

1. Fever

Medicine: Paracetamol | **Dosage:** 500mg every 6-8 hours

Fever is the body's natural response to infection, usually viral or bacterial. It presents as a rise in body temperature, often accompanied by chills, sweating, body aches, and fatigue.

Paracetamol helps reduce fever and alleviate discomfort by acting on the brain's temperature-regulating center. It's commonly used for flu, cold, or general infections. Patients should rest, stay hydrated, and monitor temperature. Overuse or incorrect dosing of Paracetamol may affect the liver. If the fever lasts more than three days or exceeds 102°F, it's advised to seek medical help for further evaluation and treatment.

2. Throat Infection

Medicine: Amoxicillin | **Dosage:** 250mg three times a day

Throat infections are typically caused by viruses or bacteria like Streptococcus. Symptoms include sore throat, difficulty swallowing, red or swollen tonsils, and sometimes fever.

Amoxicillin, a penicillin-type antibiotic, is prescribed to combat bacterial causes. It should be taken as prescribed and completed even if symptoms improve early. The medicine inhibits bacterial growth by stopping the formation of their cell walls. Rest, warm fluids, and saltwater gargles also help. If not treated properly, it may lead to complications like tonsillitis or rheumatic fever. Avoid cold drinks and maintain hygiene to prevent recurrent infections.

3. Allergy

Medicine: Cetirizine | **Dosage:** 10mg once daily

Allergies occur when the immune system reacts to allergens like pollen, dust, or certain foods. Common symptoms include sneezing, runny nose, itchy eyes, skin rashes, or breathing difficulties. Cetirizine is an antihistamine that blocks the action of histamine, a substance the body produces during allergic reactions. It provides quick relief from symptoms without causing much drowsiness. This medicine is usually taken once a day, and effects last for 24 hours. Avoiding known allergens and maintaining a clean environment can help prevent flare-ups. Long-term or severe allergies may require specialist evaluation and stronger medications.

4. Type 2 Diabetes

Medicine: Metformin | **Dosage:** 500mg twice daily

Type 2 diabetes is a chronic metabolic disorder where the body doesn't use insulin effectively, leading to high blood sugar. Symptoms include frequent urination, excessive thirst, fatigue, and

blurred vision. Metformin helps lower glucose production in the liver and increases insulin sensitivity. It's usually the first-line treatment for managing blood sugar, often combined with dietary changes and exercise. Metformin is taken with meals to reduce side effects like stomach upset. Regular monitoring of blood glucose and kidney function is essential during treatment. Managing weight, stress, and lifestyle is equally important for long-term control.

5. High Cholesterol

Medicine: Atorvastatin | **Dosage:** 10mg once daily

High cholesterol increases the risk of heart disease and stroke. It develops due to unhealthy diets, lack of exercise, obesity, or genetic factors. Atorvastatin belongs to a group of drugs known as statins. It works by reducing the amount of cholesterol made by the liver and helps clear LDL (bad cholesterol) from the blood. It also raises HDL (good cholesterol) slightly. Taken daily, preferably in the evening, it is effective over time. Patients must follow a heart-healthy diet, exercise regularly, and avoid smoking. Liver function should be monitored periodically during treatment.

6. Acidity

Medicine: Omeprazole | **Dosage:** 20mg once daily

Acidity or acid reflux happens when stomach acid flows back into the esophagus, causing heartburn, chest discomfort, and sometimes nausea. Omeprazole is a proton pump inhibitor (PPI) that reduces stomach acid production by blocking the enzyme responsible for acid secretion. It helps heal irritation and prevents ulcers. Usually taken before meals, the medicine is effective when used continuously for a few weeks. Lifestyle changes like avoiding spicy foods, caffeine, and smoking can reduce symptoms. Persistent or severe symptoms require medical evaluation to rule out conditions like GERD or ulcers.

