[

{

"title": "Acidity",

"description about disease": "Acidity is one of the most common ailments that almost everyone experiences once in their lifetimes. In simple terms, it is a condition that causes excess acid production in the stomach. This not only causes discomfort in the stomach but also leads to other symptoms, such as a sour taste in the mouth, difficulty swallowing, andindigestion.There are numerous causes of acidity, right from poor eating habits and excessive stress to the use of certain medications. Moreover, lifestyle factors, such as smoking and consuming foods loaded with oil, fats, and spices, can also up your risk of acidity.If you experience acidity once in a while, it may not indicate any health issues. However, if you suffer from frequent bouts of acidity, where the symptoms occur at least two or more days per week, there might be some underlying disorder associated with it. It is advised to consult your doctor in such cases.You can fight acidity with simple lifestyle changes and effective home remedies, such astulsi, mint,fennel seeds, and cold milk. In most cases, over-the-counter medications to reduce/neutralize the acid are known to be of great help.",

"symptoms of disease": "['1. Heartburn', '2. Regurgitation', '3. Sour taste in the mouth', '4. Difficulty in swallowing', '5. Sore throat', '6. Indigestion']",

"causes of disease": "['Eating foods containing excessive amounts of chillies, pepper, vinegar, and paprika', 'Deep fried and oily foods', 'Excessive intake of caffeine in the form of tea, coffee, and chocolate', 'High intake of table salt', 'Diet low in fiber', 'Overeating or eating at irregular intervals', 'Unhealthy habits, like lying down just after eating', 'Eating just before strenuous physical exercise', 'Frequent smoking', 'Excessive intake of alcohol, soda, or carbonated drinks', 'Lack of sleep', 'Lack of physical activity', 'Excessive stress,anxiety, ordepression', 'Stomach diseases, likepeptic ulcer, gastroesophageal reflux disease, and stomach cancer', 'Medications, like painkillers, antibiotics, chemotherapy medications, and antidepressants']",

"prevention from disease": "['1. Eat small, frequent meals', '2. Eat a low-carb diet', '3. Chew your food properly', '4. Avoid eating late at night', '5. Limit consumption of spicy and deep-fried foods', '6. Limit caffeine and carbonated beverages intake', '', '7. Limit your alcohol intake', '', '8. Quit smoking', '9. Avoid strenuous physical activity right after eating', '10. Do not sleep immediately after meals', '11. Raise the head of the bed', '12. Try to lose weight', '13. Check your medicines']",

"home\_remedy to disease": "['1.Holy basil (Tulsi) leaves', '2.Cinnamon (Dalchini)', '3.Cumin seeds (Jeera)', '4. Cold milk (Doodh)', '5. Buttermilk (Chaach)', '6.Carom seeds (Ajwain)', 'Yoga for acidity']"

},

{

"title": "Acne",

"description about disease": "Acne is a common condition that most of us have dealt with at some point in our lives. Acne, or acne vulgaris, is a skin condition in which the pores and hair follicles of the skin get clogged with sebum, an oily, wax-textured substance secreted from the skin glands. Though the face is the most commonly affected area, acne can occur anywhere on the body, like the chest, shoulders, and upper back.Acne is mainly of two types, comedogenic and non-comedogenic. Comedogenic acne is mainly non-inflammatory and can be seen in the form of whiteheads and blackheads. On the other hand, non-comedogenic acne is inflammatory and may be red, pus-filled, and painful.The treatment of acne comprises topical, systemic, and lifestyle remedies. Topical remedies include prescribed ointments or cleansers. Systemic therapy consists of antibiotics or hormonal preparations to keep acne at bay. Lifestyle changes for acne majorly include a clean diet, better hydration, and regular exercise. Timely treatment of acne can greatly help prevent acne scars in the future.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Diet & Acne']",

"home\_remedy to disease": "['Alternative Therapies For Acne', 'Ayurveda', 'Turmeric (Haldi):', 'Honey (Sahed)andLemon (Nimbu):', 'Neem leaves:', 'Pimples can be caused due to various reasons. Read to know the home remedies to get rid of them.Click Here', 'Homeopathy', 'Pulsatilla', 'Silicea', 'Sulfur', 'Acne scars not only mar the appearance and reduce confidence, but they are also not very easy to get rid of. Read about some effective natural remedies to help remove acne scars.', 'Tap Here']"

},

{

"title": "Addison's disease",

"description about disease": "Addison's disease is a rare disorder characterized by inadequate production of the steroid hormones cortisol and aldosterone by the adrenal gland. Adrenal glands are located on top of your kidneys and produce many hormones for the normal functioning of the body.Symptoms generally come on slowly and may include abdominal pain, muscle weakness, and weight loss. Darkening of the skin in certain areas may also be seen.Addison's disease mostly affects middle-aged females. Risk factors include certain medications, sepsis, and bleeding into both adrenal glands.Treatment involves replacing the absent hormones. The prescribed medications are usually taken lifelong, and regular follow-up treatment and monitoring for other health problems are also required.",

"symptoms of disease": "[]",

"causes of disease": "['Autoimmune polyendocrinopathy (an inherited condition affecting major organs)', 'Candidiasis', 'Ectodermal dysplasia ( a genetic disorder affecting the development of the teeth, hair, nails, and sweat glands)', 'Autoimmune thyroiditis', 'Type 1 diabetes', 'Pernicious anemia', 'Vitiligo or alopecia', 'Sepsis', 'Tuberculosis', 'HIV', 'Cytomegalovirus infections', 'Fungal infections', 'Syphilis', 'Infiltration:This can be due to cancer and abnormal growths (tumors) that can cause primary adrenal insufficiency.', 'Drugs:Certain drugs can cause adrenal insufficiency by blocking cortisol synthesis. They include:', 'Blood thinners', 'Glucocorticoids', 'Antifungal agents', 'Tumors', 'Medications like corticosteroids', 'Family history', 'Trauma or injury to the brain']",

"prevention from disease": "[]",

"home\_remedy to disease": "[\"Alternative Therapies For Addison's Disease\", 'Naturotherapy', 'Salt substitution therapy', 'Regenerative therapy']"

},

{

"title": "Airplane ear",

"description about disease": "Have you experienced ear discomfort while flying, especially while the airplane is ascending or descending? Well, this can be airplane ear which is characterized by discomfort, pain, and fullness in the ear. It is caused by sudden pressure changes during air travel.Airplane ear can affect anybody on the flight but it is more commonly seen in individuals suffering from conditions such ascommon cold,sinusitis, allergic rhinitis, and middle ear infections. Infants and toddlers are more susceptible to this condition while traveling in air routes.Airplane ear can be easily prevented by simple techniques such as yawning, chewing, swallowing during the flight. Infants and toddlers can be breastfed, suck a pacifier or drink fluids through a sipper or a straw to ease the symptoms of airplane ear.This condition is usually self-limiting, responds well to preventive measures, and resolves after air travel.",

"symptoms of disease": "[]",

"causes of disease": "['During take-offs and landings, the air pressure inside the middle ear reduces rapidly compared to the external cabin air pressure', 'Due to this pressure difference, eardrum is pulled inside', 'The eustachian tube is not able to react fast enough and gets flattened.', 'This stretching of the eardrum and eustachian tube lead to the symptoms of ear barotrauma.', 'Scuba diving without proper gear', 'Exposure to loud explosions, like in and around a war zone', 'Hyperbaric oxygen chambers', 'Riding in an elevator in a tall building', 'Driving in the mountains']",

"prevention from disease": "['A. Primary prevention', 'B. Secondary prevention', 'C. Tertiary prevention', 'Special tips to prevent airplane ear in infants and toddlers']",

"home\_remedy to disease": "[]"

},

{

"title": "Allergic conditions",

"description about disease": "Allergies are caused when the body’s immune system responds abnormally to an external trigger known as ‘allergen’. These allergens are present in our environment but do not usually incite an immune response in other people. While in some people, the body’s immune system generates antibodies against these foreign bodies or allergens. This causes inflammation and leads to various symptoms that can range from being mild to quite severe.The symptoms of allergy vary such as mild sneezing, runny nose, swelling of face, swelling of the tongue, skin rash, itching, and difficulty in breathing, etc. Anaphylaxis is a severe reaction to any type of allergy which can be life-threatening, if not promptly treated.Allergies are widely prevalent across the world. These can be caused due to different types of allergens such as dust, molds, mites, foods like nuts, fish, and medicines like penicillin. Clinical treatment for allergies is suggested with antihistamine medicines, steroids, and OTC preparations to provide relief from symptoms.",

"symptoms of disease": "[]",

"causes of disease": "['Dust', 'Mold', 'Mites', 'Pollen', 'Animal fur', 'Insect bites', 'Latex', 'Foods like peanuts, shellfish, and milk', 'Certain medications like penicillin, and NSAIDs', 'Seasonal changes']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Ayurveda', 'Homeopathy:', 'Yoga:']"

},

{

"title": "Alzheimer's disease",

"description about disease": "Alzheimer's disease (AD) is a slowly progressive disorder of the brain that fades away memory. It is characterized by disturbances in thinking skills, reasoning, language, and perception and, eventually, the ability to carry out simple daily tasks.The exact cause of Alzheimer's disease is not known. However, accumulation of amyloid proteins and tangled bundles of fibers called neurofibrillary, or tau tangles, in the brain are suspected to play a role.Alzheimer’s disease is not a normal part of aging and is not something that inevitably happens in later life. However, the likelihood of having Alzheimer's disease increases substantially with advancing age. A combination of age-related brain changes, genetic, environmental, and lifestyle factors are thought to increase the risk of this condition.Though AD is not entirely preventable, ensuring an extensive social network, and frequent participation in social, physical, and intellectually stimulating activities like reading, playing games, participating in adult education courses, and other recreational activities can delay its onset.Current Alzheimer's medications can help temporarily with memory symptoms and other cognitive changes. Caregivers play an extremely pivotal role in helping the patient with their daily needs and activities as well as protecting them from any danger.",

"symptoms of disease": "['1. Early symptoms', '2. Middle-age symptoms', '3. Later symptoms']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Exercise and yoga:', '2. Physiotherapy and occupational therapy:', '3. Massage therapy and aromatherapy:', '4. Ayurveda:']"

},

{

"title": "Amenorrhea",

"description about disease": "Amenorrhea is defined as the absence of menstruation during the reproductive years of a woman's life. It can be categorized into primary and secondary. Primary amenorrhoea is when a woman never had menstrual periods, and in secondary amenorrhoea, there is the absence of menstrual periods in a woman who was previously menstruating.The causes of primary amenorrhea are defects in the ovaries, problems with the reproductive organs, and issues with the pituitary gland, and the central nervous system. Secondary amenorrhea can result from natural causes like pregnancy, and breastfeeding or other causes like low body weight, mental stress, excessive exercise, hormonal imbalance, and birth control pills.A variety of tests are necessary for the diagnosis of amenorrhoea including pregnancy, thyroid function test, ovary function test, male hormone test, and prolactin test. Treatment mainly depends on the cause of amenorrhea. If the cause of amenorrhea is a hormonal imbalance then hormone replacement therapy can be administered. If amenorrhea is due to malnutrition, a proper diet plan can cure the patient successfully. In some cases, surgery is required that can treat anatomical causes of amenorrhea.",

"symptoms of disease": "[]",

"causes of disease": "['Pituitary tumors:The pituitary gland in the brain regulates the production of hormones that affect many body functions. The tumors of the pituitary gland are usually noncancerous but can interfere with the normal hormonal regulation of menstruation.', 'Thyroid issues:The thyroid is a small butterfly-shaped gland at the base of the neck. The thyroid produces two hormones that control metabolism and plays a vital role in puberty and menstruation. Both upregulation and downregulation of the thyroid gland can cause menstrual irregularities, including amenorrhea.', 'Polycystic ovary syndrome (PCOS):PCOS is a hormonal disorder common among women of reproductive age. PCOS may cause menstrual cycle changes, increased facial and body hair, cysts in the ovaries, and infertility. Most women with PCOS either have amenorrhea or experience irregular periods, called oligomenorrhea.', 'Hypothalamic amenorrhoea:This condition occurs when the hypothalamus, a gland in the brain that regulates body processes, slows or stops releasing gonadotropin-releasing hormone (GnRH). GnRH is the primary hormone for the starting of the menstrual cycle.', 'Low body weight:Women who perform extraneous exercise regularly or lose a significant amount of weight are at risk of developing Functional Hypothalamic Amenorrhoea (FHA). In such cases, women do not consume enough calories to maintain their normal menstrual cycles.', 'Hyperandrogenaemia:In this case, the body makes high levels of male sex hormones, which can affect the female reproductive system. This can be caused by tumors of the ovary or adrenal gland, or certain conditions present at birth.', 'Premature menopause:Menopause usually begins around age of 50 years. But, for some women, the ovarian supply of eggs diminishes before the age of 40 leading to early cessation of menstruation.', 'Birth control pills:Some birth control pills may cause missed periods or the complete absence of menstruation. A few injectable contraceptives and hormonal intrauterine devices (IUDs) can cause amenorrhea. After stopping the pills and injectables it takes a few months to restart a regular menstrual cycle.', 'Recreational drugs:The use of opiates (such as heroin) on a regular basis has also been known to cause amenorrhoea in longer term users.', 'Antipsychotic drugs:The drugs which are commonly used to treat schizophrenia, have been known to cause amenorrhoea as well. Research suggests that antipsychotic medications result in hormonal imbalance which can cause amenorrhea.', 'Radiation and chemotherapy:Certain cancer treatments like bone marrow, blood, lymph nodes, and breast can destroy estrogen-producing cells and eggs in the ovaries, leading to amenorrhea.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Yoga and exercise', '2. Acupuncture', '3. Massage', '4. Nutritional approach', '5. Chiropractic care', '6. Hot water bath']"

},

{

"title": "Anal fissure",

"description about disease": "An anal fissure is a cut, crack, tear or open sore in the lining of the anus (the opening through which stools pass out of the body) that extends upwards into the anal canal.Symptoms include bleeding, burning sensation, and pain during and after passing stools. The various causes of an anal fissure includeconstipation, long-term diarrhea, pregnancy, childbirth, or sometimes an underlying medical condition.An anal fissure can be prevented by changing eating and lifestyle habits. Eat a high-fiber diet, including legumes, vegetables, fruits, and whole grains. Keep yourself well hydrated, restrict the consumption of alcohol and caffeine, stay active and exercise, and avoid holding on to the urge to pass stools.Treatment depends on the severity; in most cases, anal fissures will improve on their own. To provide symptomatic relief, your doctor may recommend topical creams and medications. Surgery may be considered in whom non-surgical treatments have proven to be ineffective.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Eat a diet rich in fiber', 'Stay hydrated', 'Do not hold on to the urge to pass stools', 'Be mindful while taking laxatives', 'Stay active']",

"home\_remedy to disease": "['Alternative Therapies Of Anal fissure', 'Yoga']"

},

{

"title": "Anaphylaxis",

"description about disease": "Anaphylaxis is a severe, life-threatening allergic reaction that can affect multiple systems of the body at the same time. Common triggers of this reaction include certain foods, insect stings, some medications, or latex. However, anaphylaxis is rare. The majority of people, even those with allergies, might never suffer from an episode of anaphylaxis.The symptoms of anaphylaxis include tongue swelling, vomiting, difficulty in breathing, mental confusion and even shock. These symptoms occur due to over reaction of the immune system.People with allergies, asthma and a family history of anaphylaxis are at a higher risk of anaphylaxis. If someone is at a higher risk or has a known serious allergy, avoidance is the best form of treatment.Anaphylaxis requires immediate medical treatment because if it is not treated timely or properly, it can be fatal. If someone has a history of a serious allergic reaction, it is important to always carry an adrenaline(epinephrine) kit.Accurate diagnosis and successful management of allergies is essential to prevent any  anaphylactic reactions in the future. An allergist or immunologist, has specialized training and experience to diagnose the problem and develop a prevention plan.",

"symptoms of disease": "[]",

"causes of disease": "['Peanuts', 'Walnuts', 'Pecans', 'Fish', 'Shellfish', 'Cow’s milk', 'Eggs', 'Red meat', 'Prawns', 'Shrimps', 'Lobster', 'AntibioticsPenicillinCephalosporinOther Antibiotics', 'Penicillin', 'Cephalosporin', 'Other Antibiotics', 'NSAIDSDiclofenacDisprinParacetamol', 'Diclofenac', 'Disprin', 'Paracetamol', 'Drugs used in anesthesia', 'Eugenol', 'Muscle relaxants', 'β-adrenergic blocker', 'ACE inhibitor', 'Disposable gloves', 'Intravenous tubes', 'Syringes', 'Adhesive tapes', 'Catheters', 'Bees', 'Wasps', 'Hornets', 'Yellowjackets', 'Fire ants', 'Measles, mumps, and rubella (MMR) vaccine', 'Japanese encephalitis vaccine', 'Diphtheria, tetanus, and pertussis (DPT)', 'Hepatitis A and B vaccine']",

"prevention from disease": "['Identify the triggers', 'Avoid those triggers', 'Always carry adrenaline auto-injectors', 'Try allergy shots (immunotherapy)']",

"home\_remedy to disease": "['', 'Homeopathy', 'Acupuncture', 'Traditional chinese medicine (TMC)', 'Read about how to tackle allergies in a risk free way.Click Here!']"

},

{

"title": "Anorexia Nervosa",

"description about disease": "Anorexia nervosa, often simply referred to as anorexia, is a behavioral and life-threatening psychological eating disorder. It is characterized by self-starvation, weight loss, distorted perception of weight, and unrealistic or exaggerated fear of body image. In simple terms, it is a condition where people obsess about their weight and diet.Anorexic people often initially begin dieting to manage their weight. But over time, the restrictions in their calorie intake and diet become a psychological obsession, leading them to the point of starvation and extreme weight loss. The exact causes of anorexia nervosa are not understood. However, several factors are believed to contribute to anorexia. These include environmental stress, external compulsion, prenatal and perinatal complications, physiological factors, neurochemical changes, hormonal changes, and genetic or hereditary factors.Anorexia nervosa, if left untreated, may cause dangerous health conditions including fatigue, low blood pressure, water-electrolyte imbalance, and may even have fatal consequences, among others. Medical intervention and psychological consultation are therefore crucial for early diagnosis and effective treatment of the condition.",

"symptoms of disease": "['1. Physical symptoms', '2. Emotional and behavioral symptoms', '3. Cognitive symptoms', '4. Perceptual symptoms']",

"causes of disease": "['Excessive fear and uncertainty', 'Medical history of depression and anxiety', 'Painful or traumatic childhood experience', 'Reduced ability to regulate and adapt behavior as per different situations', 'The feeling of inadequacy and loneliness', 'Stressful life events such as accidents, loss of a loved one']",

"prevention from disease": "['1. Early detection of anorexia', '2. Follow healthy eating habits', '3. Don’t consume alcohol', '4. Stop judging yourself', '5. Don’t encourage body shaming', '6. Be aware of anorexia and other related eating disorders', '7. Seek professional help to understand your condition better']",

"home\_remedy to disease": "['Ayurvedic Remedies For Anorexia', '1.Ginger (Adrak)', '2.Tamarind (imli)and salt', '3.Black cardamom (Badi elaichi)', '4. Trikatu']"

},

{

"title": "Anxiety",

"description about disease": "Anxiety disorders are the most common types of mental health conditions. According to a survey in2017, 44.9 million Indians were estimated to be suffering from anxiety disorders. Anxiety disorder is twice as likely to affect females than males.It is normal to feel a little anxious and stressed about challenging situations that arise in life. However, when the feeling of anxiety interfere with a person’s day-to-day life, such a condition is suspected to be an anxiety disorder.People who suffer from anxiety disorders, phobias, or who have a history of panic attacks often try to avoid situations or things that precipitate their anxiety. They are unable to lead a normal life and live in fear of challenging situations. If episodes of anxiety become too frequent and severe, and start affecting a person’s quality of life and everyday behavior, it is essential to visit a doctor to seek care for anxiety. Medications, psychotherapy, and lifestyle modifications can help alleviate the symptoms of anxiety.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Anxiety', '1. Psychotherapy', '2. Cognitive behavior therapy (CBT)', '3. Counseling', '4. Exercise and yoga', 'Practicing yoga is one way to handle anxiety and depression. Here are some yoga postures to help you fight depression and anxiety.Check Out Now', '5. Massage', '6. Meditation and relaxation', '7. Ayurveda', '', 'Combating stress is easy now with these common herbs.']"

},

{

"title": "Appendicitis",

"description about disease": "Appendix is a small, closed-ended, narrow pouch that projects from the large intestine. Inflammation of the appendix is referred to as appendicitis and worldwide is the most common reason for emergency abdominal surgery.The condition usually presents as severe stomach pain that starts around the belly button and later moves to the lower right abdomen. Appendix can rupture in some cases, which should be treated as a medical emergency.Appendicitis seems to develop by obstruction at the opening of the appendix. The major risk factors that can contribute to appendicitis are constipation, infections, some bowel conditions, and having a strong family history.Appendicitis is mostly treated by surgical removal of the appendix and is increasingly done as a laparoscopic procedure. Antibiotics are prescribed to manage wound infections.",

"symptoms of disease": "[]",

"causes of disease": "['Appendicoliths (hardened rock-like mucus or stools)', 'Lymphatic tissue growth', 'Infections', 'Benign or malignant tumors']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Arthritis",

"description about disease": "Arthritis is a common condition that affects joints and bones (especially the knees, elbows, wrists, and ankle). The symptoms of arthritis usually appear gradually or sometimes may appear suddenly. The signs and symptoms include joint pain and stiffness, swelling of the joints, decrease in range of motion of joints, or redness of the skin around the joint.There are different causes depending on the type of arthritis. The most common types are osteoarthritis and rheumatoid arthritis. Risk factors for arthritis include family history, old age, previous joint injury, obesity, smoking etc.The main goal of treatment is to reduce pain, prevent any additional damage to the joints and improve joint mobility. Management includes the use of medications, surgery, weight management and exercises.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Turmeric (Haldi):', '2.Ginger (Adrak):', '3. Epsom salt (Sendha namak):', '4.Cinnamon (Dalchini):', '5. Magnesium rich foods:']"

},

{

"title": "Ascites",

"description about disease": "Ascites is a medical condition that results in the accumulation of fluids within the spaces of your abdomen. Primarily, the condition is caused by cirrhosis of the liver that is foremost a result of drinking excessive amounts of alcohol. Ascites can also be caused by different types of cancer, specifically, it is seen in advanced stages of cancer and recurrent cancer. The condition can also be seen in different heart disorders, infections, low protein levels, and dialysis.Ascites can be painful in severe cases and may prevent a person from being able to move around comfortably. The condition can cause fluid to move into the chest and surround the lungs which can cause difficulty in breathing.The most common symptoms of ascites include swelling in the abdomen, weight gain, bloating, sense of heaviness, feeling of fullness, vomiting, shortness of breath, nausea, and indigestion. Treatment of ascites requires a change in lifestyle, modification of diet, and taking diuretics to flush out the excessive fluid. In severe cases, doctors would remove excessive fluid through a needle.",

"symptoms of disease": "[]",

"causes of disease": "['Meigs syndrome (It is the triad of benign ovarian tumors with ascites and pleural effusion)', 'Vasculitis (swelling and redness of the blood vessels)', 'Hypothyroidism(decreased production of thyroid hormones)', 'Mastocytosis (a condition in which mast cells are formed in excess)']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Exercising', 'Diet changes', 'Yoga']"

},

{

"title": "Asthma",

"description about disease": "Asthma is a long term condition in which air passages in the lungs become narrow due to inflammation and contraction of the muscles around the small airways. This causes symptoms such as cough, wheezing, shortness of breath and chest tightness. These symptoms are intermittent and are often worse at night or during exercise.Some of the common triggers that can make asthma symptoms worse include viral infections (colds), dust, smoke, fumes, changes in the weather, grass and tree pollen, animal fur and feathers, dust mites (dermatophagoides), strong soaps, and perfume. These triggers vary from person to person.Asthma is diagnosed mainly with lung function tests but other blood tests and allergy testing also helps in making proper diagnosis. The treatment of asthma is vast but  beta-2 agonists and corticosteroids remain the mainstay of asthma treatment.Lifestyle and prevention measures such as avoiding triggers, avoiding foods that increase the risk of an asthma attack, and staying away from stress could be of great help when it comes to controlling asthma attacks. In severe cases, it can lead to a condition known as status asthmaticus that might require hospitalization.",

"symptoms of disease": "[]",

"causes of disease": "['Will asthma adversely affect my pregnancy or my baby?', 'Will pregnancy adversely affect my asthma?', 'Can asthma medicines be taken safely during pregnancy?', 'Will my child also have asthma?']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Home remedies for asthma', 'Garlic', ':', 'Ginger', ':', 'Honey', ':', 'Omega-3 fatty acids:', 'Caffeine:', '2. Breathing techniques', '3. Yoga', '4. Mindfulness']"

},

{

"title": "Attention deficit hyperactivity disorder (ADHD)",

"description about disease": "ADHD is a mental health condition characterized by hyperactivity, impulsivity, and attention deficits. Signs typically emerge in early life and commonly involve inattentiveness, lack of concentration, disorganization, trouble finishing tasks, forgetfulness, and misplacing belongings.Children between the ages of 3 and 12 years are more prone to ADHD. Although ADHD is considered a disease of childhood, adults can also have ADHD. Around 2/3 of children with ADHD might retain their symptoms even when they grow up.Low birth weight, positive family history, exposure to contaminants during pregnancy, and neonatal diseases are known to increase the risk of getting ADHD.ADHD can hurt academic and professional achievements, interpersonal relationships, and daily functioning. There is no cure for ADHD, but successful management and improvement of some symptoms is possible as the child gets older.The primary treatment involves behavioral therapy. It aims to enhance positive behaviors and eliminate unwanted or problematic behaviors. Medications are also used to control symptoms.",

"symptoms of disease": "['1. Inattention', '2. Hyperactivity', '3. Impulsivity', 'Symptoms in boys', 'Symptoms in girls', 'Quick byte!', 'Symptoms in adults']",

"causes of disease": "['Coordinating sensory input with emotions', 'Regulating aggressive behavior', 'Communicating with ease', 'Expressing', 'Taking decisions', 'Planning']",

"prevention from disease": "['1. Take caution during pregnancy', '2. Protect your child from toxins', '3. Limit screen time']",

"home\_remedy to disease": "['Alternative Therapies For ADHD', '', '1. Calming techniques', '', 'Here are 5 easy yoga poses for beginners.Read Along', '2. Cognitive behavioral therapy', '3. Self massage', '4. Family and marital therapy', '5. Parenting skills training']"

},

{

"title": "Autism",

"description about disease": "Autism, now known as autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.Autism is a developmental disability caused by differences in the brain due to genetic conditions. Other causes are not yet known, however there are multiple risk factors that can play a role in the development of autism. The most common risk factors are nutritional deficiencies during pregnancies, age of the parents, infections, exposure to toxic chemicals and certain drugs.Individuals with autism have difficulty in communication and adapting to social situations. They find it hard to understand what others are thinking or feeling, they get very anxious about social situations and find it hard to make friends or prefer to be on their own.The treatment and management depends on the severity of symptoms. Though, there might be no cure for autism the goal of treatment is to maximize an individual’s ability to function by training them on social, communication, functional and behavioral skills.",

"symptoms of disease": "['Symptoms Of Autism', 'Symptoms in children', 'Symptoms in adults']",

"causes of disease": "[]",

"prevention from disease": "['Prevention Of Autism', 'Get genetic testing done', 'Beware of congenital hypothyroidism', 'Avoid smoking during pregnancy', 'Protect yourself from air pollution', 'Avoid high thermal-intensity ultrasound', 'Eat healthy', 'Add multivitamins to your regime']",

"home\_remedy to disease": "['Alternative Therapies For Autism', '', 'Homeopathy', 'Ayurveda', 'Check out our Ayurveda page.Click Here!', 'Traditional Chinese medicine (TCM)', 'Chelation therapy']"

},

{

"title": "Baby colic",

"description about disease": "Colic is referred to as long stretches of intense crying in otherwise healthy infants for more than 3 hours a day at least 3 days per week for more than 3 weeks.It is most common during the first 6 weeks of life and tends to resolve on its own by age 3 to 4 months. Some of the common signs and symptoms of infantile colic include inconsolable crying, clenching of fists and legs, arching of the back, difficulty sleeping, and difficulty feeding.The exact cause of infantile colic is not fully known. However, it is commonly associated with an immature digestive system, food sensitivities or allergies, swallowing air while feeding, or changes in formula or feeding patterns.There is no specific cure for infantile colic. However, a few remedies include soothing techniques, such as rocking or swaddling, eliminating certain allergic foods from the breastfeeding mother’s diet, and medications, such as simethicone drops or probiotics.Remember that colic is a self limiting, episodic and transient condition that normally goes away on its own after a few months. In the meantime, try to be patient and concentrate on taking care of yourself and your kid.",

"symptoms of disease": "[]",

"causes of disease": "[\"Intolerance to lactose or cow's milk protein\", \"Sensitivity to food in the breastfeeding mother's diet\", 'Excessive gassiness or gas production', 'An immature digestive system', 'Acid reflux', 'Swallowing air', 'Overfeeding or underfeeding', 'Insufficient burping', \"Caffeine and nicotine in breast milk have been related to infant irritability because the baby's body is unable to adequately eliminate these toxins.\", 'Certain medications are also passed through breast milk. If you are breastfeeding, discuss your medications with your doctor.', 'Higher level of serotonin (a key hormone that can stabilize mood)', 'An immature nervous system', 'Infant temperament', 'An early form of childhood migraine', 'Interruption in sleeping pattern', 'Sensitivity to light, noise, etc., or too much stimulation', 'Poor feeding techniques', 'Emotions such as fear, frustration, or even excitement', 'Underlying health issues like hernia or infection etc.']",

"prevention from disease": "['1. Breastfeed', '2. Keep an eye on what you eat', '3. Avoid overfeeding the baby', '4. Rock, walk and hold', '5. Burp your baby', '6. Attempt alternative feeding positions']",

"home\_remedy to disease": "['Alternative Therapies For Colic', '', '', '1. Homeopathy', '', '2. Acupuncture, acupressure and reflexology']"

},

{

"title": "Back pain",

"description about disease": "Back pain is one of the most common pain complaints that almost everyone has had at some point in their lives. This pain is felt in the back of the body, stretching from the shoulders to the hips.Back pain can be either acute or chronic. When pain strikes suddenly and lasts for a few days, it is referred to as \"acute.\" Symptoms are typically sudden and transient. Chronic back pain lasts for more than three months and returns regularly, making daily activities difficult.Increasing age is a significant risk factor for back pain. Factors like injuries, inactive lifestyle, poor posture, illness, strains, injuries, and fractures can contribute to back pain.It can be prevented by lifestyle modifications, like being physically active, losing excess body weight, maintaining good posture, managing stress, and getting adequate good quality sleep.Most cases of back pain can be managed by over the counter medications and topical ointments. However, in case of chronic back pain, it is important to seek medical treatment to avoid long-term complications.",

"symptoms of disease": "[]",

"causes of disease": "['Poor posture', 'Excessive exercise', 'Prolonged sitting and lying down', 'Sleeping in an uncomfortable position', 'Obesity', 'Pregnancy', 'Muscle or ligament strain', 'Spasm of a muscle', 'Muscle tenseness', 'Damages disks', 'Falls or fractures', 'Ruptured discs:Each vertebra is cushioned by discs. If the disc ruptures, there will be increased pressure on a nerve, resulting in back pain.', 'Bulging discs:A bulging disc can put more pressure on a nerve, causing back pain.', 'Sciatica:It is a sharp and shooting pain usually caused by a bone spur or herniated disc pressing on the nerve and radiating through the buttock, down the back of the leg along the sciatica nerve.', 'Arthritis:It can cause pain in the lower back, joints of the hips, and other areas.', 'Scoliosis:It is a condition in which the spine curves to the side resulting in back pain.', 'Osteoporosis:Brittle and porous bones, including those of vertebrae of the spine, can cause compression fractures resulting in back pain.', 'Ankylosing spondylitis:It is an inflammatory disease that, over time, can cause some of the bones in the spine (vertebrae) to fuse.', 'Sacroiliitis:It is an inflammation of one or both of the sacroiliac joints. Sacroiliitis can cause pain in the lower back or buttocks and can extend down one or both legs.', 'Tuberculous spondylitis:Also known as Pott disease, it is a rare disease associated with the gradual onset of progressive back pain.', 'Lung cancer', 'Stomach cancer', 'Breast cancer', 'Prostate cancer', 'Certain tumors in the spinal cord like:Multiple myeloma(cancer of white blood cells)Neuromas (tumor in the nerves)Angiomas (tumor in the blood vessels)', 'Multiple myeloma(cancer of white blood cells)', 'Neuromas (tumor in the nerves)', 'Angiomas (tumor in the blood vessels)', 'Spondylosis deformans:It is characterized by the presence of bony spurs or osteophytes along the edges of the bones of the spine.', 'Lumbar intervertebral disc degeneration:It is marked by the breakdown of one or more of the discs that separate the bones of the spine.', 'Lumbar non-spondylolysis spondylolisthesis:It occurs when one vertebra slips out of place onto the vertebra below it.', 'Ankylosing spinal hyperostosis:It is a fusion of the vertebral column resulting from the formation of bone tissues in the ligaments without significant disc disease or joint involvement.', 'Lumbar spinal stenosis:It is a narrowing of the spinal canal in the lower part of your back.', 'Infection of the spine and discs', 'Epidural abscesses (the fluid-filled cavity between the bones of the spine)', 'Muscular/soft tissue abscesses', 'Liver', 'Gallbladder', 'Pancreas', 'Uterus', 'Ovaries', 'Urine bladder']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Ayurveda', '2. Yoga', 'Some simple yoga postures that can help relieve back pain include:', 'Read more about 5 simple yoga asanas to help you with back pain.Click Now!', '3. Acupuncture', '4. Massage therapy', '5. Tai Chi', '6. Chiropractic treatment', '7. Meditation', 'Read how meditation can benefit your life.Click Now!', '8. Cognitive behavioral therapy']"

},

{

"title": "Bacterial infections",

"description about disease": "Bacterial infections are caused by bacteria, a kind of microorganism that is made of only one cell. Millions of bacteria are present in the environment around us, on our body and inside it. Bacteria are both useful and harmful to us. Many are beneficial, such as those involved in immunity and digestion. In fact, only a small number of bacteria are responsible for illnesses.These harmful bacteria invade the body and multiply by challenging the body's natural defenses. They are transmitted through contact, droplets, vectors, airborne particles, or contaminated objects.Poor hand hygiene, weak immunity, chronic health conditions, and close contact with infected individuals can increase the risk of bacterial infections.Regular handwashing, getting vaccinated, and ensuring food safety are some of the ways to prevent bacterial infections. Treatment typically involves the use of antibiotics along with supportive measures to manage pain and fever.",

"symptoms of disease": "[]",

"causes of disease": "['Contact:This occurs through direct skin-to-skin or mucous membrane contact. It can also happen through ingesting fecal matter or receiving contaminated blood products.', 'Airborne:Certain bacteria can travel through the air in droplet nuclei.', 'Droplets:Infections spread through droplets larger than 5 μm are not classified as airborne.', 'Vectors:Insects like mosquitoes, ticks, or lice, feed on an infected host (human or animal) and then pass on the pathogens to another individual who is not infected', 'Vehicular:This is when the bacteria travels from the mouth to the intestine through contaminated inanimate objects such as food, water, and fomites.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Bacterial Infections', '1. Phage therapy', '2. Fecal microbiota transplant (FMT)']"

},

{

"title": "Bacterial skin infections",

"description about disease": "Bacterial skin infections are common and caused by a wide variety of bacteria. The two most common bacteria involved are Staphylococcus aureus and group A streptococci. Symptoms vary depending on the type of infection. However, redness, pain, swelling, and liquid discharge from a wound are usually seen in all kinds of infections.It's important to note that any break in the skin due tocuts and punctures, injury, and skin conditions such aseczemaincreases the risk of bacterial skin infection. Moreover, individuals with long-termdiabetesandobesityare particularly vulnerable to these infections.Some preventive measures include adequate wound care, avoiding bathing in open sources with a wound and maintaining proper hand hygiene.Most bacterial skin infections resolve on their own, provided proper care is taken of the wound. Severe cases may require medical evaluation and appropriate treatment. Timely management helps avoid complications.",

"symptoms of disease": "[]",

"causes of disease": "['Group A Streptococcus (GAS), often called \"strep.\"', 'Staphylococcus aureus, commonly called \"staph.\"', 'Corynebacterium species', 'Neisseria species', 'Haemophilus species', 'Helicobacter pylori', 'Klebsiella rhinoscleromatis', 'Mycoplasma pneumonia', 'Pseudomonas aeruginosa', 'Calymmatobacterium granulomatis']",

"prevention from disease": "['1. Take proper care of the wounds', '2. Do not ignore any break in the skin', '3. Protect wounds and infections', '4. Maintain hand hygiene', '5. Maintain a healthy skin barrier', '6. Go for a skin examination']",

"home\_remedy to disease": "[]"

},

{

"title": "Bed-wetting",

"description about disease": "Bedwetting refers to the loss of urine during sleep at least twice a week in children older than 5 years of age for at least 3 months.The risk factors include having a positive family history, excessive intake of fluids before bedtime, improper sleep routine, and certain health conditions such as constipation.The primary treatment approach is behavioral therapy, which consists of certain lifestyle changes, such as limiting fluid intake 1-2 hours before bedtime, avoiding caffeinated beverages, and timely voiding every 3 to 4 hours. Other treatment options include enuresis alarms and medications.Bedwetting can have both physical and emotional impacts on a child’s life. It creates a frustrating and embarrassing condition for a grown-up child. These children may suffer from poor self-esteem. Giving reassurance and proper education can help reduce the emotional burden of the disease.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Inculcate healthier eating habits in your child', '2. Keep your child hydrated', '3. Follow good toilet habits']",

"home\_remedy to disease": "['Alternative Therapies For Bedwetting', '', '1. Urotherapy', '2. Motivational therapy (positive reinforcement)', '3. Biofeedback']"

},

{

"title": "Bell's palsy",

"description about disease": "Bell’s palsy, named after the scientist Sir Charles Bell, who described and researched the disease in detail, is the most common form of facial paralysis. Bell's palsy causes sudden weakness and paralysis of the muscles of the face over a period of 48- 72 hours. It is characterized by a droopy appearance of the face wherein the patient finds it difficult to move their mouth, raise their forehead and close their eye. The weakness may also affect saliva and tear production as well as the sense of taste.Bell's palsy usually affects only one side of the face; however, in rare cases, it can affect both sides. People in the age group of 15 to 45 years are usually affected, but the disease may occur at any age. Women and men are equally affected or a slight female predilection is seen. The exact cause of the condition is unknown, but it is usually known to be a reaction that occurs after a viral infection.Symptoms generally start to improve after a few weeks, with the recovery of some or all facial functions within six months. However, a prompt visit to the doctor and early treatment leads to a better outlook. It is also essential to rule out life-threatening conditions like stroke. Although most patients recover completely, some might have unfavorable functional and cosmetic outcomes due to chronic facial weakness. Relevant interventions and home care can help in improving the quality of life.",

"symptoms of disease": "[]",

"causes of disease": "['Herpes simplex type 1, which causes cold sores', 'Herpes simplex type 2, which causes genital herpes', 'Herpes zoster virus, which causes chickenpox and shingles', 'Epstein-Barr virus, which causes mononucleosis', 'HIV, which damages the immune system', 'Influenza B virus, which causes flu', 'Rubella virus, which causes german measles', 'Coxsackie virus, which causes hand-foot-and-mouth disease', 'Adenovirus, which causes respiratory illness', 'Cytomegalovirus infections', 'Paramyxovirus, which causes mumps']",

"prevention from disease": "['Bell’s Palsy vs. Stroke']",

"home\_remedy to disease": "[]"

},

{

"title": "Benign prostatic hyperplasia",

"description about disease": "Benign prostatic hyperplasia (BPH) is a medical condition that commonly occurs in older men. It is a benign (non-cancerous) condition in which the prostate (a walnut-sized gland) enlarges in size. The prostate gland surrounds the urethra, a tube that carries urine and semen outside of the body. When the prostate gland enlarges, it can make the passage of urine and semen through the urethra a difficult process.  This causes symptoms such as blocking urine outflow, frequent urge to urinate, difficulty in starting urination, dribbling at the end of urine flow,urinary tract infectionetc.In India, benign prostatic hyperplasia is a common elderly problem with an incidence rate of 92.97% and 93.3%. AUA guidelines suggested that BPH incidence worldwide will increase, and by the age of 60 years, more than 50% of men would have some evidence of the disease.There are several treatment options available for benign prostate hyperplasia. If you have been diagnosed with the condition, you might be prescribed medications such as finasteride and dutasteride. These medications have proven to be effective in treating BPH. Depending on your condition, your doctor may also advise different types of surgeries that can be used to remove the prostate tissue that is blocking the urinary flow.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Here are 7 superfoods good for maintaining prostate health.Read The Article!']"

},

{

"title": "Bipolar disorder",

"description about disease": "Bipolar disorder is a mental illness that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out everyday tasks. These moods can range from periods of extremely up, delighted, annoyed, or energized behavior (known as manic episodes) to very down, sad, disinterested, or hopeless periods (known as depressive episodes).People with bipolar disorder experience periods of unusually intense emotions, changes in sleep patterns and activity levels, and uncharacteristic behaviors. The exact cause of bipolar disorder is not known, but a combination of environment, genetics, altered brain structure, and chemistry may play a role in the development of the disorder.The most common medicines prescribed by the doctor include mood stabilizers and atypical antipsychotics, antidepressants, and anti-anxiety. Bipolar disorder is a lifelong illness, but long-term, ongoing treatment can help control symptoms and enable you to live a healthy life. You can take care of your condition by making certain lifestyle changes and practicing vigorous exercises like swimming, running, and jogging, which can help with depression and anxiety.",

"symptoms of disease": "['1. Extreme low (depression)', '2. Extreme high (mania)']",

"causes of disease": "[]",

"prevention from disease": "['1. Be vigilant about the warning signs', '2. Practice recreational activities', '3. Avoid alcohol, drugs, and smoking']",

"home\_remedy to disease": "['', '1. Meditation', '', 'Meditation is amazing for your soul and body.', 'Read how meditation can improve your lifeClick Here', '2. Interpersonal and Social Rhythm Therapy (IPSRT)', '', 'Acupuncture', '', 'Light therapy', '', '', 'Relaxation techniques can refresh your soul and mind.']"

