

Disclaimer

This document is for educational purposes only and is not a substitute for professional medical advice. Always consult a qualified healthcare provider for proper diagnosis and treatment.

Common Cold

The common cold is a mild viral infection that affects the nose and throat. Symptoms usually include a runny or blocked nose, sore throat, sneezing, mild headache, and low-grade fever. Recovery involves rest, drinking plenty of fluids, steam inhalation, and over-the-counter medicines for fever or congestion. Most people recover within 7–10 days.

Influenza (Flu)

Influenza, or flu, is a contagious viral infection that affects the respiratory system. Symptoms include sudden fever, chills, body aches, cough, sore throat, and fatigue. Recovery usually involves rest, hydration, antiviral medications (if prescribed), and avoiding close contact with others to prevent spread.

Asthma

Asthma is a chronic condition that affects the airways in the lungs, causing inflammation and narrowing. Symptoms include wheezing, chest tightness, coughing, and shortness of breath. Management involves inhalers (bronchodilators and steroids), avoiding triggers such as dust and allergens, and practicing breathing exercises.

Hypertension (High Blood Pressure)

Hypertension is a long-term condition where blood pressure in the arteries is consistently high. Symptoms are often silent but may include headaches, dizziness, or blurred vision. Recovery and management involve reducing salt intake, regular exercise, stress management, medications prescribed by a doctor, and lifestyle changes.

Diabetes (Type 2)

Type 2 diabetes is a chronic condition where the body cannot properly regulate blood sugar. Symptoms include excessive thirst, frequent urination, fatigue, and blurred vision. Management involves maintaining a balanced diet, regular exercise, reducing sugar intake, medications like metformin, and sometimes insulin therapy.

Migraine

Migraine is a neurological condition that causes intense headaches, often accompanied by nausea, vomiting, and sensitivity to light and sound. Recovery may involve resting in a dark room, taking prescribed migraine medications, staying hydrated, and avoiding known triggers such as stress or certain foods.

Dengue Fever

Dengue is a mosquito-borne viral infection. Symptoms include high fever, severe headache, joint and muscle pain, rash, and sometimes bleeding gums. Recovery requires rest, hydration, and paracetamol for fever. Aspirin and ibuprofen should be avoided. Severe cases need hospitalization.

Malaria

Malaria is caused by parasites transmitted through mosquito bites. Symptoms include fever, chills, sweating, fatigue, nausea, and headache. Recovery involves antimalarial medications prescribed by doctors, rest, and hydration. Preventive measures include mosquito nets and repellents.

Pneumonia

Pneumonia is an infection that inflames the lungs, usually caused by bacteria or viruses. Symptoms include cough with phlegm, fever, chills, and difficulty breathing. Recovery depends on the cause and may involve antibiotics (for bacterial pneumonia), rest, fluids, and oxygen therapy in severe cases.

Tuberculosis (TB)

Tuberculosis is a bacterial infection that primarily affects the lungs. Symptoms include persistent cough, chest pain, coughing up blood, night sweats, and weight loss. Recovery requires a long course of antibiotics prescribed by a doctor, usually lasting several months.

COVID-19

COVID-19 is a viral respiratory illness caused by the coronavirus SARS-CoV-2. Symptoms include fever, cough, loss of taste or smell, shortness of breath, and fatigue. Recovery usually involves rest, hydration, and isolation. Severe cases may require hospitalization and oxygen support.

Allergic Rhinitis

Allergic rhinitis, or hay fever, is an allergic reaction to airborne particles such as pollen or dust. Symptoms include sneezing, runny nose, itchy eyes, and congestion. Recovery involves avoiding allergens, antihistamines, nasal sprays, and staying indoors during high pollen times.

Gastritis

Gastritis is inflammation of the stomach lining, often caused by infection, stress, or certain medications. Symptoms include stomach pain, bloating, nausea, and indigestion. Recovery involves avoiding spicy foods, reducing alcohol, taking prescribed medications, and stress management.

Anemia

Anemia occurs when the body lacks enough healthy red blood cells to carry oxygen. Symptoms include fatigue, weakness, pale skin, and dizziness. Recovery depends on the cause and may involve iron supplements, vitamin-rich foods, or medications prescribed by a doctor.

Arthritis

Arthritis is inflammation of the joints, causing pain, stiffness, and swelling. Common forms include osteoarthritis and rheumatoid arthritis. Recovery and management involve medications for pain and inflammation, physiotherapy, exercise, and lifestyle changes to reduce joint stress.