7. Hypertension (High Blood Pressure)

Medicine: Losartan | **Dosage:** 50mg once daily

Hypertension is a chronic condition where the force of blood against artery walls is too high, increasing risks of heart attack, stroke, and kidney damage. Losartan is an angiotensin receptor blocker (ARB) that relaxes blood vessels, lowering blood pressure and improving blood flow. Taken once daily, it's often prescribed along with lifestyle changes such as reduced salt intake, regular exercise, and stress management. Monitoring blood pressure regularly and adhering to medication helps prevent long-term complications. Side effects are generally mild but should be reported to a doctor.

8. Bacterial Infection

Medicine: Azithromycin | **Dosage:** 500mg once daily for 3 days

Bacterial infections can affect various body parts like the respiratory tract, skin, or urinary tract. Azithromycin is a broad-spectrum antibiotic that works by stopping bacterial protein synthesis, which inhibits their growth. It's often preferred due to its short course and fewer side effects. Proper dosage and completing the course are important to prevent antibiotic resistance. This medicine should be taken with or without food and not mixed with antacids. Allergic reactions or side effects like diarrhea should be reported. It's ineffective against viral infections like the common cold or flu.

9. Hay Fever (Allergic Rhinitis)

Medicine: Loratadine | **Dosage:** 10mg once daily

Hay fever is an allergic response to airborne allergens such as pollen, dust mites, or pet dander. Symptoms include sneezing, itchy and watery eyes, runny nose, and congestion. Loratadine is a non-drowsy antihistamine that blocks histamine receptors, relieving allergy symptoms without causing sedation. It is taken once daily and starts working within an hour. Avoiding allergens and using nasal sprays or eye drops may provide additional relief. Severe or persistent cases should be evaluated by an allergist for further treatment options like immunotherapy.

10. Pain Relief

Medicine: Ibuprofen | **Dosage:** 400mg every 6 hours as needed

Ibuprofen is a non-steroidal anti-inflammatory drug (NSAID) widely used to relieve pain, reduce inflammation, and lower fever. It is effective for headaches, muscle aches, arthritis, and minor injuries. Ibuprofen works by blocking enzymes involved in inflammation. It should be taken with food to reduce stomach irritation and not used long-term without medical advice due to risks of kidney problems or stomach ulcers. Overdose or misuse can cause serious side effects. Always follow the prescribed dosage and consult a doctor if pain persists beyond a few days.

11. Hypothyroidism

Medicine: Levothyroxine | **Dosage:** 50mcg once daily

Hypothyroidism occurs when the thyroid gland produces insufficient thyroid hormones, causing symptoms like fatigue, weight gain, cold intolerance, and depression. Levothyroxine is a

synthetic thyroid hormone that replaces the deficient hormone, normalizing metabolism. It's taken once daily on an empty stomach, usually in the morning. Regular blood tests are required to monitor thyroid hormone levels and adjust dosage. Proper treatment improves symptoms and prevents complications like heart disease or infertility. Consistency in medication and follow-up is essential for optimal management.

12. Diabetes (Insulin Therapy)

Medicine: Insulin | **Dosage:** Variable, as prescribed

Insulin is a hormone essential for regulating blood sugar by allowing glucose into cells for energy. In diabetes, especially type 1 and some advanced type 2 cases, insulin therapy replaces or supplements natural insulin. Dosage and timing depend on blood sugar levels, diet, and activity. Insulin is injected subcutaneously and requires careful monitoring to avoid hypoglycemia (low blood sugar). Patients should learn injection techniques and blood sugar monitoring. Proper insulin use prevents complications such as nerve damage, kidney failure, and cardiovascular disease associated with uncontrolled diabetes.

13. High Blood Pressure (Hypertension)

Medicine: Amlodipine | **Dosage:** 5mg once daily

Amlodipine is a calcium channel blocker that relaxes and widens blood vessels, improving blood flow and reducing blood pressure. It's used to treat hypertension and angina (chest pain). Taken once daily, it is effective and generally well tolerated. Common side effects include swelling in ankles, dizziness, or flushing. Lifestyle changes such as reducing salt intake, regular exercise, and avoiding smoking complement treatment. Monitoring blood pressure regularly helps ensure medication effectiveness and reduce cardiovascular risks. Do not stop medication abruptly without consulting a doctor.