},

{

"title": "Bloating",

"description about disease": "A lot of people complain about gas trouble but don't take it seriously because they think it is embarrassing. But there's a lot you need to know about this common digestive physiological process. Gas is produced as a by-product of the normal digestion process which occurs in the body. Excess gas escapes either through the intestine in the form of a ‘flatus’ (farting/flatulence) or through the windpipe in the form of a ‘belch’ (belching/burping). In some cases, it may also be retained in the digestive tract and lead to abnormal bloating.Usually, intestinal gas causes no medical problems and is a normal occurrence. But occasionally, it can be a symptom of an underlying medical condition such as irritable bowel syndrome, malabsorption syndrome, Crohn’s disease, inflammatory bowel syndrome, intestinal obstruction, etc.An excess gas formation can be treated with over-the-counter (OTC) medications and certain prescription drugs that help reduce bloating and improve digestion. Lifestyle changes in the form of a healthy diet and mild exercise are also known to reduce the symptoms.",

"symptoms of disease": "[]",

"causes of disease": "['Consuming higher quantities of certain foods that cannot be easily digested in the small intestine, like beans, cabbage, cauliflower, broccoli, cereal, etc.', 'Eating stale food or undercooked food which leads to over-fermentation in the intestine, resulting in the release of gases with a foul-smelling odor.', 'In people with lactose intolerance, consumption of milk and dairy products leads to indigestion and the formation of excess gas.', 'Swallowing a lot of air while eating food. Air enters the stomach via the mouth and gets mixed with the food, and maybe released by burping.', 'Consuming aerated beverages causes excessive gas to enter the stomach and can be a cause for belching or burping.', 'Certain protein and multivitamin supplements and artificial sweeteners also cause excessive gas.', 'Small intestinal bacterial overgrowth is a condition in which the intestinal microbes increase in number and lead to increased breakdown of food, causing gas, bloating, malabsorption of food, and nutrient malnutrition.', 'Chronic constipation or intestinal obstruction may also lead to excessive gas formation, as the food stays in the bowels for a longer time causing it to degenerate and release a rotten smell.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies Of Bloating', 'Diet modifications', 'Exercise and Yoga', 'Massage therapy', 'Ayurveda:']"

},

{

"title": "Blood cancer",

"description about disease": "Blood cancer, also known as leukemia, is a condition in which there is an uncontrolled growth and multiplication of blood cells in the bone marrow and lymph nodes. Although blood cancer can affect people in any age group, for various subtypes of blood cancers, there is a tendency to occur more commonly in a particular age group. For example, acute lymphocytic leukemia, a type of blood cancer, is common in children.The exact cause of blood cancer has not been identified yet. It is believed to occur when the blood and bone marrow cells undergo genetic mutations. Blood cancer can be acute (onset is sudden and more severe) or chronic (develop slowly over a long time and less aggressive) based on the duration of symptoms or it can be lymphocytic or myelogenous based on the type of cells affected.Acute blood cancer may cause symptoms like chronic fatigue, recurrent infections, unintentional weight loss, etc. On the other hand, chronic blood cancer may not show any symptoms initially and symptoms may appear as the condition progresses.Tests such as blood smear examination and bone marrow aspiration are some of the common diagnostic tests used to detect blood cancer. There are various treatment options available that can improve the life of the patient. Treatment modalities such as chemotherapy, immunotherapy, and stem cell transplant are known to help slow the progression of the disease.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Yoga and exercise', '2. Massage', '3. Diet', 'According to the National Cancer Institute USA, about one-third of cancer deaths are related to poor dietary choices. You can do your bit to prevent cancer by adding fruits that have cancer-fighting and preventing abilities. These include apples, kiwis, oranges, and many more.Click To Know More!', '4. Aromatherapy', '5. Acupressure and acupuncture', '6. Meditation']"

},

{

"title": "Body Ache",

"description about disease": "A feeling of generalized, dull aching pain all over the body that may or may not be accompanied by weakness and tiredness is known as body ache. In this, a person is not able to recognize the origin of the pain or the exact location of the pain. Instead, it is characterized generally by dull aching pain or a feeling of soreness all over the body.Body aches can vary in intensity and frequency with sharp, intermittent pains or a dull but persistent ache. Body aches often occur in the presence of other symptoms like weakness, fatigue, shivers, and fever.Body ache is very common and can affect individuals at any age and time. Lifestyle factors such as stress, poor diet, lack of sleep, or strenuous workouts can cause generalized body aches. These can be managed by dietary and lifestyle modifications. However, certain health conditions, such as viral fevers, anemia, fibromyalgia, lupus, etc., can also cause body aches and require medical intervention.Over-the-counter painkillers are often used to get symptomatic relief from body aches. However, it is essential to seek medical care when body aches are chronic or associated with any signs of an infection, such as fever, chills, etc.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Diet', '2. Meditation', '3. Massage and relaxation', '4. Aromatherapy', '5. Exercise and yoga', '6. Ayurveda', '7. Homeopathy']"

},

{

"title": "Body Odor",

"description about disease": "Body odor is a reasonably common condition. Most cases are related to poor personal hygiene orexcessive sweating. However, in some instances, it may be a symptom of underlying conditions, such as hormonal imbalance, dietary factors, stress, and anxiety.Body odor results from the interaction between sweat and bacteria on the skin. Sweat itself is odorless, but when it mingles with bacteria on the skin's surface, particularly in warm and moist areas, the bacteria break down the sweat components into substances that emit an unpleasant smell.Prevention includes maintaining body hygiene, wearing clean, breathable attire, optimum hydration, and managing stress. Management involves using antiperspirants, deodorants, antibacterial soaps, and topical antibiotics. Severe cases may require underarm botox or other surgical procedures.",

"symptoms of disease": "['1. Unpleasant smell', '2. Exacerbation with sweating', '3. Discoloration of clothing', '4. Itchiness or skin irritation']",

"causes of disease": "['Present throughout the body, most prominently on the soles of the feet, palms, forehead, cheeks, and in the armpits', 'Help in maintaining the body temperature', 'Produce large volumes of watery, usually odorless sweat', 'Connected to the hair follicles situated in the groin and axillary regions', 'Begin functioning during puberty in response to the activation of sex hormones.', 'Secretes a thick, viscous, usually invisible fluid that produces a characteristic potent smell when it comes in contact with skin bacteria', 'The presence of a large amount of bacteria on the skin', 'Excessive production of apocrine sweat', 'Saliva', 'Breath', 'Reproductive fluids', 'Urine']",

"prevention from disease": "['1. Maintain good hygiene', '2. Choose breathable clothing', '3. Practice proper underarm care', '4. Wash your clothes regularly', '5. Manage your diet', '6. Manage stress']",

"home\_remedy to disease": "['Alternative Therapies For Body Odor', '', '1. Acupuncture', '2. Aromatherapy']"

},

{

"title": "Breast cancer",

"description about disease": "Any changes in the breast or nipples, lumps in the armpit, pain in the breast or nipples should not be ignored as it could be a symptom/s of breast cancer. Breast cancer affects breast tissue that contain milk producing glands called lobules and thin tubes called ducts. In breast cancer, the cells start growing and dividing in an uncontrolled way. These cancerous cells often invade other healthy breast tissue and lymph nodes, and can spread to other parts of the body.Breast cancer usually affects women but can also occur in men and children, though it is very rare. It is beleived that 1 in 22 women in urban areas and 1 in 60 women in rural areas are likely to develop breast cancer during their lifetime. Breast cancer can be detected with the help of screening tests. These tests do not prevent cancer but can help you to diagnose breast cancer early which in turn can make the treatment easier and more effective.The treatment of breast cancer does not always involve removal of the whole breast by surgery. In some cases, only a part of the breast tissue or a lump in the breast is removed. Apart from surgery, cancer can be treated with the help of medications (known as chemotherapy), radiation and hormonal therapy.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Go for regular physical activity', '2. Quit smoking', '3. Restrict alcohol intake', '4. Get rid of excess body weight', '5. Do breast self examination once a month', '6. Get clinical examination done yearly', '7. Get mammography/ultrasound done', '8. Take special care in case of family history']",

"home\_remedy to disease": "[]"

},

{

"title": "Bronchitis",

"description about disease": "Bronchitis is an inflammatory reaction of the lining of the bronchial tubes (or airways). As it is a respiratory condition, it presents with symptoms such as frequent coughing with or without mucus, fatigue, fever and wheezing or whistling sound while breathing.Bronchitis is broadly classified into acute (if onset is recent) or chronic (if present for long) forms. Acute bronchitis is often caused by a mild infection such as seasonal viral flu or may be due to allergic reasons. Whereas smoking and exposure to air pollutants for a long time are the most common causes of chronic bronchitis. Chronic bronchitis is associated with a severe respiratory disease known as a chronic obstructive pulmonary disease (COPD).Acute bronchitis, if mild, can be managed with home remedies, OTC products, and anti-allergic medications but consultation with a doctor or immediate intervention may be required in severe cases. Chronic bronchitis is an ongoing illness that requires lifelong treatment to keep the symptoms suppressed and is a cause of considerable morbidity and mortality in the long term.",

"symptoms of disease": "['Symptoms of acute bronchitis', 'Symptoms of chronic bronchitis']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Honey:', '2. Ginger:', '3. Turmeric:', '4. Garlic:', '5. Salt water:', '6. Pineapple:', '7. Orange juice:']"

},

{

"title": "Bruxism",

"description about disease": "Bruxism is a condition marked by the habitual grinding or clenching of teeth, typically occurring during sleep. Bruxism is prevalent across various age groups, with both adults and children affected.Bruxism often goes unnoticed until symptoms like tooth wear or jaw discomfort arise.Risk factors for bruxism includestress,anxiety, sleep disorders, and lifestyle habits like caffeine or alcohol consumption. Additionally, certain medications and a family history of bruxism can increase the likelihood of developing this condition. Bruxism is generally seen equally in both men and women, although some studies suggest it might be slightly more common in women.Nightguards or splints are commonly prescribed to protect teeth from further damage. Stress management techniques and behavioral therapies may be recommended to address underlying causes. Regular dental check-ups are crucial for early detection and intervention.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Keep stress at bay', '2. See your dentist often', '3. Be mindful', '4. Modify your lifestyle', '5. Establish a regular sleep routine', '6. Address underlying causes']",

"home\_remedy to disease": "['', '1. Acupuncture', '2. Biofeedback', '', '3. Hypnosis', '', '4. Relaxing techniques', '', 'Learn some effective yoga postures that can help in fighting depression and anxiety.Click Here', '5. Osteopathy or chiropractic care']"

},

{

"title": "Bulimia nervosa",

"description about disease": "Bulimia nervosa is a eating disorder characterised by episodes of binge eating a large amount of food at a time followed by self-induced vomiting (purging) to prevent any weight gain. Consuming laxatives or diuretics, fasting, or excessive exercising are other inappropriate methods adopted in the pursuit of weight loss.While there is no known specific cause for bulimia, family history and psychological as well as sociocultural stressors are thought to contribute to the development of this condition. People with bulimia nervosa usually have low self esteem about their body regardless of their body weight. It can affect people who are underweight, normal weight, or overweight and is more common in women and adolescents.Bulimia has adverse affects on both physical and mental health. The complications can potentially upset every organ system of the body.This illness is usually treated through a comprehensive approach that includes nutritional counselling, psychotherapy, family therapy and medications.",

"symptoms of disease": "['Psychological and behavioral symptoms', 'Physical symptoms']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Home remedies', 'Aloe vera:', 'Probiotics:', 'Ginseng:', 'Orange(santra):', 'Spinach (palak):', 'Salmon:']"

},

{

"title": "Bunions",

"description about disease": "A bunion refers to a bump-like structure on the side of the big toe. Over some time, the big toe starts leaning towards the second toe.People with high heels, narrow and tight shoes, and hard soles are more prone to develop bunions. Other risk factors include a positive family history, foot problems, obesity, and arthritis.Bunions can cause pain and rotation of the big toe, making walking and wearing certain footwear challenging. However, the condition can be effectively managed through lifestyle changes. By avoiding high heels, pointed shoes, and incorporating specific exercises like toe curls, you can take control of your foot health and manage bunions.If these are ineffective, surgical management is recommended. Patients typically tolerate the surgery well.",

"symptoms of disease": "[]",

"causes of disease": "['Imbalance of the muscles of the foot can cause slight misalignment of the toe', 'Increased pressure at the first MTP joint']",

"prevention from disease": "['1. Choose the right footwear', '2. Rest your feet', '3. Have your feet measured regularly', '4. Maintain a healthy weight']",

"home\_remedy to disease": "['Alternative Therapies For Bunion', '', 'Foot exercises', 'Pickups:', 'Curls:', 'Stretches:', 'Rolling:']"

},

{

"title": "Burns",

"description about disease": "Burns are injuries to the skin and underlying tissues that can be caused by heat, chemicals, electricity, or radiation, resulting in skin damage and potential complications. They occur when the skin's protective barriers are compromised due to exposure to extreme conditions.Symptoms of burns can include redness, blistering, pain, and in severe cases, charred or discolored skin.Treatment of burns varies depending on the cause and severity. Most minor burns can be treated at home. They usually heal within a couple of weeks or months.Major burns are a medical emergency that after appropriate first aid and wound assessment, warrant further treatment to help prevent scarring, disability, and deformity.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Burn safety at homes', '2. Burn safety outdoors', '3. Fire prevention']",

"home\_remedy to disease": "['', '', '1. Acupuncture', '', '2. Physiotherapy', '', '3. Massage therapy', '', '4. Hypnosis']"

},

{

"title": "Calcium deficiency",

"description about disease": "Calcium is one of the most abundant minerals in the body. An average human body contains about 1 kg of calcium. It regulates normal heart rhythm, maintains structure of bone and teeth, aids in clotting of blood, contracting of muscles, and helps in proper functioning of nerves.The total serum calcium levels below 8.8 mg/dL is considered as calcium deficiency. The primary symptoms include rough hair, brittle nail, dry skin, itching, cataracts (clouding of eye lens), and poor quality of teeth.The sudden drop in calcium level may even lead to serious symptoms such as cardiovascular collapse, irregular heartbeat, seizures, and neuromuscular irritability. These symptoms need hospitalization.Lactose intolerance, restrictive diets, liver and kidney diseases, pregnancy, menopause amongst others are known to increase its risk.Daily consumption of foods rich in calcium such as milk, cheese, yogurt, spinach, kale, broccoli, and nuts are the best way to prevent calcium deficiency. Treatment includes consuming a calcium rich diet along with calcium and vitamin D supplements. Acute or severe calcium deficiency might require hospitalization.",

"symptoms of disease": "[]",

"causes of disease": "['Hypoparathyroidism', 'Pseudohypoparathyroidism', 'Altered magnesium levels', 'High levels of potassium', 'Liver diseases', 'Chronic kidney diseases', 'Sclerotic metastases', 'Sepsis', 'Pancreatitis', 'Fanconi syndrome', 'Intravenous bisphosphonates', 'Denosumab', 'Cisplatin', 'Cinacalcet', 'Foscarnet', 'Rifampin', 'Chloroquine']",

"prevention from disease": "['1. Ensure adequate intake of calcium', '2. Avoid restrictive diets', '3. Treat underlying medical conditions']",

"home\_remedy to disease": "[]"

},

{

"title": "Cataract",

"description about disease": "A cataract is an eye ailment in which the clear eye lens becomes opaque, obstructing light from passing through and causing a decrease in vision. For people with cataracts, gazing through foggy lenses is comparable to looking through a frosty or fogged-up window.The majority of cases affect older people, while occasionally, younger people might also be affected. Various factors can cause cataracts, such as smoking, ultraviolet radiation, certain diseases like diabetes, trauma, radiation therapy etc. Cataracts can seriously impede daily activities; if untreated, they might even result in blindness.Based on the severity of the medical condition, the doctor might ask you for prescription glasses or surgery if required. While prescription glasses cannot directly treat cataracts, they can aid in correcting blurry vision and other problems caused by cataracts.Surgery is performed when the visual loss due to a cataract severely impacts the patient's quality of life. Cataract surgery is usually safe and effective, significantly improving vision.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Eat a healthy, well balanced diet', 'Quit smoking', 'Wear sunglasses', 'Limit alcohol intake', 'Keep blood sugar level under control', 'Use steroid medications only under medical supervision', 'Get regular eye checkups']",

"home\_remedy to disease": "['', '', 'Homeopathy', '', '6 homeopathy facts you must Know']"

},

{

"title": "Cervical cancer",

"description about disease": "Cervix is the lowermost part of the womb (uterus) that lies on top of the vagina. It plays an important role in preventing the ascent of pathogens from the vagina into the uterus and allowing the entry of sperm into the fallopian tubes (channel for transport of eggs and fertilization). It is also crucial for the maintenance of pregnancy in the uterus until the onset of labor.Cervical cancer is a type of cancer that occurs in the cells of the cervix. This cancer can affect the deeper tissues of the cervix and may spread to other parts of the body (metastasize), often the lungs, liver, bladder, vagina, and rectum.This cancer is the second most common female malignant (cancerous) tumor globally which seriously threatens female’s health. Nearly all cervical cancers are caused by an infection with human papillomavirus (HPV).Some cases may not show any symptoms, but general symptoms include bleeding in between periods and after sexual intercourse. Foul-smelling white discharge and low back pain or lower abdominal pain may also be present. Treatments include surgery, radiation, chemotherapy, and palliative care.",

"symptoms of disease": "['Early or stage 1 cervical cancer', 'Advanced cervical cancer']",

"causes of disease": "['Any direct skin-to-skin contact of the genitals', 'Vaginal, anal, or oral sex', 'Sharing sex toys']",

"prevention from disease": "['Undergoing cervical screening', 'Getting HPV vaccine', 'Limiting exposure to HPV', 'Not having unprotected sex', 'Maintaining a healthy lifestyle']",

"home\_remedy to disease": "['', 'Naturotherapy', 'Homeopathy', 'Acupuncture']"

},

{

"title": "Chickenpox",

"description about disease": "Chickenpox is a viral infection caused by the varicella zoster virus (VZV, also known as chickenpox virus). It is an extremely contagious disease which mostly affects kids but can occur in adults as well. It is usually a mild and self-limiting disease but can lead to severe health complications in people with low immunity or infants. It is characterised by classic super itchy rashes and flu-like symptoms. Although the symptoms of chickenpox take their own course of time, home remedies and home care treatment options do play a key role in relieving the itching and pain. The treatment of chickenpox is mostly centred around managing the symptoms.",

"symptoms of disease": "[]",

"causes of disease": "['Coughing or sneezing via respiratory droplets', 'Kissing or sharing drinks or food through saliva', 'Handshaking or hugging through contact with the blisters or the fluid on the skin', 'Touching contaminated surfaces like door handles or tables, etc']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Chikungunya",

"description about disease": "Chikungunya is a viral disease that spreads to humans through the bites of infected female mosquitos. The most prevalent mosquitoes implicated are Aedes aegypti and Aedes albopictus. These two species can also transmit other mosquito-borne diseases, such as dengue. They bite throughout the day, with peak activity in the early morning and late afternoon.Chikungunya is characterized by fever and severe joint pain, which is often debilitating and varies in duration; other symptoms include joint swelling, muscle pain, headache, nausea, fatigue and rash.Prevention of Chikungunya involves protecting oneself from mosquito bites by using various tools like nets, sprays, coils, electric bats, and mosquito repellent creams. Mosquito control measures like eliminating stagnant water from plants, coolers, tyres, and road potholes is also crucial.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Preventive measures to avoid mosquito bites', '2. Tips for babies and children', '3. Products for preventing mosquito bites', '4. Tips to prevent mosquito breeding']",

"home\_remedy to disease": "['', 'Physiotherapy:', '', 'Acupuncture:', '', 'Aromatherapy:']"

},

{

"title": "Choking",

"description about disease": "Choking happens when an object or a liquid blocks the throat or windpipe blocking the flow of air. The symptoms of choking are coughing, inability to talk, difficulty breathing and turning blue (cyanosis).Children often choke as a result of placing foreign objects into their mouths. Adults can choke from eating or drinking too rapidly or when laughing while eating or drinking.If someone is choking, the best way to give that person first aid is by encouraging them to cough, bend the person forward and give up backflow to dislodge the blockage. If the person is still choking, give abdominal thrusts by holding it around the waist and pressing the belly inward and outward.Choking can be prevented by following various preventive measures like cutting food into smaller pieces, chewing food slowly and thoroughly, and avoiding laughing and talking while chewing and swallowing.",

"symptoms of disease": "[]",

"causes of disease": "['Stroke', 'Head injury', 'Dementia', 'Multiple sclerosis']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Cholera",

"description about disease": "Cholera is an acute diarrheal infection that is caused by ingesting food and water contaminated by bacteria Vibrio cholerae.Signs and symptoms of cholera infection include a rapid onset of massive diarrhea (rice water appearance), dehydration, vomiting, irritability, low blood pressure, and rapid heart rate amongst others.Maintaining adequate hydration through oral or iv rehydration solutions (ORS and Ringer lactate solution)  is the cornerstone approach of the treatment. Antibiotics are prescribed in severe cases once the hydration status is maintained.Preventive measures include maintaining proper hand hygiene, drinking safe water and consuming non-contaminated foods. Oral cholera vaccine is also available but its use is usually limited to areas of cholera outbreaks.",

"symptoms of disease": "[]",

"causes of disease": "['Drinking water from sources such as unprotected wells, boreholes, and standpipes contaminated by feces during transportation or supply', 'Food, drinks, and ice made from contaminated water', 'Cooking and eating in utensils washed in contaminated water', 'Food that is stored for a long period of time at room temperature', 'Seafood especially crustaceans and shellfish grown in contaminated water', 'Raw fruit and vegetables that are irrigated with water containing human waste or rinsed with contaminated water']",

"prevention from disease": "['1. Preventing cholera at an individual level', '2. Preventing cholera at community level']",

"home\_remedy to disease": "[]"

},

{

"title": "Colon cancer",

"description about disease": "Colon cancer is a condition in which there is an uncontrolled growth and multiplication of cells in the colon (large intestine). The colon is the lower and final part of the digestive tract where the body draws out water and salt from solid waste. The waste then moves through the rectum and exits the body through the anus.Common risk factors for colon cancer include advanced age, a family history of colon cancer, colon polyps, and long-standing ulcerative colitis. Most colon cancers develop from polyps lining the colon. While the polyps are initially non-cancerous and harmless, over a period of time they can develop into cancer.Colon polyps and early cancer may have no cancer-specific early signs or symptoms. Therefore, regular colorectal cancer screening is important. Diagnosis of colon cancer is done by colonoscopy, which visualizes the entire colon along with biopsy, which confirms the cancerous tissue.The treatment and prognosis of colon cancer depends on the location, size, stage and extent of cancer spread, as well as the overall health of the patient. In early stages of colon cancer, the tumor is removed through surgery. If not treated at the right time, it can spread to other parts of the body, especially the lungs and liver. The treatment in advanced stages involves chemotherapy, radiation therapy, immunotherapy and/or their combinations.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Go for regular screening', '2. Eat a healthy diet', '3. Consult doctor before taking NSAIDs', '4. Maintain a healthy body weight', '5. Quit alcohol and smoking', '6. Increase the intake of vitamins and minerals']",

"home\_remedy to disease": "['Acupuncture', 'Mind-body therapies', 'Find out the amazing health benefits of Yoga.Click To Read!']"

},

{

"title": "Color blindness",

"description about disease": "Color blindness is the difficulty in telling the difference between certain colors or shades. Very rarely color blindness makes a person unable to see any colors.Color blindness is mostly an inherited genetic condition. In some cases, it can be acquired in life due to the side effects of certain medications, industrial and environmental chemicals, or chronic illnesses.Individuals with color blindness encounter some common difficulties in day-to-day life like choosing fresh vegetables, fruits, and flowers, driving a car, and selecting clothes.Currently, there is no treatment for this condition. However, specific photographic frames eyeglasses and contact lenses can be used to improve the distinguish between some colors.",

"symptoms of disease": "[]",

"causes of disease": "['Red-sensing cones (L cones):These cones perceive long wavelengths of light (around 560 nanometers).', 'Green-sensing cones (M cones):These cones perceive middle wavelengths (around 530 nanometers).', 'Blue-sensing cones (S cones):These cones perceive short wavelengths (around 420 nanometers).']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Common cold",

"description about disease": "Common cold is one of the most common ailments that every one of us might have had at some point in our lives. Although mostly caused by viruses, cold can also be triggered due to changes in weather or an underlying respiratory infection. It can spread by close contact with infected people or touching contaminated objects.Sneezing, sore throat, feeling of being unwell, and nasal discharge are the most common symptoms associated with a cold. To diagnose a cold, assessing the physical symptoms is usually sufficient. In most cases, there is no need for any laboratory test.Treatment of cold is mainly based on relieving the symptoms. Home care measures like steam inhalation, staying hydrated, gargling, use of nasal spray and taking adequate rest are effective in speedy recovery from the cold.",

"symptoms of disease": "[]",

"causes of disease": "['Rhinovirus', 'Coronavirus', 'Influenza virus', 'Parainfluenza virus', 'Adenovirus', 'Coxsackievirus', 'Human bocavirus (HBoV)']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Lemon (Nimbu):', '2. Ginger (Adrak):', '3. Garlic (Lehsun):', '4. Turmeric (Haldi):', '5.\\xa0 gourd (Karela):', '6. Lady finger (Bhindi):', '7. Vitamin C:']"

},

{

"title": "Conjunctivitis",

"description about disease": "Conjunctivitis is an infection of conjunctiva, a transparent membrane that lines the eyelid and covers the white part of your eyeball. When small blood vessels in the conjunctiva become inflamed, they become more prominent. This is what causes the whites of your eyes to appear reddish or pink, hence the name pink eye.Conjunctivitis is marked by burning and itching in the eyes along with mucus or pus discharge. There is a constant urge to rub the affected eye and in some cases pain may also be present. It may be caused due to certain infectious agents such as viruses, bacteria or non-infectious causes such as dust, fumes or other allergens. Diagnosis is usually confirmed by physical examination by your doctor and treatment depends upon the infective cause of the condition. While viral conjunctivitis does not require any treatment, bacterial infection may require anti-infective agents in the form of eye drops or ointments.You can prevent conjunctivitis by keeping your hands clean and avoid sharing personal belongings such as eyewear, eyedrops, makeup with infected individuals. Cautious use of contact lenses is also important to prevent contracting this infection. Conjunctivitis, which gets worse with each passing day, should be taken seriously and treated by an ophthalmologist as it poses a risk of complications such as uveitis and corneal perforation.",

"symptoms of disease": "[]",

"causes of disease": "['Bacterial conjunctivitisis very common in children and some of the common bacterias responsible for conjunctivitis are Staphylococcal species such as Staphylococcus aureus, H. influenza, S. pneumoniae, and Moraxella catarrhalis. Bacteria such as Streptococcus pneumoniae and Haemophilus influenzae cause conjunctivitis in adults.', 'Viral conjunctivitisis also quite common in adults. This type of conjunctivitis is very contagious and often spreads in schools and other crowded places. Viruses such as Adenoviruses, Herpes simplex, Herpes zoster, and Enterovirus are known to cause conjunctivitis.', \"Allergic conjunctivitisis the body's reaction to allergens or allergic substances. It affects both eyes and is a response to an allergy causing substance such as pollens, dust mites, molds, dander from pets, medicines or cosmetics etc. Allergic conjunctivitis is more common in people with other allergic conditions, like hay fever, asthma, and eczema. One may also experience symptoms like sneezing and watery nasal discharge along with symptoms of conjunctivitis.\", 'Giant papillary conjunctivitisis a type of allergic conjunctivitis caused by the long term presence of a foreign body in the eye. People who wear inflexible contact lenses, use soft contact lenses that are not changed frequently or have a prosthetic eye are more prone to develop this kind of conjunctivitis.', 'Irritant conjunctivitisis caused by irritants like smoke, dust, fumes. Toxins like chemicals from the chemical industry or the chemicals/gases used in a laboratory or caustic materials like bleach can cause conjunctivitis and in some cases a chemical splash can lead to permanent damage to the eye as well.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Indian gooseberry:', 'Vegetable juice:', 'Vitamin rich foods:', '', 'Coriander:', '']"

},

{

"title": "Constipation",

"description about disease": "Constipation is a common health problem that causes difficulty in passing stools and emptying the bowels. Almost everyone goes through constipation at some point in their lives. While constipation is uncomfortable, it is usually considered a symptom rather than a disease in itself. The various causes of constipation include diet that is not sufficient in fiber content, inadequate fluid intake, sedentary lifestyle, stress or sometimes an effect of some underlying medical condition of intake of specific medicines.Prevention of constipation is centred around change in dietary and lifestyle habits. One should eat a high fiber diet comprising fruits, vegetables, legumes and whole grains. Restrict foods such as processed and packaged foods, milk and meat products.Maintaining optimal fluid intake along with restricting intake of alcohol and caffeine in the form of coffee and soft drinks can also help in preventing constipation. Exercise regularly, do not delay the urge to pass stools and try to manage your stress levels.Along with these changes, treatment of constipation involves many home remedies and use of over the counter laxatives. If relief from constipation is still not achieved, or in case of problems like pain while passing stools or rectal bleeding, it is always better to consult a doctor as long term use of laxatives or chronic constipation can lead to several other complications.",

"symptoms of disease": "[]",

"causes of disease": "['Paracetamol - if more than seven tablets are taken in a week', 'Nonsteroidal anti-inflammatory drugs (NSAIDs) like\\xa0 ibuprofen', 'Iron and calcium supplements', 'Aluminum-containing antacids', 'Anticholinergic agents or medicines that oppose the actions of the neurotransmitter acetylcholine. These include drugs for Parkinson’s disease, depression, delusions, hallucinations, and muscular spasms.', 'Anticonvulsants (drugs used to treat seizures) such as carbamazepine, phenobarbital, and phenytoin.', 'Cancer drugs such as vinblastine, vincristine, vindesine, and vinorelbine', 'Calcium-channel blockers such as verapamil', 'Water pills (diuretics) such as furosemide', 'Irritable bowel syndrome', 'Endocrine disorders like Diabetes, Hypothyroidism, Hyperparathyroidism,\\xa0 Hypercalcemia, Hypokalemia, insufficient production of pituitary hormones', 'Tumor of the adrenal gland', 'Delayed emptying of the colon caused by pelvic floor disorders and colon surgery', 'Diverticular disease', 'Bowel obstruction', 'Narrowing of colon or bowel stricture', 'Colorectal cancer', 'Other abdominal cancer that presses on the colon', 'Rectal cancer', 'Lazy bowel syndrome in which there is slow movement of waste through the digestive tract', 'Neurogenic disorders like spinal cord injury, stroke, multiple sclerosis, Parkinson’s disease, brain injury etc.', 'Structural defects in the digestive tract like fistula, imperforate anus, malrotation etc.', 'Diseases like amyloidosis, lupus erythematosus, and scleroderma']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Kiwi', '2.Banana (Kela)', '3. Prunes', '4.Apple (Seb)', '5.Pear (Naspati)', '6.Figs (Anjeer)', '7.Spinach (Palak)', '8.Oats', '9.Flaxseeds (Alsi)', '10.Sweet potato (Sakargandi)', '11. Probiotics', 'A few examples of natural drinks that help in relieving constipation instantly.Read More!']"

},

{

"title": "Corns",

"description about disease": "Corns are calloused areas of skin that develop to protect skin from damage against prolonged rubbing, pressure, and other forms of irritation. Calluses and corns typically form on the hands or feet.Corns and calluses can be caused by many factors, such as wearing too fitted or too loose shoes, not wearing socks, walking barefoot regularly, etc. Other risk factors may include joint problems or other foot-related problems like bunions or hammer toe. These conditions can be prevented by reducing or removing the causes which lead to increased pressure at specific points on the hands or feet.Corns and calluses can be treated with medicated products which chemically break down the thickened, dead skin. Salicylic acid is usually the main ingredient used in most corn and callus removal products.People with fragile skin, poor circulation in the feet (due to conditions such as diabetes or peripheral arterial disease), and repeated formation of corns should consult a podiatrist or a healthcare professional for the appropriate management of this condition.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Corns', 'However, alternative treatments like homeopathy might be tried.To Read More Click Here']"

},

{

"title": "Coronary artery disease",

"description about disease": "Coronary artery disease (CAD), refers to the narrowing or blockage of coronary arteries (that supply blood to the heart) with plaque-like deposits. Over time, this results in restriction or obstruction of the flow of blood to the heart muscle. This can manifest in the form of chest discomfort (angina), a heart attack (due to sudden total blockage of a coronary artery), slow progress to heart failure, or even sudden death, due to a life-threatening rhythm disturbance.Family history, advancing age, high blood pressure, an abnormal cholesterol profile, diabetes, obesity, and smoking are the major risk factors for CAD.Management of CAD includes lifestyle changes like consuming a heart-healthy diet, an exercise regime, and cessation of smoking and alcohol. Medications can help to manage risk factors along with treating the symptoms. Surgery might be advised in severe cases.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Consume a healthy diet', 'Foods to prefer-', 'Foods to limit or avoid-', '2. Indulge in physical activity', '3. Avoid smoking', '4. Manage your stress effectively', '5. Get sound and sufficient sleep', '6. Keep your blood pressure under control']",

"home\_remedy to disease": "['', '1. Yoga', '', 'Practicing yoga can keep your heart healthy.Read How', '2. Acupuncture']"

},

{

"title": "Cough",

"description about disease": "Cough is a protective reflex that expels mucus, bacteria, and other foreign substances. It is the body's defense mechanism to clean the lungs and airways.Cough can be acute or short term which usually lasts less than 3 weeks whereas chronic or persistent cough can last from 3 to 8 weeks. There can be numerous causes for cough. You may develop cough due to upper respiratory tract infections, allergies, pneumonia, asthma or other medical conditions. Moreover, cough might also be accompanied by other symptoms such as shortness of breath, wheezing sound, hoarseness of voice, or chest pain depending on what is causing it.Acute cases of cough are usually managed by home remedies such as steam inhalation, gargling with salt water, using a humidifier or taking cough suppressants and expectorants. Drinking warm water or avoiding foods that can aggravate cough such as oily foods can also help in improving your condition.However, in case of chronic cough, antibiotics and other medications might be prescribed depending on the cause and duration of your cough. Treatment of the underlying cause of cough also needs to be addressed in such cases.",

"symptoms of disease": "['1. Whooping sound', '2. Staccato cough', '3. Hoarseness of voice', '4. Cough following exercise', '5. Itchy and dry throat', '6. Production of sputum', '7. Night cough', '8. Seasonal cough with watery eyes', '9. Dyspnea']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Thyme leaves', 'Peppermint (Pudina)', 'Clove (Lavanga)', 'long pepper (pippali)', 'rock salt (saindhava lavana)', 'long pepper (pippali)', 'dried ginger (shunthi)', 'ghrta', '‘ghee’', 'maricha', '),', 'adrak (ginger)', 'raw sugar (sharkara)', '.', 'sitopaladi churna', 'karpooradi churna', 'ginger (adrak)', 'tamarind (imli)leaves', 'rock salt (saindhava lavana)', 'asafoetida (hing)']"

},

{

"title": "Cracked heels",

"description about disease": "Cracked heels is a common foot condition in which the skin on the heel becomes dry and hardened, resulting in splits due to the pressure of standing and walking.The signs and symptoms of heel fissures includedry skin, a thick yellow or dark brown callus that causes pain and difficulty in walking.Neglecting foot care, or lack of moisturizing, is often the main cause of cracked heels. It can also occur due to various other reasons, including wearing open-back shoes, being overweight, taking long hot showers, or having certain health conditions likediabetesor other skin disorders.Treatment generally consists of over-the-counter products, insoles, liquid bandages, and certain home remedies. But if cracked heels are severe or infected, it may be necessary to see a medical professional to diagnose and treat the underlying cause.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Cracked Heels', '', 'Ayurveda', 'Yoga', '', \"Yoga can benefit you in ways that you couldn't have imagined. Know more about the overall health benefits of yoga.Enlighten yourself\"]"

},

{

"title": "Crohn’s disease",

"description about disease": "Crohn's disease is an inflammatory bowel disease (IBD) that causes chronic inflammation (swelling) and damage to the GI tract. The GI tract is in charge of digestion, nutrient absorption, and waste elimination.Crohn's disease may manifest in \"patches,\" affecting some areas of the GI tract while leaving others unaffected.Inflammation (swelling) impairs the ability of the affected GI organs to function normally, resulting in symptoms such as chronic diarrhea, abdominal pain, rectal bleeding, weight loss, and fatigue. Symptoms differ and can shift over time. The disease can cause life-threatening flares and complications in severe cases.The initial laboratory evaluation detects inflammation and screens for other diagnoses. To confirm the diagnosis and determine the extent of disease, endoscopy and cross-sectional imaging are used. Treatment decisions are guided by disease severity and risk of poor outcomes.Treatment for Crohn's disease and other IBD types may include medication, dietary and nutritional changes, and, in some cases, surgical procedures to repair or remove affected portions of your GI tract.Crohn's disease patients are more likely to develop cancer, osteoporosis, anemia, nutritional deficiencies, depression, infection, and thrombotic (blood clotting) events. It is critical to maximize prevention measures when caring for these patients.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Follow a few dietary rules', '2. Drinking plenty of water', '3. Quit smoking', '4. Get screening for colorectal andcervical cancer', '5. Immunize yourself', '6. Exercise regularly', '7. Manage stress']",

"home\_remedy to disease": "['', '1. Pay attention to diet:', '', '2. Probiotics:', 'Here’s more about the health benefits of probiotics.', '3. Prebiotics:', 'Probiotics and prebiotics may prove effective in keeping our gut healthy. Check out our prebiotics and probiotics supplement range.', '4. Anti-inflammatory food:', 'Read more about an anti-inflammatory diet for a healthy body', '5. Herbs:', 'Aloe vera', 'juice-', 'Glutamine', 'Turmeric', '(Haldi)', 'Read more about 5 other benefits of turmeric for a healthy body', 'Note:', '', '6. Exercise and yoga:', 'Know more about yoga benefits.', '7. Take proper rest:', '', '8. Moxibustion:I']"

},

{

"title": "Croup",

"description about disease": "Croup is a respiratory illness that primarily affects the voice box, windpipe and upper airways of children under 5 years of age. The condition is mostly caused by viruses and rarely by bacteria.The most characteristic symptoms are ‘barking cough’ and ‘stridor’ characterized by high-pitched whistling noise while breathing. Other symptoms includesore throat, runny nose,hoarseness of voice and fever.Most of the cases of croup are mild and resolve within a few days with symptomatic care. Children with severe symptoms may need steroids,epinephrine, and supplemental oxygen. Careful monitoring of heart rate along with respiration is also critical in such cases.",

"symptoms of disease": "[]",

"causes of disease": "['Parainfluenza virus', 'Influenza A and B', 'Measles', 'Adenovirus', 'Respiratory syncytial virus (RSV)', 'Corynebacterium diphtheriae', 'Staphylococcus aureus', 'Streptococcus pneumoniae', 'Hemophilus influenzae', 'Moraxella catarrhalis', 'Contact with the virus in the air after an infected person has coughed or sneezed', 'Handling infected person', 'Touching contaminated surfaces']",

"prevention from disease": "['', '1. Practice hand hygiene', '2. Maintain hygiene', '3. Isolate the patient', '4. Ensure vaccination']",

"home\_remedy to disease": "[]"

},

{

"title": "Cuts and puncture wounds",

"description about disease": "Injuries caused by sharp objects that damage the skin and result in the exposure of underlying soft tissues are known as cuts and puncture wounds. The risk is high in children, elderly population and those who suffer from balance disorders such as Parkinson’s disease, cerebral palsy, ataxia, etc. Also, diabetics and immunocompromised patients need to be extra careful of cuts and wounds as they have higher risk of contracting an infection due to such wounds.Cuts and puncture wounds are often accompanied by bleeding, pain, swelling, fever and infection. Minor cuts can be treated with simple home remedies, but a puncture wound, as it is deep, must always be treated by a doctor. If left untreated, it can lead to severe wounds or infection. If the cut is deep, it can even lead to chronic blood loss.Whenever an injury occurs, ensuring basic first aid for cuts and puncture wounds is essential. If these wounds cannot be managed by first-aid alone, you must seek medical care. This involves use of painkillers, antibiotics and anti-inflammatory medicines along with surgical debridement and suturing of the wounds, in some cases.",

"symptoms of disease": "[]",

"causes of disease": "['Falling and hitting yourself on sharp objects like rocks, furniture, tools, broken glass, etc.', 'Walking without proper footwear on open roads or grounds where nails or other sharp objects may be lying around', 'Not wearing protective gear while operating tools or heavy machinery', 'Automobile accidents', 'Self-infliction of injury', 'Surgical incisions']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies for Cuts And Puncture Wounds', 'REMEMBER! Monitor for signs of infection such as increased swelling, pain, fever, etc. and if they occur, consult your doctor immediately.']"

},

{

"title": "Dandruff",

"description about disease": "Dandruff is a common hair problem that needs no introduction. It affects around50%of people worldwide at some point in their life, irrespective of their gender and ethnicity.Dandruff is a scalp disorder which causes the scalp to flake and/or itch. The dead cells on the scalp tend to stick to each other due to surface debris and oil on the scalp. This in turn leads to flakes with itchy scalp and also causes the hair to shed at a faster than normal rate.Dandruff is seen to mostly occur between puberty to middle-age as this is the phase when the sebaceous glands are most active. The severity of dandruff may fluctuate with the season but it usually worsens during winter.If left untreated, it can cause fungal infections of the skin & may also lead to severe hair fall. The common treatment options for dandruff include use of home remedies and medicated shampoos.",

"symptoms of disease": "[]",

"causes of disease": "['Dry scalp', 'Oily or irritated skin/hair', 'Poor hair hygiene', 'Use of hair cosmetics/tools', 'Scalp disorders like psoriasis and eczema', 'Infrequent shampooing', 'Extreme weather conditions']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Vinegar:', '2.Fenugreek (Methi):', '3.Lemon (Nimbu):', '4. Salt/Baking soda:', '5.Neem:', '6. Curd (Dahi):', '7.Orange (Santra)peel:', '8.Honey (Sahed):', '9.Coconut (nariyal) oilandcamphor (kapoor):', '10.Tea tree oil:']"

},

{

"title": "Dehydration",

"description about disease": "Dehydration is simply a lack of water in the body. Our bodies are made up of roughly 60% water, which is required for almost every bodily function. Water can be lost from the body as a result of excessive sweating on a hot summer day or strenuous exercise. Even fever or excessive urination can cause a decrease in the body's overall water level.Dry mouth, excessive thirst, tiredness, dark-colored urine, and less frequent urination are all symptoms of dehydration. But if left unattended, it can cause headaches, bad breath, dry skin, and in rare cases, lead to a medical emergency.So, if you experience dehydration, you can even try out some simple and effective home remedies to help restore mineral and fluid balance in the body. Medical attention is required in case of severe dehydration",

"symptoms of disease": "[]",

"causes of disease": "['Prolonged physical activity with excessive sweating without consuming adequate water, especially in a hot and/or dry environment', 'Prolonged exposure to dry air, e.g., in high-flying aeroplanes (5% to 12% relative humidity)', 'Blood loss due to physical trauma', 'High altitude', 'Diarrhea', 'Vomiting', 'Long term fasting', 'Recent rapid weight loss', 'Inability to swallow', 'Excessive use of caffeine and other stimulants', 'Excessive consumption of alcoholic beverages', 'Severe burns', 'Gastroenteritis', 'Cholera', 'Typhoid fever', 'Yellow fever', 'Malaria', 'Diabetes mellitus', 'Diabetes insipidus', 'Addison disease', 'Salt-wasting nephropathies', 'Hypoaldosteronism', 'Intestinal obstruction', 'Acute pancreatitis']",

"prevention from disease": "['Prevention tips for babies and children:']",

"home\_remedy to disease": "['Alternative Therapies For Dehydration', '1. Acupuncture and acupressure', '2. Aromatherapy therapy', '', 'Buy essential oil products online to get rid of the unwelcoming feeling of nausea and vomiting.']"

},

{

"title": "Dementia",

"description about disease": "Dementia is a progressive, chronic brain condition that leads to loss of memory, ability to think, and behavioral disturbances. In severe cases, it can also impact the ability to perform simple day-to-day activities.Worldwide, around50 million peoplehave dementia, and this  number is expected to hit 152 million by 2050. Although there are many types of dementia, Alzheimer's disease associated dementia is the most common and accounts for 60-70% of all cases.There are numerous factors that can be behind dementia. These include but are not limited to poor blood supply, abnormal protein accumulation and degenerative changes in the brain. The condition may start with something as simple as not being able to remember important dates or events and may increase in severity where a person may forget to wear clothes or eat food on time.Being diagnosed with dementia can be a life-altering and challenging situation for the patient and his/her caregivers. Dementia is a progressive condition and can worsen with time. The treatments currently available are known to slow the progression of the disease, but cannot entirely stop it.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Exercise and Yoga:', 'Physiotherapy and Occupational Therapy:', 'Massage Therapy and Aromatherapy:', '', 'Ayurveda:']"

},

{

"title": "Dengue",

"description about disease": "Dengue is a mosquito-borne viral disease. It spreads from one person to the other only when an Aedes mosquito infected with the dengue virus bites a healthy person especially during day time. It does not spread by touch, cough or secretions.Dengue presents as high-grade fever, pain in the eyes, skin rash, headache, body aches, and pain in the joints. In severe cases, it can lead to difficulty in breathing, severe abdominal pain and bleeding. Most patients with dengue fever have mild illness and can be managed at home by maintaining fluid intake, monitoring  symptoms and taking medicines. However, at times, it may cause a potentially serious complication, called severe dengue (hemorrhage and shock).The disease can be prevented by ensuring proper measures to prevent mosquito breeding and water stagnation. Also, use of mosquito nets and repellents can help you to prevent mosquito bites. People suffering from dengue fever should take adequate rest, eat a healthy diet, take plenty of fluids and monitor platelet count and blood pressure closely.",

"symptoms of disease": "['1. Febrile phase', '2.Critical phase', '3. Recovery phase', 'Signs of severe dengue']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Dental pain",

"description about disease": "Most of us might have experienced toothache at least once in our lifetime. A toothache or dental pain is any pain that originates from the tooth and its surrounding structures such as the gums.The intensity of pain may range from mild dull aching to severe excruciating pain.Toothache can occur from various dental causes like tooth cavity, tooth fracture, broken old fillings, gum infections, grinding of teeth etc. Rarely, pain is experienced in teeth because of non dental causes like sinusitis, heart attack, lockjaw, trigeminal neuralgia etc. Therefore, it is important to differentiate dental pain from such conditions that cause referred pain in the teeth.Dental pain can happen at any age, but it is more common in school going children or the elderly population. Following good oral hygiene practices is one of the simple yet effective ways to keep teeth and gums healthy and prevent dental pain. In case when dental pain is experienced, painkillers and some home remedies might provide temporary relief but a dental consultation followed by required dental procedures are highly recommended.",

"symptoms of disease": "[]",

"causes of disease": "['Fracture of the tooth', 'Dental caries or tooth decay that cause cavities and infection in the tooth', 'Periodontal or gum infections', 'A dental abscess, i.e., a collection of pus or fluid near the tooth, which occurs in tooth infections', 'Erosion of tooth enamel and gum recession', 'Lack of space for eruption of wisdom teeth', 'Accumulation of food particles and debris between the teeth', 'Repetitive clenching or grinding of teeth', 'Loose or fractured old filling or a cracked tooth cap', 'Ill-fitted dentures or braces']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Dental Pain', '1. Ayurveda:', '2. Homeopathy:', 'You can prevent tooth pain by following basic oral hygiene such as brushing and flossing your teeth twice a day and regularly visiting your dentist’s clinic. However, if you are suffering from a toothache, then you can try these simple home remedies to get some relief in pain naturally.Click Here!']"

