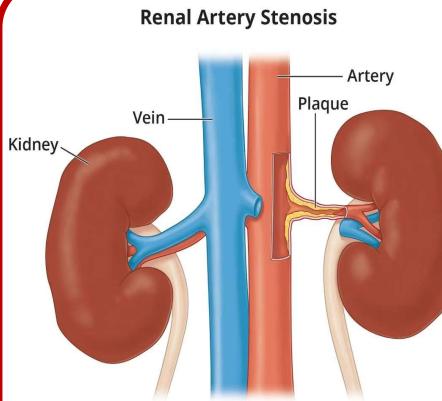


STAGE 5
Kidney Failure

GFR = Less than 15

CAUSES

- High B.P. and diabetes are most common causes of CKD
- If the **blood flow does not reach** properly to the kidneys
- If kidneys are **not working properly**
- If an **obstruction** prevents urine outflow
- Blockage in renal artery
- Heavy metal poisoning
- Fetal developmental problems
- Malaria
- Yellow fever
- Kidney injury



SYMPTOMS

- ❖ Tiredness
- ❖ Weakness
- ❖ Muscle cramps
- ❖ Low energy level
- ❖ Nausea or vomiting
- ❖ Loss of appetite
- ❖ Numbness
- ❖ Decreased urine output
- ❖ Anemia
- ❖ Sometimes bloody urine or dark urine
- ❖ Frequent urination specially at night
- ❖ Shortness of breath
- ❖ Trouble concentrating
- ❖ Trouble sleeping
- ❖ Itching
- ❖ Dry skin
- ❖ Swelling
- ❖ Puffy eyes
- ❖ High B.P.

DIAGNOSIS

- ❖ Physical examination
- ❖ Blood test
- ❖ Glomerular filtration rate (GFR) & Serum creatinine level
- ❖ Ultrasound
- ❖ X-RAY
- ❖ MRI & CT Scan
- ❖ Kidney biopsy



TREATMENT OPTION

- ❖ Take proper diet
- ❖ Need to be physically active
- ❖ If you have a diabetes than manage your blood sugar level
- ❖ Maintained your B.P.
- ❖ Avoid smoking
- ❖ Maintain a healthy weight
- ❖ Limit alcohol-containing beverages
- ❖ Don't use tobacco
- ❖ Take a good sleep
- ❖ Take atleast 8 hour sleep

MEDICINES

1. Angiotensin-converting enzyme (ACE) inhibitor

- ❖ This medications Relaxed blood vessel and reduce blood pressure in patient with CKD examples are
- ❖ Captopril :25 mg BD, increase upto 50 mg TDS as needed
- ❖ Enalapril: 2.5 mg OD–20 mg BD
- ❖ Lisinopril: 5 mg OD–20 mg BD

2. Angiotensin receptor blocker (ARB)

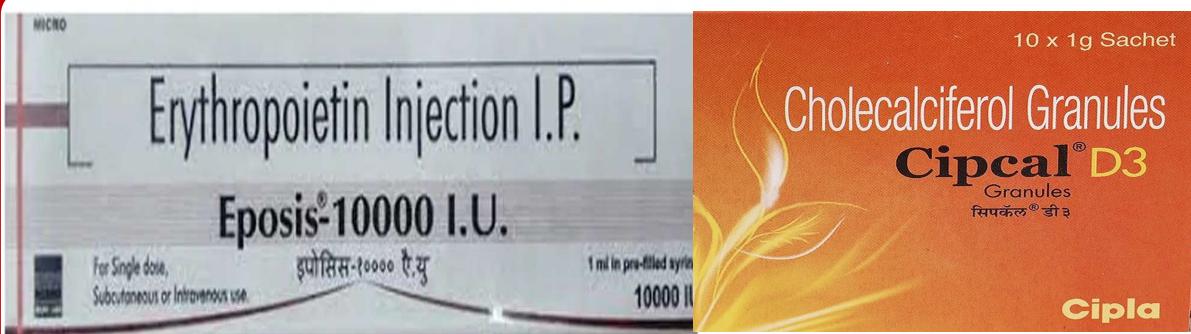
- ❖ This are second options to reduce BP in CKD patients
- ❖ Irbesartan: 150–300 mg OD
- ❖ Valsartan: 80–160 mg OD
- ❖ Losartan: 50 mg OD (max. 50 mg BD)
- ❖ Olmesartan: 20-40 mg OD
- ❖ Telmisartan: 20–80 mg OD