14. Stomach Ulcers

Medicine: Ranitidine | **Dosage:** 150mg twice daily

Stomach ulcers are sores on the stomach lining caused by excess acid, infection with *Helicobacter pylori*, or NSAID use. Ranitidine is an H2 blocker that reduces acid production, allowing ulcers to heal and relieving pain. It's taken twice daily before meals. Along with medication, avoiding spicy food, alcohol, and smoking helps recovery. Persistent ulcers can lead to bleeding or perforation if untreated. Testing and treatment for *H. pylori* infection might be necessary. Although ranitidine was widely used, it has been recalled in some regions due to safety concerns; alternative medicines may be prescribed.

15. Asthma

Medicine: Montelukast | **Dosage:** 10mg once daily

Asthma is a chronic lung condition causing inflammation and narrowing of airways, leading to wheezing, coughing, and breathlessness. Montelukast is a leukotriene receptor antagonist that reduces airway inflammation and prevents asthma attacks. It's taken once daily, usually in the evening. This medicine is used alongside inhalers and helps improve breathing and quality of life. Patients should avoid triggers like smoke, dust, or allergens. Regular follow-up is needed to monitor lung function and adjust treatment. Montelukast is generally well tolerated but should be used as prescribed.

16. Skin Infection

Medicine: Clindamycin | **Dosage:** 300mg twice daily

Clindamycin is an antibiotic used to treat serious bacterial skin infections including cellulitis and infected wounds. It works by stopping bacterial protein synthesis, effectively killing bacteria. Taken orally twice daily, it requires completing the full course to prevent resistance. Side effects may include stomach upset or diarrhea. Good hygiene and wound care help recovery. If symptoms worsen or do not improve within days, medical attention is necessary. Avoid sharing personal items and keep affected areas clean to reduce spread. Clindamycin may also be used topically for acne or minor skin infections.

17. Fluid Retention (Edema)

Medicine: Furosemide | **Dosage:** 40mg once daily

Fluid retention occurs when excess fluid builds up in tissues, causing swelling in legs, ankles, or abdomen. It may result from heart, kidney, or liver problems. Furosemide is a loop diuretic that helps the body eliminate excess fluid through urine. Taken once daily, it reduces swelling and eases breathing if fluid accumulates in the lungs. Patients should monitor weight and electrolyte levels regularly, as diuretics can cause imbalances. Fluid and salt intake may be restricted as advised. Close medical supervision is necessary to avoid dehydration and kidney issues.

18. Anxiety

Medicine: Hydroxyzine | **Dosage:** 25mg at bedtime

Anxiety is characterized by excessive worry, restlessness, and physical symptoms such as a

racing heart or muscle tension. Hydroxyzine is an antihistamine with sedative properties used to reduce anxiety symptoms and promote sleep. It is taken at bedtime and has a quicker onset than some other anxiolytics. It is non-addictive and often used for short-term relief. Side effects may include drowsiness or dry mouth. Combining medication with counseling and lifestyle changes is effective. Patients should avoid alcohol and operate machinery carefully while using this medicine.

19. Blood Clots

Medicine: Warfarin | **Dosage:** As prescribed, varies by patient

Warfarin is an anticoagulant that prevents blood clot formation or growth by interfering with vitamin K-dependent clotting factors. It's used in conditions like atrial fibrillation, deep vein thrombosis, or pulmonary embolism. Dosage varies widely and is adjusted based on regular blood tests (INR) to balance clot prevention and bleeding risk. Patients must maintain a consistent diet, avoid certain medications or supplements, and report any bleeding or bruising. Warfarin requires close monitoring and patient education for safe use.

20. Asthma (Inhaler)

Medicine: Salbutamol | **Dosage:** 2 puffs as needed

Salbutamol is a short-acting beta-agonist inhaler used to quickly relieve asthma symptoms by relaxing airway muscles and opening airways. It's taken during asthma attacks or before exercise to prevent symptoms. It works within minutes and lasts for 4-6 hours. Overuse can cause side effects like tremors or rapid heartbeat. Patients should carry their inhaler at all times and seek medical attention if symptoms worsen or persist. Regular preventive inhalers may also be needed for long-term asthma control.