},

{

"title": "Depression",

"description about disease": "Depression is a mood disorder that drains you of hope, motivation and energy and keeps you in a consistent feeling of sadness. It starts with subtle signs like difficulty in focusing, poor recalling abilities, feeling low quite often, and changes in appetite. Most of the people tend to ignore these signs, till it manifests as a clinical illness and can have serious health implications.Depression is a complex disorder most likely triggered by overlapping biological, psychological, and environmental factors. It is much more common than we think and anyone can suffer from depression, even a person who appears to live in relatively ideal circumstances.Depression is not something to be embarrassed or ashamed about. It is a bodily disorder and needs medical intervention like any other disease. Timely and right medical treatment along with self care can go a long way in managing it. So speak up, treating depression as a taboo will only make matters worse.",

"symptoms of disease": "['1. Getting irritated very often', '2. Loss of interest', '3. Changes in appetite', '4. Being too pessimistic', '5.\\xa0 Sleep disturbances', '6. Having aches and pains', '7. Feeling tired all the time', '8. Feeling of guilt', '9. Difficulty in concentration']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Yoga', '1. Setubandhasana (Bridge pose)', '2. Marjariasana (Cat stretch)', '3. Sukhasana (Easy pose)', '4. Balasana (Child pose)', '5. Savasana (Corpse pose)', '6. Paschimottanasana (Seated forward bend)']"

},

{

"title": "Diabetes",

"description about disease": "Diabetes, also known as diabetes mellitus, is a long-term metabolic disorder that causes high levels of glucose in the blood. It occurs when the pancreas – which produces the hormone insulin – either fails to produce (any or enough) insulin or fails to effectively use the insulin to keep the blood glucose in control.There are two main types of diabetes: Type 1 and Type 2. Type 1 diabetes is known as juvenile diabetes or childhood diabetes because it occurs most frequently in children and young people. Type 2 diabetes accounts for the vast majority (around 90%) of diabetes worldwide and affects people in their 20s to 80s.If diagnosed with diabetes (fasting >126 mg/dl and/or post meal >200 mg/dl),you may need to undergo several health tests periodically. The common lab tests include blood tests and urine tests. Diabetes can be treated with lifestyle modifications, oral medications, and a few injectables. High blood glucose, if left unchecked over the long term, can cause damage to the eyes, nerves, kidneys, legs, and heart.Diabetes requires lifelong commitment towards following a healthy lifestyle, taking medicines on time, and getting regular checkups to detect any complications.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Make healthy food choices', '2. Watch your weight', '3. Exercise regularly', '4. Manage stress better', '5. Go for regular health check-ups', '6. Quit smoking']",

"home\_remedy to disease": "['Alternative Therapies For Diabetes', 'Ayurveda', 'Powdered Jamun', 'Methi (Fenugreek)', 'Bael leaves', 'Dalchini (Cinnamon)', 'Concentrated amla juice', 'Karela (Bitter gourd)', 'Homeopathy', 'Yoga', 'Acupuncture', 'Massage therapy']"

},

{

"title": "Diphtheria",

"description about disease": "Diphtheria is an infectious disease caused by the bacteria Corynebacterium diphtheriae. It is highly contagious and can spread through droplet transmission such as during breathing, coughing, speaking, and even laughing.The disease is most often associated with a sore throat, fever, and the development of an adherent membrane known as pseudomembrane on the throat. The bacteria also produces exotoxins that can damage the heart, lungs, kidney, and nerves.Diphtheria was a very common cause of death in children and adolescents in the 1920s. Proper vaccination that starts from infancy has reduced the number of cases to a larger extent.The main risk factors for developing diphtheria are not being immunized against the disease and other factors like crowding, weak immunity, and direct or indirect contact with an infected individual.Diagnosis is made by the patient's history and physical examination. Culture of Corynebacterium from the patient yields a definitive diagnosis although the patient should be treated if diphtheria is even suspected. The treatment of diphtheria includes early administration of antibiotics and diphtheria antitoxin.",

"symptoms of disease": "['Formation of pseudomembrane']",

"causes of disease": "['Coughing, sneezing, or speaking via respiratory droplets', 'Touching infected sores or ulcers', 'Touching contaminated clothes or objects through a break in the skin']",

"prevention from disease": "['Vaccination']",

"home\_remedy to disease": "['Home remedies', 'Garlic (Lehsun):', 'Pineapple:', 'Basil leaves (tulsi):', 'Passion flower:', 'Castor leaves:']"

},

{

"title": "Dizziness",

"description about disease": "Dizziness is a sensation of feeling off-balance, lightheaded, or giddy. Dizziness is not a disease but rather a symptom of various disorders. Most cases of dizziness are mild and occur as a one-and-off episode. Occasional dizziness is not something to worry about.However, dizziness can be accompanied by nausea, vomiting, headaches, weakness in the hands or legs, shortness of breath, and difficulty in speech. If dizziness is persistent for a prolonged period and interferes with the quality of life, it is essential to seek medical care.The cause for dizziness must be investigated in such cases as it can sometimes be an underlying symptom of some other medical condition. The aim of the treatment is to treat the underlying cause.",

"symptoms of disease": "[]",

"causes of disease": "['Benign:not dangerous to health', 'Paroxysmal:presents as a sudden, brief episode', 'Positional:set off by particular head or bodily movements', 'Vertigo:an internal sense of irregular or spinning movement either of oneself or of the surroundings', 'The vestibular nerve sends signals to the brain about balance. Its inflammation leads to vestibular neuritis.', 'The cochlear nerve sends signals about hearing. Its inflammation causes labyrinthitis.', 'Dehydration or loss of water during extreme summers, heat cramps, heat exhaustion, or heat stroke. Dehydration often occurs along with vomiting and diarrhea as well. Fever can also cause a remarkable loss of water due to elevated metabolic rate and profuse sweating when the body tries to cool itself.', 'Anemia due to decreased production or increased destruction of red blood cells.', 'Bleeding may cause loss of red blood cells and lead to anemia.', 'Alcohol use', 'Pregnancy', \"Hypoglycemia or low blood sugar can occur because of reduced food intake, or from overmedicating with diabetes medication. In this situation, the person experiences dizziness because the brain doesn't get enough glucose to function properly.\", 'Hyperglycemia or high blood sugar levels may also cause dizziness due to dehydration. This happens due to lack of sufficient insulin to allow cells to use glucose for energy metabolism.', 'Hyperthyroidism or high levels of thyroid hormone may cause palpitations and lightheadedness.', 'Hypothyroidism or low levels of thyroid hormone may lower blood pressure and heart rate leading to dizziness and weakness.']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Down syndrome",

"description about disease": "Down syndrome is one of the most common genetic disorders seen in children. It occurs when the child is born with an extra chromosome. Chromosomes are thread-like structures found in every cell of the body. They carry hereditary information in the form of genetic codes. The presence of an extra chromosome in a child can affect the development of the baby’s body and brain, leading to birth defects, learning problems, and abnormal facial features.The risk of a baby being born with Down syndrome is slightly high in women who conceive at or after 35 years. A 35-year-old woman has a 1 in 350 chance of conceiving a baby with Down syndrome. Routine antenatal (pregnancy-related) screening tests can help detect the condition early in the pregnancy (first trimester).Down syndrome is a lifelong condition. Currently, there are no approved medicines available for its treatment. Medical treatment is driven symptomatically based on the comorbidities affecting the individual. This helps to improve the quality of life and also helps increase life expectancy of the person.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Dry eyes",

"description about disease": "Tears produced by the eyes are necessary to keep them moist and comfortable. Dry eyes is a very common condition characterized by reduced tear production, excessive tear evaporation, and an abnormality in the production of mucus or lipids (fats or oils) normally found in the tear layer, or a combination of these.Dry eyes cause several irritating symptoms such as stinging and burning sensation in the eye, blurred vision, and gritty or scratch feeling in the eye that affects quality of life.This condition can result due to advancing age or several underlying systemic diseases such as Sjogren’s syndrome, arthritis, lupus, thyroid disorders etc. Various lifestyle factors such as exposure to dust, pollution, sun rays, computer screens, cigarette smoke also plays an important role in the development of dry eyes.Dry eyes  can be prevented and managed by adopting lifestyle changes such as limiting screen time, regular blinking, washing eyes frequently, staying hydrated, using a humidifier at home, and wearing glasses to protect the eyes. Artificial tears available as eyedrops is the mainstay therapy for this condition.Any related symptoms of Dry eyes should not be ignored as it can lead to corneal ulcers, scarring, and even vision loss.",

"symptoms of disease": "[]",

"causes of disease": "['Providing a smooth surface for optimal vision', 'Protecting the cornea (the transparent, protective front part of the eye)', 'Lubricating the eyes', 'The superficial layer is made of lipids (fats or oils) lining the upper and lower eyelids. This layer seals the tear film to reduce evaporation.', 'The middle layer is basically a dilute salt water solution. This layer helps in keeping the eyes moist, as well in flushing out any dust, debris, or foreign objects that may get into the eye.', 'The innermost mucosa layer, made up of mucus. This mucus helps the overlying watery layer to spread evenly over the eye.', 'Aging', \"Health conditions likeSjogren's syndrome,rheumatoid arthritis (RA), lupus, scleroderma, sarcoidosis,xerophthalmiadue to Vitamin A deficiency tend to decrease tear production\", 'Medications like antihistamines, decongestants, antidepressants, antihypertensives, and oral contraceptives.', \"Less blinking: Long hours of reading, driving or working on a computer can reduce blinking and trigger evaporation of tears. Conditions like Parkinson's disease also reduce the frequency of blinking.\", 'Meibomian gland dysfunction: Meibonian glands are small oil glands on the edge of the eyelids. They produce the oil/ lipid layer that forms the superficial layer of tear film that protects against evaporation of tears.', 'Blepharitis:An infection along the eyelids or the eyelashes makes the bacteria break down the oil, leaving insufficient oil to prevent any evaporative loss of tears and dry eyes.', \"Certain health conditions:Conditions such asstrokeorBell's palsy, make it difficult to shut the eyes. Hence, the eyes may become dry due to tear evaporation.\"]",

"prevention from disease": "['1. Blink consciously', '2. Boost the humidity', '3. Avoid straining the eyes', '4. Protect your eyes', '5. Limit screen time', '6. Quit smoking']",

"home\_remedy to disease": "['Herbal-based drugs', 'Goji berries', 'Polygonum cuspidatum', 'Chamomile']"

},

{

"title": "Dry Skin",

"description about disease": "Dry skin refers to rough, flaky, itchy, or scaly skin. It is caused by disturbed skin barrier and lack of natural lipids in the skin. Dry skin can be seasonal or can develop due to some underlying medical conditions such as dermatitis,psoriasis,hypothyroidism,hyperthyroidism,diabetes, etc.The symptoms of dry skin can be triggered by using harsh cleansers, cold weather, and frequent exposure of water. The people who are working in certain occupations such as catering, hairdressings, healthcare, construction, woodwork, and rubber industry are at higher risk of developing dry skin due to continuous exposure to water and harsh chemicals. Stress, anxiety, and lack of water intake can also make the skin more prone to dryness.Dry skin can be easily managed and treated through self care and medical help. Keeping the skin moist through moisturizer and protecting the skin from sun round the year are the fundamental keys to manage it. Wearing loose cotton clothes over tight synthetic fabrics are also of great help.If not treated timely, dry skin can make it more prone to infections, severe itching and more severe skin conditions likeeczema, contact dermatitis etc.",

"symptoms of disease": "['1. Dryness', '2. Flaking', '3. Cracking', '4. Itching', '5. Pain', '6. Wrinkles', '7. Peeling', '8. Skin infections']",

"causes of disease": "['The natural skin barrier consists of specialized cells known as corneocytes. These corneocytes are fixed in the lipid rich layer of the skin. The disturbance in the size, number, and arrangement of corneocytes impairs the skin barrier.', 'The normal skin should be able to store 10-20% of water content. The changes in water holding capacity, both too high and too low also affects the skin barrier.', 'The composition of lipids in the uppermost layer is also affected by various factors like age, genetic disposition, diet (e.g., percentage of essential fatty acids) as well as drugs (e.g., cholesterol-lowering agents).', 'Frequently taking long hot showers', 'Excessive scrubbing of the skin', 'Frequent washing of the hands', 'Using harsh soaps', 'Using alkaline soaps and detergents', 'Excessive use of sanitizers', 'Living in cold weather where humidity is low', 'Intense exposure to sunlight', 'Using air conditioning system', 'Atopic dermatitis', 'Allergic contact dermatitis', 'Irritant contact dermatitis', 'Seborrheic dermatitis', 'Perioral dermatitis', 'Dyshidrotic eczema', 'Nummular eczema', 'Psoriasis', 'Scabies', 'Skin infections', 'Xeroderma pigmentosum', 'Cutaneous T cell lymphoma', 'Lichen planus', 'Urticaria', 'Drug eruptions', 'Females:More than 3 drinks per day or more than 7 drinks per week.', 'Males:More than 4 drinks per day or more than 14 drinks per week.', 'Chronic kidney disease', 'Diabetes mellitus', 'Liver disorders (primary biliary cholangitis, primary sclerotic cholangitis, drug-induced cholestasis, extrahepatic cholestasis)', 'Hyperparathyroidism', 'Hypothyroidism', 'Malabsorption']",

"prevention from disease": "['Skin cleansing and moisturizing', 'Wear proper clothing', 'Eat wisely', 'Lifestyle modifications']",

"home\_remedy to disease": "['Home remedies', 'Sunflower seed oil:', 'Coconut oil(Nariyal tel):', 'Oatmeal bath:', 'Milk:', 'Honey:', 'Petroleum jelly:', 'Aloe veragel:', 'Antioxidants:']"

},

{

"title": "Dysentery",

"description about disease": "Dysentery is a painful intestinal infection that causes loose and watery stools along with blood and mucus. It is a highly infectious disease that is caused by bacteria or parasites. Poor sanitation, poor hand hygiene, consuming  food and water contaminated with fecal matter and various other factors increase the chances of contracting the disease.WHO report states that 165 million episodes of dysentery are estimated to occur each year, with a higher prevalence in tropical or developing countries, especially among children. Dysentery is also a common factor of mortality in children below 5 years, but it can affect people of all ages.Antibiotics and antiparasitics along with supportive care with fluids and electrolytes are used to treat dysentery. The infection is highly contagious and can easily spread from the infected person to others. Hence it is very essential to follow good hygiene measures to control its spread.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Dysentery']"

},

{

"title": "Dyslexia",

"description about disease": "Dyslexia is a learning disorder that affects reading and writing abilities, making it difficult to recognize and process letters and words. It's not related to intelligence but involves challenges with language skills.The condition varies in severity and can manifest in different ways. Common symptoms include slow and inaccurate reading, difficulty with spelling, and challenges in language-related tasks. Risk factors for dyslexia include a family history of learning difficulties and early language delays. Prenatal exposure to nicotine, alcohol, or drugs can also increase the risk.Early identification and intervention are crucial for effective support. Educational strategies, specialized interventions, and assistive technologies can help individuals with dyslexia overcome challenges and improve their reading and writing skills.",

"symptoms of disease": "['1. Early signs in children', '2. Signs in adults']",

"causes of disease": "['Dyslexia often runs in families. Also, a child’s reading ability is influenced by home literacy and the quality of teaching.', 'Studies have shown that reading difficulties are highly heritable, with certain genes affecting brain development and reading skills.', 'Research indicates that individuals with dyslexia have structural and functional differences in their brain related to language processing.', 'These brain differences are distinct from those found in conditions like autism and ADHD, highlighting the unique pathways leading to dyslexia.', 'The exact causes of dyslexia are not fully understood, but, certain risk factors can lead to dyslexia, which are discussed below in the next segment.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Multisensory approaches', '', '2. Neurofeedback', '', '3. Cognitive behavioral therapy (CBT)', '']"

},

{

"title": "Ear pain",

"description about disease": "Ear pain or earache can occur due to infections and inflammation of the external, middle, or inner ear. Earaches usually occur in children, but they can occur in adults as well. An ear pain may affect one or both ears, but the majority of the time it’s in one ear.The ear pain can be constant or it can come and go, the pain can be dull, sharp, or burning. The symptoms of ear pain include pain in the ear, impaired hearing, and fluid discharge from the ear. Children can show additional symptoms like muffled hearing, fever, difficulty sleeping,headache, getting irritated more than usual, and loss of balance.Some of the common causes of ear pain include injury, infection, irritation in the ear, or pain that originates in the jaw or teeth, earwax buildup, water trapped in the ear, and sinus infection.The treatment of ear pain includes taking over-the-counter pain relievers to treat the ear pain and antibiotics, in case of an infection. Also, not getting the ear wet and sitting upright can help relieve ear pressure and pain.",

"symptoms of disease": "[]",

"causes of disease": "['Outer ear infection:The outer ear, also called the pinna, includes everything we see on the outside; it is the curved flap of the ear leading down to the earlobe. The outer ear infection is caused by swimming, wearing headphones that damage the skin inside the ear canal, or putting cotton swabs in the ear canal.', 'Middle ear infection:The middle ear is located between the eardrum and the inner ear. The infection can start from a respiratory tract infection and leads to a buildup of fluid behind the eardrums caused by the infections.', 'Inner ear infection:This part contains the labyrinth, which helps in maintaining balance. The other part is the cochlea, a part of the labyrinth, which is a snail-shaped organ that converts sound vibrations from the middle ear into electrical signals. The infection of the inner ear is labyrinthitis which is sometimes caused by viral or bacterial infections from respiratory illnesses.', 'Ear pain with a toothache in children who are teething. Individuals with an infected tooth having an abscess or impacted wisdom teeth are more likely to have an ear pain.', 'Ear pain with a change in hearing, earwax build-up, an object stuck in the ear (do not try to remove it yourself – see a GP), and perforated eardrum (particularly after a loud noise or accident).', 'Ear pain with pain when swallowing in case ofsore throat, tonsillitis, and quinsy (a complication of tonsillitis).', 'Ear pain with a fever, flu, cold orsinusitis.', 'Cholesteatoma: A benign skin growth that forms in the middle ear.', 'Acoustic neuroma: A benign inner ear tumor that develops on the vestibular nerve (eighth cranial nerve).', 'Change in pressure, such as when flying on a plane', 'Temporomandibular joint (the joint that connects the lower jaw to the skull) syndrome', 'Arthritis affecting the jaw', 'Eczema in the ear canal', 'Trigeminal neuralgia (chronic facial nerve pain)', 'Thyroid inflammation', 'Carotid artery pain (carotidynia)']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Cold or warm compresses', '2. Neck movements and exercises', '', '3. Steam inhalation', '', '4. Home remedies', 'Garlic (Lehsun)', ':', 'Chewing gum:', 'Ginger (Adrak)', ':', 'Onion', ':', 'Olive oil:']"

},

{

"title": "Earwax",

"description about disease": "The outer ear canal has glands that produce a wax-like substance called cerumen. This is a normal and protective process that repels water and traps dust particles, microbes, and dead skin cells. Eventually, this accumulated ear wax dries up and falls out of the ear canal. In fact, the absence of ear wax is linked to dry, itchy ears, and sometimes infections. Hence, the removal of ear wax is not required under ideal circumstances.However, excessive buildup of ear wax can cause pain, itching, irritation, and a feeling of fullness in the ear. Hearing loss and ringing in the ears (tinnitus) might also be experienced.In such cases, it may be necessary to remove excessive ear wax. A variety of over-the-counter (OTC) products and aids are available for the same. If multiple attempts to remove the buildup are ineffective, see an ear, nose, and throat (ENT) specialist.To prevent excessive wax buildup avoid putting small things like hairpins, headphones, cotton buds, etc. in your ears. These objects can push the wax further down the ear canal.",

"symptoms of disease": "[]",

"causes of disease": "['Failure to self-clear because of slow skin migration', 'Putting small things like cotton buds, hairpins, headphones etc. in your ears. These objects can push the wax further down the ear canal.']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Ectopic pregnancy",

"description about disease": "Ectopic pregnancy(EP) refers to the pregnancy occurring outside the uterus, typically in the fallopian tube. In a normal pregnancy, the fertilized egg travels through the fallopian tube and attaches to the uterine lining.The various risk factors associated with EP include advanced maternal age, history of previous EP, pelvic inflammatory disease, Chlamydia trachomatis infection, smoking, endometriosis, etc.Symptoms of ectopic pregnancy may manifest as abdominal pain, vaginal bleeding, shoulder pain, dizziness, or fainting. However, in some cases, initial symptoms may be absent.If left untreated, an ectopic pregnancy can lead to the rupture of the fallopian tube, causing severe bleeding and potentially life-threatening complications. Treatment options for ectopic pregnancy include medication to halt the progression of the pregnancy or surgical removal of the ectopic pregnancy.Early diagnosis and prompt treatment are crucial to prevent significant complications and improve outcomes for women with ectopic pregnancy.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Ectopic pregnancy', '']"

},

{

"title": "Eczema",

"description about disease": "Eczema is a common chronic skin condition characterized by dry, intensely itchy, and inflamed patches of skin. It originates from the Greek word ‘ekzein’ which means to ‘boil over’ or ‘break out’. Although there are several types of eczema, the term usually refers to the most prevalent form, called ‘atopic dermatitis’.Atopic dermatitis results from a complex interplay between environmental and genetic factors. The word \"atopic\" in atopic dermatitis indicates an association with allergies. Though the condition is not always directly caused by anallergic reaction, it is commonly associated with other allergic conditions likeasthmaand hay fever.The condition begins as lesions that are intensely red, bumpy patches or plaques that may ooze fluid when scratched. In chronic eczema, scratching and rubbing create skin lesions that appear scaly, dry, thicker, darker and scarred. While eczema is not contagious, the secondary skin infections associated with the condition may be.Eczema can be lifelong and patients often cycle through long periods of symptom-free remission, followed by brief flare-ups that can be severe. However, symptoms can be prevented and managed with home care and remedies by keeping the skin healthy and moisturized. Exacerbation of eczema requires treatment in the form of corticosteroid creams. In addition to topical treatment, severe acute or chronic eczema often requires systemic immunosuppressant drugs or phototherapy.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1.Dry skin', '2. Irritants and allergens', '3. Stress andanxiety']",

"home\_remedy to disease": "['', 'Supplements', 'Read more about the right way to take Vitamin D.Click To Read!', 'Ayurveda', 'Mindfulness and meditation', 'Yoga', 'Some of the yoga asanas for a healthy skin are:', 'Acupressure', 'Traditional chinese medicine', 'Gamma-linoleic acid', 'Omega-3 fatty acids', 'Probiotics and prebiotics']"

},

{

"title": "Edema",

"description about disease": "Edema is an observable swelling that occurs due to the accumulation of fluid in body tissues. Edema most commonly occurs in extremities like feet, ankles, legs, or hands where it is referred to as peripheral edema. There are a number of other different types of edema, usually named after the part of the body affected.Mild edema is common and does little harm. It can develop due to spending too much time sitting or staying in bed (immobility), due to varicose veins, and pregnancy. Certain medications, allergies, or more serious underlying ailments including heart failure, liver disease, and kidney disease can also cause edema.Dietary modifications like decreasing dietary sodium intake can help reduce fluid overload. Treatment includes use of diuretics like furosemide, and bumetanide, which can reduce edema fluid. Patients on these diuretics are commonly advised to take potassium supplements or consume foods rich in potassium such as bananas, orange juice, tomatoes, potatoes etc.",

"symptoms of disease": "['1. Swelling', '2. Stretched and shiny skin', '3. Pitting', '4. Aching body parts', '5. Weight gain', '6. Decreased urine output', '7. Shortness of breath', '8. Chest pain']",

"causes of disease": "[]",

"prevention from disease": "['1. Physical activity', '2. Eat a low sodium diet', '3. Elevate your legs', '4. Drinking water', '5. Avoid alcohol', '6. Magnesium-rich foods', '7. Foot massage', '8. Increase potassium-rich foods', '9. Sleep on the lateral sides', '10. Swimming']",

"home\_remedy to disease": "['1. Ayurveda', 'Rock salt (Sendha namak):', 'Grapefruit essential oil (Angur ka tel):', 'Cucumber and lemon water (Kheera and Nimbu pani):', 'Watermelon', '(Tarbuj):', 'Coriander seeds (Dhaniya ke beej):', 'Dandelion:', 'Read about 5 natural ayurvedic remedies for a healthy life.Click Now!', '2. Yoga', 'Read about 12 health benefits of yoga.Click Here!', '3. Acupressure']"

},

{

"title": "Emotional eating",

"description about disease": "Emotional eating refers to eating in response to stressful and difficult situations even in the absence of physical hunger. Emotional eaters generally crave junk or calorie dense food with minimal nutritional value.The exact cause behind emotional eating is not known but hormonal fluctuations during emotional surge is thought to play a role. Dieting,stress, lack of sleep,obesity, and emotional abuse increases the risk of emotional eating.Emotional eating can have distressing immediate effects such as feeling of guilt. In the long run, it can lead to obesity.Emotional eating can be prevented by developing healthy responses against stress such as talking with a friend, exercising, meditating, and journaling. Management of the condition includes Interventions like psychotherapy which can help a person identify his/her emotions, thoughts, and behaviors.",

"symptoms of disease": "['True hunger', 'Emotional eating']",

"causes of disease": "[]",

"prevention from disease": "['Seek support in times of emotional need', 'Practice stress-relieving activities', 'Avoid negative self-talk', 'Avoid food as a reward', 'Ensure adequate sleep', 'Reduce sedentary time']",

"home\_remedy to disease": "['Alternative Therapies For Emotional eating', '', 'Yoga', 'Yoga emphasizes the holistic improvement of mind, body and the soul. Here are some of the health benefits of yoga!Click to read', 'Meditation', '', 'Read more about the amazing benefits of meditation.Click here', 'Self massage']"

},

{

"title": "Encephalitis",

"description about disease": "Encephalitis, known as “chamki bukhar” in Hindi, is a disease that causes inflammation of the brain. According to the World Health Organization (WHO), acute encephalitis is defined as the acute onset of fever and a change in the mental status of a person of any age and at any time of the year. The changes in mental status include the signs and symptoms of confusion, disorientation, delirium, or coma. It may also cause an onset of seizures for the first time, especially in children, after they are infected.Also known as acute encephalitis syndrome (AES), it mostly affects children below 15 years of age. The most common cause of encephalitis are viruses, however, in rare cases, bacteria, as well as fungi or autoimmunity can cause the illness. Japanese encephalitis (JE), a viral infection spread by mosquitoes, has been considered to be the leading cause of AES in Asia.Encephalitis is a medical emergency and requires attention right away. The treatment of encephalitis depends on its cause. Antivirals, antibiotics, immunotherapy and supportive treatment are the main stays in management of encephalitis.Recovery depends on the severity of symptoms experienced during the illness. Both the acute stage of the disease and its after effects can be overwhelming for patients and their families. However, various rehabilitation therapies can go a long way in helping the patients to make the best possible recovery.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Endometriosis",

"description about disease": "Endometriosis is a condition in which the tissue that lines the inside of the uterus or womb called the endometrium starts growing outside the uterine cavity. This endometrial tissue can grow in the ovaries, fallopian tubes and even the pelvic area.The typical symptoms of endometriosis include heavy menstrual flow, pelvic pain, and pain during urinary or bowel movements. Having an immediate family member suffering from the disease, early onset of menstruation and not having a child increase the risk of endometriosis. It usually affects women between the ages of 25 and 40. Women with endometriosis are more likely to have infertility or difficulty getting pregnant.Endometriosis can be diagnosed with abdominal ultrasound or laparoscopy, which is the gold standard of diagnosis and treatment. Treatment often begins with medications such as oral contraceptives, GnRH analogues and injections to suppress the ovarian function. Surgery is often the last resort to treat the later stages of this condition.You can take care of yourself at home by trying some simple remedies such as using a heating pad for pain relief and including remedies such as curcumin and green tea. Remember, ignoring the symptoms of endometriosis and not seeking treatment on time can result in severe complications.",

"symptoms of disease": "[]",

"causes of disease": "['The ovaries', 'The fallopian tubes', 'Tissues that hold the uterus in place', 'Outer surface of the uterus', 'The lining of the pelvic cavity']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Curcumin:', 'Puerarin:', 'Resveratrol:', 'Green tea:']"

},

{

"title": "Epilepsy",

"description about disease": "Epilepsy is a common neurological disease that affects around 50 million people worldwide. Every 4 to 10 in 1000 individuals are suffering from it. The cause of the disease is still unknown. It is characterized by recurrent seizures that vary and depend on where the disturbance first starts and how far it spreads in the brain. Seizures manifested are a result of uncontrolled electrical discharges which can vary from less than one a year to several per day.Some of the common symptoms of epilepsy include loss of awareness or consciousness and disturbances of movement. Epilepsy can substantially impair the quality of life by seizures, psychiatric disorders, and adverse effects of medication. The rate of premature death is three times higher than in the general population.The treatment for epilepsy primarily aims to control seizures with the appropriate use of the least anti-seizure medicine, particularly for young females and the elderly suffering from other medical conditions. The patients poorly responsive to drug treatment undergo alternative treatments like surgery, ketogenic diet, and implantable brain neurostimulators.",

"symptoms of disease": "['1. Daydreaming and confusion', '2. Uncontrollable jerking movements and twitching of arms and legs', '3. Sudden fear or anger', '4. Sudden falls and frequent stumblings', '5. Jacksonian march', '6. Todd’s palsy/paralysis']",

"causes of disease": "['A severe head injury', 'Genetic conditions associated with brain malfunction', 'Brain tumor or cyst', 'Infections of the brain such asmeningitis', 'Lack of oxygen to the brain', 'Dementiaor Alzheimer’s disease', 'Maternal drug use, prenatal injury, brain malformation, or lack of oxygen at birth', 'Infectious diseases such asAIDS (HIV infection)', 'Scarring on the brain after a brain injury (post-traumatic epilepsy)', 'Intracranial hemorrhage', 'Drug or alcohol withdrawl', 'Febrile seizures', 'Illicit drug use/overdose', 'Stroke', 'Hepatic failure', 'Advanced chronic kidney disease', 'Hyponatremia (low levels of sodium)', 'Hypoglycemia']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Relaxation therapy', '2. Cognitive behavioral therapy (CBT)', '3. Electroconvulsive therapy', '4. Deep brain stimulation (DBS)', '5. Ayurveda in epilepsy']"

},

{

"title": "Erectile dysfunction",

"description about disease": "Erectile dysfunction (ED), as the name suggests, is a medical condition that causes an inability to achieve or maintain an erection for satisfactory sexual performance. The condition mainly affects men older than 40 years and the prevalence of ED increases with age. Some of the common causes of the condition include excessive medication, chronic illness, poor blood flow to the pelvic region, and unhealthy habits such as drinking too much alcohol or excessive smoking.Most of the time, this condition is temporary and is triggered by stress, performance anxiety, or certain medications. Sometimes it can be due to underlying medical conditions like diabetes, heart problems, depression, and high cholesterol levels. In these cases, it requires intervention by a specialist. Since most men find it embarrassing to discuss the problem with their doctor, they resort to self-medication that can worsen the problem in the long run and harm their overall health.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Erectile Dysfunction', 'Acupuncture for ED', 'Ayurvedic medicine for ED', '1.Ginseng:', '2.', 'Tribulus herb:', '3.', 'Maca root:', '4. Horny goat weed:', '5. Yohimbe:', 'Home remedies for ED', '1.Garlic:', '2.', 'Onion:', '3. Dark chocolate:', '4.Lady finger:', '5.', 'Drumstick (Sahjan):']"

},

{

"title": "Esophageal cancer",

"description about disease": "Esophageal cancer is a cancer that develops in the esophagus, the tube connecting the throat to the stomach. Cancer occurs when the body's natural mechanism for replacing old cells with new ones breaks down.Some of the common symptoms of esophageal cancer include difficulty in swallowing, chest pain, unintentional weight loss, and persistent heartburn.It is frequently diagnosed in older individuals, and has a higher incidence in men compared to women. Several risk factors include tobacco smoking, obesity, pre-existing esophageal conditions (such as Barrett's esophagus), excessive alcohol consumption, and a hereditary predisposition.Treatment options for esophageal cancer are dependent on the extent and stage of the disease. Common treatment modalities include surgery to remove the cancerous tissue, chemotherapy to target and destroy cancer cells, radiation therapy to shrink tumors, or a combination of these approaches.",

"symptoms of disease": "[]",

"causes of disease": "['DNA, the genetic material, governs cell behavior, growth, division, and cell death.', 'Some genes oversee the timing of cell growth, division, and death like:Oncogenes promote cell growth, division, and survival.Tumor suppressor genes regulate cell division and trigger cell death when necessary.', 'Oncogenes promote cell growth, division, and survival.', 'Tumor suppressor genes regulate cell division and trigger cell death when necessary.', 'Esophageal cancer can stem from DNA mutations that activate oncogenes or deactivate tumor suppressor genes, which can lead to uncontrolled cell growth and abnormal mass formation in the esophagus.']",

"prevention from disease": "['1. Break free from smoking', '2. Cut down on alcohol', '3. Be mindful of your diet', '4. Watch your weight', '5. Manage acid reflux', '6. Screen for early detection', '7. Try chemoprevention']",

"home\_remedy to disease": "['1. Acupuncture', '2. Aromatherapy', '3. Hypnosis', '4. Relaxation exercises', 'Practicing meditation for just 10-15 minutes a day can go a long way in protecting you against diseases or helping you manage them better. Read about 6 ways meditation can improve your life.Read More', '5. Yoga', 'Not just cancer patients, yoga can benefit overall mind healing and overall well-being.Know How', '6. Music therapy', '', '7. Tai chi']"

},

{

"title": "Excessive burping",

"description about disease": "Burping is a normal bodily function; however, when excessive burping becomes repetitive and affects a person's daily activities, it can be bothersome and embarrassing.Excessive burping, or belching, occurs when gas is released from the digestive system through the mouth too frequently or in excessive amounts. Other symptoms may include bloating, abdominal discomfort, acidity, regurgitation, and feeling full.It can be caused by factors like swallowing air, consuming carbonated drinks, overeating, or underlying conditions like gastroesophageal reflux disease (GERD).Rest assured, treatment for excessive burping is available and effective. It depends on the underlying cause and may involve lifestyle modifications, medication, or further interventions, all of which can provide significant relief.",

"symptoms of disease": "[]",

"causes of disease": "[\"When there's too much air in your stomach, it triggers a process where your body naturally gets rid of it.\", 'This process includes relaxing the lower esophageal sphincter (that lets food go into your stomach), moving the air up through the esophagus (food pipe), and eventually out through the upper esophageal sphincter, sometimes making a burping sound.', 'So, burping is just your body releasing extra stomach air.', 'Many factors can induce excessive burping, which will be discussed in the next section.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Excessive Burping', '', 'Cognitive-behavioral therapy (CBT)']"

},

{

"title": "Excessive sweating",

"description about disease": "Excessive sweating, known as hyperhidrosis, is a condition characterized by uncontrollable and profuse sweating beyond what is necessary for temperature regulation. It can occur in specific areas such as the armpits, palms, and soles of the feet, or affect the entire body.  It affects both men and women equally, but women tend to seek more care.While the exact cause is not always known, excessive sweating can be due to certain underlying medical conditions, medications, or hormonal imbalances. It can also be triggered by certain foods and emotional stress.Treatment options range from conservative measures such as antiperspirants, clothing modifications, and lifestyle changes, to more advanced approaches like medications, iontophoresis, botox injections, and surgical interventions.",

"symptoms of disease": "['Psychological symptoms']",

"causes of disease": "[]",

"prevention from disease": "['Do’s', 'Don’ts']",

"home\_remedy to disease": "['Alternative Therapies For Excessive Sweating', '', '1. Microwave thermolysis', '2. Cryotherapy', '3. Microneedle radiofrequency (MNRF)', '4. Photodynamic therapy', '6. Laser therapy', '7. Ultrasound']"

},

{

"title": "Eye strain",

"description about disease": "Eye strain is a common condition, especially in today's digital age. It is mainly characterized by discomfort, red, watery eyes, and blurred vision as if looking through a fogged-up window.It is a common issue that can affect anyone. Spending extended periods in front of screens puts you at risk. Other contributing factors, such as poor lighting, improper viewing distances, and insufficient blinking, also exacerbate symptoms.Amidst COVID-19, a significant rise in digital eye strain cases was witnessed. The widespread adoption of online education and remote work has underscored the importance of proper screen practices, making it more relevant than ever.Taking regular breaks, adjusting screen settings, and maintaining proper posture can help prevent eye strain. Individuals with persistent eye strain may require prescription glasses or other interventions to manage the discomfort effectively.",

"symptoms of disease": "[]",

"causes of disease": "['Prolonged engagement in activities such as reading, screen time, or extended driving strains the extraocular muscles (responsible for eye movement and focus), inducing muscle fatigue.', 'Additionally, continuous close-up tasks, like reading or computer work, demand constant adjustment and focus from the ciliary muscle (adjusts the shape of the lens in the eye to facilitate focusing on objects at different distances), leading to strain and fatigue over time.']",

"prevention from disease": "['1. Computer Screen', '2. Work environment', '3. Work habits', '4. Eye exercises']",

"home\_remedy to disease": "['I. Herbal remedies', 'Eyebright (Euphrasia): I', 'Usage:', '', 'Chamomile:', 'Usage:', '', 'RoseWater (Gulabjal):', 'Usage:', '', 'Ginkgo Biloba:', 'Usage:', '', 'Bilberry:', 'Usage:', '', 'Muli (Radish green leaves):', 'Usage:', '', 'II. Acupuncture', '']"

},

{

"title": "Fainting (Syncope)",

"description about disease": "Fainting (syncope) is the partial or complete loss of consciousness with disruption of awareness of oneself and one's surroundings. It is followed by spontaneous recovery to full wakefulness. Syncopal episodes may occur suddenly with or without preceding signs or symptoms likedizziness, lightheadedness,nausea, and visual disturbances.The most common triggers for syncope include standing for long periods of time, exposure to heat, the sight of blood, fear,anxiety,or physical strain. Syncope can also occur due to any underlying condition affecting the heart or the nervous system. While syncope can occur to anyone, men above the age of 60 years are at a higher risk.The best way to prevent syncope is to avoid the triggers, stay hydrated, eat meals on time, and not over-exert oneselves.Fainting is relatively common and not life-threatening. However, some causes of fainting can be a warning sign of an underlying disease which needs proper diagnosis and treatment to prevent any episodes in the future.",

"symptoms of disease": "[]",

"causes of disease": "['The heart fails to pump the blood.', 'The blood vessels lack enough tone to maintain adequate blood pressure to deliver the blood to the brain.', 'There is not enough blood or fluid in the blood vessels.', 'Prolonged standing', 'Fear of injury', 'Physical or psychological stress', 'Dehydration', 'Bleeding', 'Pain', 'Strain', 'Heat exposure', 'Sight of blood', 'Urination', 'Defecation', 'Forceful coughing', 'Sneezing', 'Swallowing', 'Post-exercise', 'Dehydration', 'Intense emotional stress', 'Anxiety', 'Fear', 'Pain', 'Hunger', 'Use of alcohol or drugs', 'Breathing in too much oxygen and getting rid of too much carbon dioxide too quickly.', 'Heart beating too fast or too slow', 'Abnormalities of the heart valves', 'Widespread disease of the heart muscle', 'Blockage of blood flow from the heart', 'Volume depletion:Inadequate fluid intake (hot weather), diarrhea, vomiting, etc.', 'Drug-induced orthostatic hypotension:Alcohol, vasodilators, diuretics, and beta-adrenergic blockers', 'Diseases of the nervous system:These include Parkinson’s disease(a progressive disorder that affects the nervous system causing tremors in the body), Lewy body dementia (a disease associated with abnormal deposits of a protein leading to forgetfulness),diabetes, amyloidosis (build-up of proteins called amyloids in the organs), and spinal cord injuries.', 'Seizure', 'Stroke', 'Migraine', 'Abnormal build-up of cerebrospinal fluid (CSF) in the brain.', 'Hypoglycemia (low blood sugar)', 'Hypoxia (decreased oxygen)', 'Symptomatic anemia', 'Tumor in the heart', 'Panic attacks']",

"prevention from disease": "['1. Eat right', '2. Know your triggers', '3. Manage presyncope symptoms', '4. Use compression stockings', '5. Stay hydrated', '6. Avoid long and hot showers', '7. Cope up with your anxiety', '8. Stop smoking']",

"home\_remedy to disease": "['Alternative Therapies For Fainting', '1. Homeopathy', '2. Acupuncture', '3. Massage therapy']"

},

{

"title": "Fatty liver disease",

"description about disease": "The liver is a critical organ in the human body that helps support metabolism, immunity, digestion, detoxification, and vitamin storage, among other functions. Fatty liver disease is the accumulation of abnormal amounts of fat within the liver cells that compromise the liver's ability to perform.Fatty liver disease can be caused by excess alcohol consumption or other causes, which is known as nonalcoholic fatty liver disease(NAFLD). Most people do not know that they have NAFLD during the initial stages. It only presents symptoms or signs in case of a progression to liver failure.NAFLD has become increasingly common with the increasing prevalence of its risk factors like obesity, diabetes, high blood pressure, and high cholesterol.The treatment of NAFLD is based on the cause and how far the disease has progressed. Lifestyle modifications such as regular exercise, a healthy diet, managing weight, and keeping blood sugar and cholesterol under control are the cornerstone of managing this condition. A liver transplant may be required in severe cases.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Eat right', '2. \\xa0Keep your weight in check', '3. Always take out time to exercise', '3. Protect yourself from hepatitis', '4. Manage diabetes and cholesterol']",

"home\_remedy to disease": "['1. Traditional Chinese Medicine (TCM)', '', '2. Acupuncture therapy', '', '', '3. Yoga', '', '', 'Yoga can not only benefit you with your liver condition but can have a very positive impact on your overall well-being.Know more about other benefits of yoga.', 'Tap Here']"

},

{

"title": "Febrile Seizure",

"description about disease": "Febrile seizures are convulsive episodes that typically occur in infants and young children aged six months to five years, triggered by a sudden rise in body temperature due to a fever. These seizures are relatively common, affecting up to 4% of children in this age group, with most cases occurring between six months and six years old.Fortunately, febrile seizures are generally brief and not harmful, with most children recovering quickly without lasting effects. However, a small percentage of children (2.5% to 5%) who experience complex febrile seizures may have an increased risk of developing epilepsy later in life.Febrile seizures are classified into two types: simple and complex. Simple febrile seizures are short, lasting less than 15 minutes, and do not recur within 24 hours. In contrast, complex febrile seizures last longer, may occur multiple times within a day, and can include confusion after the episode.Managing fever during illness is key to preventing febrile seizures. This can be done by using fever-reducing medications like acetaminophen or ibuprofen, sponging, and ensuring the child stays well-hydrated. Thankfully, most children outgrow febrile seizures by the age of 5 without any lasting issues.",

"symptoms of disease": "[]",

"causes of disease": "[\"Cytokine Release: During infections, the immune system releases cytokines, which can affect the brain's temperature regulation, leading to fever.\", 'Temperature-induced Changes: A rapid increase in body temperature may disrupt brain activity, potentially triggering seizures in vulnerable individuals.', 'Immature Brain: Young children are more prone to febrile seizures due to their developing brains being more sensitive to the effects of fever.', 'Ion Channel Dysfunction: Genetic mutations or variations in brain ion channels can heighten neuron excitability, making the brain more susceptible to fever-induced seizures.']",

"prevention from disease": "['Tips for measuring a child’s temperature']",

"home\_remedy to disease": "['', '1. Fever management:', '', '2. Herbal remedies:', '', '3. Nutrition and balanced diet:', '', '4. Dietary supplements:', 'Explore our wide range of nutritional supplements.Click Here']"

},

{

"title": "Female infertility",

"description about disease": "Female Infertility refers to the inability to conceive in spite of trying through unprotected intercorse for at least a year.Infertility in women is linked to advancing age, especially over 35 years, underlying medical conditions, interference with ovulation, damage of anomalies in the female reproductive system,or any hormonal imbalance.Also, unhealthy habits like overconsumption of alcohol and smoking along with stressful and sedentary lives have increased infertility rates in recent years.The best way to conceive is to create a cohesive healthy environment that can help you get pregnant faster. Eating a healthy well balanced diet, exercising regularly, getting sufficient sound sleep, and managing your stress can help you in this journey.If you think you need treatment, you may consider talking to a fertility specialist or gynecologist. They can recommend the best fertility treatment option for you.",

"symptoms of disease": "[]",

"causes of disease": "['Polycystic ovary syndrome(PCOS): It is a hormonal disorder in which ovaries produce large amounts of male sex hormones or androgens which interfere with the development and release of eggs. Some of these eggs develop into cysts, which are little sacs filled with liquid, hence the name, polycystic ovary syndrome. PCOS has been linked to infertility in women.', 'Premature ovarian failure (POF): Refers to the loss of function of the ovaries before the age of 40. It is characterized by a decrease in the hormone estrogen, loss of female egg cells, and infertility.', 'Hyperprolactinemia: High levels of the hormone Prolactin, interferes with the normal production of other female hormones, like estrogen and progesterone. This can change or halt ovulation. It can also lead to irregular or missed periods.', 'Inflammatory diseases: Infection of one or more of the upper reproductive organs, including the uterus, fallopian tubes, and ovaries can cause inflammation and predispose to infertility issues.', 'Endometriosis: It is a condition characterized by the growth of tissue resembling the lining of the uterus outside the uterus. This extra tissue and its surgical removal can cause scarring, blocking the fallopian tubes and making it difficult for the egg and sperm to meet.', 'Uterine anomalies: The uterine malformations characterized by adhesions and/or fibrosis within the uterine cavity can lead to infertility.', 'Fallopian tube anomalies: Any obstruction in the tubules doesn’t let the ovum and the sperm converge, making fertilization unfeasible.', 'Cervical anomalies: Cervical stenosis (narrowing or closing of the passageway through the cervix- the lower part of the uterus) might affect natural fertility by impeding the passage of semen into the uterus.']",

"prevention from disease": "['1. Maintain a healthy weight', '2. Say No to smoking', '3. Avoid or limit the consumption of alcohol', '4. Manage stress', '5. Practice safe sex', '6. Treat existing conditions']",

"home\_remedy to disease": "['Alternative Therapies For Female Infertility', '', 'Relaxation techniques', '', 'Understand other benefits of yoga that even doctors swear by!Read this piece now', 'Acupuncture']"