3. Diuretics for CKD

- ❖ Loop diuretics are more preferred to reduce BP in CKD patient with GFR Less than 30 mL/min/1.73m²
- ❖ Furosemide: Usually 20–80 mg once daily in the morning
- ❖ Bumetanide: 1–5 mg oral once daily in the morning
- ❖ Torsemide: 2.5–20 mg once daily in the morning

4. Erythropoietin: Weekly 1 Injection

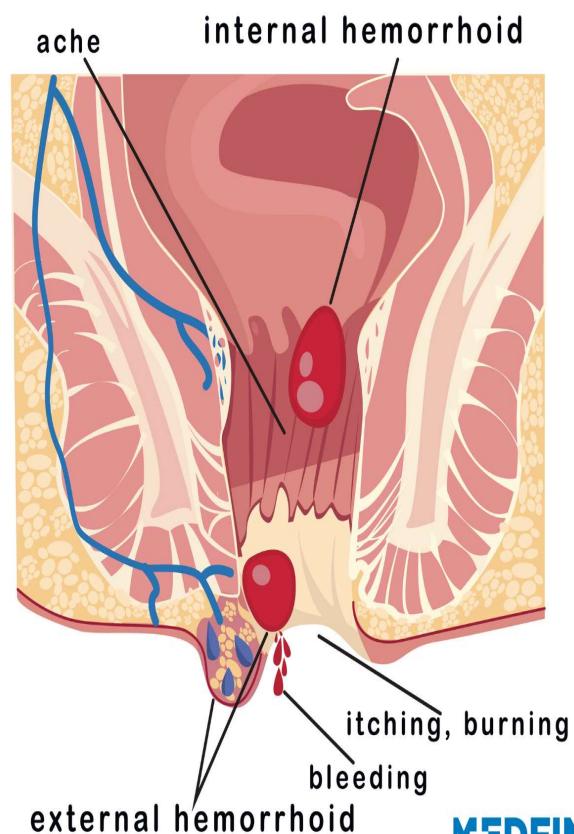
5. Vitamin D: 1 sachet/granules per week



INTRODUCTION

- ❖ **Hemorrhoids or PILES**
- ❖ Haemorrhoids, also known as piles, are swellings containing enlarged blood vessels that are found inside or around the bottom (the rectum and anus).
- ❖ Hemorrhoids is a disease which is very painful.
- ❖ These swollen veins inside of your rectum or outside of your anus can cause pain, anal itching and rectal bleeding
- In this problem swelling of veins in the anus and lower rectum.
- *They can develop inside or outside the anus*
- 1. Internal hemorrhoid
- 2. External hemorrhoid

- ❖ पाइल्स या बवासीर एक भयानक रोग है।
- ❖ बवासीर दो तरह की होती है:
- ❖ खूनी बवासीर, बादी बवासीर।
- ❖ बवासीर की शुरुआत तब होती है जब गुदा और मलाशय क्षेत्र की नसें सूज और फूल जाती हैं।
- ❖ बवासीर आंतरिक, बाहरी या दोनों का संयोजन हो सकता है।
- ❖ बवासीर 2 प्रकार की होती है
 1. खूनी बवासीर
 2. बादी बवासीर



MEDFIN

CAUSES

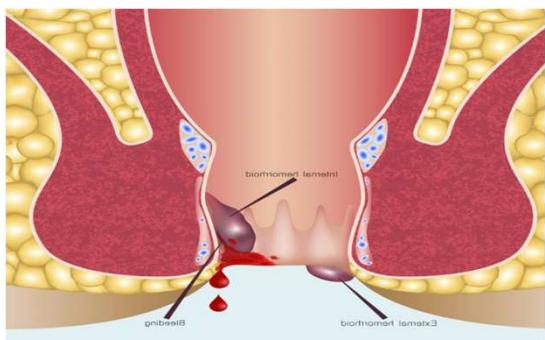
- ❖ बवासीर के मुख्य कारण
- ❖ डीप फ्राइड और प्रोसेस्ड फूड
- ❖ कब्ज
- ❖ गैस की समस्या
- ❖ पाचन संबंधी समस्याएं
- ❖ अगर आपके परिवार में किसी को पाइल्स की समस्या है