21. Common Cold

Medicine: Ibuprofen | **Dosage:** 200-400mg every 6-8 hours as needed

The common cold is a viral infection causing symptoms like runny nose, sore throat, cough, and mild fever. Ibuprofen helps reduce pain, fever, and inflammation but does not cure the virus. Rest, hydration, and symptom relief are key. Decongestants and throat lozenges may be used for additional comfort. Avoid antibiotics unless bacterial infection develops. Symptoms usually resolve within a week. Proper hand hygiene prevents spread. Overuse of ibuprofen can cause stomach issues, so it should be used cautiously.

22. Migraine

Medicine: Sumatriptan | **Dosage:** 50mg at onset of headache

Migraine is a neurological condition characterized by intense, throbbing headaches often accompanied by nausea, light sensitivity, and visual disturbances. Sumatriptan is a serotonin receptor agonist that narrows blood vessels in the brain and blocks pain pathways. It is taken as soon as migraine symptoms start. It provides relief within 30 minutes to 2 hours. Side effects may include dizziness or flushing. Preventive strategies include avoiding triggers, managing stress, and sometimes preventive medication.

23. Urinary Tract Infection (UTI)

Medicine: Nitrofurantoin | **Dosage:** 100mg twice daily for 5 days

UTI is a bacterial infection affecting the urinary system, causing burning urination, urgency, and lower abdominal pain. Nitrofurantoin concentrates in urine and kills bacteria. It is effective for uncomplicated UTIs. Complete the full course even if symptoms improve early. Hydration and hygiene are important. Untreated UTIs can lead to kidney infections. Patients with kidney issues or pregnancy need alternative treatment.

24. Cold Sores

Medicine: Acyclovir cream | **Dosage:** Apply 5 times daily for 4 days

Cold sores are caused by the herpes simplex virus, presenting as painful blisters around the lips. Acyclovir cream reduces viral replication and speeds healing. Early application at first tingling improves effectiveness. Avoid sharing utensils or close contact to prevent transmission. Pain relief may be used alongside. The virus remains dormant and can reactivate during stress or illness.

25. Constipation

Medicine: Lactulose | **Dosage:** 15-30ml once or twice daily

Constipation is infrequent or difficult bowel movements due to diet, dehydration, or medications. Lactulose is a laxative that draws water into the bowel, softening stools and promoting bowel movements. It takes 1-2 days to work. Adequate fiber intake, hydration, and exercise help prevent recurrence. Overuse may cause cramps or diarrhea. Chronic constipation requires medical evaluation.

26. Cold Cough

Medicine: Dextromethorphan syrup | **Dosage:** 10ml every 6-8 hours

Cold cough is usually caused by viral infection with symptoms including coughing, sore throat, and nasal congestion. Dextromethorphan is a cough suppressant acting on the brain's cough center, reducing dry cough. It should be used cautiously in children and avoided if productive cough is present. Rest, fluids, and humidifiers aid recovery. Prolonged cough needs medical review.

27. Gout

Medicine: Allopurinol | **Dosage:** 100mg once daily

Gout is a type of arthritis caused by excess uric acid crystals in joints, causing sudden, severe pain and swelling, usually in the big toe. Allopurinol reduces uric acid production to prevent attacks. It is used long-term and may not relieve acute attacks. Acute flare-ups are treated with NSAIDs or colchicine. Dietary changes to avoid purine-rich foods help management.

28. Cold & Flu

Medicine: Paracetamol | **Dosage:** 500mg every 6 hours

Cold and flu are viral infections causing fever, body aches, nasal congestion, and fatigue. Paracetamol reduces fever and relieves pain. Rest, fluids, and vitamin C-rich foods support immune function. Antibiotics are not useful unless secondary bacterial infections occur. Prevention includes hand hygiene and avoiding crowded places during outbreaks.