},

{

"title": "Fever",

"description about disease": "Fever is a body temperature above the normal temperature of 98.6 F (37 C). However, fever is considered medically significant if it is 100.4 F (38.0 C) or higher.Depending on the cause of the fever, a person may experience other signs and symptoms. Common symptoms accompanying fever include sweating, shivering, headache, dehydration, and muscle aches.Infections are the major contributor to fever. The other risk factors include hypersensitivity reactions, food allergies, blood transfusion, and certain types of cancer.In most cases, fever is beneficial, as it helps the body fight off infections. The main reason for managing a fever is to increase patient comfort. Medications like Paracetamol and Ibuprofen are commonly prescribed. However, a severe fever would demand immediate medical intervention.",

"symptoms of disease": "[]",

"causes of disease": "['Exogenous pyrogens:These substances originate from outside the body and can induce endogenous pyrogens. Examples include bacteria, viruses, toxins, and drugs.', 'Endogenous pyrogens:These are certain substances produced by the body that can induce fever.', 'Exogenous pyrogens trigger the release of endogenous pyrogens.', 'These endogenous pyrogens are transmitted to the thermoregulatory center in the hypothalamus (a part of the brain that controls many body functions).', 'It induces the synthesis of other chemicals, such as prostaglandins.', 'These prostaglandins raise the body’s set-point temperature, leading to fever.', 'Hyperthermia or overheating can also cause a sudden and uncontrolled increase in body temperature (above 41°C). This is usually caused by excessive heat from the surroundings.', 'However, it is different from fever. In a fever, the hypothalamus increases the body’s set-point temperature. Meanwhile, in hyperthermia, the body’s core temperature rises above the set point due to a thermoregulation failure.', 'Heat exhaustion and heat stroke are forms of hyperthermia.', 'To read more about Heat stroke.Click here']",

"prevention from disease": "['1. Ensure timely vaccination', '2. Maintain hand hygiene', '3. Maintain proper sanitation', '4. Assess your cooking techniques', '5. Boost your immunity']",

"home\_remedy to disease": "[]"

},

{

"title": "Fistula",

"description about disease": "A fistula is an abnormal passage that connects two organs or cavities in the body. It may occur anywhere in the body but they're most common in the anus and rectum because these areas are prone to infection. General symptoms include pain, diarrhea, constipation, fever, weight loss, nausea, vomiting, and fatigue.A fistula forms when bacteria get into the tissues around the area where two organs join together. It is commonly caused by injury, infection, cancer, or congenital defects. A fistula may be congenital (present at birth) or acquired (develop later in life).Fistula can be categorized depending on the type, nature and location. Fistulae are usually hard to deal with but can be prevented and treated. Treatment for fistulas depends on how severe the problem is. If the fistula fails to respond to the medications and antibiotics, surgical treatment might be needed to remove the fistula.",

"symptoms of disease": "[]",

"causes of disease": "['Clogged anal glands', 'Anal abscesses', 'Crohn’s disease', 'Tuberculosis', 'Diverticulosis', 'Cancer', 'Radiation therapy', 'Trauma', 'Sexually transmitted diseases', 'Prolonged or obstructed childbirth', 'Injury during pelvic surgery', 'Radiation treatment in the pelvic or genital area', 'Infection and inflammation']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Enteral diets', 'Tea tree oil', 'Oregano oil', '', 'Cloves (laung)', 'Turmericmilk (haldi doodh)']"

},

{

"title": "Folliculitis",

"description about disease": "Folliculitis is a skin condition characterized by the inflammation of hair follicles. It occurs when these small, sac-like structures, which house hair roots, become infected or irritated.The symptoms typically include red, inflamed bumps or pustules (pus-filled blisters) around hair follicles, often accompanied by itching and pain. Factors that increase the risk of developing folliculitis include excessive sweating, tight clothing, shaving, using hot tubs or whirlpools, and having a weak immune system.Treatment typically involves self-care measures such as warm compresses, proper hygiene, and avoiding irritants. In more severe cases, antibiotics or antifungal medications may be prescribed.",

"symptoms of disease": "[]",

"causes of disease": "['Superficial bacterial folliculitisis the most common type of bacterial folliculitis caused by the bacteria, Staphylococcus aureus. It usually presents as pustules without fever or other associated symptoms.', 'Hot tub folliculitisis caused by a bacteria called Pseudomonas aeruginosa, found in contaminated water sources like hot tubs, whirlpools or spas.', 'Gram negative folliculitisis a rare facial eruption, usually seen after antibiotic treatment of acne.', 'Malassezia folliculitis, often called \"fungal acne,\" in layman terms, is a skin condition caused by an overgrowth of the yeast Malassezia in hair follicles. It results in acne-like pustules and red bumps, often on the chest, back, and face.Remember!Do not confuse fungal acne with common acne (acne vulgaris).Common acne results from blocked follicles due to oil, bacteria, and dead skin, while fungal acne is a yeast-driven infection in follicles.Fungal acne can be itchy, while typical acne is not.', 'Tinea capitisor scalp ringworm is a fungal infection involving the hair follicles of the scalp. It is usually associated with scaling and hair loss.']",

"prevention from disease": "['1. Focus on hygiene', '2. Choose loose clothing', \"3. Don't share personal care items\", '4. Adopt proper shaving techniques', '5. Use sanitized hot tubs', '6. Be cautious in public places', '7. Avoid using harsh chemicals', '8. Maintain a healthy immune system']",

"home\_remedy to disease": "['Botulinum toxin A']"

},

{

"title": "Food allergies",

"description about disease": "If you have a food allergy, your immune system mistakenly identifies a food protein as something harmful, and coming in contact with that protein triggers an allergic reaction. Symptoms can occur when coming in contact with just a tiny amount of food.The most common triggers of this reaction include eggs, fish, milk, peanuts, shellfish, soy, tree nuts, and wheat. The symptoms of food allergy include difficulty breathing, chest tightness, rashes (hives), and itching all over your body.Children between the age of 6-11 years are most commonly affected and the common risk factors include a family history of allergic reactions,asthma, and age of introduction to solid foods.The best way to prevent any allergic reaction is to avoid the food items that are causing it. In case of accidental exposure or emergency, adrenaline can be used. Antihistamines and bronchodilators may be used to provide relief from symptoms.Accurate diagnosis and successful management of allergies are essential to prevent any severe reactions in the future. An allergist or immunologist has specialized training and experience to diagnose the problem and develop a prevention plan.",

"symptoms of disease": "['Skin symptoms', 'Respiratory symptoms', 'Gastrointestinal symptoms', 'Cardiovascular symptoms', 'Neurological symptoms', 'General symptoms']",

"causes of disease": "['IgE-mediated:These are mediated by antibodies belonging to the Immunoglobulin E (IgE) and are the best-characterized food allergic reactions.', 'Cell-mediated:When the cell component of the immune system is responsible for food allergy and primarily involves the gastrointestinal tract.', 'Mixed IgE mediated-cell mediated:When both IgE and immune cells are involved in the reaction.', 'Cow’s milk', 'Egg', 'Peanut', 'Soy', 'Tree nut', 'Shellfish', 'Shellfish', 'Peanut', 'Tree nut', 'Fish']",

"prevention from disease": "['Prevention in pregnant women', 'Prevention during infancy', 'Prevention for older children and adults']",

"home\_remedy to disease": "['Chinese herbal therapies', 'Acupuncture', 'Homeopathy', 'Read about 6 homeopathy facts that everyone should know.Click Now']"

},

{

"title": "Food poisoning",

"description about disease": "Food poisoning refers to the sickness experienced after eating contaminated food. The source of contamination in most cases is bacteria. However, it can also be caused by toxins or chemicals that may contaminate the food during its production, processing, harvesting, cooking, or storing.The classical symptoms of food poisoning include diarrhea, stomach pain, nausea, vomiting, and fever. Children, elderly, pregnant women, and individuals withlow immunityare at high risk of food poisoning. Most cases of food poisoning can be prevented by basic hand hygiene, sanitation of the kitchen and refrigerator, and storing the food as per the recommendations.Food poisoning can be usually treated at home by maintaining the fluid and electrolyte balance through regular intake of clean boiled water, oral rehydration solution (ORS), coconut water, clear soups and fresh fruit juices. In cases of severedehydration, hospital admission might be required.",

"symptoms of disease": "['Early signs']",

"causes of disease": "['Campylobacter:These bacteria usually contaminate raw/undercooked meat, raw milk, and contaminated water. The incubation period (time between exposure of bacteria to the onset of symptoms) is 2-5 days. The symptoms of this infection generally last for a week.', 'Salmonella:The contaminated raw/undercooked meat, raw eggs, milk, and other dairy products are the main sources of these bacteria. The symptoms start appearing between 12 to 72 hours.', 'Listeria:These bacteria are found in “ready-to-eat” foods such as pre-packed sandwiches, hot dogs, cooked sliced meats, and soft cheeses. The symptoms can appear from a few days to several days. The food poisoning usually resolves within 3 days.', 'Escherichia coli (E. coli):These bacteria normally inhabit the intestines of several animals and humans. Most of their types are harmless but some of them can cause food poisoning. The bacteria contaminate food such as undercooked beef and unpasteurized milk. Symptoms usually start appearing within 1 to 8 days of contracting the bacteria and last for a few days.', 'Shigella:Any food such as fruits and vegetables washed in contaminated water can be exposed to shigella. Symptoms typically develop within seven days of eating contaminated food and last for up to a week.', 'Bacillus cereus:This microorganism mainly develops in improperly stored food. The infection with Bacillus is characterized by diarrhea and vomiting.', 'Staphylococcus:It is most commonly found in undercooked meats, eggs, and dairy products.', 'Vibrio:This type of bacteria are commonly found in coastal water and can contaminate oysters, fish, and shellfish. Symptoms can start appearing 1 day after infection and usually resolves in 3 days.', 'Clostridium:This bacteria contaminates food that is cooked in large batches. The common food items that may contain this bacteria include poultry and meat.', 'Giardia intestinalis', 'Cryptosporidium', 'Entamoeba histolytica', 'Rotavirus', 'Adenovirus', 'Parvovirus', 'Alternaria', 'Aspergillus', 'Candida', 'Fusarium', 'Vegetable origin (Mushrooms)', 'Animal origin (Shellfish)', 'Chemicals (Flavouring agent, coloring agent, and preservatives)', 'Consuming partially cooked food', 'Keeping cooked food unrefrigerated for a long period', 'Storing packaged food at the wrong temperature', 'Promptly refrigerating hot food', 'Keeping raw foods such as beef, poultry, and eggs together with ready-to-eat foods', 'Eating food that is touched by the infected person', 'Cross-contamination (where harmful bacteria are spread between food, surfaces and equipment)', 'Sometimes, food poisoning can also occur through having ready-made contaminated food', 'Touching contaminated surfaces and objects such as handrails, elevator buttons, utensils, and doors while eating or handling food', 'Sharing food and beverages with the infected person']",

"prevention from disease": "['A. Follow safe practices', 'B. Maintain proper hygiene', 'C. Clean the refrigerator frequently']",

"home\_remedy to disease": "[]"

},

{

"title": "Frozen shoulder",

"description about disease": "Frozen shoulder is a condition characterized by pain, stiffness and restricted mobility in the shoulder joint.Frozen shoulder is mostly seen in people between 40 and 60 years old. Women tend to get affected more than men.The exact cause remains elusive, but inflammation and the formation of adhesions within the joint are contributing factors. Individuals with diabetes, thyroid disorders, rheumatoid arthritis or those recovering from prolonged immobility due to surgery or injury are more susceptible.Treatment often combines pain relief medications, anti-inflammatory drugs, and physical therapy to improve range of motion. In severe cases, procedures like joint distension or manipulation under anesthesia may be considered.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Yoga and stretching exercises:', '', '2. Tai Chi:', '', '3. Cupping Therapy:', '4. Acupuncture:', '5. Moxibustion:']"

},

{

"title": "Fungal skin infections",

"description about disease": "Did you knowdandruff, diaper rash, and athlete’s foot are types of fungal infections? According to numerous studies published in the Journal “The Lancet”, fungal skin infections affect more than a billion people worldwide. In some cases they can result in life-threatening infections, however, they often remain the most neglected infection in the general population.Fungal skin infections as the name suggests are caused by fungus. These mostly affect the damp areas of the body and skin folds such as between the toes, in the genital area, in the armpits, under the breasts, and in the groin area. These infections are mostly caused by yeast and dermatophytes (a type of fungi that causes superficial infections of the skin, hair, and nails). Poor personal hygiene and living in a hot, humid and crowded environment increases your risk of contracting the infection.Most of these infections aren’t life-threatening but they can be contagious depending on the type of fungal infection. However, if left ignored, in certain cases they can lead to severe complications. Treatment typically consists of topical therapy like use of antifungal gels, ointments, and sprays or oral medication. Apart from medications, maintaining personal hygiene like keeping your skin/feet dry, wearing well-fitting shoes, etc can help to avoid fungal infections.",

"symptoms of disease": "[]",

"causes of disease": "['Redness, itching, stinging, or burning sensations in the infected area especially between the toes or on the soles of the feet', 'Cracked or blistered skin', 'Skin may become dry, flaky and scale or peel away', 'Infected skin may become soft and start to break down', 'Burning and itching in infected area', 'Rashes', 'Bumps or patches that contain clear fluid', 'Toenail fungal infection is very common although fingernails can also get affected.', 'Thick, yellowish or brittle nail that separates from the nail bed', 'Pain and swelling accompanied by pus discharge', 'White or yellow patches involving the tongue, inside your cheeks, tonsils, gums or lips', 'Pain, soreness and burning sensation in the mouth', 'Redness and soreness on and surrounding the vagina', 'Itching and swelling around the vagina', 'Unusual discharge resembling cottage cheese or a very watery discharge from vagina', 'Burning sensation during urination or coitus']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Home remedies for fungal skin infections', '1. Plumbago zeylanica (doctor bush)', '2. Cannabis sativus (ganja)', '3.Aloe vera', '4.Tea tree oil', '5. Thyme oil']"

},

{

"title": "Gallbladder stones",

"description about disease": "A gallbladder stone or cholelithiasis is a health condition in which pieces of solid stone-like objects develop in the gallbladder or bile duct. These gallstones are usually made up of cholesterol or bilirubin, and may trigger a sudden, intense pain in the abdomen. For some individuals, it may either develop as a single large gallstone, while for others, it may develop several small gallstones.The primary cause of gallbladder stones is not clearly understood. However, numerous factors increase the risk of developing gallstones; which includes chemical imbalance of bile in the gallbladder, excessive secretion of cholesterol in the liver, post organ transplant adverse effects, and/or certain medications.People who do not show any symptoms, usually don’t need any treatment. The treatment for gallbladder stones largely depends on the size and location of the gallstones. The common treatment involves dietary modification, medications, non-invasive ultrasound therapy (lithotripsy), and surgery.",

"symptoms of disease": "[]",

"causes of disease": "['Regular eating of highly processed and fried food items', 'Alcohol consumption', 'Stress', 'Obesity', 'Inactive or sedentary lifestyle']",

"prevention from disease": "['1. Consume balanced diet', '2. Maintain healthy body weight', \"3. Don't skip your meal\", '4. Be active', '5. Try to lose weight gradually', '6. Take preventive medication if necessary']",

"home\_remedy to disease": "['Home remedies for Gallstones', 'Tip:', '2.Aloe vera', 'Tip:', '3. Gokshura', 'Tip:', '4.Black pepper (kali mirch)', 'Tip:', '5.Onion seeds (kalonji)', 'Tip:', '6. Cucumber beet juice', 'Tip:', '7. Dandelion tea', 'Tip:', '8.Pear', 'Tip:', 'Yoga for gallbladder stones']"

},

{

"title": "Gastritis",

"description about disease": "Gastritis is a digestive disorder that involves inflammation, irritation and erosion in the stomach lining. It can occur suddenly (acute) or gradually (chronic).Symptoms of gastritis include abdominal pain, nausea, vomiting, bloating, loss of appetite, and a feeling of fullness. In some cases, gastritis can lead to bleeding, resulting in blood in vomit or dark stools.The most common causes of gastritis include H.Pylori bacterial infection and long-term use of Nonteroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen.Individuals experiencing persistent or severe symptoms should seek medical attention for proper evaluation and personalized guidance. Healthcare professionals can provide tailored treatment plans based on specific needs and medical and personal history.The treatment goal of gastritis is to address the underlying cause and reduce the amount of acid in the stomach to relieve symptoms, allowing the stomach lining to heal. Lifestyle changes such as avoiding triggers, adopting a healthy diet, and managing stress can aid in management and promote healing.",

"symptoms of disease": "[]",

"causes of disease": "['Virus:Viruses such as enterovirus, epstein-Barr virus, can cause viral gastritis.', 'Parasitic infections:Parasites such as cryptosporidium are also known to cause gastritis.', 'Fungal infections:Fungal infections such as candidiasis can also cause gastritis. Fungal infections typically occur in individuals with weakened immune systems.', 'Alcohol:Heavy or prolonged alcohol consumption can irritate and damage the stomach lining, making individuals more susceptible to alcohol gastritis.', 'Smoking:Smoking has been identified as a risk factor for gastritis. It can weaken the protective lining of the stomach and impair the healing process, increasing the risk of inflammation.Let us help you with our quit-smoking range.Explore Now', 'Age:Gastritis can affect individuals of any age, but the risk tends to increase with age. Older adults may have a higher risk due to factors such as a weakened immune system, prolonged use of medications, and a higher likelihood of H. pylori infection.', 'Stress:While stress itself may not directly cause gastritis, it can worsen symptoms and increase the risk of developing the condition. Chronic stress may influence the production of stomach acid and disrupt the normal functioning of the digestive system.', 'Autoimmune disorders:In some cases, the immune system may mistakenly attack the cells of the stomach lining, leading to autoimmune gastritis. This type of gastritis is less common but can be chronic and severe.', 'Systemic conditions:Certain systemic diseases can also contribute to the development of gastritis. Some of them are discussed below:', \"Crohn's disease (a type of inflammatory bowel disease)\", 'Vasculitis (inflammation of blood vessels)', 'Sarcoidosis (growth of inflammatory cells)', 'Ischemia (reduced blood flow)', 'Bile reflux:When bile from the small intestine flows back into the stomach, it can irritate and inflame the stomach lining, causing gastritis.', 'Radiation Therapy:Exposure to high doses of radiation, such as during radiation therapy for cancer treatment, can cause gastritis. The radiation damages the cells of the stomach lining, leading to inflammation and discomfort.', 'Obesity:While obesity itself is not considered a direct risk factor for gastritis, it can still play an indirect role in its development. Obesity-related factors such as acid reflux, increased stomach pressure, and unhealthy dietary choices have the potential to irritate the stomach lining and exacerbate symptoms of gastritis.']",

"prevention from disease": "['1. Make dietary changes', '2. Avoid excessive use of NSAIDs', '3. Reduce the risk of H. pylori infection from contaminated food and water', '4. Quit smoking', '5. Limit or abstain from alcohol', '6. Manage stress effectively']",

"home\_remedy to disease": "['', 'Acupuncture']"

},

{

"title": "Gastroenteritis",

"description about disease": "Gastroenteritis is inflammation in the digestive system including the stomach, small and large intestines.It can be caused by viruses, bacteria, toxins, parasites, some chemicals and medications, although viruses are the leading cause.It is often called as the ‘stomach or intestinal flu,’ although it is not caused by the influenza viruses.The typical symptoms of gastroenteritis include watery diarrhea, vomiting, and abdominal cramps.It is contagious and can easily spread from an infected person to others through close contact or touching contaminated surfaces. Consumption of contaminated food and beverages can also be a source of infection of gastroenteritis.Most cases of gastroenteritis can be prevented by basic hand hygiene measures, prompt disinfection of contaminated surfaces, and avoiding contaminated food and water.Gastroenteritis caused by rotavirus can be prevented by vaccination of children during their first year of life.Gastroenteritis can be usually treated at home by maintaining the fluid and electrolyte balance by regular intake of clean boiled water, oral rehydration solution (ORS), coconut water, clear soups and fresh fruit juices.In cases of severe dehydration, hospital admission might be required.",

"symptoms of disease": "['Signs of dehydration', 'Signs of dehydration in infants and toddlers']",

"causes of disease": "['Norovirus:It is the most common cause and is responsible for most cases of viral gastroenteritis. The virus is mostly responsible for outbreaks within closed communities such as nursing homes, schools, military populations, athletic teams, and cruise ships.', 'Rotavirus:The virus is mostly responsible for severe vomiting in young children and infants. The infection of rotavirus in children and infants may require hospitalization.', 'Direct contact with vomit or stool of infected person', 'Shaking hands with infected person', 'Touching contaminated surfaces and objects such as handrails, elevator buttons, utensils, doors etc.', 'Sharing food and beverages with the infected person', 'Campylobacter:This bacteria spreads through contaminated milk and poultry products.', 'Staphylococcus:It is most commonly found in undercooked meats, eggs, and dairy products.', 'E. coli:This bacteria is mostly present in undercooked beef, and unwashed fruits and vegetables.', 'Shigella:This bacteria usually grows in raw food and contaminated water such as swimming pools.', 'Eating contaminated food and beverages', 'Handling stool of infected person', 'Entamoeba histolytica', 'Giardia lamblia', 'Cryptosporidium', 'Swimming in a contaminated pool and accidentally swallowing water, or through contact with infected animals', 'Handling infected animals', 'Changing the nappy of an infected baby and not washing your hands afterwards', 'Antacids containing magnesium as a major ingredient', 'Antibiotics', 'Chemotherapy drugs', 'Colchicine', 'Digoxin', 'Laxatives']",

"prevention from disease": "['Vaccination', 'Hand washing', 'Education', 'Hygiene measures', 'Isolation', 'Dietary modifications', 'Breastfeeding']",

"home\_remedy to disease": "[]"

},

{

"title": "Gastroesophageal reflux disease (Acid reflux)",

"description about disease": "Food travels to the stomach through a tube-like structure known as the esophagus. The entry of food is allowed into the stomach through a valve-like structure known as the lower esophageal sphincter (LES).GERD refers to stomach acid repeatedly flowing back into the esophagus. The major risk factor is unhealthy eating habits such as irregular meal timings, night time binge, and excessive consumption of fried and spicy food.  Obesity, hiatal hernia, pregnancy, smoking, and use of certain medications also increase its risk.The treatment options include medications along with lifestyle interventions. In case of severe symptoms, surgery may be recommended.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Maintain a healthy weight', '2. Eat small meals at a time', '3. Avoid late-night binge', '4. Limit consumption of spicy and deep-fried foods', '5. Avoid strenuous physical activity right after eating']",

"home\_remedy to disease": "['Alternative Therapies For GERD', '', '1. Yoga', '2. Acupuncture']"

},

{

"title": "Gestational diabetes",

"description about disease": "Gestational diabetes refers to the high blood glucose that is diagnosed first time during pregnancy. It mostly develops during the second and third trimester of pregnancy. It can also include undiagnosedtype 2 diabetesidentified early in pregnancy.The major cause of gestational diabetes are the release of placental hormones that contribute to the increase in the blood glucose.The factors that can increase the risk of gestational diabetes include increased body weight, decreased physical activity, family history of diabetes,polycystic ovarian syndrome (PCOS), and prior history of gestational diabetes.Managing gestational diabetes is very important to avoid both fetal and maternal complications. Dietary and lifestyle modifications are the cornerstone treatment approaches for this condition. In case of failure of these conventional approaches, insulin might be required.",

"symptoms of disease": "[]",

"causes of disease": "['Placental hormones: Such as human placental lactogen (hPL), human placental growth hormone (hPGH), growth hormone (GH), adrenocorticotropic hormone (ACTH), prolactin (PRL), estrogens, and gestagens.', 'Inflammatory chemicals: Such as tumor necrosis factor alpha (TNF-α), IL-6, resistin, and C-reactive protein (CRP).', 'Glucose: Produced by the body for the fetus. Studies suggest that endogenous glucose production is increased by 30% in the third trimester of pregnancy.']",

"prevention from disease": "['1. Go for pre-pregnancy counselling', '2. Indulge in some physical activity', '3. Tweak diet', '3. Keep a check on your weight']",

"home\_remedy to disease": "['', '1. Chinese herbal medicine', '', '2. Yoga']"

},

{

"title": "Glaucoma",

"description about disease": "Glaucomas are a group of eye disorders characterized by progressive optic nerve damage. It is a condition in which there is a relative increase in intraocular pressure (pressure inside the eyes) which can lead to irreversible loss of vision.Glaucoma is thesecondmost common cause of loss of vision worldwide after cataract with more than 70 million people affected worldwide.Glaucoma can occur at any age but is more common among people above 60 years of age. Several risk factors can increase the risk of glaucoma which include old age, family history of glaucoma, and history of eye injury. Other causes are poor blood flow to the optic nerve and conditions such as high blood pressure and diabetes.Glaucoma is a silent thief of vision. In the early stages of glaucoma, there are no symptoms. In reality, most of those who have glaucoma are completely unaware of their condition. Hence regular eye checkups by an ophthalmologist play an important role in managing the disease at an early stage. Treatment protocols include medications and surgical procedures.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Gluten Intolerance",

"description about disease": "You must have heard about many gluten free food products available in the market. Gluten is basically a hard-to-digest plant protein, commonly found in our everyday food grains like wheat, rye and barley. It is used in staples like parathas and rotis, white and brown bread, cakes, cookies and biscuits, pizza, burger, pasta, sauces like soy sauce and tomato ketchup, ice-cream and beer.Gluten intolerance is a condition that is characterized by symptoms such asbloating, abdominal discomfort, diarrhea and flatulence upon consumption of gluten.The condition is not treatable and can only be managed by adopting a gluten free dietary regimen. Grains like wheat and barley contain essential nutrients like iron, Vitamin B, folic acid and dietary fiber. Hence, it is important to compensate for these nutrients through other dietary options and supplements.",

"symptoms of disease": "['I. Intestinal symptoms', 'II. General bodily symptoms', 'III. Behavioral symptoms', 'IV. Skin-related symptoms']",

"causes of disease": "['Proteins are normally digested by the enzymes present in the stomach.', 'Gluten is, however, not digested completely by these enzymes due to the high content of indigestible protein in it.', 'The undigested gluten usually goes into the small intestine. It stays in the body for 1-2 days after which it is excreted with other waste products.', 'Triggering an allergic reaction', 'Initiating an autoimmune reaction by remaining in the small intestine']",

"prevention from disease": "['1. Go Gluten free', '2. Identify the trigger', '3. Be more conscious while dining out', '4. Check the hidden gluten content']",

"home\_remedy to disease": "[]"

},

{

"title": "Goiter",

"description about disease": "Goiter refers to swelling of the thyroid gland that appears like a lump in the neck. The thyroid is a small butterfly shaped gland present in the neck. It produces thyroid hormones that help in the regulation of the body's metabolism. They also aid in smooth functioning of the brain, heart, digestive system, and muscles.The main causes of goiter are overactive thyroid, underactive thyroid, or any other underlying disease. It may or may not be associated with abnormal thyroid hormone level.The main symptom is enlargement of the throat, ranging from a small lump to a huge mass. It can be seen in people from any age group starting from new born baby to elderly. Pregnant or menopausal women, people older than 40, and people who have an autoimmune disease or a family history of goiter have a higher risk of developing goiter.The treatment of goiter depends on the cause, symptoms, and complications associated with the disease. It can be successfully managed by medications, hormone therapy, and surgery.",

"symptoms of disease": "['Symptoms of hypothyroidism', 'Symptoms of hyperthyroidism']",

"causes of disease": "['Hashimoto’s thyroiditis (autoimmune disease)', 'Infections', 'Radiotherapy']",

"prevention from disease": "['Take proper diet', 'Avoid overexposure to radiation']",

"home\_remedy to disease": "['Home remedies', 'Apple cider vinegar:', 'Watch this video by our expert to know more about apple cider vinegar.', 'Castor (Arandi) oil:', 'Coconut (Nariyal) oil', 'Bentonite clay:', 'Seaweed:', 'Dandelion leaves:', 'Lemon juice:', 'Turmeric (Haldi):', 'Garlic (Lehsun):', 'Acupuncture']"

},

{

"title": "Gonorrhea",

"description about disease": "Gonorrhea is a sexually transmitted disease (STD) caused by bacteria, Neisseria gonorrhoeae. It is transmitted from one person to another during sexual contact which includes oral, vaginal, and anal sex. Pregnant women can also transmit the infection to the newborn. It can infect both men & women.It targets male and female reproductive organs, urethra, eyes and throat. It can affect people of any age group but is more common in young people of age15 to 24 years.The disease is usually asymptomatic. Even when a patient has symptoms, they are often mild and nonspecific. The symptoms are often mistaken for a bladder or vaginal infection in females. Swabs from the genital organs are taken for examination. The presence of bacteria is confirmed either through nucleic acid amplification tests or culture methods.The disease can be treated with antibiotics. Untreated gonorrhea can lead to long term complications such as pelvic inflammatory diseases (in women) and epididymitis (in men). One can prevent gonorrhea by adopting safe sexual practices such as using condoms, dental dams, and avoiding multiple sexual partners.",

"symptoms of disease": "['A. Symptoms of uncomplicated gonorrhea in men', 'B. Symptoms of uncomplicated gonorrhea in women', 'C. Symptoms of complicated gonorrhea in men', 'D. Symptoms of complicated gonorrhea in women', 'E. Symptoms of gonorrhea at other sites']",

"causes of disease": "['Unprotected vaginal, anal & oral sex', 'Sharing of contaminated vibrators & sex toys', 'Infected mother to baby during childbirth']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Gout",

"description about disease": "Gout is one of the most common and painful forms ofarthritis. It causes inflammation in the joints due to high levels of uric acid in the body. Uric acid is a waste product which in excess can lead to accumulation in the form of urate crystals in the joints.The symptoms of gout include swelling and redness in joints along with sudden sharp pain. The most common area to be affected by high uric acid is the joint at the base of the big toe. Gout in feet is immensely tender and painful that even a mere touch on the swollen area becomes unbearable.Gout often causes a burning sensation with severe pain that often results in an emergency visit to the hospital. However, with early detection and keeping the uric acid levels under control, gout can be controlled without much suffering.In addition to medicines, diet also plays a key role in the management of gout. Some beneficial foods to eat with gout include green leafy vegetables, fruits, legumes, etc. Eggs and low-fat dairy products like slim milk and yogurt also qualify as foods good forarthritisand gout.",

"symptoms of disease": "['1. Severe joint pain', '2. Prolonged discomfort', '3. Swelling and redness', '4. Trouble in movement', '5. Tophi']",

"causes of disease": "['Red meat', 'Fish', 'Alcohol (particularly beer and spirits)', 'Chronic haemolytic anemia', 'Haemoglobinopathies', 'Secondary polycythaemia', 'Thalassaemia', 'Glucose-6-phosphate dehydrogenase (G6PD) deficiency,', 'Lesch-Nyhan syndrome', 'Malignancies (cancer)', 'Lead poisoning', 'Diuretics', 'Low dose salicylates', 'Pyrazinamide', 'Ethambutol', 'Cytotoxics', 'Hypertension', 'Hypothyroidism', 'Sickle cell anemia', 'Hyperparathyroidism', 'Chronic renal disease', 'Primary gout:That is caused due to either overproduction or underexcretion of the uric acid.', 'Secondary gout:That is caused due to chronic kidney disease or prolonged medications affecting the kidney’s ability to remove uric acid from the body .']",

"prevention from disease": "['1. Avoid or limit alcohol', '2. Increase intake of water', '3. Maintain a healthy body weight', '4. Avoid a high purine diet', '5. Avoiding certain medications']",

"home\_remedy to disease": "['Naturotherapy', '1. Cherries:', '2.Ginger (adrak):', '3.Celery (ajmoda):', '4.Hibiscus (gudhal):', '5. Hot/cold packs:', '6. Dandelion:', '7.Lemon water:', 'Yoga', '1. Ardha matsyendrasana:', '2. Dhanurasana:', '3. Salabhasana:', '4. Ananda balasana:', '5. Viparita karani:', 'Traditional chinese medicine (TMC)']"

},

{

"title": "Graves Disease",

"description about disease": "Graves' disease is an autoimmune disorder where the thyroid gland becomes overactive, leading to an excess of thyroid hormones. This condition mainly affects women under 40 but can occur at any age. Common symptoms include weight loss, rapid heartbeat, tremors, fatigue, and heat intolerance. A notable sign of Graves' disease is bulging eyes, known as Graves' ophthalmopathy.While the exact cause of Graves' disease is not fully understood, it is thought to arise from a mix of genetic, environmental, and immune system factors. Diagnosis typically involves blood tests to check thyroid hormone levels and imaging to assess the thyroid gland's condition.Effective management of Graves' disease is essential for maintaining health and well-being. Treatment options include medications to control hormone levels, radioactive iodine therapy to reduce thyroid activity, and sometimes surgery to remove part or all of the thyroid gland. With proper treatment and consistent care, individuals with Graves' disease can live full and healthy lives.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Acupuncture', '', '2. Mind-body techniques', '', '3. Herbal medicine', '', 'Bugleweed:', 'Tip:', '', 'Lemon balm:', 'Tip:', '', 'Note:']"

},

{

"title": "Gynaecomastia",

"description about disease": "Gynaecomastia refers to the enlargement of breasts in males. It is the most common breast condition in males affecting at least 30% of men in their lifetime.Most of the cases of gynaecomastia are physiological and resolve on their own by the age of 19 years. It shows three age peaks during a male's lifespan: infancy, puberty, and adulthood. It can be a sign of underlying medical condition also such as tumors, end stage kidney disease, liver disease, thyrotoxicosis, obesity and infertility.Early diagnostic evaluation is very necessary to overcome anxiety, psychological discomfort, and fear of breast cancer. As it is medically harmless, simple reassurance helps in managing the condition. The other treatment approaches include medications and surgery to remove breast (mastectomy).Male breast cancer is rare and gynaecomastia should not be considered a precancerous condition.",

"symptoms of disease": "[]",

"causes of disease": "['The development of male and female breasts occurs in a similar way till puberty from gestation.', \"At birth, there is a rapid decline in fetal prolactin and estrogen, which is previously supplied by the mother's body. This stops the development of breasts after birth.\", 'The complex hormonal interplay during puberty results in growth and maturation of female breasts in adulthood.', 'Breast development is initiated by several hormones such as estrogen, progesterone, prolactin, growth hormone, and IGF-1 (insulin like growth factor-1).', 'Males have testosterone which has an antiproliferative effect (suppress cell growth) on breasts which inhibits the maturation of breasts throughout their life.', 'Changes\\xa0 in the level of testosterone', 'Increase in the activity of the enzyme aromatase']",

"prevention from disease": "['Prevention of gynaecomastia in prostate cancer']",

"home\_remedy to disease": "[]"

},

{

"title": "H1N1 Influenza (Swine Flu)",

"description about disease": "Swine flu, also known as H1N1 influenza, is a common respiratory infection in pigs worldwide.However, the H1N1 swine influenza viruses can potentially cause infections in humans if the capability of stimulating an immune response of the virus changes. Swine flu was at its peak in the 2009-10 flu season and the World Health Organization (WHO) declared the H1N1 flu to be a pandemic in 2009 due to human-to-human transmission. The H1N1 flu strain from the pandemic later became one of the strains that cause seasonal flu.This condition causes upper and in some cases lower respiratory tract infections. The most common symptoms include nasal secretions, chills, fever, and decreased appetite.Though anyone can get affected by it, the people at higher risk are individuals on the extreme spectrum of age like children below 5 years, or adults over 65 years of age. Also, individuals who have other health conditions like asthma, diabetes, or an autoimmune disorder, or pregnant women are at a greater risk.The best way to prevent infection is to maintain proper hand hygiene, avoid crowded areas during the outbreak, and get vaccinated. The treatment generally includes supportive measures like bed rest, intake of fluids, eating a healthy balanced diet, etc. Antiviral drugs may also be prescribed in some cases.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Prevention of pig-to-human transmission', '2. Prevention of human-to-human transmission']",

"home\_remedy to disease": "['1. Homeopathy', '', '2. Traditional Chinese medicine']"

},

{

"title": "Haemophilia A",

"description about disease": "Haemophilia A",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Hair loss",

"description about disease": "Generally, people shed around 50 to 100 single hair per day. Hair shedding is a natural process in which some hair sheds while new hair start to grow in. Hair loss or alopecia occurs when this balance is disrupted and more hair begin to fall than the new hair growing.Hair loss affects men, women, and sometimes even children. One may notice hair loss in the form of hair thinning, receding hairline, part widening, and bald patches. Age, genetics, nutritional deficiencies, hormonal imbalances, certain diseases and medications could be some of the causes of hair fall. However stress, tight hairstyles, chemical hair treatments and overuse of styling products, are also known to trigger hair fall.Hair loss does not have any harmful physical effects as such, but its psychological impact cannot be denied. For most people, their hair is inherently connected to their confidence. If their hair looks good, they feel good about themselves. But if they start losing hair, their self esteem begins to dwindle. In such a case, one can try one or many treatment options available for dealing with hair loss.Home remedies and oral hair supplements are usually the first line of action for hair loss. However, it is always advisable to visit a dermatologist or trichologist to get a proper diagnosis and treatment. Various treatment options include topical agents like Minoxidil, injections, oral treatments, Platelet rich plasma (PRP) therapy and hair transplantation.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Aromatherapy', '2. Acupuncture', '3. Microneedling']"

},

{

"title": "Hand, Foot, and Mouth Disease",

"description about disease": "Does your child have fever,mouth ulcers/soresalong with rashes on the hand and feet or he/she is reluctant to eat even his/her favorite food? Well, this can be due to a viral infection called the hand, foot, and mouth disease(HFMD) which is very common in children under 5 years of age. It is most commonly seen during summer and autumn seasons.HFMD is highly contagious that can spread through direct contact with the skin, nasal and oral secretions of infected individuals, or by fecal contamination. The illness usually starts with a high grade fever that is followed by painful mouth ulcers. The characteristic non-itchy rashes on the hands and feet start appearing at last.HFMD is generally a mild and self-limited illness that runs its course. Treatment is mostly directed toward the relief of symptoms.",

"symptoms of disease": "['Fever and flu-like symptoms', 'Mouth ulcers', 'Skin rashes', 'Other symptoms', 'Signs of dehydration']",

"causes of disease": "['Coxsackievirus A16:It is the most common cause of HFMD.', 'Coxsackievirus A6:It is associated with the severe form of infection.', 'Enterovirus 71 (EV-A71):It is rarely found but is associated with severe diseases such asencephalitis', 'Contact with respiratory secretions during coughing or sneezing', 'Making close contact with the infected person such as during kissing, hugging, etc.', 'Touching an infected person', 'Sharing contaminated objects with the infected person', 'Touching an infected person’s feces such as during changing diapers', 'Touching the contaminated objects and surfaces such as doorknobs and toys']",

"prevention from disease": "['Hand washing', 'Cleaning and disinfection', 'Avoid touching eyes, nose and mouth', 'Avoid close contact with infected person', 'Avoid sharing of articles', 'Stay off school or nursery', 'Use tissues']",

"home\_remedy to disease": "['Home remedies', '1.Coconutwater:', '2. Oil pulling:', '3. Cod liver oil:', '4. Echinacea:', '5.Lavender oil:', '6.Liquorice root:', '7.Ginger:', '8.Coconut oil:', '9.Neem:', '10.Aloe-vera:']"

},

{

"title": "Hangover",

"description about disease": "A hangover is a collection of symptoms that occur after drinking too much alcohol.Hangovers typically last around 24 hours. They can cause symptoms such as headaches, body pain, stomach problems, and reduced memory and concentration.The intensity and duration of a hangover depend on the type and the amount of alcohol consumed. Mixing alcohol and caffeine, smoking, stress, and consuming alcohol without eating can increase the chances of a hangover, amongst other factors.To prevent hangovers, it is recommended to stay hydrated, avoid mixing different types of alcohol, consume alcohol in moderation, and eat before consuming alcohol. Hangover symptoms typically go away within 8 to 24 hours, but in some cases, medications like antacids or NSAIDs may be recommended.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Stay hydrated', '2. Choose your drink wisely', '3. Eat before drinking', '4. Take breaks', '5. Avoid mixing', '6. Know your body', '7. Get enough sleep']",

"home\_remedy to disease": "['Alternative Therapies For Hangover', '', '1. Chinese herbal medicine', '2. Acupressure']"

},

{

"title": "Hay fever",

"description about disease": "Hay fever, also known as allergic rhinitis, is the body's defence system reaction to various allergens like pollen, dust mites, pet hair, mold and environmental pollutants. This reaction causes issues like sneezing, a runny or blocked nose, itchy or watery eyes, and throat or ear itching.Hay fever affects people of all ages, but it's most prevalent in children and young adults. The chances of getting hay fever can be reduced by keeping windows closed during peak pollen seasons, using air purifiers, and regularly cleaning the home.Over-the-counter antihistamines, nasal sprays, and decongestants may provide relief. In severe cases, an allergist can conduct tests and recommend personalized treatment plans, including allergy shots (immunotherapy), to manage hay fever effectively.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Aromatherapy', '', '2. Acupuncture', '', '3. Homeopathy', '', 'Know more about homeopathic treatment for allergic rhinitisRead This']"

},

{

"title": "Headache",

"description about disease": "We all have headaches every now and then. Most of us usually tend to ignore them until they start interfering with our daily activities. Although, headache is a symptom itself, the other symptoms of headache are not just restricted to dull or sharp pain in the forehead region, but differ depending on the type of headache. There can be a lot of reasons you might be having a headache such as sinus infections, colds, stress, dehydration, vision problems, hormonal issues, migraine, head injury, and central nervous system (CNS) infections.The actual cause of headache can be diagnosed with methods like CT scan, MRI, or certain blood tests. Your doctor will start the medication depending on the cause, type, and severity of your headaches. However, it is also important to bring some lifestyle changes such as proper diet, sleep, and relaxation techniques, if you suffer from recurrent headaches.",

"symptoms of disease": "[]",

"causes of disease": "['Head or brain injury', 'Hypoglycemia (low blood sugar)', 'Intracranial bleeding (bleeding inside the skull)', 'Brain aneurysm', 'Brain tumor', 'Concussion', 'Meningitis', 'Stroke', 'Temporal arteritis', 'Trigeminal neuralgia']",

"prevention from disease": "['1. Steer clear of stress', '2. Stay away from foods that trigger headaches', '3. Limit your alcohol intake', '4. Environment', '5. Be aware of caffeine withdrawal', '6. Do not cut down on your sleep']",

"home\_remedy to disease": "['1. Chiropractic treatment', '2. Homeopathy', '3. Home remedies', 'Here’s detailed information on how to use these home remedies to relieve headache.Click To Know!Acupressure', 'Psychological treatment']"

},

{

"title": "Head lice",

"description about disease": "Head lice are tiny insects that live as parasites in the hair of the scalp. They are tiny, six legged wingless insects that exclusively feed on human blood. As normally believed, lice infestation is not a sign of being dirty or sick and there are no long-term health problems associated with it. The major concern of getting lice is the constant irritation and scratching of the head and also the fear of spreading it to others.Although lice are commonly found in school going kids, it can also affect adults. One can choose to manage lice by finding them manually with hands or trying products which are available to tackle them. Choose a one that fits your needs from the options available such as soaps, creams, shampoos, combing and medicines (doctors may prescribe pills in some cases). Dealing with head lice can be frustrating, but be patient. Follow the treatments and prevention tips religiously as advised by your doctor for lice free hair.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Heart attack",

"description about disease": "Myocardial infarction, commonly known as heart attack, occurs when blood flow to a part of the heart stops, causing damage to the heart muscle.The heart muscles need oxygen to survive. When the blood supply carrying the oxygen to the heart muscles is blocked due to the buildup of plaque (fatty substances) within the arteries, it leads to damage of the muscles. If the blood flow to the heart is not restored quickly it can cause permanent damage to the muscles, leading to a heart attack.Myocardial infarction is one of the leading causes of mortality worldwide. The symptoms of a heart attack include chest pain, discomfort in the back, sweating, nausea, vomiting, shortness of breath. In case of a suspected heart attack, the person should be given aspirin and rushed to a hospital immediately. One should not wait for symptoms to settle. The earlier the person is rushed to the hospital, the better are the chances of survival.A heart attack can be treated with medications and in some cases, surgery might be required. The chances of a second heart attack can be prevented with simple lifestyle modifications, regular check-ups and medications.",

"symptoms of disease": "[]",

"causes of disease": "['Coronary artery disease', 'Coronary artery embolism', 'Atherosclerosis', 'Hypoxia (low level of oxygen in the body)', 'Drug abuse', 'Cocaine-induced ischemia']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Yoga asanas for healthy heart', 'Padangusthasana (big toe pose):', 'Janu sirsasana A:', 'Utthita hastapadasana (extended hands and feet pose):', 'Setu bandha sarvangasana (Bridge Pose):']"

},

{

"title": "Heart failure",

"description about disease": "The first thought that comes to your mind when you hear about “heart failure” is that the heart is no longer working and you can’t do anything about it. But this is not true. In reality, heart failure is a condition in which the heart fails to pump blood to the body as efficiently as it should.To put it technically, heart failure is a complex condition that impairs the ability of the lower chambers of the heart (called ventricles) to eject blood due to an underlying structural or functional heart problem. The condition develops over time as the heart muscles become weaker or stiffer, which ultimately affects the pumping capacity of the heart.While the risk of suffering from heart failure increases with age, there are certain factors that can put you at risk even at a young age. These include having a high BMI (body mass index), unhealthy choices such as smoking, sedentary lifestyle, consuming a diet high in saturated and trans fats as well as diseases that damage your heart.There are various treatment options that can help in heart failure and many people with heart failure live active lives. Medications for heart failure aim to manage the symptoms, improve the quality of life as well as increase the lifespan. In some cases, medical devices, surgery or heart transplant are recommended to help the heart function better.",