- ❖ Chronic constipation
- ❖ Chronic diarrhea
- ❖ Lifting heavy weights
- ❖ Pregnancy
- ❖ Being obese
- ❖ Eating a low-fiber diet
- ❖ Straining when passing a stool

SYMPTOMS

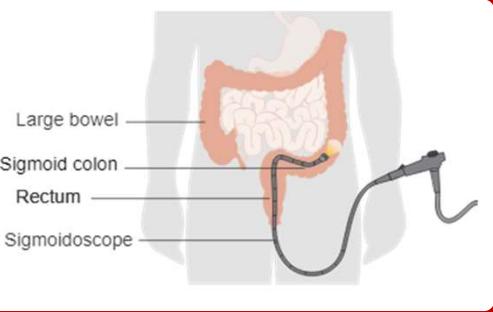
- Bright red blood after or during passing the stool.
- Itching around anus.
- Feeling like you still need pass stool after going to the toilet.
- Slimy mucus in your cloth or on toilet paper after wiping rectal area.
- Pain around your Anus.
- Burning around Anus

- मलत्याग के बाद चमकीला लाल रक्त, गुदा में खुजली होना
- ऐसा महसूस होना कि शौचालय जाने के बाद भी आपको मलत्याग करने की आवश्यकता है, अपने निचले हिस्से को पोंछने के बाद आपके अंडरवियर में या टॉयलेट पेपर पर बलगम
- आपके गुदा के आसपास गांठें, दर्द कभी-कभी जलन



DIAGNOSIS

- ❖ Physical examination
- ❖ Blood test
- ❖ Sigmoidoscopy



TREATMENT & MEDICINE OPTION

- ❖ Treatment me oral tablet patient le sakta hai sath me koi ek lagane wali Cream ya ointment use kar sakta hai.

- ❖ Proenthocyanidin & vitamin C tablets: Dose: 1-2 Tablet OD/BD
- ❖ Haemorrhoidal Suppository : Dose: 1 to be insert at night or day
- ❖ Pileum cream Dose: apply 2-3 times in a day
- ❖ Pilorute cream: apply 2-3 times in a day
- ❖ Anovate : apply 2-3 times in a day
- ❖ Proctosedyl cd : apply 2-3 times in a day
- ❖ Himalaya Pilex forte tablet : Dose: 2 Tablet BD/OD
- ❖ Himalaya Pilex tablet: Dose: 2 Tablet BD/OD
- ❖ Himalaya Pilex forte cream: apply 2-3 times in a day
- ❖ Hadensa : apply 2-3 times in a day
- ❖ SBL FP ointment : apply 2-3 times in a day
- ❖ SNL FP Tablets : Dose: 1 Tablet BD/OD



INTRODUCTION

- ❖ त्वचा रोग त्वचा की वह अवस्था है जो लाल, त्वचा पर धब्बे के कारण होती है जो कि सफेद त्वचा से ढकी होती है
- ❖ आमतौर पर तो आपकी कोहनी, घुटने, खोपड़ी और पीठ के निचले हिस्से पर दिखाई देते हैं

- ❖ Psoriasis is a disease related to the skin.
- ❖ In This a red spot or scab-like form is formed on the skin.
- ❖ The crust is itchy.
- ❖ Psoriasis disease occurs due to the weakening of the body's immune system.

CAUSES

- ❖ Problem with the immune system
- ❖ Skin infections
- ❖ Weather, especially cold, dry conditions
- ❖ Severe sunburn
- ❖ Stress

SYMPTOMS

- ❖ Itching & Redness
- ❖ Dryness
- ❖ Crusting
- ❖ Scaling
- ❖ Inflammation
- ❖ Discomfort



- ❖ स्कैल्प का सोरायसिस
- ❖ सूखी और फटी त्वचा
- ❖ लाल - सफेद धब्बे
- ❖ जलन, खुजली या दर्द
- ❖ डिप्रेशन महसूस करना
- ❖ त्वचा पर मोटी परत बन जाती है
- ❖ खुजली वाली, सूखी पपड़ियां

DIAGNOSIS

- ❖ Physical examination
- ❖ Skin biopsy
- ❖ Blood test
- ❖ Urine test

TREATMENT

- ❖ Various treatment options are available for PSORIASIS
- ❖ Immunosuppressants
- ❖ Corticosteroids
- ❖ Light therapy