29. Ear Infection

Medicine: Amoxicillin | **Dosage:** 500mg three times daily

Ear infections involve inflammation and infection of the middle ear causing pain, fever, and hearing difficulty. Amoxicillin treats bacterial causes. Full course is important. Pain relief and warm compresses provide symptom relief. Untreated infections can lead to hearing loss. Children are commonly affected, and proper medical evaluation is necessary.

30. Ringworm (Fungal Skin Infection)

Medicine: Terbinafine cream | **Dosage:** Apply twice daily for 2 weeks

Ringworm is a contagious fungal infection of skin, scalp, or nails causing red, itchy circular patches. Terbinafine cream kills the fungus and clears infection. Application should continue even after symptoms improve to prevent recurrence. Avoid sharing personal items and keep skin dry. Oral antifungals may be needed for severe cases.

31. Bronchitis

Medicine: Salbutamol inhaler | **Dosage:** 2 puffs as needed

Bronchitis is inflammation of the bronchial tubes causing cough, mucus production, and wheezing. Salbutamol is a bronchodilator that opens airways, easing breathing. It provides quick relief during attacks. Rest and fluids are important. Antibiotics are prescribed if bacterial infection is suspected. Smoking cessation is crucial for chronic bronchitis.

32. Nasal Congestion

Medicine: Oxymetazoline nasal spray | **Dosage:** 2 sprays every 12 hours

Nasal congestion results from swollen nasal tissues due to colds or allergies. Oxymetazoline is a nasal decongestant that shrinks blood vessels in the nose, relieving blockage. Use should be limited to 3 days to avoid rebound congestion. Saline sprays and steam inhalation can also help. Prolonged symptoms require medical evaluation.

33. Diarrhea

Medicine: Loperamide | **Dosage:** 2mg after first loose stool, then 1mg after each stool (max 8mg/day)

Diarrhea is frequent, loose bowel movements caused by infections, diet, or medications. Loperamide slows gut movement, reducing frequency. Hydration with oral rehydration salts is critical to prevent dehydration. Antibiotics are only used if bacterial infection is confirmed. If diarrhea lasts more than 2 days or is bloody, seek medical advice.

34. Depression

Medicine: Fluoxetine | **Dosage:** 20mg once daily

Depression is a mood disorder characterized by persistent sadness, lack of interest, and fatigue. Fluoxetine is a selective serotonin reuptake inhibitor (SSRI) that increases serotonin in

the brain to improve mood. It takes 2-4 weeks to show effects. Side effects include nausea and insomnia initially. Psychological therapy alongside medication improves outcomes.

35. Vitamin D Deficiency

Medicine: Vitamin D3 supplement | **Dosage:** 1000-2000 IU daily

Vitamin D deficiency causes bone pain, muscle weakness, and increased fracture risk. Supplementation with vitamin D3 helps restore levels. Sun exposure and diet rich in vitamin D support treatment. Regular blood tests monitor improvement. Deficiency is common in people with limited sunlight exposure.

36. Pneumonia

Medicine: Ceftriaxone | **Dosage:** 1g once daily (injection)

Pneumonia is a lung infection causing cough, fever, chest pain, and difficulty breathing. Ceftriaxone is a broad-spectrum antibiotic given intravenously for moderate to severe cases. Treatment duration depends on severity. Supportive care includes oxygen, fluids, and rest. Vaccines help prevent certain types of pneumonia.

37. Insomnia

Medicine: Zolpidem | **Dosage:** 5-10mg at bedtime

Insomnia is difficulty falling or staying asleep. Zolpidem is a sedative-hypnotic that helps initiate sleep quickly. It should be used short-term due to risks of dependence. Good sleep hygiene, stress management, and avoiding caffeine also improve sleep quality.

38. Heart Failure

Medicine: Digoxin | **Dosage:** 0.125mg once daily

Heart failure occurs when the heart cannot pump blood efficiently, causing fatigue, swelling, and breathlessness. Digoxin strengthens heart contractions and controls heart rate. Blood levels must be monitored to avoid toxicity. It is used alongside other medications and lifestyle modifications.