"symptoms of disease": "[]",

"causes of disease": "['Coronary artery disease:It causes build-up of plaque (fatty deposits) in the arteries that supply blood to your heart muscle leading to narrowing of the blood vessels.', 'Heart attack (myocardial infarction):It reduces/blocks blood flow to the heart muscle and impacts the heart’s ability to pump blood.', 'Cardiomyopathy (heart muscle disease):These diseases of the heart muscle may lead to left ventricle dysfunction and damage the heart muscles and change the structure of your heart making it harder for your heart to pump blood.', 'Valvular heart disease (disease of heart valves):Rheumatic fever may permanently damage the heart valves leading to heart failure.', 'Hypertension (high blood pressure):When the blood pressure is high, your heart has to pump harder than normal to maintain blood circulation.', 'Atrial fibrillation (AF):It refers to the irregular and rapid beating of the heart. It is both a cause and consequence of heart failure.', 'Untreated congenital heart defects:Although rare, it is a condition in which the heart and its chambers may not be formed correctly at birth.', 'Anemia:Anemia can worsen cardiac function and add further stress to the heart, which may lead to heart failure.', 'Infections:Infections activates the body’s immune response, generating inflammation that causes rupture and blockages that lead to heart failure.']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Heat Cramps",

"description about disease": "Heat cramps are painful muscle contractions caused by physical exertion in a hot environment. They often result from dehydration and loss of electrolytes due to profuse sweating.Symptoms include muscle spasms, notably in the legs, abdomen, or arms. Other symptoms may include nausea, vomiting, fatigue, and increased heart rate.Rehydration with water and electrolytes, rest in a cool setting, and stretching the affected muscles can often alleviate the symptoms.Although heat cramps are the least severe type of heat-related illness, they are an early indication that the body is having trouble with the heat. It's important to note that severe instances may require medical attention, especially if symptoms persist or worsen.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Stay hydrated', '2. Dress appropriately', '3. Stay informed', '4. Stay cool and safe', '5. Stay Sun-Safe', '6. Cool your body', '7. Avoid strenuous activities', '8. Acclimatize gradually', '9. Be mindful of certain medications', '10. Medical considerations']",

"home\_remedy to disease": "[]"

},

{

"title": "Heat Exhaustion",

"description about disease": "Heat exhaustion is a prevalent heat-related illness that occurs when the body is exposed to high temperatures and inadequate hydration for an extended period. This leads to a core body temperature of 38°C to 40°C, causing dehydration and a range of symptoms.Heavy sweating, weakness, dizziness, nausea, headache, and muscle cramps are all common indicators of heat exhaustion.If left untreated, the condition can rapidly deteriorate, leading to confusion, loss of consciousness, and even heatstroke - a life-threatening medical emergency.Fortunately, heat exhaustion can be effectively managed with simple measures: moving to a cooler environment, resting, replenishing fluids with cool beverages, and applying cool compresses to regulate body temperature.However, it is crucial to seek medical attention if symptoms persist or worsen, ensuring proper treatment and prevention of further complications.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Hydration is the key', '2. Dress appropriately', '3. Stay informed', '4. Stay cool and safe', '5. Stay Sun-Safe', '6. Cool your body', '7. Avoid strenuous activities', '8. Acclimatize gradually', '9. Be mindful of certain medications', '10. Medical considerations']",

"home\_remedy to disease": "[]"

},

{

"title": "Heat rash",

"description about disease": "Heat rash, is a common heat-related disorder that occurs when the skin's sweat glands become blocked and swell, leading to inflammation and discomfort. It is characterized by small, itchy bumps or blisters, redness, and a prickling or stinging sensation on the skin.Heat rash typically occurs in hot and humid weather, and is more common in areas with high temperatures and humidity. It can affect anyone, regardless of age or gender, and is often seen in individuals who engage in strenuous activities, wear tight clothing, or are exposed to extreme temperatures.The condition is usually self-limiting, but can lead to complications such as infection, abscesses, or cellulitis if left untreated. Prompt recognition and management are essential to alleviate symptoms, prevent complications, and ensure optimal outcomes.",

"symptoms of disease": "[]",

"causes of disease": "['Small pieces of dead skin cells or skin secretions block the glands.', 'Excessive sweat buildup between skin and clothing.', 'Hair follicles obstruct the glands.', 'Hormonal changes, such as during menstruation.', 'Insufficient airflow between the skin and clothing.']",

"prevention from disease": "['Stay Cool and Breathe Easy', 'Hydrate and Be Sun Safe:', 'Reduce Activity and Irritation:', 'Preventing Baby Heat Rash']",

"home\_remedy to disease": "[]"

},

{

"title": "Heat stroke",

"description about disease": "Heat stroke is a life-threatening condition that occurs when the body can't handle excessive heat exposure, typically from prolonged high temperatures and humidity, hindering normal cooling mechanisms like sweating. Its main sign is a dangerously high body temperature, often exceeding 104 degrees Fahrenheit (40 degrees Celsius). Symptoms include headache, dizziness, confusion, rapid pulse, hot and dry skin, muscle cramps, and unconsciousness.Heat stroke can lead to severe complications like organ damage and may be fatal if not treated promptly. Risk factors include vigorous physical activities in hot environments, lack of proper ventilation or air conditioning, and inadequate hydration. Staying inside a closed, parked car can increase the risk.Preventing heat stroke involves wearing sunscreen, staying hydrated, wearing loose clothing, avoiding outdoor activities during peak heat hours, seeking shade or cool areas, and checking on vulnerable individuals during heatwaves.If you suspect heat stroke, move the person to a cooler place, apply cool, wet clothes, and encourage them to drink fluids (if conscious). Seek immediate medical help for urgent treatment to lower body temperature and manage complications.Stay vigilant, take precautions, and protect yourself and others from heat stroke. Being proactive and caring during hot weather will ensure a safer and healthier experience.",

"symptoms of disease": "[]",

"causes of disease": "[\"As the condition worsens, the body reaches a point where it can no longer keep up with the heat it's gaining.\", \"This is because the heart is unable to pump enough blood to meet the body's cooling needs.\", 'As a result, the body temperature keeps rising (exceeds 104°F or 40°C), causing damage to cells and triggering an inflammatory response.', 'This sets off a dangerous cycle, leading to the failure of multiple organs.']",

"prevention from disease": "['1. Stay hydrated', '2. Dress appropriately', '3. Stay informed', '4. Stay cool and safe', '5. Stay Sun-Safe', '6. Cool your body', '7. Avoid strenuous activities', '8. Acclimatize gradually', '9. Be mindful of certain medications', '10. Medical considerations']",

"home\_remedy to disease": "[]"

},

{

"title": "Hepatitis A",

"description about disease": "Hepatitis A is a contagious viral infection that is transmitted through the ingestion of food or water that is contaminated by human waste containing hepatitis A or close personal contact with an infected person.Hepatitis A is an acute, short-term illness that mainly targets the liver and causes symptoms like nausea, vomiting, fatigue, abdominal pain, poor appetite, fever, joint pain, itching, jaundice, dark yellow urine and grey or clay-colored stools.Vaccination is key for long-term protection against the virus. Thorough handwashing, practising safe sex, and minimizing close personal contact with infected individuals reduce the risk of transmission of Hepatitis A.There is no specific treatment for hepatitis A, as most cases resolve independently over 4-6 weeks. Supportive care, such as rest, hydration, and a healthy diet, is recommended. Alcohol and certain medications that can harm the liver should be avoided.Resolution of Hepatitis A infection results in cure and a life-long immunity to Hepatitis A. One can still get other types of viral hepatitis though.",

"symptoms of disease": "[]",

"causes of disease": "['Drinking water from sources such as unprotected wells, boreholes, and standpipes contaminated by feces during transportation or supply', 'Food, drinks, and ice made from contaminated water', 'Cooking and eating in utensils washed in contaminated water', 'Raw fruit and vegetables that are irrigated with water containing human waste or rinsed with contaminated water', 'Seafood especially crustaceans and shellfish grown in contaminated water']",

"prevention from disease": "['1. Get Vaccinated', '2. Maintain optimum hand hygiene', '3. Ensure safe drinking water', '4. Cook and consume food vigilantly', '5. Maintain cleanliness', '6. Improve Sanitation at the community level', '6. Practice safe sex', '7. Avoid the reuse of needles']",

"home\_remedy to disease": "['', '1. Acupuncture:', '', '2. Meditation:', '', '3. Tai chi:', '', '4. Yoga:', '', '5. Relaxation techniques:']"

},

{

"title": "Hernia",

"description about disease": "A hernia occurs when an internal organ or other body part protrudes through the wall of muscle or tissue that normally contains it. Most hernias occur within the cavity in the stomach, between the chest and the hips.Hernias can be caused due to weakness or strain on the muscles or a combination of both. Generally, hernias can be felt or seen as bulges and don't cause many symptoms. But, any physical activity that causes strain, can lead to pain, burning, a feeling of pressure, or a pulling sensation. The prevalence of hernias is generally based on the type which is based on the location.The major risk factors for a hernia include physical strain, weight lifting, obesity, and pregnancy. While, it may not be a life-threatening disorder but hernia can cause severe complications if taken lightlyWhile surgery is the only option to treat hernias, the symptoms can be managed or prevented by not straining yourself along with certain lifestyle modifications like making sure you are not constipated, taking care of your injuries, and not lifting heavy weights.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Maintain an ideal body weight', 'Add fiber to your diet', 'Take care of your wounds', 'Treat your cough', 'Say no to smoking']",

"home\_remedy to disease": "['Alternative Therapies For Hernia', '', 'Yoga', 'Know the 6 benefits of Yoga that even doctors swear by.Read Now', 'Acupuncture', 'Traditional Chinese medicine (TMC)']"

},

{

"title": "Herpes Simplex Virus Infections",

"description about disease": "Herpes simplex virus infections, commonly known as herpes, is a viral infection caused by the herpes simplex virus (HSV). The term herpes is derived from the Greek word “to creep or crawl” in reference to the spreading nature of herpetic skin lesions in the form of small, painful blisters which usually turn into open sores. It affects a majority of the population one or more times during their lifetime but most people have asymptomatic herpes infection and only some develop symptoms.There are two main types of HSV – HSV type 1 (HSV-1)  and HSV type 2 (HSV-2). HSV-1 usually causes oral herpes which mainly affects the mouth and the surrounding areas whereas HSV-2 mostly causes genital herpes which mainly affects the genitals.The virus can spread by close contact, sexual intercouse as well as from mother to baby during birth is the mother is infected. It is seen that women are known to be at a higher risk of suffering from HSV infections as compared to men.Diagnosis of HSV infection is usually made by examination of skin blisters. Detection of Herpes simplex virus antibodies can also aid in diagnosis. Most herpetic infections resolve themselves without any treatment. Treatment, if required, typically consists of antivirals that can help in the management of herpes flare ups and prevent recurrence of the infection.",

"symptoms of disease": "[]",

"causes of disease": "['Stress or anxiety', 'Any infection, injury or febrile illness', 'Hormonal changes such as during menstruation', 'Exposure to extreme cold or hot conditions']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1.Tea tree oil', '2.Aloe vera', '3. Echinacea', '4. Lemon balm', '5. Baking soda', '6. Epsom salt', '7. Oregano oil', '8. Ice pack']"

},

{

"title": "Hiccups",

"description about disease": "Almost every one of us must have experienced hiccups in our lifetime.A hiccup is a repeated involuntary contraction of the diaphragm (the muscle that separates the chest from the abdomen) followed by a sudden closure of the vocal cords. This checks the inflow of air and produces the characteristic “snap” or “hic” sound.Eating or drinking too quickly, having very hot or freezing foods, spicy food, alcohol and carbonated beverages are common causes of getting hiccups. Babies also may get hiccups after feeding, crying or coughing. However, many times a reason for hiccups cannot be identified.Hiccups are usually harmless and settle by themselves in a few minutes. Breath-holding, drinking a glass of water or eating sugar are common ways to stop hiccups.However, in some cases, prolonged hiccups that last for days or weeks may be suggestive of some underlying disorder. It is essential to identify the cause and treat it accordingly.",

"symptoms of disease": "[]",

"causes of disease": "['Eating too quickly or too much', 'Eating very hot or very cold foods', 'Consuming spicy food', 'Drinking alcohol and carbonated beverages', 'Swallowing air with chewing gum or sucking on candy', 'Indigestion', 'Bad odor', 'Inhaling toxic fumes', 'Cigarette smoking', 'Over-stretching the neck', 'Sudden temperature changes', 'Feeling nervous or excited', 'Antibiotics likeazithromycin', 'Psychiatric medications likearipiprazole', 'Anesthetic drugs likepropofol', 'Steroids', 'Certain epilepsy medications', 'Oesophagitis (inflammation of the food pipe)', 'Anoveractive thyroid gland', 'Pleurisy (inflammation of the membrane surrounding the lungs)', 'Pneumonia(inflammation of the lungs)', 'Tuberculosis', 'Influenza (flu)', 'Pericarditis (inflammation of the tissue surrounding the heart)', 'Diabetes', 'Malaria', 'Hernia', 'Uremia (increased levels of waste products in blood)', 'Hypocalcemia(deficiency of calcium)', 'Chronickidney failure', 'Multiple sclerosis', 'Stroke', 'Cancer']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '', '', '1. Acupuncture', '2. Massage']"

},

{

"title": "Hirsutism",

"description about disease": "Hirsutism or excessive hair growth is a common clinical condition that can be seen in women of all ages. This condition is caused by hormonal imbalance where increased levels of androgens (male sex hormones like testosterone) are produced in women.Hirsute women usually present with increased growth of hair on the sides of the face, upper lip, chin, upper back, shoulders, sternum, and upper abdomen. Hirsutism requires in-depth clinical evaluation and investigation for treatment. Before starting the treatment, the right diet and exercise are advised for all women. For obese women, weight loss therapy is recommended, asobesityhas been associated with increased free testosterone levels which can contribute to hirsutism.Most women resort to hair removal by different epilation methods such as plucking, shaving, and waxing before reporting to a clinic. Though simple and inexpensive, these methods are temporary and have their own side effects like physical discomfort, scarring, folliculitis, irritant dermatitis, or discoloration. Medications such as oral contraceptives and antiandrogens along with lasers are the main stays in treatment of hirsutism.",

"symptoms of disease": "[]",

"causes of disease": "['Infertility', 'Acne', 'Mood changes', 'Pelvic pain', 'Headaches', 'Sleep problem', 'Weight gain/obesity', 'Anabolic steroids', 'Testosterone', 'Glucocorticoids', 'Minoxidil', 'Cyclosporine', 'Phenytoin', 'Diazoxide', 'Progestin-containing medications']",

"prevention from disease": "['Maintaining a healthy weight', 'Exercising regularly', 'Eating a well-balanced diet', 'Managing stress', 'Getting regular and adequate sleep']",

"home\_remedy to disease": "['Diet', 'Acupuncture', 'Yoga and exercise', 'Hot water bath']"

},

{

"title": "HIV infection",

"description about disease": "HIV (Human Immunodeficiency Virus) attacks the immune system of the body and leads to AIDS (Acquired Immunodeficiency Syndrome). The first signs of HIV infection are flu-like symptoms that are seen within 2 to 4 weeks after getting infected. This is known as primary or acute HIV infection. Some people do not have any symptoms during this phase. It is followed by a latent stage during which the virus multiplies and usually there are no detectable signs and symptoms. Gradually the virus weakens the immune system and progresses to AIDS.The most common cause of HIV is sexual contact with the infected person. A person can also get infected by blood transfusion, sharing infected needles and syringes contaminated with infected blood. Pregnant women infected with HIV can transmit the virus to the fetus through shared circulation.Although the cure for the disease is still under research, some medications at certain stages can prolong the life of HIV-positive patients. These medications include protease inhibitors, fusion inhibitors, multidrug combinations, HIV-positive and reverse transcriptase inhibitors.",

"symptoms of disease": "['Stage 1: Acute HIV infection', 'Stage 2: Clinical latency', 'Stage 3: AIDS']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Physical therapies', 'Yoga:', 'Massage:', 'Acupuncture:', 'Aromatherapy:', '2. Relaxation therapies', 'Meditation:', 'Visualization:', '3. Herbal medicines']"

},

{

"title": "Hypercalcemia",

"description about disease": "Hypercalcemia is a condition in which the calcium level in the blood is above normal (8.8 mg/dL-10.8 mg/dL). Hypercalcemia is classified into mild hypercalcemia (10.5 to 11.9 mg/dL), moderate hypercalcemia (12.0 to 13.9 mg/dL), and hypercalcemic crisis (14.0 to 16.0 mg/dL).Calcium plays an important role in nerve function, muscle contraction, activity of enzymes, normal heart rhythms, and clotting of the blood. It is present in the bones as calcium phosphate while a small percentage is found in the cells and extracellular fluids.Primary hyperparathyroidism and malignancy account for most of the cases of hypercalcemia. Other causes of hypercalcemia can include certain other medical disorders, some medications, and increased consumption of calcium or Vitamin D supplements.Signs and symptoms of hypercalcemia range from mild to severe depending on the amount of calcium in the blood. Excessive calcium in the blood can weaken the bones, create kidney stones, and interfere with how the heart and brain work. Treatment of hypercalcemia is focused on the cause of elevated calcium.",

"symptoms of disease": "[]",

"causes of disease": "['Bones to release calcium into the bloodstream', 'The digestive tract to absorb more and more calcium', 'Kidneys to excrete less calcium and activate Vitamin D (which plays a vital role in the absorption of calcium).', 'Hyperparathyroidism:It is a condition caused due to an overactive parathyroid gland and is the most common cause of hypercalcemia. It can be a result of a noncancerous (benign) tumor or enlargement of one or more of the four parathyroid glands.', 'Hereditary factors:A rare genetic disorder known as familial hypocalciuric hypercalcemia causes an increase of calcium in the blood because of defects in calcium receptors in the body.', 'Endocrine causes:Theses include diseases such as thyrotoxicosis (stimulation of cells osteoclasts by thyroid hormone), hypoadrenalism (decreased functioning of the adrenal glands located just above the kidneys, also known as Addison’s disease) and pheochromocytomas (hormone-secreting tumor that can occur in the adrenal glands).', 'Medications:Certain drugs such as thiazide diuretics (used to treat high blood pressure) and lithium (used to treat bipolar disorder) can increase the release of the parathyroid hormone leading to hypercalcemia.', 'Cancer:Lung cancer, breast cancer, kidney cancer, some blood cancers like multiple myeloma, and the spread of cancer (metastasis) to the bones can increase the risk of hypercalcemia.', 'Supplements:Excessive intake of calcium or Vitamin D supplements over a period of time can raise calcium levels in the blood above the normal range.', 'Immobility:Hypercalcemia can develop in people who have a condition that causes them to spend a lot of time sitting or lying down. This is due to the release of calcium into the blood from the bones that don’t bear weight.', 'Severe dehydration:Less fluid in blood can cause a rise in calcium concentrations leading to mild or transient hypercalcemia. However, the severity of hypercalcemia depends on the kidney function. In people with long term kidney disorders, the effect of dehydration is greater.', \"Other diseases:Tuberculosisand sarcoidosis, are lung diseases that can elevate levels of Vitamin D in the blood, which stimulates the digestive tract to absorb more calcium. Paget's disease has also been linked to an increase in levels of calcium.\"]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Herbal therapy', '2. Physical therapy']"

},

{

"title": "Hypermetropia",

"description about disease": "Hyperopia, commonly known as farsightedness, occurs when distant objects appear clearer than nearby objects.Symptoms include difficulty focusing on close objects, eyestrain, headaches, and blurred vision, especially during tasks requiring close attention. While genetics play a significant role, other factors, like environmental influences, like excessive screen time and near work, also play a role in myopia development.Regular eye exams are crucial for diagnosing, monitoring changes, and adjusting treatment.Hyperopia can be managed through prescription eyeglasses or contact lenses. Refractive surgeries like LASIK or PRK offer long-term correction options.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Maintain a Healthy Diet']",

"home\_remedy to disease": "[]"

},

{

"title": "Hyperpigmentation",

"description about disease": "Hyperpigmentation is a condition in which some patches of skin take a darker colour than the rest of the surrounding skin. It is a harmless condition which is caused due to excessive melanin, a brown pigment that is produced in the body and is responsible for normal skin tone.Hyperpigmentation can affect any person across all races. There are different types of hyperpigmentation including melasma, post-inflammatory hyperpigmentation, and age spots. Excessive exposure to sunlight, inflammation, hormonal disturbances, reaction to certain drugs and some medical conditions are known to cause hyperpigmentation.Though the condition is harmless, some people may prefer to treat it. This can be done by avoiding exposure to the sun, using topical creams that contain retinoids, hydroquinone, azelaic acid, and  kojic acid, or undergoing cosmetic procedures such as laser therapy and chemical peels.",

"symptoms of disease": "['1. Sunspots', '2. Melasma', '3. Post-inflammatory hyperpigmentation (PIH)']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Home remedies', '1.Aloe vera', '2.Licorice (Mulethi)', '3.Green tea', '4.Turmeric (Haldi)', '', '5.Potato (Aloo)', '', '6. Tomato (Tamatar)', '7. Milk (Dudh)', '', '8.Sandalwood (Chandan)']"

},

{

"title": "Hypertension (high blood pressure)",

"description about disease": "Hypertension or high blood pressure is one of the common disorders affecting 1.13 billion people worldwide, as per 2021 WHO report. There are numerous factors that put you at risk of hypertension which include sedentary lifestyle, increased age, stress, family history,  cigarette smoking, being overweight, high salt diet, etc. Moreover, certain diseases can also lead to high blood pressure such as diabetes, chronic kidney disease, and hypercholesterolemia.The condition causes thickening of your blood vessel walls which leads to increased blood flow with high pressure. This in turn can lead to microscopic injuries to various organs of the body. Most patients have no obvious symptoms and hence, do not even know that they have hypertension. As a result, a large number of hypertension cases go undetected. However, patients can experience symptoms such as severe headache, fatigue, dizziness, chest pain, difficulty in breathing, etc.Once diagnosed with hypertension, you need to take proper measures to keep your blood pressure under control. These steps mostly focus on strict diet control, routine exercise/workouts, weight control, active lifestyle and stress management. In some cases, use of medications along with lifestyle measures are required. If ignored, uncontrolled high blood pressure can lead to complications like heart diseases, stroke, kidney diseases and eye damage.",

"symptoms of disease": "[]",

"causes of disease": "['Obstructive sleep apnea', 'Kidney disease', 'Adrenal gland tumors', 'Thyroid problems', \"Certain defects you're born with (congenital) in blood vessels\", 'Certain medications, such as birth control pills, cold remedies, decongestants, over-the-counter pain relievers', 'Certain illicit drugs such as cocaine and amphetamines', 'Lifestlye factors such as being overweight/obese, smoking, no exercise, etc']",

"prevention from disease": "['2.Cut down your salt intake']",

"home\_remedy to disease": "['', 'Diet-related Causes (Aharaj-nidana):', '', 'Lifestyle-related Causes (Viharaj-nidana)', '', 'Ayurveda herbs:', '', 'Garlic powder', 'Arjuna bark', 'Sarpagandha vati', 'Ashwagandha powder', 'Here’s more Ayurvedic herbs that are effective in regulating blood pressure and managing your condition at home.', 'Panchakarma', '', 'Yoga']"

},

{

"title": "Hyperthyroidism",

"description about disease": "Hyperthyroidism is a medical condition in which the thyroid gland releases high levels of thyroxine hormone into the body. This condition can speed up a person’s metabolism rate and cause them to experience symptoms such as rapid heartbeat, increase in appetite, weight loss, and anxiety.Different medical conditions can lead to the development of hyperthyroidism. These conditions include grave’s disease, thyroid nodules, and inflammation of thyroid gland. This condition is more common in women rather than men.There are various treatment options available for hyperthyroidism. If you have been diagnosed with the condition, make sure you take your anti-thyroid drugs and implement lifestyle modification as suggested by your healthcare provider. Untreated hyperthyroidism can have a detrimental effect on different body organs such as the heart and skeletal system.",

"symptoms of disease": "[]",

"causes of disease": "['Metabolism (the process that changes the food into energy which helps the body function)', 'Breathing', 'Heart rate', 'Body temperature']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Hypocalcemia",

"description about disease": "Calcium is vital for many important bodily functions like nerve transmission, bone structure, signaling between cells, and blood coagulation. Most of the body's calcium is stored in bones, although some of it circulates in the blood. About 40% of the calcium in blood is bound to proteins in blood, mainly albumin. Protein-bound calcium acts as a reserve of calcium for the cells but has no active role in the body. Only unbound calcium influences the body’s functions. Unbound calcium has an electrical (ionic) charge, so it is also known as ionized calcium. Thus, hypocalcemia causes complications only when the level of ionized calcium is low.Hypocalcemia or low levels of calcium occurs when a total serum calcium concentration is < 8.8 mg/dL (< 2.20 mmol/L) in the presence of normal plasma protein concentrations or a serum ionized calcium concentration < 4.7 mg/dL (< 1.17 mmol/L).Calcium levels are regulated by hormones like a parathyroid hormone (PTH), Vitamin D, and calcitonin. Hypocalcemia is most commonly a consequence of Vitamin D inadequacy or hypoparathyroidism, or a resistance to these hormones and it has also been associated with many drugs as well.Hypocalcemia can range from being asymptomatic in mild cases to life-threatening in acute cases. Manifestations include paresthesias, tetany, and, when severe, seizures, encephalopathy, andheart failure.Diagnosis of hypocalcemia involves measurement of serum calcium with adjustment for serum albumin concentration. Treatment is administration of calcium, sometimes along with Vitamin D.",

"symptoms of disease": "[]",

"causes of disease": "['Parathyroid hormone (PTH)enhances bone resorption and reabsorption of calcium. PTH also stimulates the conversion of Vitamin D (25 hydroxyvitamin D) to the active form (1,25-dihydroxy Vitamin D) and renal excretion of phosphate.', 'Vitamin Dstimulates intestinal absorption of calcium, renal absorption of calcium and phosphate and also bone reabsorption.', 'Calcitonin, on the other hand, lowers levels of calcium by inhibiting bone resorption.', 'FGF23inhibits the conversion of Vitamin D to its active form, thus reducing intestinal calcium absorption.', 'Parathyroid hormone (PTH) deficiency', 'High parathyroid hormone (PTH)', 'Other causes', 'Acute pancreatitis:Hypocalcemia is often associated with acute pancreatitis as inflammation of pancreas leads to calcium deposition in the abdominal cavity.', 'Hypoproteinemia:Refers to lower-than-normal levels of protein in the body. This reduces the protein-bound fraction of serum calcium.', 'Magnesium depletion:This can cause relative PTH deficiency and end-organ resistance to PTH action, usually when serum magnesium concentrations are < 1.0 mg/dL [< 0.5 mmol/L] leading to lower calcium levels.', 'Severe sepsis or critical illness:Severe sepsis can lead to hypocalcemia through ways that are not clear. Proposed mechanisms include impaired PTH secretion, dysregulation of magnesium metabolism, and impaired calcitriol secretion. Recent reports also indicate that hypocalcemia is associated with severe Covid-19 infection.', 'Hyperphosphatemia:This is an uncommon cause of hypocalcemia which is mostly caused by extravascular (outside a blood or lymph vessel) deposition of calcium phosphate products.', 'Massive blood transfusion:Transfusion of >10 units of citrate-anticoagulated blood can cause hypocalcemia. Citrate binds with calcium leading to an acute decline in ionized calcium.', 'Radiocontrast agents:These contain the chelating agent ethylenediaminetetraacetate (EDTA) which can decrease the concentration of bioavailable ionized calcium while total serum calcium concentrations remain unchanged.', 'Pregnancy:Hypocalcemia is seen during pregnancy, mostly related to poor diet, extreme and persistentnausea, vomiting, or any underlying diseases.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Dairy products:', '2. Nuts:', '3. Beans:', '4.Broccoli:', '5. Black-eyed peas (lobia):', '6. Figs (anjeer):', '7.Oranges:', '8. Salmon:']"

},

{

"title": "Hypoglycemia (low blood sugar)",

"description about disease": "Hypoglycemia is a medical condition that results in lower blood glucose than normal. Glucose is the primary source of energy for our body. Low blood sugar can result in various symptoms such as  irregular heartbeat, pale skin, irritability, unconsciousness,tiredness, andanxiety.Hypoglycemia can be caused by antidiabetic medications or as a side effect of medications likequinine,clarithromycin,linezolid,doxycycline,ciprofloxacin, andmetronidazole. Medical conditions such as liver and kidney disorders, adrenal or pituitary gland tumour, pancreatic tumours like insulinoma are also associated with hypoglycemia.Hypoglycemic patients need immediate attention, especially when blood sugar levels are dangerously low. This condition can be treated by getting the blood sugar back to an average level. Immediate treatment would be eating or drinking 15 to 20 grams of fast-acting carbohydrates. These can include glucose tablets, juices, honey, jelly beans, or gumdrops. In case of severe hypoglycemia, one might require glucagon injection or intravenous glucose.",

"symptoms of disease": "['Mild to moderate']",

"causes of disease": "['To managediabetes, patients are prescribed insulin or other medications that can effectively lower their blood sugar levels. Diabetic drugs such as sulfonylureas and meglitinides boost insulin in the body that absorbs blood glucose.', 'However, if a patient takes excessive insulin or other drugs, the blood sugar can drop too low and lead to hypoglycemia.', 'Skipping meals and exercising more than usual can also lead to the body using more glucose than usual, which can further cause hypoglycemia in diabetic patients.', 'A diabetic patient taking insulin during fasting is also likely to develop hypoglycemia. If you are sick, you may not eat as much as needed to combat the insulin, lowering your blood glucose further.', 'Drinking alcohol can also have a detrimental effect and cause hypoglycemia. Alcohol makes it more challenging for the body to maintain its blood glucose levels, especially if there has been no food intake in a while. Alcohol also prevents you from identifying the symptoms of low blood sugar, leading to severe complications.', 'Quinine, which is used to treat malaria is a potent stimulator that leads to the release of insulin from the pancreatic beta cells. It increases the uptake of glucose by muscles and cells. Quinine also stimulates the production of glycogen that stores up glucose. This can lead to low blood glucose levels.', 'Antibiotics such as fluoroquinolones used to treatpneumoniaandurinary tract infectionsalso cause low blood sugar or high blood sugar.', 'Medications includingclarithromycin,linezolid, anddoxycyclineare other antibiotics linked with hypoglycemia.', 'When diabetic patients take sulfonylureas and antimicrobials such asciprofloxacinandmetronidazoleare at a high risk of developing hypoglycemia.', 'Children and people with kidney failure are at an increased risk of developing medication-induced low blood glucose.', 'Other commonly used drugs that are associated with hypoglycemia are antihypertensive medications including angiotensin converting enzyme (ACE) inhibitors, angiotensin receptor blockers (ARBs), beta blockers, and painkillers like indomethacin.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Diet', '2. Supplements', '', '3. Mid-meal snacking', '4. Fuel during exercise']"

},

{

"title": "Hypothyroidism",

"description about disease": "Hypothyroidism is a condition in which the thyroid gland does not produce sufficient quantities of thyroxine, a thyroid hormone. Due to the low levels of this hormone, the person may experience various symptoms such as fatigue, unexplained weight gain, difficulty losing weight, reduced tolerance to cold, puffiness of the face, hoarseness of voice, excessive hair fall, muscle and joint pains, fertility problems, or depression.There are numerous conditions that can lead to a low thyroid level such as autoimmune thyroiditis, iodine deficiency, pregnancy, radiation therapy, and surgical removal of the thyroid gland. Although this condition is common in women, men can also suffer from it.Fortunately, hypothyroidism is generally manageable with inexpensive medications after timely diagnosis. If left untreated, it may lead to complications such as obesity, goiter, infertility, and heart failure. Hence, patients especially those at high risk should keep a close watch on the symptoms of hypothyroidism.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Ayurveda', 'Homeopathy']"

},

{

"title": "Indigestion",

"description about disease": "A sensation of pain or discomfort in the upper abdominal region accompanied by a feeling of fullness, bloating, and flatulence is known as indigestion or dyspepsia. Some of the common causes of indigestion include sedentary lifestyle, eating habits, certain medications, and some gastrointestinal illnesses like GERD.In most cases, indigestion can be controlled by making simple lifestyle changes such as taking a physical activity, balanced healthy diet and consuming alcohol and carbonated beverages in moderation. If lifestyle measures fail to improve the condition, then the use of over-the-counter (OTC) medications like antacids are suggested to improve indigestion. Prescription drugs like prokinetics and antibiotics may also be advised to treat the underlying cause of indigestion.If indigestion becomes a chronic problem and/or is accompanied by other symptoms such as diarrhea, vomiting, blood in the stools, severe abdominal pain, or chest pain, it is essential to seek prompt medical care.",

"symptoms of disease": "[]",

"causes of disease": "['Consuming excess alcohol, caffeinated beverages, and carbonated beverages irritate the stomach and cause indigestion.', 'Eating larger meals that are fried, spicy, or salty also causes stomach upset.', 'Eating stale and undercooked food.', 'Excessive smoking also irritates the stomach and causes indigestion', 'Leading a sedentary lifestyle', 'Overeating or eating too quickly', 'Being stressed or overly anxious most of the time', 'GERD (gastroesophageal reflux disease): It causes the contents of the stomach to hurl back into the esophagus and cause symptoms like heartburn and dyspepsia (indigestion).', 'Gastroparesis:It is a condition in which the stomach is not able to empty itself due to affected motility of the stomach. This leads to the sensation of fullness and bloating.', 'Irritable bowel syndrome:It is a condition that affects the absorption of food from the intestines and can cause indigestion.', 'Celiac disease:In this condition, the body abnormally reacts to gluten, a protein found in grains such as wheat and barley.', 'Malabsorption syndrome:It is a condition in which the small intestine is not able to absorb nutrients from the food and body.', 'Gastrointestinal infections:It can cause acute inflammation in the gastrointestinal tract, known as gastritis or gastroenteritis. These may be caused by a variety of microorganisms.', 'Chronic pancreatitis:It can often cause bloating, flatulence, and indigestion.', 'Gastric cancers: They are a rare condition but could be a probable cause of indigestion.', 'Gallstones', 'Constipation', 'Reduced blood flow in the intestine (intestinal ischemia)', 'Diabetes', 'Thyroid disease', 'Pregnancy']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Inflammation within blood vessels (Vasculitis)",

"description about disease": "Vasculitis is a group of conditions where the body's immune system causes inflammation and narrowing of blood vessels, including arteries, veins, and capillaries. This can lead to damage to the vessels and interfere with the flow of blood throughout the body.Vasculitis can cause mild to life-threatening symptoms. The exact cause for vasculitis is unclear; however, smoking, substance abuse, unhealthy habits, chronic infections, and genetics can increase the likelihood of developing it. Based on the size of the affected blood vessels, vasculitis can result in diverse symptoms and is classified into 20 disorders. It is vital to determine the type and position of the affected blood vessels and organs before treating it.Maintaining a healthy lifestyle with exercise, a balanced diet, and symptom management can help minimize complications and enhance the quality of life. Treatment usually involves medication to control inflammation and prevent future episodes. Surgery may be required in severe cases.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Quit smoking and tobacco', '2. Stay clear of drugs', '3. Lose some weight', '4. Take vitamins and supplements', '5. Choose a healthy diet']",

"home\_remedy to disease": "['Alternative Therapies For Vasculitis', '', '1. Compression therapy', '', 'Check out our extensive range of healthcare devices to get your compression support.Buy them here', '2. Chinese herbal medicine', '3. Acupuncture', '4. Homeopathy', '5. Yoga and meditation', 'Want to understand more benefits of yoga?Read this']"

},

{

"title": "Inflammatory bowel disease",

"description about disease": "Inflammatory bowel disease (IBD) is an umbrella term for two main conditions Crohn's disease and ulcerative colitis which are autoimmune disorders characterized by chronic inflammation in the digestive tract. While Crohn's disease affects the entire digestive tract, ulcerative colitis specifically targets the colon and rectum.The inflammation hampers the normal functioning of the affected gastrointestinal organs, leading to persistent symptoms such as diarrhea, abdominal pain, rectal bleeding, weight loss, and fatigue. IBD is a lifelong condition that has periodic flare-ups which can be severe in some cases.Genetics, smoking, certain medications and microbial influences contribute to the risk of IBD. Dietary adjustments, stress management, and regular exercise are key lifestyle changes beneficial for managing IBD.Treatment is based on the severity of the disease and the risk of unfavorable outcomes. IBD treatment may involve medications, and, in certain cases, surgery.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Avoid triggers', '2. Stick to dietary guidelines', '3. Maintain optimum hydration', '4. Exercise regularly', '5. Quit smoking']",

"home\_remedy to disease": "['', '', '1. Common mind-body techniques', '', 'Know more about how cognitive therapy can be beneficial in anxiety disorders.Read this', '', '2. Probiotics', '', 'Food sources rich in probiotics consist of yogurt, tofu, and more. To learn more about the advantages of probiotics for health,Click Here', '3. Prebiotics', '', 'Probiotics and prebiotics have the potential to effectively maintain gut health. Explore our range of prebiotics and probiotic supplements to aid with IBD symptoms.Buy Now', '4. Acupuncture', '', '5. Moxibustion']"

},

{

"title": "Influenza (flu)",

"description about disease": "Influenza, most commonly referred to as the “flu” is a contagious viral infection caused primarily by the influenza virus A or B. It generally affects the nose, throat, bronchi, and lungs (i.e. upper respiratory organs) but other organs such as the heart, brain, and muscles can also get affected in severe cases.The occurrence of influenza is worldwide showing pandemic, epidemic, or seasonal patterns. Epidemics of flu happen annually during autumn and winter in temperate areas and produce significant mortality and morbidity each year.The virus is transmitted from person to person with respiratory droplets produced when the patient coughs or sneezes within close contact (<1 m). Individuals usually recover after a few days, but influenza can give rise to complications, especially in high-risk groups like pregnant women, individuals with an underlying immunodeficiency state, adults older than 65 years of age, children below 5 years, and individuals with chronic diseases likeasthma, heart and kidney conditions.The symptoms of flu include high fever,body ache,headache, severe malaise, dry cough,sore throat, and runny nose. It should be differentiated from thecommon coldby clinical presentations. Flu also shares some of its symptoms with COVID -19 infection. One cannot tell the difference between flu and COVID-19 just by looking at the symptoms, hence, testing is needed to confirm the diagnosis. Testing is also important as it can determine if someone is suffering from both flu and COVID-19 at the same time.Treatment of flu involves relieving the symptoms and in some cases, the use of antiviral drugs is also required. Though the annual influenza vaccine isn't 100% effective, it's still the best defense against the flu.",

"symptoms of disease": "['Similarities and differences between influenza andcommon cold', 'Similarities and differences between influenza (flu) and COVID-19']",

"causes of disease": "[]",

"prevention from disease": "['Vaccination', 'Chemoprophylaxis strategy', 'General measures']",

"home\_remedy to disease": "['', 'Natural therapy', '1.Garlic(Lahsun)', '2.Ginger(Adrak)', '3. Herbal tea', '4.Honey(Shahad)', '5.Turmeric(Haldi)', '6. Spices', '7. Yogurt (Dahi)']"

},

{

"title": "Insomnia",

"description about disease": "In simple terms, insomnia is characterized by dissatisfaction with sleep quantity or quality. It is associated with difficulty falling asleep, frequent nighttime awakenings with difficulty returning to sleep and waking up earlier in the morning than desired.The immediate effects of insomnia include poor performance, daytime sleepiness, and fatigue, while the long term complications include poor immunity, indigestion, forgetfulness, risk of heart diseases, anxiety, depression, vision disturbances and even premature mortality.Hence, timely management of insomnia is of utmost importance. Acute or short term insomnia will often go away on its own following home-based interventions. However, chronic or long term insomnia may require making changes in sleep habits, taking prescribed medications, doing relaxation exercises, and treating the underlying condition that is causing insomnia.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Cherries', '2. Kiwis', '3.Walnuts (Akhrot)', '4.Banana (Kela)', '5. Leafy green vegetables', '6. Almond butter', '7. Sleep-inducing teas', 'Supplements for insomnia', 'Melatonin:', 'Valerian:']"

},

{

"title": "Intrahepatic cholestasis of pregnancy (ICP)",

"description about disease": "Cholestasis of pregnancy (CP), also known as intrahepatic cholestasis of pregnancy (ICP), is a liver disorder that occurs during pregnancy. Normally, the liver processes bile to aid in fat digestion, but in cholestasis, bile flow is disrupted, leading to a buildup of bile acids in the bloodstream. This condition typically arises between the 20th and 37th weeks of pregnancy, potentially affecting the pregnancy's normal progression.The exact cause of cholestasis of pregnancy is unclear, but genetics may play a significant role. Women with a family history of the condition or those with multiple pregnancies are at higher risk. Cholestasis of pregnancy is associated with an increased risk of stillbirth and preterm birth, often necessitating specialized neonatal care.To manage this condition and minimize risks, healthcare providers may prescribe medications to reduce itching and may recommend early delivery, typically between the 36th and 37th weeks. Close monitoring and medical supervision are essential to ensure the health and safety of both mother and baby.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Meditation and positive affirmations', '', '2. Distraction and relaxation techniques', 'Learn safe pregnancy yoga practices hereWatch Now', '3. Exercise', '', '4. Essential oils', '', 'Note:']"

},

{

"title": "Iron deficiency anemia",

"description about disease": "Iron deficiency anemia, as the name suggests, is a type of anemia in which there is not enough iron present in the blood. It is the most common cause of anemia worldwide. As iron is needed for the production of hemoglobin, the molecule in your blood that carries oxygen, lack of this mineral is related to decreased oxygen delivery to the entire body. This can lead to symptoms such as pale or yellow skin, shortness of breath, chest pain, rapid heartbeat, unexplained weakness, and brittle nails or hair loss.Iron deficiency anemia is very common, especially among women, which include menstruating women, pregnant women and breastfeeding women. It is also quite common in people who have undergone major surgery or physical trauma, people with peptic ulcer disease, vegetarians and not eating a diet rich in iron.The condition is diagnosed by blood tests that include complete blood tests (CBC), low hemoglobin (Hg) and hematocrit (Hct), low ferritin, low serum iron, and low iron saturation. Iron deficiency can be treated by taking medicinal iron in the form of multivitamins until the deficiency is corrected.In severe cases of iron deficiency anemia, red blood cell transfusions may be given that are actively bleeding or have symptoms such as chest pain, shortness of breath, or weakness. Transfusions are only a temporary cure to replace deficient red blood cells and will not completely correct the iron deficiency.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Yoga and exercise', '2. Water therapy', '', '3. Lifestyle changes']"

},

{

"title": "Irritable bowel syndrome",

"description about disease": "Irritable bowel syndrome (IBS) is a bowel disorder characterized by abdominal pain or discomfort, cramping, food intolerance, stool irregularities, increased gas and bloating.The exact cause of IBS is not known, however, it is frequently associated with other comorbidities such as pain syndromes, overactive bladder, and migraine and psychiatric conditions such as depression and anxiety. It can present in many ways such as IBS with constipation, IBS with diarrhea, IBS with both diarrhea and constipation.It is essential for IBS patients to identify their food triggers so that they can avoid them. Increased intake of dietary fiber, drinking plenty of water, avoiding soda, and eating smaller meals is beneficial to most patients in general.The approach to treating IBS is based on the patient's predominant symptoms. Treatment comprises dietary and lifestyle modifications, and prescription medications like antidiarrheals, antispasmodics, bulking agents, osmotic laxatives, antidepressants, etc.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Avoid foods and drinks that trigger IBS.', '2. If you’re not sure what triggers your symptoms, try the elimination approach.', '3. Avoid or limit processed foods.', '4. Avoid having big portions of meals at a time.', '5. Don’t eat too quickly.', '6. Avoid food high in FODMAPs.', '', '7. Avoid gas-producing foods.', '8. Don’t smoke.']",

"home\_remedy to disease": "['', '1. Herbal therapies', 'Learn more about herbs that help in managing IBS?', 'Click here', '2. Mind-body therapies', 'Hypnotherapy-', '', 'Cognitive behavioral therapy-', 'Relaxation techniques-', '', 'Gut-directed hypnotherapy-', '3. Acupuncture', '4. Moxibustion']"

},

{

"title": "Itching",

"description about disease": "Itching is an irritating sensation that makes you scratch. It is a common and unpleasant sensation that can range from mild to severe. The most common causes of itching are contact with an allergen, dry skin, sunburn, fungal skin infection, or as a symptom of other underlying health conditions.Some of the few signs of itching are skin irritation, a strong urge to scratch, skin breaks that open and bleed, and swollen skin.Treatment varies according to the cause of itching. General steps to treat itching are regular use of moisturizers or emollients, application of cold, wet cloth, and cooling agents like menthol or calamine to the affected area. OTC creams with anti-itch ingredients and mild-strength steroids are also available.If the symptoms persist, further treatment is based on the cause of the symptoms and the health conditions associated with it.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Itching', '', '1. Light therapy (phototherapy)', '2. Homeopathy', '3. Chinese traditional therapy', '4. Acupuncture', '5. Behavioral Therapy']"

},

{

"title": "Japanese encephalitis",

"description about disease": "Japanese encephalitis (JE) is a vector borne disease caused by the Japanese encephalitis virus (JEV). JEV is transmitted by mosquitoes to humans and animals. Domestic animals, especially pigs, generally act as reservoirs of the virus. This virus is not transmitted from one person to another.Japanese encephalitis (JE) is most commonly seen in Asia and the western Pacific countries. It primarily affects children between the ages of 0 to 15 years and occasionally adults.Most people infected with JE do not have symptoms or have only mild symptoms and treatment involves supporting the functions of the body as it tries to fight off the infection.However, a small percentage of infected people can develop inflammation of the brain (encephalitis), with symptoms like sudden onset ofheadache, high fever, disorientation, coma, tremors and convulsions.The prevention generally consists of avoiding mosquito bites by using mosquito repellents, wearing long-sleeved shirts and long pants, getting vaccinated for JE is also important especially while living in or traveling to JE endemic areas.",