MEDICINES

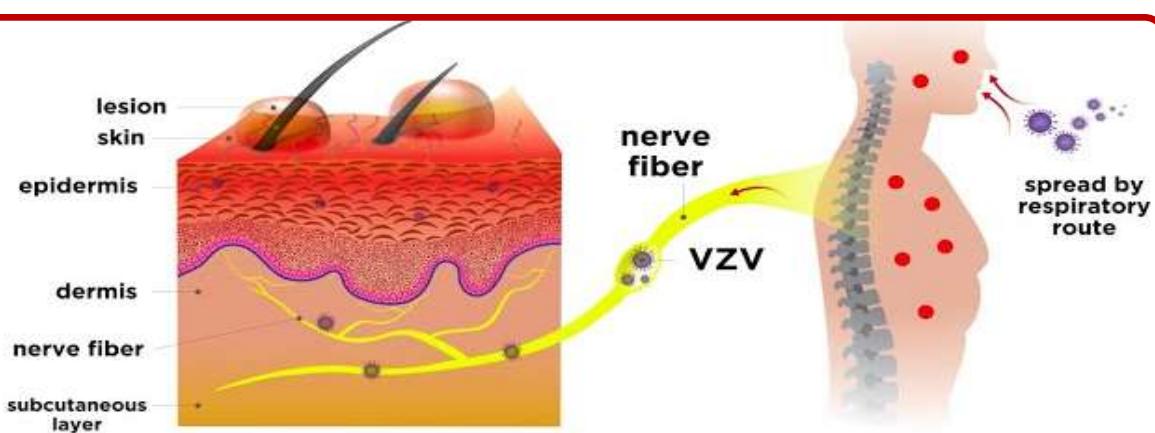
- ❖ Cyclosporine - Dose: 7–9 (mg/kg/day) per day every 6-8 hour
- ❖ Hydrocortisone Acetate cream - Apply 2-3 times in a day
- ❖ Triamcinolone ointment - Apply 2-3 times in a day
- ❖ Clobetasol propionate- Apply 2-3 times in a day
- ❖ Calcitriol ointment- Apply 2-3 times in a day
- ❖ Acitretin capsule – Dose 10 mg - 1 capsule 2-3 time a day
- ❖ Tazarotene gel - Apply 2-3 times in a day
- ❖ Compound dithranol ointment - Apply 2-3 times in a day
- ❖ Allen A27 psoriasis drops - Dose: Take 10-15 drops in half-cup of water, 3 times a day before meals.
- ❖ Baidyanath maha manjisthadyarist - Dose: 5-10 ml 2-3 times a day (5 to 10 ml din me 3 baar)

INTRODUCTION

- ❖ चेचक, शीतला, बड़ी माता, एक विषाणु जनित (chickenpox Virus) रोग है
- ❖ ज्यादातर लोग 'माता' के नाम से जानते हैं एक बेहद ही तेजी से फैलने वाला वायरल संक्रमण है

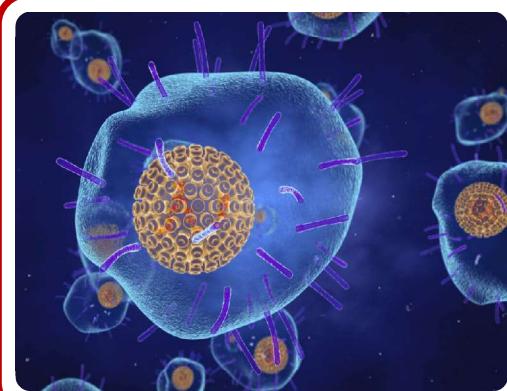
❖ Chickenpox is a highly contagious disease caused by the varicella-zoster virus (VZV).

- How is chickenpox spread?
- Contact with someone who has chickenpox.
- Breathing air from an infected person
- Contact with fluids from an infected child's eyes, nose or mouth