39. Anemia

Medicine: Ferrous sulfate | **Dosage:** 325mg three times daily

Anemia is a condition where red blood cells or hemoglobin are low, causing fatigue and weakness. Iron supplements like ferrous sulfate replenish iron stores. Side effects may include constipation or stomach upset. Dietary iron and vitamin C aid absorption. Persistent anemia requires investigation for causes.

40. Back Pain

Medicine: Diclofenac | **Dosage:** 50mg two to three times daily

Back pain may be caused by muscle strain, arthritis, or injury. Diclofenac is an NSAID that reduces pain and inflammation. It should be taken with food to reduce stomach irritation. Physical therapy, posture correction, and exercise help prevent recurrence.

41. Eczema

Medicine: Hydrocortisone cream | **Dosage:** Apply twice daily

Eczema is an inflammatory skin condition causing itchy, red, and dry patches. Hydrocortisone is a mild steroid cream that reduces inflammation and itching. Avoid irritants and keep skin moisturized. Severe cases may require stronger steroids or immunomodulators.

42. Hypoglycemia

Medicine: Glucose tablets | **Dosage:** 15-20g as needed

Hypoglycemia is low blood sugar, causing dizziness, sweating, and confusion, common in diabetics on insulin. Glucose tablets quickly raise blood sugar levels. Follow-up with longer-acting carbs is recommended. Severe cases require emergency treatment.

43. Rheumatoid Arthritis

Medicine: Methotrexate | **Dosage:** 7.5-25mg once weekly

Rheumatoid arthritis is an autoimmune disease causing joint pain and swelling. Methotrexate suppresses the immune system to reduce inflammation and prevent joint damage. Regular blood tests monitor for side effects. It takes weeks to months to show effect.

44. Cough (Productive)

Medicine: Guaifenesin syrup | **Dosage:** 200mg every 4 hours

A productive cough helps clear mucus from the respiratory tract. Guaifenesin is an expectorant that thins mucus, making it easier to cough up. Hydration and rest help recovery. Avoid suppressants unless cough is dry or disruptive.

45. Sinusitis

Medicine: Amoxicillin-clavulanate | **Dosage:** 875mg twice daily

Sinusitis is inflammation and infection of the sinuses causing facial pain, congestion, and nasal discharge. Amoxicillin-clavulanate is a broad-spectrum antibiotic for bacterial sinusitis. Symptomatic relief includes nasal irrigation and decongestants. Chronic or recurrent cases need specialist evaluation.

46. Back Muscle Spasm

Medicine: Cyclobenzaprine | **Dosage:** 5-10mg three times daily

Muscle spasms cause sharp pain and stiffness. Cyclobenzaprine is a muscle relaxant that reduces spasms and improves mobility. It may cause drowsiness. Physical therapy supports recovery. Use short-term to avoid dependency.

47. Shingles

Medicine: Valacyclovir | **Dosage:** 1g three times daily for 7 days

Shingles is caused by reactivation of the varicella-zoster virus, resulting in painful, blistering skin rash. Valacyclovir is an antiviral that reduces severity and duration if started early. Pain management and wound care are important. Postherpetic neuralgia may require further treatment.

48. Allergic Conjunctivitis

Medicine: Olopatadine eye drops | **Dosage:** 1 drop twice daily

This eye allergy causes redness, itching, and tearing due to allergens. Olopatadine is an antihistamine eye drop that reduces symptoms quickly. Avoid rubbing eyes and allergens. Use as directed for best results.

49. Osteoarthritis

Medicine: Naproxen | **Dosage:** 250-500mg twice daily

Osteoarthritis is joint cartilage degeneration causing pain and stiffness, commonly in knees and hips. Naproxen is an NSAID that reduces pain and inflammation. Regular exercise, weight management, and physical therapy complement treatment. Prolonged NSAID use requires medical supervision.

50. Hypotension (Low Blood Pressure)

Medicine: Midodrine | **Dosage:** 2.5mg three times daily

Hypotension causes dizziness, fainting, and fatigue due to low blood pressure. Midodrine constricts blood vessels, increasing blood pressure. It's used when lifestyle changes are insufficient. Dosage is carefully adjusted to avoid high blood pressure. Regular monitoring is essential.