"symptoms of disease": "[]",

"causes of disease": "['Mosquitoes:The major mosquito vectors of JEV vary in different geographic regions, but the most common are Culex species (mainly Culex tritaeniorhynchus).', 'Pigs:They are the main contributors in the transmission cycle with respect to human infection, because these animals often stay close to human dwellings.', 'Bats:Recently, JEV antibodies were detected in bats, revealing that bats can be a part of the JEV transmission cycle.', 'Water birds:The birds belonging to the family Ardeidae (cattle egrets and pond herons) are important maintenance hosts.']",

"prevention from disease": "['Vaccination in India']",

"home\_remedy to disease": "['RNA interference', 'TNF activity', 'TLRs']"

},

{

"title": "Jaundice",

"description about disease": "Jaundice is a condition characterized by yellowish discoloration of the skin, sclera (whites of the eyes), and mucous membranes resulting from the accumulation of excessive amounts of bilirubin. Bilirubin is a waste product that is made during the normal breakdown of hemoglobin. It passes through the liver and is eventually excreted from the body. Excessive bilirubin is the result of increased production or impaired excretion.The normal serum levels of bilirubin are less than 1mg/dl; however, peripheral yellowing of the eye sclera (also known as icterus), is seen when the bilirubin levels are as high as 3 mg/dl as sclerae have a high affinity for bilirubin due to their high elastin content. As the serum bilirubin levels increase, the skin will progressively discolor ranging from yellow to green. The green color is due to biliverdin, a type of bile pigment that gives the color.Jaundice usually does not require treatment in adults. Treatment if required is mostly focussed on its underlying causes and complications. Jaundice can generally be managed with diet or lifestyle, but if the cause is severe, the individuals may need immediate surgical or long-term treatment.",

"symptoms of disease": "[]",

"causes of disease": "['Pre-hepatic jaundice', 'Hepatic jaundice', 'Post-hepatic jaundice', 'Spherocytosis:This condition affects the red blood cells (RBCs) and is characterized by anemia, jaundice, and enlarged spleen.', 'Elliptocytosis:It is a hereditary disorder in which the RBCs are elliptical in shape rather than the normal round shape.', \"Congenital LCAT deficiency:This is a genetic disorder that affects the body's ability to process cholesterol. It is characterized by corneal opacities (clear front surface of the eye), hemolytic anemia, and kidney failure.\", \"Thalassemia:It is an inherited blood disorder caused when the body doesn't make enough hemoglobin.\", 'Sickle cell anemia:It is a group of inherited disorders known as sickle cell disease that affects the shape of RBCs.', 'Stomatocytosis:A rare condition of RBCs characterized by a mouthlike or slitlike pattern rather than the normal shape.', 'Acanthocytosis:It is a red cell phenotype (determines the antigen present in RBCs) indicative of various underlying conditions.', 'Echinocytes:In this condition, the RBCs are crenated (notched) and resemble a hedgehog or sea urchin rather than the pale-centered biconcave disks.', 'GSH synthetase deficiency:Glutathione synthetase (GHS) deficiency is a disorder that prevents the production of an important molecule called glutathione which is required to prevent cell damage.', 'Pyruvate kinase deficiency:An inherited lack of the enzyme pyruvate kinase, without which, the RBCs break down too easily, resulting in hemolytic anemia (low level of RBCs).', 'G6PD deficiency:It is a genetic disorder in which the enzyme called glucose-6-phosphate dehydrogenase (G6PD) is less. G6PD protects RBCs from substances in the blood that could harm them.', 'Erythroblastosis fetalis:It is hemolytic anemia in the fetus or neonate.', 'Microangiopathy:It is a disease of the microvessels and small blood vessels in the microcirculation system.', 'Hemolytic uremic syndrome:It is a condition that can occur when the small blood vessels in the kidneys become damaged and inflamed.', 'Disseminated intravascular clot:This is a serious disorder in which the proteins that control blood clotting become overactive.', 'Paroxysmal nightly hemoglobinuria:It is a rare disorder in which RBCs break apart prematurely.', 'Thrombotic thrombocytopenic purpura:This condition is characterized by the formation of blood clots (thrombi) in small blood vessels throughout the body.', 'Hypophosphatemia:A condition in which your blood has a low level of phosphorus leading to muscle weakness, respiratory orheart failure, seizures, or comas.', 'Other causesResorption of extensive hematomas (blood clots)Autoimmune hemolysisLong-distance runnersInfections likemalariaChemicals like nitrites and aniline dyesToxins such as snake venomsTransfusion reactionsTraumaVitamin B12 deficiencyFolic acid deficiency', 'Resorption of extensive hematomas (blood clots)', 'Autoimmune hemolysis', 'Long-distance runners', 'Infections likemalaria', 'Chemicals like nitrites and aniline dyes', 'Toxins such as snake venoms', 'Transfusion reactions', 'Trauma', 'Vitamin B12 deficiency', 'Folic acid deficiency', 'Wilson’s disease:It is a rare inherited disorder that causes copper to accumulate in your liver, brain, and other vital organs.', 'Rotor’s syndrome:A mild condition characterized by elevated levels of a substance called bilirubin in the blood (hyperbilirubinemia).', 'Hemochromatosis:An inherited condition where iron levels in the body slowly build up over many years.', 'Crigler Najjar syndrome:It is a severe condition characterized by hyperbilirubinemia.', \"Gilbert’s syndrome:A common, harmless liver condition in which the liver doesn't properly process bilirubin.\", 'Dubin-Johnson’s syndrome:It is characterized by jaundice that appears during adolescence or early adulthood.', 'Drug-related hepatitis (e.g. NSAIDs)', 'Sepsis', 'Pregnancy', 'Malnutrition', 'Physical trauma', 'Hepatic adenoma (non-cancerous liver tumor)', 'Viral hepatitis', 'Alcoholic hepatitis', 'Autoimmune hepatitis', 'Biliary atresia:This is a condition in which there is a blockage in the tubes (ducts) that carry bile from the liver to the gallbladder.', 'Cystic fibrosis:An inherited disorder that affects the cells that produce mucus, sweat, and digestive juices.', 'Idiopathic dilatation of the common bile duct:This can be an indicator for obstructive jaundice.', 'Pancreatic biliary malfunction:A medical condition that results from the inability of the sphincter to contract and relax normally.', 'Choledochal cyst:This is a congenital anomaly of the duct (tube) that transports bile from the liver to the gallbladder and small intestine.', 'Portal biliopathy:It refers to the abnormalities seen in bile duct imaging that occur in patients with portal cavernoma (changes in the portal vein).', 'Strictures:It causes abnormal narrowing of the bodily passages.', 'Choledocholithiasis:It refers to the presence of at least one gallstone in the common bile duct.', 'Intra-abdominal tuberculosis (TB):A type of TB that affects the gut, the peritoneum (the lining of the abdominal cavity), abdominal lymph nodes, and, more rarely, the solid organs in the abdomen like the liver, pancreas, and spleen.', 'Other causes:Trauma, AIDS, tumors, cholecystitis (inflammation of the gallbladder), and pancreatitis (inflammation of the pancreas).']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Unani', \"Fruits are natural laxatives, diuretics, and fat burners. They are a powerhouse of fiber, energy, vitamins, minerals, and antioxidants. Here's more on fruit juices v/s whole fruits.\", 'Click To Read!', 'Home remedies', '1. Sugarcane (Ganna) juice:', '2. Yogurt (Dahi):', '3. Tomatoes (Tamatar):', '4. Indian gooseberry(Amla):', '5. Goat’s milk:', '6.Grape(Angoor) juice:', '7.Ginger(Adrak):', '8.Garlic(Lahsun):', '9.Lemon (Nimbu):', '10. Holy basil (Tulsi):', '11.Papaya(Papita) leaves:']"

},

{

"title": "Jet lag",

"description about disease": "The boon of quick air travel across continents also comes with some after-effects in the form of jet lag. Jet lag is basically a temporary sleep problem that is caused by a mismatch between a person's normal daily rhythm and the new time zone traveled to.This disruption of the body’s internal clock can lead to symptoms like sleep disturbances, fatigue, irritability, excessive daytime sleepiness, mood disturbances, memory lapses, and physical discomfort.Jet lag is a temporary condition that resolves in a few days and usually does not need any treatment.General preventive and management techniques involve gradual adjustment of sleep schedules, maintaining hydration, avoiding alcohol and caffeine, and exposing oneself to natural light. For severe cases, sleep medications ormelatoninsupplements can be considered under medical guidance.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Before travel', '2. During Travel', '3. After Travel']",

"home\_remedy to disease": "['Alternative Therapies For Jet lag', '1. Acupuncture', '2. Massage therapy', '3. Yoga and meditation', 'Not just stress reduction, yoga is a great way to maintain overall health.Learn How', '4. Mindfulness and relaxation techniques', '']"

},

{

"title": "Joint pain",

"description about disease": "Joint pain is a perception of pain or discomfort in the joints. While pain in the joints is a common occurrence with age, other factors like weight, previous injuries, overuse and underlying systemic medical conditions can also cause it. Joint pain is mostly associated with major joints like knee, hip, ankle or wrist but involvement of small joints is also seen in case of systemic disorders like rheumatoid arthritis, psoriasis etc.Of the various types of joint pain, osteoarthritis is the most commonly seen joint problem. It is estimated that 9.6% of men and 18% of women above 60 years of age have symptomatic osteoarthritis. This condition is associated with degenerative changes of the joint and most commonly affects the knees, hips, spine and hands.To know the exact cause of the joint pain, your doctor may advise various radiological and laboratory tests. In most cases, joint pain is treated with medications such as painkillers to provide symptomatic relief or with medications that treat the underlying cause of pain. In a few cases, surgery is also recommended. Other therapies such as exercise, yoga, and physiotherapy are also known to be useful in reducing joint pain.",

"symptoms of disease": "[]",

"causes of disease": "['Ankylosing spondylitis- a disease with a genetic predisposition that affects the spine', 'Fibromyalgia- a chronic condition characterized by widespread musculoskeletal pain', 'Avascular Necrosis- a condition in which blood supply to the joints is affected, leading to the death of bone tissue. This commonly affects the hip joints.', 'Bone Cancer- Osteosarcoma, leukemia and other types of bone cancers that spread to bones and joints can cause severe joint pains.', 'Paget’s Disease- in this disease, the bones become abnormally shaped and brittle, which can cause severe joint pains.Rickets - a deficiency of vitamin D that causes the bones to weaken and may cause joint pains.', 'Rheumatoid Arthritis- a condition characterized by chronic inflammation, stiffness, and deformity of the joints. It commonly affects the small joints of the hands in initial phase of disease.', 'Systemic Lupus Erythematosus- an autoimmune disease that causes inflammation and pain in multiple joints apart from involvement of other organ systems of the body.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Exercise and yoga:', 'Massage:', 'Physiotherapy:', 'Acupressure and acupuncture:', 'Ayurveda:', 'Homeopathy:', 'External orthoses support:', 'Chronic joint pains and aches can be quite disabling. In addition to conventional treatment, here are some excellent essential oils that you could try to relieve chronic joint pains.Click Here To Read!']"

},

{

"title": "Keratitis",

"description about disease": "Keratitis is the inflammation of the cornea which is the clear outer layer of the eye that focuses light. The severity of keratitis may range from mild to severe and can be associated with inflammation of other regions of the eye as well. It may also involve one eye (unilateral) or both eyes (bilateral).Keratitis is caused by either infectious agents or non-infectious causes. Infectious diseases are mainly caused by microbes like bacteria, fungi, viruses, and parasites. The noninfectious keratitis is majorly caused by local factors irritating the eye, or other systemic diseases affecting the eye.Some of the common symptoms of keratitis are eye irritation and pain, eye discharge, sensitivity to light, blurred vision or partial blindness, and red eyes.Keratitis is typically easy to treat and resolves quickly. However, if the infection spreads beyond the surface of your cornea, it may leave scars that impair your eyesight or possibly cause loss of vision. Thus, appropriate and timely management is very important.",

"symptoms of disease": "[]",

"causes of disease": "['Pseudomonas', 'Staphylococcus', 'Streptococcus', 'Moraxella', 'Nocardia', 'Atypical mycobacteria', 'Adenovirus which is one of the causes of upper respiratory tract infections', 'Herpes simplex virus (HSV) is the same virus that causes cold sores', 'Herpes zoster virus (HZV) which is associated with chickenpox and shingles', 'Zika virus which is transmitted by Aedes aegyptus mosquitoes, the same type that causes dengue', 'SARS-CoV-2 virus, which causes COVID-19, is also associated with keratitis', 'Aspergillus', 'Fusarium', 'Candida (yeast)', 'Cladosporium', 'Alternaria', 'Curvularia', 'Microsporidia.', 'Foreign body', 'Trichiasis which is anatomic misalignment of eyelashes', 'Entropion which is a condition in which the eyelid folds inwards', 'Distichiasis is a rare condition of having two rows of eyelashes', 'Giant papillae in which the inside of the eyelid which is usually very smooth gets red, swollen, and irritated. It is usually seen in people who wear soft contact lenses.']",

"prevention from disease": "[\"1. Do's & Don'ts while using contact lenses\", '2. Tips to protect your eyes', '3. Prevent viral keratitis']",

"home\_remedy to disease": "['Homeopathic treatment for keratitis', 'Belladonna:', 'Apis mellifica:', 'Euphrasia:', 'Pulsatilla:']"

},

{

"title": "Keratosis pilaris",

"description about disease": "Keratosis pilaris is a common skin condition that is characterized by the appearance of the bumps on the skin. The most common locations of the bumps include the upper arm, front part of the upper thighs, cheeks, buttocks (mostly in children), trunk, and chest.Risk factors includedry skin, positive family history, and certain medical conditions such as atopic dermatitis, ichthyosis vulgaris,asthma, hay fever, malnutrition, andobesity.Treatment modalities such as effective moisturization, use of exfoliants, and certain in-office treatments such as microdermasion, laser hair removal (LHR), and photodynamic therapy help in managing the condition. Avoidance of overlong baths, and optimizing home humidity help prevent remissions.The condition is medically harmless but impacts emotionally due to cosmetically displeasing appearance. Fortunately, the condition improves and may completely disappear in later adult life.",

"symptoms of disease": "['Characteristics of bumps', 'Location of the bumps']",

"causes of disease": "[]",

"prevention from disease": "['Keep the skin moisturized', 'Use a mild cleanser', 'Limit shaving or waxing', 'Avoid long showers', 'Use humidifier']",

"home\_remedy to disease": "['Alternative Therapies Of Keratosis pilaris', 'Cosmetic camouflage', '', 'Climatotherapy']"

},

{

"title": "Kidney cancer",

"description about disease": "Kidney cancer occurs when healthy cells in one or both kidneys grow out of control and form a lump (called a tumor).The kidneys are two bean-shaped organs, located behind the abdominal organs, with one kidney on each side of the spine. They filter the blood and remove waste material and excess water by making urine that is expelled as waste.During the early stages, most people don’t have any signs or symptoms of cancer. Kidney cancer is usually detected by chance during an abdominal imaging test. As the tumor grows, a person may have symptoms like blood in the urine, pain in the lower back, a lump or swelling in the kidney area or abdomen, and losing weight for no reason.The major risk factor for kidney cancer is smoking. Other factors includehigh blood pressure,diabetes,obesity, kidney stones, long term dialysis, certain genetic conditions, and being exposed to certain chemicals.Treatment of kidney cancer includes one of or a combination of chemotherapy, radiation therapy, embolization, biological therapy, and surgery. After treatment, follow-up care is essential to monitor recovery and to check for any possible recurrence of kidney cancer.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Mind therapies', 'Meditation:', 'Yoga:', 'Tai Chi:', 'Body-based practices', 'Massage:', 'Chiropractic therapy:', 'Biofield therapies', 'Reiki:', 'Therapeutic touch:', 'Whole medical system', 'Acupuncture:', 'Naturopathic treatment:']"

},

{

"title": "Kidney failure",

"description about disease": "Kidney failure is a medical condition in which one or both the kidneys stop functioning. Some patients may experience a temporary case of kidney failure (acute kidney injury or AKI), which can occur suddenly; while in the rest of the patients, this condition can occur slowly and worsen over a long period of time (chronic kidney disease or CKD).In India, around 40-60% of cases of chronic kidney diseases occur due tohypertensionanddiabetes. Some of the other causes include autoimmune kidney diseases, recurrent kidney infections, urinary tract obstruction, systemic disease involving the heart or liver, severe dehydration and use of certain medicines.Patients with kidney failure show symptoms such as vomiting, upset stomach, reduced urinary output, dry or itchy skin, confusion, delusion, and metallic taste of food. Kidney failure can be a serious medical condition, however, it can be treated if a patient gets help at the right time. Appropriate medications to treat the cause and effects of kidney failure along with dialysis are the mainstay of treatment. Kidney transplant is usually the last resort for an ailing kidney. A patient with kidney failure would require regular follow-ups and constant monitoring from their physician.",

"symptoms of disease": "[]",

"causes of disease": "['Liver failure', 'Blood or fluid loss', 'Infections', 'Heart disease', 'Heart attack', 'Severe allergic response', 'Taking medications such asnaproxen sodiumandibuprofen', 'Severe burns', 'Extreme dehydration', 'High blood pressure medications', 'Prostate, cervical, colon or bladder cancer', 'An enlarged prostate', 'Nerve damage to your bladder', 'Kidney stones', 'Presence of blood clots in your urinary tract', 'Deposition of cholesterol', 'Presence of blood clots', 'Medications such as non-steroidal anti-inflammatory drugs that includeibuprofen,naproxenor antibiotics', 'Glomerulonephritis, a condition where the tiny filters of the kidney become inflamed', 'Chemotherapy', 'Sepsis or infection', 'Rhabdomyolysis (the breakdown of muscle tissue leading to the release of muscle fibre contents into the blood)', 'Hemolysis (breakdown or destruction of red blood cells)', 'Damage to nerves that regulate your bladder', 'Ingestion of large amounts of toxins like ethylene glycol', 'Iodinated contrast used during radiographic procedures', 'Lupus, an autoimmune disorder that can lead to inflammation of different organs of the body', 'Heavy metal poisoning', 'Vasculitis, a condition in which the blood vessels become inflamed', 'Hemolytic uremic condition, a condition that causes the breakdown of red blood cells after an infection', 'Scleroderma, an autoimmune disorder of the skin', 'Uncontrolleddiabetes', 'Dyes used in a few imaging tests', 'Multiple myeloma, cancer of plasma cells present in the bone', 'Polycystic kidney disease']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Exercising', 'Diet changes', 'Note: The role of diet and nutrition in keeping the kidneys healthy and fit cannot be underestimated. Learn more about foods to keep your kidneys healthy.Tap To Read!', 'Yoga']"

},

{

"title": "Kidney stone",

"description about disease": "Urine contains many dissolved minerals and salts. When the content of these minerals and salts becomes high, they form stones in the kidneys. Some stones stay in the kidney and do not cause any symptoms, while others travel down the ureter (the tube between the kidney and the bladder), reach the bladder, and pass out of the body via urine.If the stone gets stuck in the ureter, it can block the urine flow from that kidney and cause cramping pain in the lower back, groin, or abdomen. Other symptoms may include blood in the urine, nausea, vomiting, foul-smelling urine, and frequent need to urinate.Factors including dehydration, family history of kidney stones, obesity, and diet with high levels of protein and salt predispose to the formation of kidney stones.Adequate hydration is a key preventive measure for kidney stones, which ensures that most kidney stones pass out via urine on their own with time. Treatment includes pain control medications and, in some cases, medications to ease the passage of urine. Surgical procedures are advised in case of larger stones that do not pass out themselves.",

"symptoms of disease": "[]",

"causes of disease": "['Dehydration', 'Obesity', 'Diet (high in oxalate or uric acid)', 'Eating an excess of salt or sugar', 'Lack of exercise', 'High concentrated urine', 'Imbalance of pH in urine', 'Regular constipation', 'Genetic disorders']",

"prevention from disease": "['Drink enough fluids', 'Reduce the amount of sodium in your diet', 'Eat the recommended amount of calcium', 'Eat plenty of fruits and vegetables', 'Eat less meat', 'Increase magnesium intake']",

"home\_remedy to disease": "['Ayurveda', '1.Asparagus(Shatavari):', '2.Crataeva nurvala(Varuna):', '3.Tribulus Terrestris(Gokshura):', '4.Hogweed(Punarnava):', '5.Hibiscus(Gudhal):', '6.Indian nightshade(Kantakari):', '7.Horse gram(Kulthi):', '8.Indian madder(Manjistha):', 'Check out our extensive range of ayurvedic products.Browse Now']"

},

{

"title": "Klinefelter syndrome",

"description about disease": "Klinefelter syndrome is a genetic disorder in which males are born with an extra X chromosome.The key features of KS include small testis, low sperm count or no sperms, low sex drive, learning disabilities and differences in appearance, weak bones, and enlarged breasts.Testosterone replacement therapy is the gold standard of treatment. Speech therapy, behavioral therapy, physical therapy, and occupational therapy help manage other associated symptoms.Early diagnosis helps in the successful preservation of fertility as the sperm count starts declining rapidly after puberty.",

"symptoms of disease": "['In children', 'In adolescents', 'In adults']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Lactose intolerance",

"description about disease": "Lactose is a type of sugar that is present in mammalian milk and milk products. Lactose intolerance is a condition that is characterized by symptoms such as abdominal pain,bloating, loose stools,nausea, and cramps after consuming lactose containing food.The major cause of lactose intolerance is the deficiency of the lactase enzyme which is responsible for its digestion.Most people start avoiding milk as soon as lactose intolerance is confirmed. However, it is not suggested as it can lead to nutritional deficiency. Individuals with lactose intolerance should restrict the intake of lactose instead of avoiding it. This can be done by adding low dose lactose foods in the diet such as cheese, yogurt, and lactose hydrolyzed milk.",

"symptoms of disease": "[]",

"causes of disease": "['Accumulation of lactose in the large intestine', 'Bacteria present in the large intestine ferments lactose and produce gasses including hydrogen (H2 ), carbon dioxide (CO2 ), methane (CH4 ) and short-chain fatty acids (SCFA).', 'These gases affect the GI function and manifest as the symptoms mentioned above.']",

"prevention from disease": "['Foods to limit', 'Foods allowed']",

"home\_remedy to disease": "['', 'Homeopathy', 'Magnesia muriaticum, Aethusa cynapium, Apis mellifica, and China officinalis.']"

},

{

"title": "Latex Allergy",

"description about disease": "Latex is a soft white substance found beneath the bark of a mature rubber tree. It is used to produce medical and consumer products, such as gloves, tubing, catheters, condoms, balloons, and shoe soles.Individuals with latex allergy experience characteristic symptoms when exposed to latex, which include hives, itching, blisters on the back of the hand, runny nose, scratchy throat, sneezing, andconjunctivitis. Latex can get absorbed from the skin or lungs through contaminated air.In most severe cases, it can lead toanaphylaxis, which involves severe breathing difficulty, fall in blood pressure, and shock. Anaphylaxis can be life-threatening and requires immediate medical treatment.People working in the medical field, in housekeeping, or at restaurants are more likely to develop it due to repeated exposure to latex-containing material, especially gloves.The mainstay of management is avoiding latex. Other treatment options include using antihistamines and topical steroids for symptomatic relief.",

"symptoms of disease": "[]",

"causes of disease": "['Disposable gloves (the most common source of allergy)', 'Dental dams', 'Airway and intravenous tubing', 'Syringes', 'Stethoscopes', 'Catheters', 'Dressings', 'Bandages', 'Tourniquets (devices that are used to stop bleeding)', 'Electrode pads (small adhesive pads that are placed on the skin to relieve pain)', 'Condoms', 'Handbags', 'Balloons', 'Athletic shoes', 'Tires', 'Tools', 'Underwear leg', 'Waistbands', 'Rubber toys', 'Baby bottles', 'Nipples', 'Pacifiers', 'Direct exposure through the skin, mucus membranes, or intravenously', 'Contamination of food through gloves used by food handlers during preparation or serving', 'Inhaling latex powder through the lungs']",

"prevention from disease": "['A. Primary prevention', 'B. Secondary prevention']",

"home\_remedy to disease": "['Alternative Therapies For Latex Allergy', '', '1. Nutrition and supplements', 'Quercetin:', 'Vitamin C:', 'Zinc:', '2. Yoga', '', 'Learn about effective yoga poses to improve oxygen flow in your body.Tap Now']"

},

{

"title": "Leprosy",

"description about disease": "Leprosy is a chronic infectious disease caused by a bacteria Mycobacterium leprae. M. leprae has a unique predilection for cooler areas of the body like the skin, nerves close to the surface of skin, eyes, earlobes, hands, feet and mucous membranes of the upper respiratory tract and testicles. Leprosy is known to develop slowly and can take from six months to 40 years to show any symptoms.Leprosy is mildly contagious and not highly transmissible. The exact mechanism of transmission is not fully understood. The bacteria is most likely transmitted via droplets, from the nose and mouth, during prolonged, close and frequent contact with untreated cases. Although human-to-human transmission is the primary source of infection, certain animals can carry and rarely transfer M. leprae to humans. These include nine-banded armadillos, African chimpanzee, sooty mangabey, and cynomolgus macaque.Even though the risk of contracting leprosy is quite low, one can reduce the risk by avoiding contact with body fluids and the rashes of people who have leprosy. Diagnosis of the condition is based on clinical symptoms and is confirmed by biopsy. Leprosy is curable with multidrug therapy (MDT). Majority of patients can take their medications at home and continue with their regular lives. Patients rapidly become non contagious after starting therapy and do not need to be isolated.",

"symptoms of disease": "['Skin changes', 'Neurological symptoms']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Ayurveda', 'Physiotherapy']"

},

{

"title": "Leptospirosis",

"description about disease": "Leptospirosis is an infectious condition caused by a bacteria, Leptospira, that affects both humans and animals. While leptospirosis can occur worldwide, it is more common in tropical or subtropical regions. Outbreaks usually occur in monsoons, after heavy rainfall or flooding, particularly in areas with poor housing and sanitation.The bacteria can be found in the urine of infected animals, such as rats, mice, livestock, and dogs, and can survive in soil and water for weeks to months. Human infection occurs through direct contact with infected animals or their urine, contact with urine-contaminated water and soil, or ingestion of contaminated food or water.The symptoms of leptospirosis can vary widely, ranging from mild flu-like symptoms to severe illness. Common symptoms include high fever, headache, muscle aches, chills, vomiting,jaundice(yellowing of the skin and eyes), and red eyes.Transmission can be prevented by avoiding walking, swimming, bathing, swallowing, or submerging head in potentially contaminated water especially after heavy rainfall or flooding. Drinking and preparing meals in only filtered or boiled water is also a must.Treatment is generally based on the severity, and most commonly involves the administration of antibiotics which are effective in eliminating the bacteria.",

"symptoms of disease": "['Symptoms in severe cases', 'Phases of Leptospirosis', '1. Anicteric syndrome', '2. Immune phase', '3. Icteric phase']",

"causes of disease": "['Direct contact with infected animals or their urine, reproductive fluids, or body tissues', 'Contact with urine-contaminated water from floods, rivers, streams, and sewage (especially during high rain or monsoon season that causes the spreading of bacteria)', 'Contact with urine-contaminated wet soil', 'Intake of food or water contaminated by urine or urine containing water']",

"prevention from disease": "['Avoid exposure', 'Ensure safe drinking water', 'Cook and consume food vigilantly', 'Use of PPE (Personal protective equipment)', 'Chemoprophylaxis', 'Rodent control', 'Establishing a proper drainage system', 'Tips to protect your pets']",

"home\_remedy to disease": "['Ayurveda', 'Ashwagandha:', 'Shop for ashwagandha products.', 'Mahashankh vati:', 'Shop for mahashankh vati products.Buy here']"

},

{

"title": "Liver cancer",

"description about disease": "The liver is the largest organ of the human body. It helps process food and removes toxins from the body. Liver cancer also referred to as hepatic cancer, starts in the liver cells and is the 6th most prevalent cancer worldwide.The disease emerges when the natural cell growth process is disrupted, causing uncontrolled tumor formation in the liver. These cancerous cells have the potential to spread to other body parts. Liver cancer symptoms do not show any symptoms in the early stages. Common symptoms include unexplained weight loss, nausea, vomiting, abdominal pain, jaundice, and fatigue.Typically found in older individuals, liver cancer is more common in men and is linked to various risk factors like chronic smoking,obesity, pre-existing liver conditions, excessive alcohol consumption, and specific genetic predispositions.Treatment options for liver cancer vary based on its stage and extent. They include surgery, chemotherapy, radiation therapy, targeted therapy, immunotherapy, or a combination thereof.",

"symptoms of disease": "[]",

"causes of disease": "['DNA, the genetic material, governs cell behavior, growth, division, and cell death.', 'Multiple mutations in DNA that activate cell division or deactivate tumor suppressor genes, can lead to uncontrolled cell growth and abnormal mass formation in the liver.', 'Over time, these abnormal cells may spread within the liver or to other organs through the bloodstream or lymphatic system.']",

"prevention from disease": "['1. Prevent hepatitis infections', '2. Timely screening and treatment of Hepatitis B and C', '3. Make healthier lifestyle choices', '4. Reduce exposure to aflatoxin', '5. Maintain optimum blood sugar levels', '6. Always adhere to prescribed medication dosages', '7. Watch your weight', '8. Consume a healthy diet']",

"home\_remedy to disease": "['1. Acupressure and acupuncture', '2. Yoga', '3. Aromatherapy', '', '4. Massage', '', '5. Meditation and mind-body techniques', '', '6. Biofeedback', '', '7. Music', '', '8. Art therapy', '']"

},

{

"title": "Liver cirrhosis",

"description about disease": "Cirrhosis is scarring (fibrosis) of the liver caused by long-term liver damage. The scar tissue prevents the liver from performing its function like making protein, helping fight infections, detoxifying the blood, helping digest food, and storing energy.Individuals suffering from cirrhosis may have few or no symptoms and signs of liver disease initially. Some of the symptoms may be nonspecific like weakness, fatigue, nausea, vomiting, loss of appetite resulting & weight loss. However, as the disease progresses, more serious complications like small spider-like veins underneath the skin, severe itching, bleeding or bruising, jaundice, edema (swelling of legs, ankles, and feet), ascites (painful swollen stomach from a build-up of fluid), and mental confusion may develop.Cirrhosis is usually caused by various factors some of which are hepatitis B and C infections, chronic alcoholism, genetic disorders, and certain infections. Treatment for cirrhosis varies based on the cause and how far the disease has progressed.",

"symptoms of disease": "[]",

"causes of disease": "['Poorly formed bile ducts (biliary atresia)', 'Destruction of the bile ducts (primary biliary cirrhosis)', 'Hardening and scarring of the bile ducts (primary sclerosing cholangitis)', 'Idiopathic portal fibrosis', 'Indian childhood cirrhosis', 'Polycystic liver disease']",

"prevention from disease": "['1. Limit alcohol intake', '2. Diet considerations', '3. Maintain a healthy weight', '4. Reduce the risk of hepatitis']",

"home\_remedy to disease": "['', 'Home remedies', '1.Papayaseeds:', 'Tip:', '2.Vitamin C:', 'Tip:', '3.Turmeric:', 'Tip:', '4.Apple cider vinegar (ACV):', 'Tip:', '5.Green tea:', '6.Milk thistle:']"

},

{

"title": "Low blood pressure",

"description about disease": "Hypotension, or low blood pressure, is a condition that affects millions of people worldwide. Unlike hypertension (high blood pressure), hypotension receives less attention but is equally important for overall health. Various factors can lead to hypotension, including dehydration, certain medications, and underlying medical conditions such as heart problems or neurological disorders. Age can also play a role, with older adults being more susceptible to sudden drops in blood pressure, especially when standing up (orthostatic hypotension).Hypotension is a blood pressure reading consistently below 90/60mmHg (millimetres of mercury). While many people with low blood pressure experience no symptoms, others may suffer from dizziness, lightheadedness, fainting, or blurred vision. These symptoms can significantly impact daily life and overall well-being.To manage hypotension, it's essential to identify the underlying cause. Treatment options may include lifestyle changes such as increasing fluid and salt intake, adjusting medications, and addressing specific health issues. In some cases, compression stockings or medications might be recommended to help maintain blood pressure levels.Ignoring hypotension can lead to complications, particularly if it results in frequent falls or injuries from fainting. Therefore, recognizing the symptoms and seeking appropriate treatment is crucial for maintaining a healthy and active lifestyle.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Stay hydrated', '2. Adjust salt intake', '3. Maintain a healthy weight', '4. Exercise regularly', '5. Manage stress', '6. Avoid alcohol and smoking', '7. Take medications with caution', '8. Treat underlying conditions', '9. Monitor blood pressure regularly']",

"home\_remedy to disease": "['1. Compression stockings', 'Combat orthostatic hypotension with compression stockings. Improve leg circulation and alleviate symptoms.Purchase Now', '2. Physical maneuvers', 'Leg crossing:', 'Elevating the head:', '', '3. Acupuncture', '', '4. Yoga and Tai Chi']"

},

{

"title": "Low Immunity",

"description about disease": "Our body has a natural mechanism to fight against invading organisms and prevent serious infections. The inbuilt immune system is the body’s first line of defense against any foreign infections. If for some reason, the body’s immune defenses are weakened, there is an increased risk of being seriously affected by even the simplest of infections.The white blood cells, specifically the neutrophils, the B-lymphocytes, and the T-lymphocytes, play a crucial role in fighting off infections. The condition in which the body’s immune system does not perform efficiently is called low immunity.Immunodeficiency can be genetic or acquired. A person suffering from low immunity contracts frequent infections that can turn deadly. Adopting a healthy lifestyle involving a well balanced diet, exercise, minimal stress, etc., can strengthen your immune system and protect you by fighting off various diseases naturally.",

"symptoms of disease": "[]",

"causes of disease": "['Poor sanitation:Lack of sanitation is a major health blockade which is linked to transmission of a wide spectrum of diseases which lower the body’s immunity. These include diseases like cholera, diarrhoea, typhoid, dysentery, intestinal helminth infections, hepatitis A etc.', 'Malnutrition:Protein deficit diets are the major cause of secondary immunodeficiency especially in the developing world. Malnutrition is not just a deficiency of calories, but it can also be a deficiency of one or more essential nutrients. Two nutrients that are particularly important to immunity, calcium and zinc, are more commonly deficient in the older population. However, this form of immunodeficiency will usually resolve if the malnutrition is treated.', 'Stressful lifestyle:When we are stressed, the immune system’s ability to fight off infections is reduced. The stress hormone can suppress the effectiveness of the immune system and make one more prone to infections.', 'Lack of exercise:Modern sedentary lifestyle severely restricts the immune capacity of the body.', 'Cancer:Various types of cancer and treatments for cancer, such as chemotherapy or radiation, can cause immunosuppression.', 'HIV/AIDS:HIV, which causes AIDS, is an acquired viral infection that destroys important white blood cells and weakens the immune system. People with HIV/AIDS can become seriously ill with infections that most people can fight off. These infections are called “opportunistic infections”.', \"Diabetes mellitus:People with diabetes mellitus have low immunity and are more susceptible to infections, as high blood sugar levels can weaken the patient's immune system defenses. In addition, some diabetes related problems, like nerve damage and reduced blood flow to the extremities, increase the body's vulnerability to infection.\"]",

"prevention from disease": "[]",

"home\_remedy to disease": "['The role of Ayurvedic herbs to prevent and fight infections cannot be overemphasized to stay healthy and fit. Here are some commonly used ayurvedic herbs that can boost your immunity.']"

},

{

"title": "Lung cancer",

"description about disease": "Cancer is a medical condition in which the body starts to uncontrollably grow some cells that can also end up spreading to other parts of the body. Lung cancer is a type of cancer that occurs and affects the infected person's lungs. It causes uncontrolled growth of lung tissues and can spread rapidly to other regions such as lymph nodes, brain, adrenal glands, liver, and bones.The exact cause of lung cancer is still unknown. However, the leading cause of this disease is smoking, and the risk of incurring lung cancer has been associated with prolonged smoking. Quitting smoking has been shown to significantly decrease a person's chance of developing the disease.In the initial stages, lung cancer does not show any symptoms. Symptoms that appear at an advanced stage usually include a persistentcoughthat doesn't go away, spotting blood while coughing, shortness of breath, hoarseness, losing weight, chest pain, andheadaches.There are different types of lung cancers, and the treatment for the same depends on the type and stage of the lung cancer. Treatment modalities can include a combination of surgery, chemotherapy, radiotherapy, and immunotherapy.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Stop smoking', 'Avoid second-hand smoke', 'Test your home for radon', 'Avoid carcinogens', 'Eat a healthy diet', 'Try chemoprevention', 'Understand the biomarkers of cancer', 'Lower exposure to workplace risk factors', 'Exercise regularly']",

"home\_remedy to disease": "['Acupuncture', 'Aromatherapy', 'Hypnosis', 'Meditation', 'Practising meditation for just 10-15 minutes a day can go a long way in protecting you against diseases or helping manage them better. Read about 6 ways how meditation can improve your life.Click Here']"

},

{

"title": "Magnesium deficiency",

"description about disease": "Magnesium is an element that helps maintain normal nerve and muscle function, supports a healthy immune system, sleep and regulates the heartbeat. It also plays a pivotal role in keeping the bones healthy as well.The human body contains around 25 g of magnesium with 90% of total body magnesium being contained in the muscles and bones. The deficiency of magnesium develops when the  blood magnesium level drops to less than 0.75 mmol/L.Inadequate dietary intake and poor absorption due to gastrointestinal diseases are the most common causes of magnesium deficiency. The other risk factors involve a positive family history, type 2 diabetes, chronic alcoholism, and use of certain medications.Daily consumption of foods rich in magnesium such as almonds, cashews, peanuts, spinach, pumpkin seeds, yogurt are the best way to prevent magnesium deficiency. Treatment includes magnesium supplementation. Severe magnesium deficiency might require hospitalization.",

"symptoms of disease": "[]",

"causes of disease": "['Reduced consumption of magnesium', 'Inadequate absorption from the intestine', 'Excessive loss of magnesium through the kidneys (pee) or the gastrointestinal tract (stool)']",

"prevention from disease": "['1. Add magnesium-rich foods to your diet', '2. Consider magnesium supplements', '3. Be cautious of alcohol and certain medications', '4. Support your gut health', '5. Keep caffeinated and fizzy drinks at bay']",

"home\_remedy to disease": "[]"

},

{

"title": "Malaria",

"description about disease": "Malaria is a parasitic infection that spreads when a mosquito infected with the Plasmodium parasite bites a person. The parasite then attacks the red blood cells, typically causing a high fever with chills, and other symptoms that may develop into life-threatening complications. Hence, timely diagnosis and treatment of malaria are very crucial.The World Health Organization (WHO) reported 229 million cases of malaria worldwide in its Global Report 2019. Malaria poses a major public health problem especially in hot and tropical countries.The best way to prevent and reduce the transmission of malaria is through vector control which includes preventing mosquitoes from breeding near your surroundings. To achieve this, avoid leaving stagnant water in plants and empty water from old pots, coolers, tyres and potholes on the road. Also use of devices such as nets, sprays, coils or electric bats and mosquito repellent creams is highly advised to prevent mosquito bites.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1.Neemoil:', '2.Eucalyptusand lemon oil', '3.Citronella oil:', '4.Camphor', '5.Tulsi:', '6. Marigold:', '7. Geranium:', '8.Lavender:']"

},

{

"title": "Male infertility",

"description about disease": "Infertility refers to the inability to conceive after having regular, unprotected intercourse for at least a year. Many couples face this problem and both men and women can have fertility issues.Infertility in men is caused by low sperm production, poor sperm quality, or blockages that prevent the delivery of sperm.Various medical conditions, including genitourinary infections, trauma, prior surgery, or certain medications increase the risk of infertility in males. Environmental and lifestyle factors also negatively impact fertility. These include smoking, alcoholism, obesity, stress, exposure to heavy metals like lead and cadmium, exposure to ionizing radiation, and high temperatures.There is a lot of stigma and taboo around infertility that can take a toll on your physical and emotional well-being. Thanks to many medical advancements, there are a lot of treatment options available now. Talk to a fertility specialist to understand them well. They can recommend the best fertility treatment option and lifestyle changes that can help you.",

"symptoms of disease": "[]",

"causes of disease": "['Quality and quantity of semen: Over 90% of cases of male infertility are related directly to sperm numbers or poor sperm quality.', 'Hormonal deficiency/imbalance: Male sex hormones exhibit a significant and focal role in the growth, improvement, and proliferation of testicles. eg. isolated LH and FSH deficiencies are linked to infertility.', \"Genetics: A few chromosomal defects are directly related to male infertility. Examples include myotonic dystrophy, microdeletion, and Kallmann's syndrome amongst others.\", 'Oxidative stress: It is a phenomenon caused by an imbalance between the production and accumulation of oxygen reactive species (ROS) in cells. It can cause sperm dysfunction leading to infertility in men.', 'Pituitary diseases: The pituitary is a small, pea-sized gland located at the base of your brain. Disorders like pituitary insufficiency, hyperprolactinemia, exogenous hormones, and growth hormone deficiency can cause infertility in men.', 'Orchiectomy: It refers to the surgical removal of both testes.', 'Primitive testicular dysfunction: This may result from testosterone deficiency or impaired sperm production leading to male infertility.', 'Cryptorchidism: It is a condition in which one or both of the testes fail to descend from the stomach into the scrotum (a bag of skin that holds and helps to protect the testicles).', 'Atrophic testes: Small or shrunk testicles.', 'Varicoceles: These are enlarged veins on the scrotum that are associated with male infertility.', 'Epididymitis: It is swelling or pain in the back of the testicle caused due to sexually transmitted infections.', 'Malignancies: Testicular tumors or adrenal tumors leading to an excess of androgens, radiotherapy, and chemotherapy can lead to male infertility.', 'Chromosomal disorders: Disorders like Klinefelter’s syndrome and XYY male affect the testicles and can lead to infertility.', 'Sertoli- cell-only syndrome: Also known as del Castillo syndrome or germ cell aplasia, is one of the most common causes of the absence of sperm in infertile men. This syndrome affects sperm production in men.', 'Ejaculatory duct obstruction: It is a pathological condition that is characterized by the obstruction of one or both ejaculatory ducts. It can be present at birth or acquired later in life.', 'Cystic fibrosis: It is a congenital condition that affects the lungs, heart, and other organs. Most men with cystic fibrosis are infertile because of an absence of the sperm canal, known as the congenital bilateral absence of the vas deferens (CBAVD).', 'Antisperm antibodies: These are antibodies that work against the sperms. They can severely impact sperm quality, sperm count, and sperm motility.']",

"prevention from disease": "['Consume a healthy diet', 'Foods to prefer', 'Foods to limit or avoid', 'Shed those extra kgs', 'Stay away from recreational drugs', 'Quit smoking', 'Be mindful while consuming alcohol', 'Keep calm and manage stress', 'Give importance to sleep', 'Avoid heat around your testicles']",

"home\_remedy to disease": "['Alternative Therapies For Male infertility', 'Acupuncture', 'Sperm donation']"

},

{

"title": "Measles",

"description about disease": "Measles is a preventable, serious, highly contagious and acute febrile disease caused by the virus of the paramyxovirus family. It is an airborne disease in which the virus first attacks the respiratory tract and then spreads throughout the body. Symptoms of measles may develop about 7 to 14 days after exposure to the virus and usually lasts about 10 to 14 days. Some of the common symptoms of measles include high fever, runny nose, cough, and small white spots that can develop inside the cheek during the initial days. Some serious complications of measles include blindness, severe respiratory infections like pneumonia, and ear infections.Measles spreads easily from person to person and slightest contact with an active case may infect a susceptible person. Hence, all precautions should be taken to its spread especially to those with weakened immunity like infants, children, pregnant ladies or immunocompromised patients.Measles can be prevented by timely administration of the measles, mumps, and rubella (MMR) vaccine. It is a safe and effective way to protect you and your family from measles. There is no specific treatment for measles. However, symptomatic care including good nutrition, adequate fluid intake, and rest along with vitamin A supplements can help in alleviating symptoms.",

"symptoms of disease": "['1. Initial symptoms', '2. Koplik spots', '3. Measles rash', '4. Other symptoms']",

"causes of disease": "['Contaminated droplets that are transmitted through the air while coughing, sneezing, talking or coming in direct contact with infected nasal or throat secretions. The virus remains contagious in the air for up to two hours.', 'Sharing food, drinks and utensils with someone who has measles.', 'Kissing someone with measles.', 'Shaking hands or hugging someone with someone who has measles.', 'Pregnant women to their babies during the pregnancy, delivery or while breastfeeding.']",

"prevention from disease": "['1. Measles, mumps and rubella (MMR) vaccine', '2. Human normal immunoglobulin (HNIG)', '3. Special circumstances', '4. Isolation', '5. Practice hygiene and cleanliness']",

"home\_remedy to disease": "['Home remedies for measles', '1.Aloe vera:', '2.Neem leaves:', '3.Licorice herb:', '4.Baking soda:', '5. Coconut water:', '6.Turmeric:', '7. Green tea:', '8. Phyllanthus amarus:', 'Dietary modifications', 'Nutritional supplements']"