CAUSES

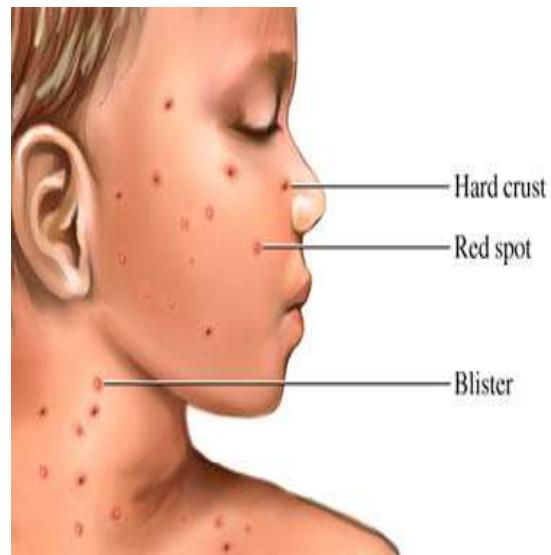
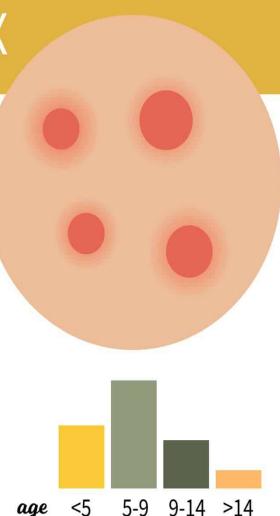
- ❖ “*Varicella-Zoster Virus*”
- ❖ More chances if Person have Low immunity.
- ❖ Chickenpox is transmitted from person to person by *directly touching the blisters, saliva or mucus* of an infected person.



SYMPTOMS

- | | |
|--|-----------------------|
| ❖ Fever 102 or high | ❖ Skin rash |
| ❖ Feeling tired | ❖ Itching like eczema |
| ❖ Headache | ❖ Cough |
| ❖ Stomachache | ❖ Fatigue |
| ❖ Red blisters | ❖ Loss of appetite |
| ❖ blisters become cloudy and then look like scab | ❖ Red spot |
| | ❖ Hard crust |

CHICKENPOX



DIAGNOSIS

- ❖ Physical examination
- ❖ Blood test to check VZV
- ❖ Sign & Symptoms based
- ❖ Zoster Virus kit

PREVENTION

Unvaccinated/Catch-Up Vaccination*		
Age	Vaccine	Minimum Interval Between Dose 1 and 2
1 year - 6 years	Varivax or ProQuad	3 months
7-12 years	Varivax or ProQuad	3 months
13 - 18 years	Varivax	4 weeks
19 years and older	Varivax	4-8 weeks

TREATMENT OPTION

- | | |
|---|--|
| <ul style="list-style-type: none"> ❖ खुजली न करें ❖ पानी का अधिक सेवन करें ❖ दही का अधिक सेवन करें ❖ अदरक, लहसुन, शहद और हल्दी का सेवन करें ❖ मसालेदार, तैलीय और नमकीन खाद्य पदार्थ न खाएं | <ul style="list-style-type: none"> ❖ Home Remedies ❖ Cool Bath ❖ Calamine lotion ❖ Paracetamol for fever ❖ Antihistamines for itching and rashes ❖ Antiviral drugs |
|---|--|

MEDICINES

- ❖ Calamine lotion - apply on affected area 2-3 times in a day
- ❖ Paracetamol if fever
- ❖ **Antihistamines for itching and rashes**
- ❖ Fexofenadine: 120–180 mg oral per day
- ❖ Cetirizine: 10 mg oral Per day
- ❖ Diphenhydramine: 25–50 mg oral per day
- ❖ Loratadine: 10 mg oral per day
- ❖ **If condition become severe then expert can use**
- ❖ Acyclovir: 200 mg 5 times a day oral (15 mg/kg/day)
- ❖ Valacyclovir: 0.5-1.0 g BD × 10 days
- ❖ Famciclovir: 250 mg TDS × 5 days

INTRODUCTION

- ❖ त्वचा के इसी सफेद दाग को अंग्रेजी में विटिलिगो कहते हैं। यह त्वचा का रोग है जिससे पीड़ित मनुष्य के शरीर के अलग-अलग हिस्सों में सफेद दाग हो जाते हैं।
- ❖ शुरुआत में सफेद दाग मरीज के चेहरे, होंठ, हाथ, पांव और कोहनी आदि में छोटे-छोटे सफेद धब्बे के रूप में पनपते हैं।
- ❖ उसके बाद, धीरे-धीरे ये छोटे धब्बे आपस में मिलकर एक बड़ा दाग/धब्बा का रूप ले लेते हैं।