},

{

"title": "Melanoma",

"description about disease": "Melanoma is a cancer of the cells which give color to skin, called the melanocytes. It can be more threatening than the other forms of skin cancer because it tends to metastasize or spread to other parts of the body, causing serious complications.Risk factors for melanoma include fair skin, light hair and light-colored eyes, a history of prolonged and fierce sun exposure, close family members with melanoma, and moles that are irregular and large in size and number.Early detection and diagnosis of melanoma are crucial. Changing or unusual spots on the skin should be brought to medical attention without delay. Diagnosis is usually done by a biopsy in which a piece of skin containing the pigmented tumor is removed for lab analysis.Caught early, most melanomas can be managed with relatively minor surgical removal. However, treatment at the later stages becomes challenging and mostly comprises surgery, chemotherapy, radiation, immunotherapy, and targeted therapy.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Do not go out in the middle of the day', '2. Avoid getting suntans or sunburns', '4. Wear sunscreen all year long', '5. Cover yourself', '6. Do not use tanning beds or lamps', '7. Examine your skin regularly']",

"home\_remedy to disease": "['', '1. Acupressure and acupuncture', '2. Massage and physiotherapy', '3. Mind and body therapy', 'Yoga for good health! Read about the 12 benefits of yoga.Tap Here', '4. Hyperthermia']"

},

{

"title": "Melasma",

"description about disease": "Melasma is a common skin condition that is characterized by the appearance of brown to gray-brown patches primarily on the face. It is more common in females and individuals with darker skin tones.Sun exposure is the most important risk factor for the development of melasma. Hormonal imbalances due to pregnancy, periods, and hormonal contraceptives also stimulate the development of melasma in females.The basic preventive measures include having a strict sun protection regimen that involves use of a broad-spectrum sunscreen, limiting time in sun, wearing a hat while going out, and using an umbrella.Several treatment options are available for melasma including topical hydroquinone, which is the mainstay of treatment. However, the management of melasma is challenging due its slow response to treatment and recurrence.While melasma does not cause any bodily complications, individuals often feel conscious about their facial appearance which can impact their emotional and mental health.",

"symptoms of disease": "['Characteristics of patches']",

"causes of disease": "[]",

"prevention from disease": "['I. Spend less time in sun', 'II. Cover yourself up', 'III. HAT FACTS!', 'IV. Find shade from the sun', 'V. Wear sunglasses', 'VI. Use sunscreens diligently', 'VII. Will sunscreen application reduce Vitamin D levels?', 'VIII. Avoid sunbath', 'IX. Preventing sun exposure in the employees working under the sun']",

"home\_remedy to disease": "['Alternative Therapies For Melasma', 'Microneedling (mesotherapy)', 'Cosmetic camouflage']"

},

{

"title": "Meningitis",

"description about disease": "Meningitis is the inflammation of the meninges, the covering of the brain and spinal cord. The most common symptoms of this disease include decreased consciousness, seizures, lethargy, confusion, high fever, rashes, rapid breathing, and stiffness in the neck.Meningitis can be caused by bacteria, viruses, fungi, parasites or non-infectious causes like cancers, systemic lupus erythematosus (lupus), certain medications, head injury, and brain surgery. Poor vaccination, advanced age, chronic health problems, poor sanitation, and living in high endemic areas are the major risk factors of meningitis.Meningitis is an emergency which requires immediate medical attention. Bacterial meningitis is treated by antibiotics and steroids, whereas viral meningitis is usually managed by supportive treatment. Timely management is necessary to avoid severe complications such as hearing loss, memory problems, speech problems, and sepsis.",

"symptoms of disease": "[]",

"causes of disease": "['Via the bloodstream', 'Ear, throat or sinus infections', 'Defect in the dura mater (dense outer layer of meninges)', 'Skull fracture', 'Neurosurgical procedures']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Garlic (lahsun):', 'Astragalus', 'Reishi mushrooms:', 'Chlorella:', 'Ginseng:', 'Hypericum:']"

},

{

"title": "Menopause",

"description about disease": "Menopause is a natural biological occurrence that happens between the age of 40-60 years. It marks the end of your menstrual cycle and is diagnosed after 12 months have passed without the occurrence of a menstrual period.Menopause is neither a disease nor a disorder and is considered a natural process of aging. While some women may experience zero symptoms and face no issues while transitioning into menopause, some might go through various symptoms like trouble sleeping, hot flashes, night sweats, irritability, mood swings, hair loss,joint pain, and weight gain.The years leading up to menopause will include some gradual changes in the physiology and body of a woman. However, it is also common to feel relieved about not having to worry about periods.",

"symptoms of disease": "[]",

"causes of disease": "['Primary ovarian insufficiency:Premature menopause may result from the failure of ovaries to produce normal levels of reproductive hormones , which can stem from genetic factors or autoimmune disease. For these women, hormone therapy is typically recommended until the natural age of menopause.', 'Induced menopause:This can happen, if ovaries are removed due to for medical reasons such as uterine cancer or endometriosis.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Diet', '2. Exercise regularly', '3. Talk to a therapist', '4. Practice relaxation techniques', 'Read more about ways to relax and unwind yourself.Click Here!', '5. Manage sleep issues', '', '6. Natural supplements', '', '7. Cognitive behaviour therapy (CBT)', '8. Hypnotherapy']"

},

{

"title": "Migraine",

"description about disease": "Migraine is a condition that causes intense, unprovoked pain, mostly on one or both sides of the head. Unlike a normal headache, it includes additional symptoms like nausea, vomiting, and sensitivity to light and sound. It is estimated that migraine affects around 12% of the global population (Burch RC, et al).Migraine attacks can last for hours to days, and the pain can be serious enough to interfere with your daily life, such as your ability to work or study. Just about any movement or physical activity can worsen a migraine attack.Women are more likely to have migraines as compared to men. The condition can begin in childhood or may not occur until early adulthood. Some people have more than one episode each week, while others have them only occasionally.Medications can help prevent some migraines and make them less painful. Certain over-the-counter (OTC) pain-relief medications may be helpful for some headache types, but must not be overused. Moreover, medication overuse can make your attacks worse. The right medicines, combined with self-help remedies and lifestyle changes, can provide aid in managing migraine headaches.",

"symptoms of disease": "['Is it a migraine or a headache?']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies Of Migraine', '1. Ayurvedic Remedies', '1.Ginger:', '2.Lemon:', '3.Pepper:', '4.Cinnamon:', 'Check out some of the common herbs whose benefits have been backed by science for migraine relief.Click here to know more!', '2. Acupuncture', '3. Neuromodulation techniques']"

},

{

"title": "Motion sickness",

"description about disease": "It is a condition in which an individual experiences nausea, dizziness, vomiting, and other symptoms when they are exposed to motion or movement.It is believed to occur when there is a mismatch between the information received by the brain from the inner ear balance mechanism and what the eyes see.Any mode of transportation, whether on land, in the air, or on the water, can cause motion sickness. It can also be caused by amusement rides and playground equipment.Anyone can get motion sickness; however, some people have a higher threshold than others. Travel sickness is known to commonly affect children aged 2 to 12 years, pregnant women, and people suffering from migraine.It is critical to get plenty of rest the night before traveling and to avoid alcohol. If you are prone to motion sickness, you should avoid dehydration and anxiety. It is recommended that you keep a home remedy handy while traveling. Medications can also help in managing the symptoms.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['I. Here are a few common preventive measures that may be useful:', 'II. Here are a few specific preventive measures to prevent motion sickness in a car, plane or boat:']",

"home\_remedy to disease": "['1. Acupressure', '2. Aromatherapy therapy', 'Buy essential oil products online to get rid of the unwelcoming feeling of nausea and vomiting. Fill your cart now.', '', '3. Motion sickness glasses']"

},

{

"title": "Mouth ulcers",

"description about disease": "Mouth ulcers are usually small, painful sores or lesions that develop on the soft lining of the mouth. Anyone can get mouth ulcers and they are usually harmless. There is no definite cause of these ulcers however, factors like emotional stress, lack of sleep, certain nutritional deficiencies, trauma due to hard brushing, accidental bites or some allergies and infections are known to trigger them.Most mouth ulcers heal on their own or with over-the-counter (OTC) products within one to two weeks. But if they last longer than three weeks and are recurrent in nature or extremely painful, they may require medical attention.Ulcers cannot be prevented, but certain lifestyle modifications may help relieve symptoms and reduce their frequency. Various OTC products, such as oral gels, mouthwashes, etc., are available to provide relief from them. Prescription medicines are required in case of recurrent and non-healing ulcers.",

"symptoms of disease": "[]",

"causes of disease": "['Accidental biting of the cheek or tongue', 'Ill-fitting dental braces or dentures', 'Site of a local anesthetic injection and dental treatment', 'Impacted or misaligned wisdom teeth that continually irritate the inner cheek', 'External trauma to the cheeks or the tongue', 'Hard pressure while brushing teeth or use of brush with hard bristles', 'Excessive consumption of citrus,sour and spicy foods', 'Stress or lack of sleep', 'Excess alcohol intake', 'Smoking and cessation of smoking', 'Chewing of Tobacco', 'Using toothpaste or mouthwashes that contain Sodium Lauryl Sulphate', 'A weakened immune system occurring with conditions such as HIV-AIDs, post-chemotherapy, viral infections etc.', 'Nutritional deficiency of Vitamin B1, B2, B6, B12, folic acid, zinc, etc.', 'Helicobacter pylori infection', 'Hormonal changes during menstruation', 'Gastrointestinal diseases like celiac disease, Crohn’s disease, ulcerative colitis, etc.', 'Oral malignancies', 'Certain medications like Sodium hypochlorite, Piroxicam, Phenobarbital , Phenindione, Niflumic acid and Captopril']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies Of Mouth Ulcers', 'Diet', 'Homeopathy:', 'Ayurveda:', 'There are a few safe and simple home treatments to ease the pain of mouth ulcers. These home remedies can help to alleviate the pain and also speeds their healing process.Click Here!']"

},

{

"title": "Mpox (Monkeypox)",

"description about disease": "Mpox, previously known as Monkeypox is a viral zoonotic disease, which means that the monkeypox virus causes the disease, and the infection spreads from animals to humans.Infection is transmitted to humans through scratches or bites from infected rodents such as rats, mice, and squirrels or by eating bush meat. Transmission of the virus can also happen from human to human but is limited to close household contacts or health care workers not wearing personal protective equipment.Mpox was discovered in 1958 when two outbreaks of a pox-like disease occurred in groups of monkeys being used for research. The disease was first discovered in monkeys, hence the name monkeypox.Mpox is commonly found in central and west Africa. Still, cases have been identified in other countries outside of central and west Africa, following travel from regions where Mpox is endemic.This disease typically presents with fever and rash and is usually a mild and self-limiting disease. Most patients with mild cases recover without medical intervention. This information can help alleviate unnecessary fear and panic among the public.",

"symptoms of disease": "[]",

"causes of disease": "['Bite from an infected animal or touching its blood, body fluids, spots, blisters, or scabs.', 'Eating meat of an infected animal from Central or West Africa that has not been cooked thoroughly.', 'Touching the skin or fur of the infected animals.', 'Direct physical contact with the infected blood, body fluids, skin lesions, blisters, or scabs from an infected animal.', 'Eating the meat of an infected animal that is not cooked thoroughly.', 'A bite or scratch from animals like rats or squirrels infected by the virus.', 'Close physical contact with a person infected by Mpox virus', 'Contamination with the virus such as clothes, bedding, or towels by touching', 'Saliva or respiratory droplets while by coughing or sneezing', 'The placenta from mother to fetus', 'Mother to baby during and after childbirth', 'Unprotected sex with an infected person', 'Man-to-man sex']",

"prevention from disease": "['Vaccination for Mpox?']",

"home\_remedy to disease": "[]"

},

{

"title": "Mucormycosis",

"description about disease": "Mucormycosis is a rare but serious fungal infection triggered by a group of fungi known as mucormycetes. These fungi are found in the soil, animal excreta, compost piles, rotten leaves, wood and are widespread in nature. Despite their extensive distribution, these molds rarely create medical problems.However, they can induce severe, even life-threatening illnesses like mucormycosis in people with weaker immune systems in conditions such asdiabetes, chronic steroid use, and use of immunosuppressant drugs.Preliminary diagnosis of mucormycosis is made by patient history, physical exam, and the patient's risk factors while definitive diagnosis is derived by identifying the fungi in the patient's tissue. Treatment requires antifungal drugs likeamphotericin B, a good control of underlying or causative medical conditions and surgical removal of infected tissue.Mucormycosis was earlier a fairly scarce occurrence, but became quite common in the wake of the COVID-19 pandemic. The second wave in India in 2021 led to a multi-fold rise in cases of this disease. It is proposed that the use of steroids, monoclonal antibodies and prolonged hospitalization substantially compromised immunity or the COVID‑19 infection itself produced an immunocompromised state. The other reason could have been the use of non‑sterile water in oxygen cylinders.",

"symptoms of disease": "['1. Symptoms of rhino-orbito-cerebral mucormycosis', '2. Symptoms of pulmonary mucormycosis', '3. Symptoms of gastrointestinal mucormycosis', '4. Symptoms of cutaneous (skin) mucormycosis', '5. Symptoms of renal mucormycosis']",

"causes of disease": "[]",

"prevention from disease": "['Prevention of mucormycosis associated with COVID-19']",

"home\_remedy to disease": "[]"

},

{

"title": "Multiple myeloma",

"description about disease": "Multiple myeloma is a rare type ofblood cancerthat affects the plasma cells. Plasma cells are a type of white blood cells (WBCs) responsible for producing antibodies and fighting infections. Plasma cells are found in the bone marrow, the hollow area within the bones. When the plasma cells grow out of control and become cancerous, it leads to multiple myeloma. The word “multiple” is often used because the cancer cells usually affect multiple areas of the bone marrow.Although the exact cause of multiple myeloma is not yet known, researchers suggest that genetic abnormalities or environmental exposures may play a role.The symptoms of multiple myeloma and its severity vary from person to person and stage of cancer. Some of the common symptoms include weight loss, bone pain,nausea, frequent infections, fatigue, confusion and loss of appetite.The treatment of multiple myeloma is aimed at decreasing the severity of symptoms and slowing down its progress. Treatment involves medications, stem cell transplants, bisphosphonate therapy, platelet transfusions, and/or plasmapheresis.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Yoga', 'Here are some of the health benefits of yoga.Check Out!', 'Music therapy', 'Exercise', 'Massage therapy', 'Diet', 'A healthy diet is the key to keep up your energy levels and fight infections when sick. Stock our range of health foods and drinks now.Explore Now!', 'Aromatherapy', 'Acupressure and acupuncture']"

},

{

"title": "Multiple sclerosis (MS)",

"description about disease": " of Multiple SclerosisMultiple Sclerosis is an autoimmune disease (in which the body's immune system attacks its own healthy cells) of the central nervous system comprising the brain and spinal cord. In MS, the protective sheath covering the nerves called myelin gets destroyed, which disrupts the communication between the brain and the rest of the body.MS generally strikes people at an age between 20 to 45 years. Women are twice more likely to develop this condition as compared to men.Some common symptoms of the disease include muscle weakness (often in the hands and legs), tingling, burning sensations, numbness, chronic pain, coordination and balance issues, fatigue, dizziness, vision problems, slurred speech, and difficulty with bladder control.Management includes medications for slowing the progression of the disease and managing its symptoms.",

"symptoms of disease": "['Fatigue', 'Vision Problems', 'Muscle spasms, stiffness, and weakness', 'Mobility Problems', 'Musculoskeletal pain', 'Bladder problems', 'Sexual problems', 'Bowel problems', 'Difficulties in thinking, learning and planning', 'Mental issues']",

"causes of disease": "[]",

"prevention from disease": "['Sustain optimum levels of Vitamin D', 'Avoid smoking']",

"home\_remedy to disease": "['Alternative Therapies for Multiple Sclerosis', 'Stress management', 'Is stress affecting your overall well-being? Try some relaxation techniques to manage stress.', 'Yoga', 'Psychotherapy', 'Acupuncture']"

},

{

"title": "Mumps",

"description about disease": "Mumps is a contagious infection caused by a virus known as paramyxovirus. The virus can spread through nasal secretions and saliva. People affected with mumps display symptoms such asheadache, fever,tiredness, loss of appetite, and muscle aches. However, swollen parotid and other salivary glands are the hallmark symptom of mumps. This causes a tender and sensitive jaw and puffy cheeks.Mumps is a self-resolving illness that simply runs its course. Patients are given supportive care treatment to manage symptoms associated with mumps. Rest, painkillers (exceptaspirin), adequate fluid intake and avoidance of sour and acidic foods help in recovery. Use of warm and cold compresses can provide relief from swollen and tender salivary glands.The MMR vaccine is the mainstay for preventing the occurrence of mumps. This vaccine protects people against three diseases:measles, mumps, and rubella. This vaccine is safe in nature and works as an extremely effective prevention strategy.The prognosis for a patient with mumps is good. Most children with mumps recover fully in about 2 weeks. Usually, adults are able to go back to work a week or ten days after being infected with mumps. Complications from mumps are rare, but can be serious, if left untreated.",

"symptoms of disease": "[]",

"causes of disease": "['The virus spreads easily through infected saliva and can be contacted by other people\\xa0 by inhaling infected air droplets released through coughing or sneezing.', 'Mumps can also spread if you use utensils or cups with someone who has already had the infection.', 'It also spreads by engaging in close contact activities with an infected person such as\\xa0 dancing, kissing or playing sports.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Herbal remedies', 'Homoeopathy']"

},

{

"title": "Myocarditis",

"description about disease": "Cirrhosis is scarring (fibrosis) of the liver caused by long-term liver damage. The scar tissue prevents the liver from performing its function like making protein, helping fight infections, detoxifying the blood, helping digest food, and storing energy.Individuals suffering from cirrhosis may have few or no symptoms and signs of liver disease initially. Some of the symptoms may be nonspecific like weakness, fatigue, nausea, vomiting, loss of appetite resulting & weight loss. However, as the disease progresses, more serious complications like small spider-like veins underneath the skin, severe itching, bleeding or bruising, jaundice, edema (swelling of legs, ankles, and feet), ascites (painful swollen stomach from a build-up of fluid), and mental confusion may develop.Cirrhosis is usually caused by various factors some of which are hepatitis B and C infections, chronic alcoholism, genetic disorders, and certain infections. Treatment for cirrhosis varies based on the cause and how far the disease has progressed.",

"symptoms of disease": "['Symptoms in adults', 'Symptoms in children or infants']",

"causes of disease": "['Dobutamine', 'Phenytoin', 'Antibiotics like:AmpicillinAzithromycinCephalosporinsTetracyclines', 'Ampicillin', 'Azithromycin', 'Cephalosporins', 'Tetracyclines', 'Psychiatric medications like:Tricyclic antidepressantsBenzodiazepinesClozapine', 'Tricyclic antidepressants', 'Benzodiazepines', 'Clozapine', 'Recreational/illicit drugs likeMethamphetamineCocaine', 'Methamphetamine', 'Cocaine', 'Heavy metals (copper, lead and arsenicals)', 'Antineoplastic agents (e.g., anthracyclines, cyclophosphamide, 5-fluorouracil and tyrosine kinase inhibitors).']",

"prevention from disease": "['1. Avoid exposure to germs', '2. Practice hand hygiene', '3. Dental care', '4. Practice safe sex', '5. Avoid use of illegal drugs', '6. Avoid exposure to ticks', '7. Get vaccinated']",

"home\_remedy to disease": "['1.', 'Yoga', '2. Meditation', 'Meditation can do wonders for your body and soul.Read More', '3. Breathing exercises', 'Read more about deep breathing exercises.Click Here']"

},

{

"title": "Myopia",

"description about disease": "Myopia, commonly known as nearsightedness, is a vision condition where distant objects appear blurry while close objects remain clear.This condition affects individuals of all ages, although it often begins in childhood and tends to progress during adolescence. Genetic predisposition and factors like excessive screen time and near-work are believed to play a role in myopia development.Symptoms of myopia include squinting, headaches, and difficulty seeing distant objects, while close-up tasks are typically easier.Routine eye exams are a crucial step in managing myopia. They allow for early detection and intervention, preventing potential complications.Treatment options include prescription glasses, contact lenses, or surgical options like LASIK.",

"symptoms of disease": "[]",

"causes of disease": "['Eye length from front to back', 'Shape of the cornea and lens', 'Alignment of the lens and cornea within the eye']",

"prevention from disease": "['Recommended Examination Frequency for Eye Check-ups']",

"home\_remedy to disease": "[]"

},

{

"title": "Nail infections",

"description about disease": "Nail infection, as the name suggests, is an infection affecting the fingernails or toenails. It can be caused by the growth of bacteria, fungus or virus in these areas. Fungal nail infection is more commonly seen to affect toenails, while bacterial nail infection is more likely to occur following an injury to the surrounding skin.Nail infection, particularly fungal nail infection or onychomycosis, is commonly seen. It is estimated that about 10% of the general population, 20% of the population older than 60 years, and 50% of the population older than 70 years suffer from nail infection of any one or the other type.Nail infection is common in the elderly population and those who suffer from immunocompromised conditions such as HIV (human immunodeficiency virus)infection. The risk of nail infection increases if the feet or hands are constantly exposed to moisture and proper hygiene is not maintained.The symptoms of nail infection range from whitish spots or patchy discoloration of the nails to changes in the shape of the nail and the nails turning brittle or crumbly. Treatment consists of oral and topical antibacterial or antifungal agents. Surgery may be required in severe cases.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Treatment with non-prescription agents', 'Ayurveda']"

},

{

"title": "Narcolepsy (Uncontrollable daytime sleepiness)",

"description about disease": "Narcolepsy is a rare neurological disorder that causes a sudden attack of sleep. It affects your brain’s ability to wake and fall asleep at inappropriate times. People with narcolepsy often find it difficult to stay awake during the day, causing excessive daytime sleepiness.The exact cause of narcolepsy is unknown. However defienyOther symptoms may include frequent uncontrollable sleep attacks, sudden and temporary loss of muscle tone (cataplexy), vivid dream-like images (hallucination), and temporary inability to move or speak while falling asleep (sleep paralysis). It is difficult to perform daily routine work with narcolepsy.Narcolepsy can be diagnosed and confirmed by the polysomnogram (PSG) and the multiple sleep latency tests (MSLT). However, a combination of lifestyle approaches and medicine can help you to live better with narcolepsy.",

"symptoms of disease": "['1. Cataplexy', '2. Hallucinations', '3. Excessive daytime sleepiness (EDS)', '4. Sleep attacks', '5. Sleep paralysis', 'Other symptoms']",

"causes of disease": "['Head injury: Including trauma to the cranium and intracranial structures (Brain, Cranial nerves, meninges, and other structures)', 'Hypothalamic lesions: Abnormal growth in the hypothalamus gland, which is located in the brain that helps to maintain the stability and balance in our bodies.', 'Brain tumor: Narcolepsy due to brain tumors is usually seen in kids.', 'Encephalitis: Inflammation of the brain, mostly due to infection.', 'Multiple sclerosis:It is an autoimmune disease that damages the central nervous system.', 'Demyelinating disorders: A neurological condition that causes damage to the protective covering (myelin sheath) that surrounds nerve fibers in the brain, eyes (optic nerves), and the spinal cord.', 'Encephalomyelitis: It refers to the inflammation in the brain and spinal cord that damages (myelin sheath )the protective covering of nerve fibers.', 'Inherited disorders: Disorders like Niemann–Pick disease type C can also cause narcolepsy.Did you know?Many patients with narcolepsy also have fragmented sleep, other sleep disorders, andobesity, probably as a consequence of orexin deficiency.Depression,anxiety, and other psychiatric problems are also common in these patients.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies Of Narcolepsy', '1. MR therapy (meditation and relaxation)', '2. Sleep-inducing teas', '3. Acupuncture and acupressure']"

},

{

"title": "Nausea",

"description about disease": "Nausea, or the feeling of getting sick, is a feeling of uneasiness that comes before vomiting. It is not a disease but a symptom that often occurs with various health conditions.Nausea can be acute or chronic, physical or psychological and caused by conditions, such as food poisoning, peptic ulcers, motion sickness, pregnancy and brain disorders. It is extremely common in the first trimester of pregnancy. It could also be seen as a side effect of certain medications, or due to chemotherapy and radiation therapy.Nausea is found to be three times more common in females than males. A mild or occasional episode of nausea and vomiting can be safely treated at home and does not require any medical attention. However, if nausea is chronic in nature and/or multiple episodes of nausea and vomiting occur within a short span, medical care is essential.The treatment of nausea includes controlling the symptom with antiemetic drugs, treating the underlying cause, and providing supportive care.",

"symptoms of disease": "[]",

"causes of disease": "['Stomach infection or gastroenteritis', 'Food poisoning', 'Gastric ulcers', 'Appendicitis', 'Hyperacidity', 'Intestinal obstruction', 'Cholecystitis', 'Crohn’s disease', 'Gallstones', 'Gastroesophageal Reflux Disease (GERD)', 'Irritable bowel syndrome', 'Allergy to certain foods, like milk', 'Indigestion (or excessive food intake)', 'Motion sickness', 'Meniere’s disease', 'Ear infection or otitis media', 'Vestibular neuritis', 'Allergy or anaphylaxis', 'Hyperthyroidism', 'Meningitis', 'Encephalitis', 'Hydrocephalus', 'Hepatitis', 'Migraine', 'Anxiety and depression', 'Claustrophobia', 'Excessive alcohol consumption', 'Heart attack', 'Cancer', 'Acute severe trauma']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Relaxation techniques and breathing exercises:', 'Aromatherapy:', 'Acupressure and acupuncture:', 'Natural remedies:']"

},

{

"title": "Neck pain",

"description about disease": "Neck pain is an extremely uncomfortable condition that impairs mobility and can interfere with daily activities. With the modern sedentary lifestyle and long hours of working on laptops and scrolling through social media, people seem to ignore sitting in the correct posture. This causes excessive strain on the neck leading to neck pain.It can also be caused by conditions such as osteoarthritis, cervical spondylosis, degenerative disc disease, a herniated disc, a pinched nerve or neck injury. Neck pain can also be experienced during common infections, such as viral throat infection.Neck pain can be largely prevented by maintaining a good posture, healthy weight, adequate hydration as well as neck strengthening exercises and neck bracing.Mild neck pain can be managed at home by alternate use of ice packs and heat, gentle stretching, massage, topical anesthetic creams and over the counter pain relief medications. However, pain that persists even after 1 week should be medically evaluated.",

"symptoms of disease": "['1.Dizzinessand unsteadiness', '2. Movement barrier', '3. Frequentheadaches', '4. Pain in other areas']",

"causes of disease": "['Muscle strain:Excessive use of the muscles in the neck, such as spending too much time crouched over a computer or smartphone, often results in muscular strains. Even activities, such as reading on the bed or grinding teeth, may cause the neck muscles to get strained.', 'Worn joints:As with the rest of the body’s joints, even the neck joints deteriorate with age.Osteoarthritisdeteriorates the cushioning (cartilage) between the bones (vertebrae). Following that, the body creates bone spurs that impair joint mobility, leading to discomfort, even in the neck.', 'Compression of the nerves:Herniated discs or bone spurs in the neck vertebrae might compress the nerves that branch from the spinal cord.', 'Injuries:Whiplash damage is often the outcome of rear-end vehicle crashes. Whiplash occurs when the head is jerked backward and then forward, straining the neck’s soft tissues.', 'Other diseases:Neck discomfort may be caused by numerous conditions includingrheumatoid arthritis,meningitis, and cancer.']",

"prevention from disease": "['1) Exercise regularly', '2) Perform stretching exercises for the neck', '3) Maintain a healthy weight', '4) Stay hydrated', '5) Maintain a good posture', '6) Avoid straining the neck', '7) Use electronic gadgets correctly', '8) Make safety a priority', '9) Wear a neck brace']",

"home\_remedy to disease": "['1. Ayurveda', '2. Homeopathic medicine', '3. Yoga', \"The word 'Yoga' is derived from Sanskrit and means 'to unite, symbolizing the union of body and mind. Read more about simple yoga postures to relieve neck pain.\", '4. Gua sha']"

},

{

"title": "Neonatal Jaundice",

"description about disease": "Neonatal jaundice or neonatal hyperbilirubinemia occurs as a result of elevated total serum bilirubin (TSB) and clinically manifests as yellowish discoloration of the skin, sclera (the white layer that covers the inner surface of the eye) and mucous membrane. This is a very common condition and is seen in about2/3of all healthy newborns. However, sometimes it may be a sign of feeding habits, level of hydration, or the lifespan of red blood cells (RBCs). Other rare causes can include metabolic disorders, malfunctioning of the glands, or liver disease.In most cases, jaundice is a mild, transient, and self-limiting condition and is referred to as \"physiological jaundice.\" If it becomes more severe due to an underlying cause then it is called \"pathological jaundice.\" Failure to diagnose and treat pathological jaundice may lead to the deposition of bilirubin in the brain tissues, known as kernicterus.The treatment of choice depends on the severity of jaundice, the cause for the increase in bilirubin, or the type of bilirubin. It can vary from something as simple as increasing water intake and modifying the feeding to a very complex treatment depending on the cause.",

"symptoms of disease": "[]",

"causes of disease": "['Unconjugated hyperbilirubinemia:Also called direct hyperbilirubinemia usually results from increased production, impaired uptake by the liver, and decreased conjugation of bilirubin.', 'Conjugated hyperbilirubinemia:Pathologic elevation of conjugated or direct bilirubin concentration higher than 2 mg/dL or more than 20% of total bilirubin.', \"Immune-mediated hemolysis -Which includes blood group incompatibilities such as ABO and Rhesus (RH) incompatibility. If the mother's blood has antibodies that do not work with the blood type of a baby, the newborn will experience blood incompatibility and ABO and RH are the two most common types of incompatibilities.\", 'Non-immune mediated hemolysis:That includes :RBC membrane defects like hereditary spherocytosis and elliptocytosis (changes in the shapes of RBCs)RBC enzyme defects like glucose-6-phosphate dehydrogenase (G6PD) and pyruvate kinases deficiencySequestration like a blood clot or bleeding between the skull and scalp, intracranial hemorrhage; polycythemia (type of blood cancer), and sepsis.', 'RBC membrane defects like hereditary spherocytosis and elliptocytosis (changes in the shapes of RBCs)', 'RBC enzyme defects like glucose-6-phosphate dehydrogenase (G6PD) and pyruvate kinases deficiency', 'Sequestration like a blood clot or bleeding between the skull and scalp, intracranial hemorrhage; polycythemia (type of blood cancer), and sepsis.', 'Crigler Najjar syndrome:Is a severe condition characterized by hyperbilirubinemia.', \"Gilbert’s syndrome:A common, harmless liver condition in which the liver doesn't properly process bilirubin.\", 'Congenital hypothyroidism', 'Drugs like sulfa drugs, ceftriaxone, and penicillins', 'Intestinal obstruction', 'Pyloric stenosis (blockage of food from entering the small intestine)', 'Breast milk jaundice', 'Breastfeeding jaundice', 'Diabetes in the mother of the infant', 'Biliary atresia (blockage of the bile duct)', 'Choledochal cysts (congenital bile duct anomaly)', 'Neonatal sclerosing cholangitis (obstructive fibrosis of the bile ducts)', 'Neonatal cholelithiasis (gallbladder stones in infants)', 'Cytomegalovirus (CMV)', 'Human immunodeficiency virus (HIV)', 'Rubella', 'Herpes virus', 'Syphilis,', 'Toxoplasmosis', 'Urinary tract infection (UTI)', 'Septicemia', 'Alagille syndrome:An inherited condition in which bile builds up in the liver because there are too few bile ducts to drain the bile.', 'Alpha-1 antitrypsin deficiency:An inherited condition that raises your risk for lung and liver disease. Alpha-1 antitrypsin (AAT) is a protein that protects the lungs.', 'Galactosemia:A disorder that affects how the body processes a sugar called galactose.', 'Fructosemia:Also called hereditary fructose intolerance is one of the more common errors in metabolism of the newborns.', 'Tyrosinemia type 1:A genetic disorder characterized by elevated blood levels of the amino acid tyrosine.', 'Cystic fibrosis:An inherited disorder that causes severe damage to the lungs, digestive system, and other organs in the body.', 'Progressive familial intrahepatic cholestasis (PFIC):A disorder that causes progressive liver disease, which typically leads to liver failure.', 'Aagenaes syndrome:A form of idiopathic familial intrahepatic cholestasis associated with lymphedema of the lower extremities.', 'Dubin-Johnson syndrome:A condition characterized by jaundice, which is a yellowing of the skin and whites of the eyes.', 'Bile acid synthesis disorders (BSAD):Are a group of rare metabolic disorders characterized by defects in the creation (synthesis) of bile acids.', 'Idiopathic neonatal hepatitis:An uncommon syndrome of prolonged obstructive jaundice associated with giant cell transformation in the liver and patent bile ducts.', 'Parenteral nutrition-induced cholestasis:is a progressive rise in alkaline phosphatase and/or conjugated bilirubin and is diagnosed in patients who receive nutrition through the veins (IV) to develop cholestasis (reduced flow of bile from the liver).', 'Gestational alloimmune liver disease/neonatal hemochromatosis:Is a clinical condition in which severe liver disease in the newborn is accompanied by extrahepatic siderosis (deposition of excessive iron)', 'Hypotension:Low blood pressure under 90/60 mm/Hg.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Metalloporphyrins', '', 'Natural remedies', '1. Magnesium:', 'Try adding magnesium-rich foods to your diet if you’re pregnant or breastfeeding. Read more about tests to detect magnesium deficiency.Click Here!', '2. Probiotics:', '3. Barely seed flour:']"

},

{

"title": "Neuropathic pain",

"description about disease": "Neuropathic pain is defined as the shooting or burning pain as a result of nerve damage. The intensity of pain is often severe and impacts the overall quality of life.Conditions like brain injuries, diabetes, vitamin deficiencies, autoimmune disorders, cancer, alcoholism and use of certain medications increase the risk of neuropathic pain.Medications along with physiotherapy, relaxation and massage therapy, are known to improve the symptoms.Neuropathic pain can lead to a feeling of hopelessness or anger due its chronic nature. It can interfere with normal activities such as sleep, exercise, and sex. Surrounding oneself with friends and family along with psychological help can make one deal with the emotional aspect of the disease.",

"symptoms of disease": "['Other symptoms include:']",

"causes of disease": "['These are nerve cells that send messages all over the body.', 'Neurons receive sensory input from the external world and send motor commands to our muscles after processing in the brain.', 'There are\\xa0 approximately 86 billion neurons present in the human brain.', 'There is a huge involvement of neurons in the perception of pain.', 'Any painful stimulus such as pressure, pinch, heat, chemical, and burn activates the pain receptors (nociceptive receptors) that are widely distributed in the skin and deep tissues.', 'These pain receptors send signals to the brainstem (bottom part of brain) via first order neurons', 'There is a release of calcium in the brainstem which leads to the release of a chemical called glutamate', 'The released glutamate binds to special receptors present on the second order neurons', 'These neurons then cross over in the spinal cord and reaches to to the cerebral cortex (part of the brain that is involved in sensation of pain)', 'Increased activity of the first-order neurons if they are partially damaged', 'Impairment of inhibitory pathway', 'Development of a memory of pain in the second and third-order neurons due to alterations in the central processing of pain', 'Increase in the sensitivity of neurons', 'Reduced the activation threshold of neuron']",

"prevention from disease": "['1. Manage underlying conditions', '2. Keep a check on your diet', '3. Exercise regularly', '4. Avoid triggers', 'Tips to prevent or delay neuropathic pain in diabetes']",

"home\_remedy to disease": "['', '1. Acupuncture', '', '2. Percutaneous electrical nerve stimulation', '', '3. Physical therapy (physiotherapy)', '4. Occupational therapy', '', '5. Massage', '', '6. Graded motor imagery', '', '7. Cognitive behavioral therapy']"

},

{

"title": "Night eating syndrome",

"description about disease": "Night Eating Syndrome (NES) is an eating disorder characterized by recurrent episodes of excessive eating during the night, often accompanied by insomnia and lack or loss of appetite in the morning, wherein individuals skip breakfast or don't feel hungry. Unlike anorexia nervosa, NES does not revolve around body weight or shape concerns.NES can disrupt sleep patterns and impact overall health. It may be linked to other illnesses, such as mental health problems, substance abuse, or eating disorders. Additionally, it can coexist with health conditions like obesity, diabetes, and heart disease.The exact causes of NES are not fully understood, but a combination of psychological, physiological, and genetic factors might contribute to its development. Left unaddressed, NES can negatively affect one's quality of life, leading to sleep disturbances, weight gain, and emotional distress.Encouraging individuals with NES to establish structured eating schedules and develop alternative coping mechanisms can be beneficial. Importantly, early intervention and proper treatment hold the promise of significantly improving outcomes and overall quality of life.",

"symptoms of disease": "[]",

"causes of disease": "['The body\\'s internal \"clock,\" known as the circadian rhythm, regulates our sleeping and eating patterns. In NES, this coordination between sleep and meal patterns may be compromised, leading to a deeper understanding of the condition.', 'Individuals, who prefer later sleep and wake times, are more predisposed to NES.', 'Melatonin and leptin levels (hormones that regulate sleep and hunger, respectively) tend to be lower at night in NES patients, which may contribute to nocturnal awakenings accompanied by food intake.', 'Other hormones like ghrelin, cortisol, and thyroid-stimulating hormones, which are vital in regulating sleep-wake cycles, hunger, and stress levels, may also be significantly affected in NES patients, underscoring the complexity of the condition.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Yoga and Meditation', 'Yoga focuses on enhancing the overall well-being of the mind, body, and spirit. Below are some of the health advantages associated with practising yoga!Read Here', '2. Acupuncture']"

},

{

"title": "Nose bleeding",

"description about disease": "Nose bleeding is characterized by blood flow from one or both nostrils lasting for a few seconds to 15 minutes. It is quite common and many people experience it now and again. But it is most frequently seen in children between 2 to 10 years of age, elderly people, pregnant women, and people taking blood thinning medication.The common causes of nosebleeds include picking the nose, blowing the nose very hard,  a minor injury to the nose, and changes in humidity or temperature causing the inside of the nose to become dry and cracked.Nose bleeding can be prevented by avoiding picking the nose and keeping the fingernails short, blowing the nose as little as possible, and wearing a head guard during activities in which the nose or head could get injuredIt is usually not serious and can be controlled at home. However, recurrent heavy nose bleeding should be medically evaluated for timely diagnosis and treatment.",

"symptoms of disease": "[]",

"causes of disease": "['Dry air can be caused by hot, low-humidity climates or heated indoor air. The environment causes the nasal membrane to dry out and become crusty or cracked and more likely to bleed when rubbed', 'Blowing the nose with force', 'Nose picking', 'A minor injury to the nose', 'Inserting objects into the nose', 'Cold or allergies', \"Blood thinning drugs (aspirin and warfarin) reduce the blood's ability to clot and hence prolong bleeding\", 'Repeated use of nasal sprays to treat allergies can dry out the nasal membrane', 'Inhaling chemical irritants such as ammonia can begin to burn away the lining of the nose if inhaled for a longer time', 'Snorting cocaine can cause nasal problems like permanent physical damage or nose bleeds', 'The deviated septum can block one side of the nose and reduce airflow, leading to crusting or nose bleeding in certain people', 'Bacterialsinusitis-A bacterial infection of the sinuses, the hollow spaces in the bones of the face around the nose.', 'Allergic rhinitis-\\xa0 It is inflammation of the inside of the nose caused by allergens, such as pollen, dust, and mold.', 'Nasal polyposis- It is noncancerous growth on the lining of your nasal passages or sinuses.', 'Wegner granulomatosis- Inflammation of the blood vessels of the nose.', 'Tuberculosis-It is an infectious disease that usually affects the lungs.']",

"prevention from disease": "['General measures', 'Consider changing medications that increase bleeding', 'Avoid drinking and smoking', 'Consume vitamin K-rich foods', 'Load your diet with Vitamin C-rich foods', 'Stay hydrated']",

"home\_remedy to disease": "[]"

},

{

"title": "Nutritional deficiencies",

"description about disease": "A balanced diet consists of various macronutrients and micronutrients. Macronutrients include carbohydrates, proteins, and fats. Vitamins and minerals comprise the micronutrient portion of the meal. Nutritional deficiency is a broad term used to describe reduced levels of any nutrient than that required to meet bodily needs.Nutritional deficiencies can manifest in many ways depending on which nutrient is deficient. Common symptoms may include weight loss, hair loss, poor growth, swollen belly, higher susceptibility to infections, reduced wound healing, fatigue, weakness.Various risk factors that can increase the likelihood of nutritional deficiencies include poor intake of fresh fruits and vegetables, restrictive diets, smoking, pregnancy along with some medical conditions such as Crohn’s disease, inflammatory bowel disease (IBD), and eating disorders.Eating a well balanced and wholesome diet is the best way to prevent nutritional deficiencies. Treatment options include a diet rich in the deficient nutrient along with dietary supplements.",

"symptoms of disease": "[]",

"causes of disease": "['Pregnancy', 'Breastfeeding', 'Cancer']",

"prevention from disease": "['1. Consume\\xa0 a well-balanced diet', '2. Treat any underlying medical conditions', '3. Avoid restrictive diets', '4. Do not shy away from the sun', '5. Encourage breastfeeding of infants', '6. Maintain environmental sanitation', '7. Ensure proper vaccination']",

"home\_remedy to disease": "[]"

},

{

"title": "Obesity",

"description about disease": "The word obesity comes from the Latin word “obesitas” which means excess of unhealthy fat. In medical terms, obesity is a condition resulting in excess body fat that can have an adverse effect on health. The worldwide prevalence of obesity is reaching pandemic proportions.There is no single cause of obesity. It is believed to be multifaceted and involves many factors such as genetics, environment, physical inactivity, dietary habits, lifestyle choices, certain health conditions, and use of certain drugs.Obesity is not just an esthetic concern. It has been linked to a higher risk ofdiabetes,high blood pressure, heart diseases,osteoarthritis, and a number of cancers.The goal of obesity treatment is to achieve and maintain a healthier weight and not necessarily an ideal weight. Even though medications and certain surgeries can help, the treatment is a lifelong commitment to healthier eating habits, increased physical activity, and regular exercise.",

"symptoms of disease": "[]",

"causes of disease": "['The ob gene:This gene controls the production of leptin, a hormone made by fat cells and placenta. Leptin controls weight by signaling the brain to eat less when body fat stores are very high. A mutation in the ob gene prevents leptin production and results in severe obesity in a very small number of children.', 'The gene for the melanocortin 4 receptor:Melanocortin 4 receptors are located mainly in the brain and play a key role in the regulation of energy. A mutation in this gene may account for obesity in 1 to 4% of children.', 'Binge eating disorderis characterized by binging i.e.; eating large amounts of food during a short amount of time and usually by feeling guilty or out of control.', 'Night-eating syndromeinvolves not eating enough during the day and consuming a lot of food or calories in the evening. It also involves awakening in the middle of the night to eat.', 'Cushing syndromeis caused by excessive levels of cortisol in the body. It mostly causes fat to accumulate in the face (called moon face), and behind the neck (called a buffalo hump).', 'Polycystic ovary syndrome (PCOS)causes obesity in affected women. Levels of testosterone and other male hormones are increased, which causes fat to accumulate in the waist and abdomen.', 'Hypothyroidismmakes the body use less of the energy that one eats as food. The extra energy is more likely to be stored in the body as fat leading to obesity.', 'Insulin resistanceis a condition which acts as a precursor for developingtype 2 diabetesand can also predispose to obesity.', 'Osteoarthritiscauses joint pain that may lead to reduced physical activity and thereby cause obesity.', 'Prader-Willi syndrome, a rare condition, present at birth that causes uncontrolled hunger.', 'Antidepressants', 'Antiseizure drugs, such ascarbamazepine', 'Antihypertensives such as beta-blockers', 'Corticosteroids', 'Some anti-diabetics', 'Oral contraceptives']",

"prevention from disease": "['1. Dietary changes', '2. Increased physical activity', '3. Get enough sleep', '4. Reduce screen time']",

"home\_remedy to disease": "['', 'Ayurvedic treatment for obesity', 'Homeopathic treatment for obesity', 'Yoga for obesity', 'The word ‘Yoga’ is derived from Sanskrit and means to unite, symbolizing the union of body and mind. Read about 6 benefits of yoga even doctors swear by.Click Now!']"