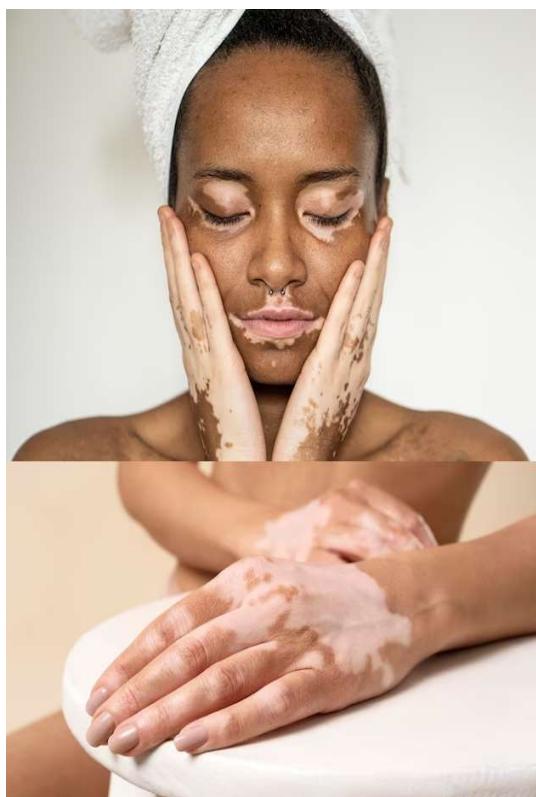
- ❖ Vitiligo is a chronic (long-lasting) autoimmune disorder
- ❖ Vitiligo is a condition where pale white patches develop on the skin.
- ❖ This happens when melanocytes (skin cells that make pigment) are attacked and destroyed, causing the skin to turn a milky-white color.

CAUSES

- ❖ lack of a melanin pigment
- ❖ Ultraviolet radiation
- ❖ Stress

SYMPTOMS

- ❖ Skin patches
- ❖ Patches of hair on your body turn silver, gray or white.
- ❖ Itching on patches
- ❖ Social Anxiety (chinta hona)



DIAGNOSIS

- ❖ Physical examination
- ❖ Skin biopsy
- ❖ Chemical leukoderma
- ❖ Tinea versicolor
- ❖ Check melanin level
- ❖ Pityriasis alba
- ❖ Surgery
- ❖ Depigmentation therapy
- ❖ Light therapy



Pityriasis alba

TREATMENT OPTION

- ❖ विटिलिगो (सफेद दाग) एक आम बीमारी है।
- ❖ यह तब होता है जब त्वचा की वर्णक कोशिकाएं मृत हो जाती हैं या काम करना बंद कर देती हैं। विटिलिगो के कारणों के बारे में अभी तक पता नहीं चल पाया है।
- ❖ अनुसंधान से पता चला है कि इसके कारणों में ये शामिल हो सकते हैं: स्व-प्रतिरक्षित, आनुवंशिक, ऑक्साइडेटिव तनाव, तंत्रिका तनाव, वायरल तनाव।
- ❖ विटिलिगो के कुछ घरेलू उपाय ये हैं:
- ❖ सरसों के तेल में हल्दी मिलाकर दागों पर लगाना
- ❖ एलोवेरा जेल लगाना, एलोवेरा जूस पीना
- ❖ बथुआ की सब्ज़ी खाना
- ❖ Herbal and homeopathic cream options
- ❖ SBL Ami visnaga cream

TREATMENT OPTION

- ❖ **Medications:** No drug can stop the process of vitiligo — the loss of pigment cells (melanocytes). But some drugs, used alone, in combination or with light therapy, can help restore some color².
- ❖ **Corticosteroids:** Applying a corticosteroid cream to affected skin might return color. This is most effective when vitiligo is still in its early stages. (Betnovate cream)
- ❖ **Calcineurin inhibitors:** These include pimecrolimus cream and tacrolimus ointment. They are often used on the eyelids, face, neck, armpits, or groin, as these areas may be more prone to side effects from topical corticosteroids¹.
- ❖ **Light therapy:** Phototherapy with narrow band ultraviolet B (UVB) has been shown to stop or slow the progression of active vitiligo. It might be more effective when used with corticosteroids or calcineurin inhibitors².
- ❖ **Skin grafting:** If light therapy or laser treatments don't work, a dermatologist may recommend treating vitiligo with skin grafting¹.
- ❖ **Cell transplant:** This is another option if other treatments don't work¹.
- ❖ **Cosmetic cover-ups:** Some people choose not to treat their vitiligo and instead use cosmetic cover-ups



Apply 2-3 times a day



Apply 2-3 times a day



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