},

{

"title": "Obsessive-compulsive disorder",

"description about disease": "Obsessive-compulsive disorder (OCD) is a mental health condition in which a person gets caught in a cycle of obsessions and compulsions. Obsessions are unwanted, intrusive thoughts, images, or urges that can lead to distressing feelings. Compulsions are behaviors in response to obsessions to decrease distress.Symptoms vary from person to person and may include the continuous need to keep everything in the right manner, fear of contamination, repeated body movements, and a constant urge to correct things.OCD can affect people of all ages and walks of life. Though the exact cause of OCD is unknown, risk factors like childhood trauma, genetic changes, family history, and certain changes in the brain structure are linked to the development of OCD.Treatment of OCD requires being mindful of one's thoughts and behavior. Cognitive behavioral therapy and medications can help manage the symptoms of OCD.",

"symptoms of disease": "['Symptoms of obsession', 'Symptoms of compulsions']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Obsessive-Compulsive Disorder (OCD)', '', '2. Hypnotherapy', '3. Cognitive analytic therapy (CAT)', '4. Eye movement desensitization', '5. Interpersonal therapy (IPT)', '6. Dialectical behavior therapy (DBT)', '7. Emotional freedom technique (EFT)']"

},

{

"title": "Oral cancer",

"description about disease": "Oral cancer is abnormal growth of body cells in any part of the mouth that includes lips, inner parts of the cheeks, sinuses, tongue, roof of the mouth, the floor of the mouth, and the part of the throat behind the mouth.Globally, oral cancer is the sixth most common type of cancer with India contributing to almost one-third of the total burden and the second country having the highest number of oral cancer cases. Oral cancer is typically seen in men over the age of 45 years.Tobacco consumption including smokeless tobacco, betel-quid chewing, excessive alcohol consumption, unhygienic oral condition, and sustained viral infections that include the human papillomavirus are some of the risk factors for oral cancer.The symptoms usually include a sore that doesn’t heal, difficulty in eating or swallowing, unexplained weight loss, and pain in the mouth and jaws. The treatment options are based on the extent of the cancer and may include surgery, chemotherapy, radiation therapy, or a combination of these.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Get cancer screening for early detection', '2. Always self-examine yourself', '3. Visit your dentist regularly', '4. Stay away from all forms of tobacco', '5. Limit your alcohol intake', '6. Get vaccinated for HPV', '7. Protect your lips from the sun', '8. Maintain a healthy lifestyle', '9. Understand chemoprevention', '10. Add probiotics to the diet', '11. Take supplements']",

"home\_remedy to disease": "['', 'Herbal therapy', 'Curcumin orTurmeric(Haldi):', 'Ginger(Adrak):', 'Saffron(Kesar):', 'Cinnamon(Chakla):', 'There are certain food items that can help fight cancer. Including them in 4-5 servings can work wonders. Read about 5 superfoods that fight cancer and give you a healthy life.Click Here', 'Photodynamic therapy (PDT)']"

},

{

"title": "Oral thrush",

"description about disease": "Oral thrush is an infection of the mouth caused by yeast-like fungus called Candida Albicans. It causes creamy white lesions, usually on your tongue or inner cheeks. Sometimes oral thrush may spread to the roof of your mouth, your gums or tonsils, or the back of your throat.The symptoms of this condition include burning in the mouth, loss of taste, cracking at the corners of the mouth, pain or difficulty swallowing, a feeling of food getting stuck in the throat, and fever.It can affect anyone, but it's more likely to occur in babies, older adults, and people with suppressed immune systems. Thrush in newborns and infants is common and usually not harmful and the outlook for mild cases of thrush is good. The prognosis for severe cases depends on the underlying cause and the status of the patient's immune system.The best way to prevent this is by maintaining immaculate oral hygiene, maintenance of dentures in older patients, and regular visits to the dentist.The treatment mainly consists of topical or systemic antifungal medications and milder can be managed with home remedies and over-the-counter antifungal mouthwashes and ointments. It is always necessary to diagnose the predisposing factors and treat the cause in case of recurrence.",

"symptoms of disease": "['In adults', 'In children']",

"causes of disease": "[]",

"prevention from disease": "['Maintaining proper oral hygiene', 'Using medicated mouthwash', 'Rinsing the mouth after using the inhaler', 'Keeping your dentures clean', 'Quit smoking', 'Visit your dentist regularly']",

"home\_remedy to disease": "['Traditional Chinese medicine', 'Homeopathy', 'Read about 6 homeopathy facts that everyone should know.Click Now']"

},

{

"title": "Osteoarthritis",

"description about disease": "Osteoarthritis is the most common joint disease that occurs due to age-related degenerative changes in the joints. Although it can affect any joints, the knees, spine, hips, and hands are the most affected.It is the fourth leading cause of disability globally that affects 10-15% of all adults above the age of 60 years. It is the most common joint disease in India with a prevalence of 22-39%. Before the age of 45, osteoarthritis is more common in men, and as age advances, women are more predisposed to the condition.It is characterized by breakdown of the cartilage (the tissue that cushions the ends of the bones between joints), bony changes of the joints, deterioration of tendons and ligaments, and various degrees of inflammation of the joint lining (called the synovium). Progressive pain, stiffness, and joint deformities are the primary symptoms of the disease.Although there is no cure for the disease, medications, surgery, and alternative therapies can slow down disease progression and help patients lead comfortable and productive lives. Staying active, maintaining a healthy weight also helps in slowing the progression of the disease.",

"symptoms of disease": "['Knee Osteoarthritis', 'Hip Osteoarthritis', 'Cervical Spondylosis (Osteoarthritis)', 'Lumbar Spondylosis (Osteoarthritis)']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Osteomalacia",

"description about disease": "The word ‘osteomalacia’ comes from the Greek words ‘osteon’ and ‘malakia’ which mean ‘bone’ and ‘soft’ respectively. It refers to a condition which causes marked softening of the bones due to a decreased ability to harden or mineralize.Bones are made up of various minerals, including calcium and phosphorus, that give structure and integrity to the bones. Vitamin D controls levels of calcium and phosphorus in the body. An imbalance of these minerals which usually occurs due to deficiency of Vitamin D can interfere with bone health and can cause an individual to develop osteomalacia.Osteomalacia can cause bone pain, muscle weakness, difficulty in walking, and an increased susceptibility to bone fractures. This condition is mostly seen in adults. In children, it is referred to asrickets, which causes impaired mineralization at the bone growth plate. This results in softening and deformation of bones in children and limits their growth. Osteomalacia is different from osteoporosis. Though both can cause bones to fracture, osteomalacia is a problem with bones not hardening, while osteoporosis is the weakening of living bone caused when balance between bone loss and bone formation is disrupted.Treatment for osteomalacia involves providing adequate Vitamin D and calcium, both of which are required to harden and strengthen bones, and treating the causing disorders.",

"symptoms of disease": "[]",

"causes of disease": "['Reduced sun exposure due to cold weather climates leading to low levels of Vitamin D .', 'Darker skin and increased melanin hinder Vitamin D ultraviolet-B (UVB) light absorption.', 'Obesity can lead to increased removal of fat, which results in less calcium for activation of Vitamin D.', 'In the elderly vitamin D production decreases as the storage of Vitamin D declines with age.', \"Crohn's disease:It is a type of inflammatory bowel disease (IBD) that causes inflammation of the digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss, and malnutrition.\", 'Cystic fibrosis:It is an inherited disorder that causes severe damage to the lungs, digestive system, and other organs in the body.', 'Celiac disease:It is an immune reaction to eating gluten, a protein found in wheat, barley, and rye.', 'Cholestasis:It is a liver disease that occurs when the flow of bile from your liver is reduced or blocked. Bile is fluid produced by your liver that aids in the digestion of food, especially fats.', 'Surgical alteration:Like gastric bypass of the gastrointestinal (GI) tract is associated with deficient absorption of fat-soluble vitamins (A, D, E, and K).', 'Pregnancy is associated with decreased levels of calcidiol (a form of vitamin D), and a dose of 1000 to 2000 international units (IU) per day is identified as Vitamin D deficiency in pregnant women.', 'Liver diseases such as cirrhosis, non-alcoholic fatty liver disease, and non-alcoholic steatohepatitis (inflammation of the liver characterized by fat accumulation in the liver) can lead to deficient production of calcidiol.', 'Chronic kidney disease leads to structural damage and loss of 1-alpha-hydroxylase, an enzyme required for the activation of Vitamin D.', 'Nephrotic syndrome (a kidney disorder that causes your body to pass too much protein in your urine) leads to pathologic excretion of Vitamin D binding protein (DBP), which binds to serum calcidiol.', 'Renal tubular acidosis such as seen in Fanconi syndrome alter calcium and other ion absorption and excretion.', 'Tumor-induced osteomalacia (TIO), also known as oncogenic osteomalacia, is a rare acquired paraneoplastic disease (cancer caused due to auto-immune activity) characterized by hypophosphatemia and renal phosphate wasting.', 'Phenobarbitone', 'Phenytoin', 'Carbamazepine', 'Isoniazid', 'Rifampicin', 'Theophylline', 'Ketoconazole', 'Long-term steroid', 'Etidronate', 'Fluoride']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Octreotide therapy for tumor-induced osteomalacia', 'Phosphorus supplements']"

},

{

"title": "Osteoporosis",

"description about disease": "Osteoporosis literally means porous bone. This condition weakens bones and increases the risk of bone fractures.Individuals with osteoporosis do not have symptoms until bone fractures occur,  hence the name, the silent disease of bone. These spontaneous fractures can cause severe back pain, loss of height, or malformations of the spine, like kyphosis (hunched posture).Osteoporosis is often seen in older women, usually in the menopausal age, due to decreased estrogen (a hormone responsible for female reproduction). Other significant risk factors include family history, lack of exercise, calcium and vitamin D deficiency, smoking, excessive alcohol consumption, and low body weight.The diagnosis of osteoporosis is done by X-rays and confirmed by tests to measure bone density.Treatment usually depends on the severity of the condition. Lifestyle modifications like strengthening exercises, Vitamin D and calcium supplements, quitting smoking, etc., are vital. Prescription medications and hormone therapy may be required in severe cases.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Early screening is vital', 'Bask in the sunlight', 'Optimize calcium and Vitamin D intake', 'Stop smoking and drink alcohol in moderation', 'No excuses for not exercising']",

"home\_remedy to disease": "['Alternative Therapies For Osteoporosis', '', 'Massage therapy', 'Acupuncture', '', 'Is acupuncture effective in managing chronic pain?To Know More, Read This Now', 'Tai chi', 'Melatonin therapy']"

},

{

"title": "Ovarian cancer",

"description about disease": "Ovarian cancer is a condition in which there is an uncontrolled growth and multiplication of cells in the ovary.  Ovaries are the primary reproductive glands in females that produce eggs.  They also produce hormones that control the menstrual cycle and pregnancy..Most of the symptoms are recognizable at Stage III or IV and include abnormal vaginal discharge, pain or pressure in the pelvic area, abdominal pain, bloating, and constipation.The common risk factors include advancing age, family history, and breast cancer susceptibility gene (BRCA) mutations. The incidence of ovarian cancer has been increasing substantially among younger females, due to increasing prevalence of obesity, metabolic syndrome, and not having children either by wish or infertility.The treatment and prognosis of ovarian cancer depends on the location, size, stage, and extent of cancer spread, as well as the overall health of the patient. Debulking surgery that comprises removal of ovaries, fallopian tubes or uterus depending upon the stage is the mainstay treatment. Along with surgery, chemotherapy, radiation therapy, hormonal therapy immunotherapy and/or their combinations are given.The outlook of ovarian cancer is not very positive due to late appearance of symptoms and absence of specific screening factors.",

"symptoms of disease": "[]",

"causes of disease": "['Epithelial cells:The outer surface of the ovaries consists of epithelial cells.', 'Germ cells:The cells that develop into eggs are germ cells.', 'Stromal cells:These cells make up the connective tissue throughout the ovary and surrounding follicles. These cells are also responsible for the production of hormones estrogen and progesterone.', 'Incessant ovulation theory:The surface epithelial cells of the ovary experience physical injury during ovulation (process in which a mature egg is released from the ovary). The repetitive trauma to the epithelium can sometimes cause cellular DNA damage. This can turn the normal cells into cancerous cells.', 'Fallopian tube theory:Some ovarian cancers originate from the epithelium of the fallopian tube which then spilled over the surface of the ovary.']",

"prevention from disease": "['1. Pregnancy', '2. Contraceptive pills', '3. Breastfeeding', '4. Surgical procedures']",

"home\_remedy to disease": "['Alternative Therapies For Ovarian Cancer', '1. Tai chi', '2. Acupuncture', '3. Relaxation response', '4. Biofeedback', '5. Guided imagery']"

},

{

"title": "Paget's disease",

"description about disease": "Paget's disease of bone is a chronic condition characterized by abnormal bone remodeling, leading to weakened and deformed bones. It commonly affects older adults, with a prevalence increasing with age, though the exact cause remains unclear. Paget's disease primarily involves localized areas of bones, often affecting the pelvis, spine, skull, and long bones of the legs.Symptoms can vary widely from mild to severe, including bone pain, deformities, fractures, and in rare cases, neurological complications due to compression of nerves. Diagnosis typically involves imaging studies like X-rays and bone scans, along with blood tests to assess bone turnover markers.Treatment focuses on managing symptoms and preventing complications. Medications such as bisphosphonates are commonly prescribed to slow bone turnover and reduce pain. Physical therapy may also help maintain mobility and reduce the risk of fractures.In severe cases, surgery may be necessary to stabilize bones or replace joints. With appropriate management, many individuals with Paget's disease can lead active lives and minimize the impact of the condition on their daily activities.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Supportive therapies', 'Occupational or physiotherapy:', 'Assistive Devices:', '', 'Explore our range of supports and braces.Click Here', '2. Regular Exercise and Yoga', 'Benefits:', '', 'Recommended Activities:', 'Note:', '3. Physiotherapy', '', '4. Other therapies', 'Massage:', 'Ayurveda:', 'Here are some excellent essential oils that you could try to relieve chronic joint pains.Click Here', 'Hot/cold therapy:', 'Note:', 'For guidance on choosing the right orthopedic support and braces,Read Our Quick Guide']"

},

{

"title": "Palpitations",

"description about disease": "The sensation or feeling of a pounding or racing heart is known as heart palpitations. These palpitations can be felt in the neck, chest or throat. It can make your heart feel like it's beating too fast or hard. One can also be experiencing a fluttering heartbeat or like the heart is skipping a beat. If you experience palpitations you can feel frightened and it can be bothersome. However, usually, palpitations are not harmful or serious and generally tend to resolve on their own. It’s common for people to experience palpitations due to stress and anxiety or because one has consumed excessive alcohol, nicotine and caffeine. It is also common for pregnant women to experience palpitations.However, in some cases, palpitations can be caused due to a serious heart condition. If you experience frequent palpitations or have other symptoms that may indicate a heart condition it is advisable to consult a doctor immediately. You should get immediate medical attention in case you experience shortness of breath, chest pain or fainting along with palpitations. Symptoms that can be seen in the case of palpitations include experiencing a heartbeat that seems like it is flip-flopping, pounding or skipping beats.The treatment for palpitations will depend on the cause of the symptom. Your doctor can suggest relaxation exercises, yoga, aromatherapy and other methods that can help you with staying calm. If the cause behind the palpitations is cardiovascular disease, the treatment will be decided by your doctor after further tests.",

"symptoms of disease": "[]",

"causes of disease": "['Experiencing powerful emotional reactions such as stress, anxiety or panic attacks.', 'A difficult workout', 'Undergoing mental health conditions such as depression or anxiety disorder', 'Drinking excessive amounts of food products containing stimulants such as coffee or tea.', 'Medications that contain nicotine, amphetamines, cold and cough medications containing pseudoephedrine, asthma inhalers and withdrawal from beta blockers.', 'Experiencing hormonal changes during menstruation or pregnancy', 'Too much or too little thyroid hormones.', 'Taking diet pills', 'Fever', 'Low level of oxygen in the blood', 'Blood loss', 'Low blood sugar']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Exercising', 'Diet changes', 'Yoga']"

},

{

"title": "Pancreatic cancer",

"description about disease": "The pancreas is a small, spongy, hockey stick-shaped gland located between the stomach and the spine, deep within the abdomen. The major function of the pancreas is to release enzymes that help in digestion and produce hormones, insulin and glucagon, that help control blood sugar levels.Pancreatic cancer occurs when the body’s normal process of removing old cells and forming new cells, breaks down. The pancreatic cells continue to grow out of control and form tumors. The cancerous cells can also spread to other parts of the body. The most common type of cancer that forms in the pancreas begins in the cells that line the ducts that carry digestive enzymes out of the pancreas, called pancreatic ductal adenocarcinoma.Pancreatic cancer is typically a disease of the elderly. 90% of newly diagnosed patients are aged over 55 years. It is more common in men than in women. Various risk factors associated with the disease are smoking, obesity, excessive consumption of alcohol,diabetesand hereditary factors amongst others.It is generally not detected at an early stage, when it is curable, because it often doesn't show any symptoms until it has spread to other organs. The treatment options are based on the extent of the cancer and may include surgery, chemotherapy, radiation therapy, or a combination of these. However, mostly due to late detection, the prognosis or outcome of the disease is generally poor.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Microbial therapy', 'Immunotherapy', 'Certain food items can help fight cancer. Including them in 4-5 servings can work wonders. Read about 5 superfoods that fight cancer and give you a healthy life.Click Here']"

},

{

"title": "Pancreatitis",

"description about disease": "The pancreas is a small organ located behind the stomach and below the ribcage. Pancreatitis is a condition that is characterized by irritation or inflammation of the pancreas. It happens when digestive juices or enzymes attack the pancreas. Pancreatitis can be acute or chronic depending on the onset. Either form is serious and can lead to complications.The main symptom in patients with acute pancreatitis is constant stomach pain. It often spreads to the back, chest, waist, and lower abdomen. It can extend todiabetes, infections, bleeding, and kidney problems The symptoms of chronic pancreatitis can be diarrhea, vomiting, weight loss, and constant stomach pain on the upper side.Pancreatitis is generally seen in individuals after 30-40 years of age. The risk factors can be gallstones, alcoholism, infections, genetic disorders, injury to the pancreas, and pancreatic cancer.The strategy for pain management is lifestyle modifications and medications. Avoiding alcohol and smoking, eating small, frequent meals, and eating foods high in antioxidants like folate can also prove to be very beneficial in managing the symptoms. Treatment is generally based on the type and severity of the condition.",

"symptoms of disease": "['1. Symptoms of acute pancreatitis', '2. Symptoms of chronic pancreatitis']",

"causes of disease": "['Helps in making enzymes and sends them into your small intestine. These enzymes help break down food.', 'Makes the hormones insulin and glucagon and releases them into your bloodstream. These hormones control your body’s blood sugar level.']",

"prevention from disease": "['1. Eat right', '2. Focus on your weight', '3. Cut down your alcohol', '4. Get the necessary treatment', '5. Do not neglect vaccinations', '6. Say Yes to No smoking']",

"home\_remedy to disease": "['', '', '1. Yoga', '', 'Want to know the other benefits of yoga that even doctors swear by?', '2. Therapeutic touch', '', '3. Massage therapy', '', '4. Physical exercise', '', '5. Acupuncture']"

},

{

"title": "Parkinson's disease",

"description about disease": "Parkinson's disease (PD) is a progressive neurological disorder characterized by motor symptoms such as tremors, rigidity, and slowed movement. Other symptoms may include cognitive impairment, mood changes, and sleep disturbances. PD is caused by the brain's loss of dopamine-producing neurons, leading to neurotransmitter imbalances.It develops gradually, often starting with a barely noticeable tremor in one hand. Over time, the tremor may spread and become more pronounced.The exact cause of Parkinson's disease is not fully understood, but both genetic and environmental factors are believed to play a role. Age is the most significant risk factor, with most cases occurring in individuals over 60.Early diagnosis and appropriate management of symptoms are crucial in improving the quality of life for individuals with Parkinson's disease. Treatment typically involves medication, physical therapy, and lifestyle modifications tailored to each individual's needs.While there is no known way to prevent Parkinson's disease, certain lifestyle factors may help reduce the risk or delay onset. These include regular exercise, maintaining a healthy diet rich in antioxidants, avoiding exposure to environmental toxins, and staying mentally and socially active.",

"symptoms of disease": "['Physical symptoms', 'Cognitive and psychiatric symptoms']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Acupuncture', '', '2. Massage Therapy', '3. Tai chi', '4. Music and Art Therapy', '5. Meditation', 'Ways Meditation Can Improve Your Life.Read More', '6. Yoga']"

},

{

"title": "Peptic ulcer disease",

"description about disease": "Peptic ulcer disease (PUD) is a condition in which one or more sores or ulcers develop on the lining of the stomach, beginning of the small intestine (duodenum) or lower part of the food pipe (esophagus). Normally, a thick layer of mucus protects the digestive tract from the erosive effect of digestive acids. But many factors can reduce or damage this protective lining, allowing stomach acid to dissolve this lining, and thereby causing ulcers.Peptic ulcers are fairly common. Worldwide, it is estimated that up to10 percentof adults are affected by it at least once in their lifetime. In most cases, PUD occurs due to a bacterial infection (H. pylori)  or due to the excessive use of non-steroidal anti-inflammatory drugs (NSAIDs) that damage the digestive system. Symptoms of peptic ulcers include stomach ache,indigestion,nausea, vomiting, loss of appetite and unexplained weight loss.Treatment of peptic ulcers is focussed on lowering stomach acid levels to aid in healing of ulcer, or eliminating the H. pylori infection. The medications include proton pump inhibitors (PPIs) to help reduce stomach acid and antibiotics to help fight infections.",

"symptoms of disease": "['Pain in the stomach', 'Bloating', 'Blood in vomit', 'Blood in stool']",

"causes of disease": "['Eating spicy food', 'Drinking alcohol', 'Stress']",

"prevention from disease": "['Avoid irritants', 'Quit smoking', 'Control alcohol consumption', 'Limit intake on painkillers', 'Control stress']",

"home\_remedy to disease": "['', 'Fenugreek (Methi):', 'Cabbage (Bandha gobi) juice:', 'Banana (Kela):', 'Honey (Shehed/Madhu):', 'Garlic (Lehsun):', 'Slippery elm (Indian elm):', '', 'Yoga for peptic ulcers']"

},

{

"title": "Period pain (menstrual cramps)",

"description about disease": "Painful periods have a poor effect on day to day work or activities of females. It is reflected in regular short-term absences from school, college, or work. Medically known as dysmenorrhea, it impacts performance in terms of concentration, socialization, and achievement. The effects clearly extend beyond an individual woman to society, resulting in an annual loss of productivity.Symptoms of dysmenorrhea include mild to severe lower abdominal cramps, sometimes associated with nausea, vomiting, diarrhea, low back pain, migraines, dizziness, fatigue, and insomnia.Dysmenorrhea is classified as primary dysmenorrhea (menstrual pain without any underlying disease) or secondary dysmenorrhea (menstrual pain associated with some pelvic pathology).Nonsteroidal anti-inflammatory medications are the initial therapy of choice in patients with primary dysmenorrhea. If NSAIDs alone are not sufficient, oral contraceptives might be combined with them. Progestin-only therapies or surgery may also be considered in case of secondary dysmenorrhea depends on the cause.Home and alternative therapies like the use of topical heat, dietary supplements, including vitamins B1, B6, E, and omega 3 fatty acids, a low-fat vegetarian diet, and acupressure have shown great promise in the management of painful periods.",

"symptoms of disease": "[]",

"causes of disease": "['Endometriosis:This is a condition in which the cells that form the lining of the uterus (the endometrium) grow outside the uterus. It causes internal bleeding, infection, and pelvic pain.', 'Uterine growths:Fibroids, cysts, and endometrial polyps (benign growths in the wall of the uterus) are the most common noncancerous tumors in women of childbearing age. They can cause severe abdominal pain and excessive bleeding during periods.', 'Adenomyosis:This condition occurs when the lining of the uterus grows into the muscle of the uterus (womb). It can cause the uterus to get much bigger than it should be, along with abnormal bleeding, cramping, and pain.', 'Pelvic inflammatory disease (PID):It is a severe female inflammatory reproductive organs disorder caused by bacterial infection of the genital tract such as a sexually transmitted infection.', 'Structural differences:Some women are born with structural differences in size and shape of their wombs that cause more painful periods.']",

"prevention from disease": "['Quit smoking', 'Lose the extra kgs', 'Stay active', 'Deaddict from alcohol and caffeinated beverages', 'Practice yoga and meditation']",

"home\_remedy to disease": "['Massage with essential oils', 'Acupuncture and Acupressure therapy', 'Transcutaneous Electrical Nerve Stimulation (TENS)', 'Yoga and meditation']"

},

{

"title": "Piles",

"description about disease": "Piles also known as hemorrhoids refers to the swollen veins in anus and lower rectum. They can develop inside the rectum (internal hemorrhoids) or skin around the anus (external hemorrhoids). The common symptoms of piles include bleeding and pain during passing the stool, presence of lumps in the anal area, and feeling of incomplete defectaion.Factors that increase the risk of piles includeconstipation, pregnancy, being overweight/obese, persistent diarrhea, prolonged sitting on the toilet, and straining to lift heavy objects.In most cases, piles resolve with conservative medical management with lifestyle modifications and self care which includes eating a high fiber diet, staying hydrated, maintaining a healthy weight, staying physically active, and avoiding excessive straining.Certain medical procedures and/or surgery may be required in some cases when the size of the hemorrhoids is very large.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Piles', '1. Nutrition and dietary supplements', '-Psyllium:', 'Looking for fiber supplements?', 'Shop Now', '- Probiotics:', '2. Herbs', 'Witch hazel (Hamamelis virginiana):', 'Goldenrod (Solidago virgaurea):', 'Gotu kola (Centella asiatica):', 'Yarrow (Achillea millefolium):', '3. Other home remedies', 'Castor oil:', 'Tea tree oil:', 'Coconut oil:', 'Myrtle essential oil:', 'Aloe vera:', '4. Homeopathy', 'Aesculus:', 'Collinsonia:']"

},

{

"title": "Placenta previa",

"description about disease": "The placenta is a special organ in a pregnant woman's body that feeds and protects the growing baby. Placenta previa is a condition during pregnancy in which the placenta grows in the lowest part of the womb (uterus) and covers all or part of the opening to the cervix.The main sign of placenta previa is bright red vaginal bleeding, usually without pain, after the second trimester of pregnancy.The exact cause of placenta previa is not known, however, the risk factors include history of placenta previa, older maternal age (above 35 years), prior uterine surgeries or abortions, smoking amongst other factors.The management of placenta previa depends on its severity, gestational age, and the mother's condition. In mild cases or earlier in pregnancy, close monitoring may be sufficient. However, in severe cases or near the due date, a C-section is often recommended to prevent potentially life-threatening bleeding during vaginal delivery.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Pneumonia",

"description about disease": "Pneumonia is a disease of the lungs that makes breathing difficult and limits oxygen levels in the body. It is mostly caused due to an infection by microbes such as bacteria, viruses, and fungi. In pneumonia, the air pouches which usually fill with air when breathing, gets filled with infective material, mucus and fluid. This can lead to symptoms such ascough, fever, shortness of breath, and chest pain.Worldwide, pneumonia is one of the leading causes of morbidity and mortality in children under five years of age despite being easily preventable and treatable. Community-acquired pneumonia (CAP) is the leading cause of morbidity and death in adults across the world. India contributes to23%of the global pneumonia burden. Due to the high risk, it is advised that people above 65 years of age and those above 18 years of age with risk factors for pneumonia must take pneumococcal vaccines routinely.Pneumonia is more common during the winter months and can affect people of any age. However, the risk is high in patients with compromised immunity like young children upto 2 years of age, people older than 65, and people with underlying medical problems such as heart disease,diabetes, or chronic lung disease. Mild pneumonia can usually be treated at home with rest and use of antibiotics prescribed by a doctor. More severe cases may need hospital treatment.",

"symptoms of disease": "[]",

"causes of disease": "['Bacterial pneumonia,caused by bacteria such as Streptococcus pneumoniae, Haemophilus influenzae type b (Hib) and Klebsiella pneumoniae.', 'Viral pneumonia,caused by viruses such as the respiratory syncytial virus and coronavirus.', 'Fungal pneumonia,caused by fungi such as candida, aspergillus, and mucor.', 'Atypical pneumonia or mycoplasma pneumonia,caused by mycoplasma (organisms that have traits similar to bacteria and viruses but do not belong to either category).']",

"prevention from disease": "['Pneumococcal vaccine']",

"home\_remedy to disease": "['Lavanga', 'pippali', 'saindhava namak', 'pippali', 'ghrta', 'ghee', 'maricha', 'sitopaladi churna', 'karpooradi churna', 'saindhava namak', 'hing']"

},

{

"title": "Polio",

"description about disease": "Polio is a highly infectious disease caused by polioviruses. It is transmitted only from person to person through the fecal-oral route or, less frequently, by contaminated water or food.Signs and symptoms of polio range from no symptoms to limb deformities, paralysis, and even death.Not receiving the polio vaccine, weak immunity, and travel to areas endemic to the disease are the main risk factors for getting infected with poliovirus.Diagnosis of polio is based on the patient's history, physical exam, and symptoms. The virus may be isolated from the patient's throat, feces, and cerebrospinal fluid (CSF)  to confirm the diagnosis.There is no cure for polio. Treatment of polio is mainly supportive and focuses on limiting and alleviating symptoms.For most patients, the prognosis is good because there are few or no symptoms; however, the prognosis is severely limited if the patient develops more severe symptoms such as limb deformity, paralysis, difficulty breathing, and inability to swallow foods.Polio can only be prevented by immunization. The vaccine, given multiple times, can protect a child for life. Due to the launch of a few initiatives like Global Polio Eradication, more than 18 million people who would otherwise have been paralyzed can walk today.",

"symptoms of disease": "[]",

"causes of disease": "['Contact with the feces of an infected person', 'Droplets from a sneeze or cough of an infected person', 'Touching contaminated surfaces.', 'Close contact with an infected person.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies of Polio', 'Massage Therapy', 'Hydrotherapy']"

},

{

"title": "Polycystic ovarian syndrome (PCOS)",

"description about disease": "Polycystic ovary syndrome (PCOS) is a hormonal disorder in which ovaries produce large amount of male sex hormones or androgens which interfere with the development and release of the eggs. Some of these eggs develop into cysts, which are the little sacs filled with liquid, hence the name, polycystic ovary syndrome. However, some women suffering from PCOS do not develop cysts, while some women not having this disease might develop cysts due to some other conditions.The exact PCOS causes are not known yet. However, it has been observed that most women with PCOS have insulin resistance. Another factor that can affect the occurrence of PCOS isobesity, as it can result in high levels of inflammation in the body, leading to higher levels of androgen. PCOS is also mostly thought to be hereditary, running through the genes, into different generations.Women suffering from this condition may experience irregular menstrual cycles, excess growth of facial hair, hair thinning,acne, and sleep disorder. PCOS can also increase the riskhypertension, high cholesterol,diabetes, heart diseases, and endometrial cancer.The symptoms of PCOS are manageable under proper medical guidance. Medications that regulate the menstrual cycle can help to ovulate, reduce hair growth and also help to manage other PCOS symptoms. Along with the help of a nutritious diet, a healthy lifestyle, and regular exercising, one can maintain healthy blood glucose levels and a healthy weight. These go a long way in the management of PCOS.",

"symptoms of disease": "['1. Hair growth', '2.Acne', '3. Skin darkening', '4. Weight gain', '5.Headache', '6. Irregular menstrual cycle', '7. Sleeping disorders', '8. Mood swings', '9. Fatigue', '10. Pelvic pain', '11. Infertility']",

"causes of disease": "['Increased prolactin levels:Prolactin is the hormone that stimulates the production of milk in the breast glands. Increased prolactin levels may cause PCOS.', 'Increased testosterone levels:Testosterone is a male hormone that is usually present in small quantities in women. Higher levels of testosterone in women may result in PCOS.', 'Increased luteinizing hormone (LH) levels:Luteinizing hormones are meant for stimulation of ovulation; their presence in increased amounts may cause heavy bleeding and irregular menstrual periods.', 'Decreased sex hormone-binding globulin (SHBG) levels:SHBG is a protein that binds testosterone in blood to reduce its effect. The presence of SHBG in decreased amounts may result in an increased concentration of testosterone in women.']",

"prevention from disease": "['1. Make healthy changes to your diet', '2. Maintain a healthy weight', '3. Have at least 8 hours of sleep', '4. Avoid stress']",

"home\_remedy to disease": "['Home remedies for PCOS', 'Fenugreek (Methi)', 'Cinnamon (Dalchini)', 'Flax seeds (Alsi)', 'Cumin seeds (Jeera)', 'Green tea', 'Apple cider vinegar', 'Yoga for PCOS', '\\u200b\\u200bGarland pose,', 'Bridge pose, a', 'Bow pose,', 'Cat-Cow pose']"

},

{

"title": "Postpartum depression",

"description about disease": "Pregnancy and childbirth are significant turning points in a woman's life. Most new mothers experience the \"baby blues\" after childbirth. These include a range of emotions from joy and pleasure to sadness and crying bouts, mood swings, irritability, anxiety, being overwhelmed,etc.While women experiencing baby blues tend to recover quickly, around one in seven women can develop postpartum depression (PPD). PPD tends to last longer and severely affects women's potential to return to normal function. The onset of PPD can occur either during pregnancy or in the four weeks following delivery.Also, postpartum depression is not a condition that is exclusive to mothers. Fathers can experience it as well. Many biological, psychological, emotional and social factors play an important role in predisposing to the development of this illness.PPD may present as feelings of profound anger, sadness, irritability, guilt, lack of interest in the baby, changes in eating and sleeping habits, trouble concentrating, thoughts of hopelessness and sometimes even thoughts of harming the baby or themselves.There is a growing need to incorporate mental health screening into routine primary care for pregnant and postpartum women, followed by treatment or referral and follow-up care. Treatment usually includes psychotherapy and antidepressant medications.",

"symptoms of disease": "[]",

"causes of disease": "['The female reproductive hormones progesterone and estrogen are ten times more abundant during pregnancy.Within 48 hours following birth, the level of these hormones dramatically lowers. The levels usually return to their normal levels within three days following childbirth. The rapid changes in these reproductive hormones following delivery can be a potential stressor in susceptible women and lead to the onset of PPD.', 'Oxytocin and prolactin hormones regulate the milk let-down reflex as well as the synthesis of breast milk. Low levels of these hormones, failure to lactate and unwanted early weaning are associated with PPD.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '', '1. Bright light therapy', '2. Acupuncture', '', '3. Yoga', '', 'Here are some yoga postures to help you fight depression and anxiety.', '4. Massage', '', 'Learn more about some age-old practices like meditation, tai chi (a form of exercise), and breathing exercises that can help reduce stress and anxiety.']"

},

{

"title": "Pre-eclampsia",

"description about disease": "Pre-eclampsia is a pregnancy complication in which the mother develops high blood pressure (hypertension) and excessive protein in the urine (proteinuria).This condition typically develops after the 20th week of pregnancy.Many women with pre-eclampsia do not have any symptoms. Some of the first signs of pre-eclampsia are high blood pressure, protein in the urine, and sudden swelling of the faces, hands and feet.The exact cause of pre-eclampsia isn't fully understood, but it's thought to be associated with placental issues and risk factors like advanced maternal age, prior history of the condition, multiple pregnancies (e.g., twins), and certain health conditions.For those at risk, steps like gaining a healthy amount of weight, managing blood pressure and blood sugar levels, along with low dose aspirin can help reduce the chances of pre-eclampsia during pregnancy.The cure for pre-eclampsia is delivery of the baby. If the baby is not close to term, the mother will be monitored regularly. Bed rest at home or hospital will be advised depending on the severity of pre-eclampsia. Medications to manage hypertension, prevent seizures and promote the baby’s lung maturity will be administered.Most women who develop pre-eclampsia deliver healthy babies and do not have any further complications. However, in some cases, complications can occur which can be potentially fatal to the mother or baby.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Premature Labor",

"description about disease": "A pregnancy usually lasts for about 40 weeks. However, in some cases labor begins prematurely between the 20th and 37th week of pregnancy when uterine contractions cause the cervix, the mouth of the uterus, or womb, to open earlier than normal.The signs of premature labor include regular, painful contractions, fluid or blood leaking from the vagina, dull to severe back pain, and pressure in the pelvic region.In most cases, the causes of premature labor are unknown. However, certain factors like history of preterm labor, less interval between consecutive pregnancies, being pregnant with more than one baby, smoking and certain medical conditions like urinary tract infections(UTIs), diabetes and high blood pressure can increase the risk of preterm labor.Growth happens throughout the pregnancy including the final months and weeks. For example, the brain, lungs, and liver need the final weeks of pregnancy to develop completely. Hence, doctors usually try to delay or stop preterm labor to let the pregnancy continue.Prematurely delivered babies have a higher risk of health complications. While some premature babies do well, others, especially those born many weeks before the due date, need medical intervention and intensive care unit (ICU) care.",

"symptoms of disease": "['What are Braxton Hicks contractions?']",

"causes of disease": "[]",

"prevention from disease": "['Lead a healthy lifestyle', 'Seek prenatal care', 'Know the signs of preterm labor before it becomes too late', 'Prenatal Probiotics- A breakthrough in preventing preterm birth?']",

"home\_remedy to disease": "['Alternative Therapies For Premature Labor', 'Prenatal yoga', '', 'Learn about yoga that is safe to practice during pregnancy.Watch Now', 'Massage therapy', 'Warm baths']"

},

{

"title": "Premenstrual syndrome (PMS)",

"description about disease": "Premenstrual syndrome, commonly known as PMS is characterized by a set of physical, emotional, and behavioral symptoms that usually occurs a week or two before the menses.The physical symptoms of PMS may include breast tenderness, bloating or heaviness in the abdomen, headache, constipation or diarrhea, acne, and muscle pains, while the emotional symptoms may present in the form of restlessness, anxiety, anger, irritability, cravings and mood swings.While a combination of many factors like hormonal changes, chemical changes in the brain and lifestyle factors are considered to cause PMS, some factors that can increase the risk of PMS symptoms include being overweight or obese, smoking, personal or family history of depression or certain nutritional deficiency of vitamins and minerals.Lifestyle adjustments can help you reduce or manage the signs and symptoms of PMS. The conservative approaches such as exercise, yoga, and meditation, help in alleviating depressive symptoms. Also, your doctor can help you find ways to relieve your symptoms with the help of certain drugs.",

"symptoms of disease": "['Physical symptoms', 'Emotional symptoms']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapy For PMS', 'Cognitive and behavioral therapy (CBT)', 'Acupuncture', 'Acupressure', 'Relaxation response', 'Light therapy', 'Massage therapy', 'Biofeedback', 'Homeopathy']"

},

{

"title": "Prostate cancer",

"description about disease": "The prostate is a small walnut-shaped gland that is a part of the male reproductive system. It facilitates sperm transport and nutrition by producing seminal fluid. The prostate wraps around the male urethra as it exits the bladder.In prostate cancer, cells in the prostate gland begin to multiply abnormally. The risk of developing it increases with age, with men being affected over 50 years of age. Other main risk factors include family history, ethnicity, genetic mutations and diet.Poor bladder control, painful urination, weight loss, fatigue and erectile dysfunction are some of the symptoms of prostate cancer. Diagnosis is done using a digital rectal exam, prostate-specific antigen (PSA) test, and prostate biopsy.Prognosis and treatment of prostate cancer depend on cancer staging. Treatment modalities include observation, active surveillance, surgery (radical prostatectomy), radiation therapy, hormone therapy, chemotherapy, immune/vaccine therapy, and other medical therapies that can treat prostate cancer cell growth.",

"symptoms of disease": "['1. Poor bladder control', '2. Trouble urinating', '3. Decreased force in the stream of urine', '4. Urge to urinate', '5. Painful urination', '6. Blood in the urine and semen', '7. Bone pain', '8. Losing weight without trying', '9. Persistent pain in the lower back', '10.Erectile dysfunction', '11. Reduced semen']",

"causes of disease": "[]",

"prevention from disease": "['1. Switch to a balanced diet', '2. Follow an exercise routine regularly', '3. Keep a healthy body weight', '4. Talk to your doctor']",

"home\_remedy to disease": "['Yoga', 'Meditation', 'Acupuncture']"

},

{

"title": "Prostatitis",

"description about disease": "Prostatitis is a urological condition which causes inflammation of the prostate gland. The prostate is the part of the male reproductive system which aids in the production of sperm-containing fluid, known as semen. The prostate is located below the urinary bladder and surrounds the most upstream region of the urethra.Prostatitis includes four categories depending on its origin, namely, acute bacterial infection, chronic bacterial infection, chronic pelvic pain with and without signs of inflammation, and asymptomatic prostatitis.Prostatitis is considered the most common urological disorder in men younger than 50 years. It has a prevalence of 14.2% and tends to increase with age.The signs and symptoms of prostatitis and the recommended treatment vary depending on the cause and type of prostatitis. If left untreated, it can lead to complications such as prostatic abscess, pyelonephritis, renal damage, and sepsis.",

"symptoms of disease": "['Type 1: Acute bacterial infection or acute bacterial prostatitis (ABP)', 'Type 2: Chronic bacterial infection or chronic bacterial prostatitis (CBP)', 'Type 3: Chronic sterile inflammation/chronic pelvic pain syndrome', 'Type 4: Asymptomatic inflammatory prostatitis']",

"causes of disease": "['Inflammation of the genitourinary system', 'Chronic pelvic floor tension', 'Muscle dysfunction', 'Autoimmune diseases', 'Pelvic floor muscle spasms', 'Stress', 'Bladder infections or bladder stones', 'Surgery or biopsy requiring the use of a urinary catheter', 'Prostate stones', 'Urinary retention (not emptying the bladder)', 'Urinary tract infections (UTIs)', 'Sexually transmitted infection (STI)', 'Most often non-cancerous (also referred to asbenign prostatic hyperplasia or BPH)', 'In some patients, enlargement of the prostate is cancerous (prostate cancer)', 'Likely related to hormonal changes in testosterone and estrogen levels.', 'Increasing age, on an estimate 50 to 60% of male patients in their 60s are affected by BPH, and these rates increase as the patient gets older.', 'There is an increased risk in individuals with metabolic syndrome and obesity.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Biofeedback:', 'Acupuncture:', 'Herbal remedies and supplements:']"

},

{

"title": "Psoriasis",

"description about disease": "Psoriasis is a chronic, noncommunicable and debilitating disease. It can occur at any age, but is most common in the age group 50 to 69. The etiology of psoriasis is not clear, though autoimmunity and genetic predisposition are thought to be the main causative factors. Psoriasis can also be provoked by triggers, like trauma, throat infections, sunburn, certain medications, stress etc.Psoriasis mostly involves the skin and nails. Skin lesions are localized or generalized, raised red plaques which are usually covered with white or silver scales. Lesions can also cause itching and pain. Some patients also develop psoriatic arthritis that leads to joint pain. It can also cause inflammation in the eyes, heart, kidneys, and lungs.Treatment of psoriasis is based on managing the symptoms. Topical and systemic therapies and phototherapy or a combination of these methods are generally used. The need for treatment is usually lifelong and is aimed at long phases of remission.Psoriasis causes physical and emotional burden and adversely affects quality of life. Social exclusion and stigma are challenging for people suffering from psoriasis and their families. It is not psoriasis that causes the exclusion, it is largely the people’s wrong perception that the disease is contagious, which needs to change.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '1. Arsenic album', '2. Graphites naturalis', 'Arsenic iodatum:', 'Sulphur:', 'Petroleum oleum:', 'Merc sol:', 'Sepia succus:']"

},

{

"title": "Pulmonary embolism",

"description about disease": "A pulmonary embolism is a blood clot that blocks and stops blood flow to an artery in the lung. In most cases, the blood clot starts in a deep vein in the leg and travels to the lung. It can damage parts of the lungs due to restricted blood flow and decreased oxygen levels in the blood.The most common symptoms of PE include chest pain, irregular heartbeat, weak pulse, palpitations (heart racing), sweating, and low blood pressure. It is generally seen in older individuals and men are more commonly affected by men. The risk factors for pulmonary embolism include genetic conditions that increase the risk of blood clot formation, family history, older age, obesity, cigarette smoking, and obesity.The treatment of PE depends on the size and severity of the symptoms. If the problem is small, the doctor may recommend medication. But, in a few cases, minimally invasive procedures or surgery may be necessary. Following a healthy lifestyle, quitting smoking, and doing daily physical activity can decrease the risk of developing pulmonary embolism.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Manage your weight', '2. Use compression stockings', '3. Start moving after surgery', '4. Try pneumatic compression devices', '5. Say no to tobacco']",

"home\_remedy to disease": "[]"

},

{

"title": "Q fever",

"description about disease": "Q fever is a zoonotic disease that is transmitted from animals to humans. It is caused by the bacterium Coxiella burnetii which is mainly found in cattle, sheep, and goats. The bacteria is present in the milk, urine and feces of the infected animals. Moreover, large numbers of bacteria are shed in the birth products like placenta and amniotic fluid during birthing. When these products dry over time  they contaminate the air. Inhalation of this contaminated air can cause infection in humans.Q fever is mostly considered as an occupational disease associated with slaughterhouse workers, dairy workers, farmers, veterinarians or researchers involved in animal studies. The infection causes flu-like symptoms however, many people do not have symptoms at all or could be asymptomatic. If the Q fever persists or reoccurs, it can cause complications that can severely damage organs such as heart, lungs, liver, and brain.The disease is prevalent globally, however, remains under-reported in many countries such as India. The disease can be prevented by avoiding close contact with animals when they are birthing, and practicing good hygiene at the workplace (farms and barnyards).",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Vaccination']",

"home\_remedy to disease": "[]"

},

{

"title": "Rabies",

"description about disease": "Rabies is a vaccine-preventable viral disease that is usually transmitted by the bite of a rabid animal. Dogs are the main source of infection, contributing up to 99% of all rabies transmissions to humans.The virus usually attacks the brain causing several symptoms such as confusion, agitation, paralysis, and coma. Once symptoms start developing, the disease can be life threatening in the absence of prompt treatment.Fortunately, the onset of symptoms can be prevented by extensive washing of the wound with soap and water after a bite from a suspected rabid animal followed by timely administration of rabies immunoglobulin and rabies vaccines.The best way to avoid the transmission of rabies is by vaccination of dogs and preventing dog bites. Children should be adequately educated about rabies and protected from dogs. Pre - exposure vaccines are also recommended for the high risk people such as veterinarians, scientists working on rabies virus, and people working with wild animals.",

"symptoms of disease": "[]",

"causes of disease": "['Bite of an infected animal', 'Scratches by claws of infected animal', 'Exposure of the infected saliva to nose, eyes, mouth, or cut skin']",

"prevention from disease": "['Eliminating rabies in animals', 'Vaccination', 'Avoiding animal exposure', 'Awareness on rabies']",

"home\_remedy to disease": "[]"

},

{

"title": "Rheumatic fever",

"description about disease": "Rheumatic fever, an inflammatory disease impacting the brain, skin, joints, and heart, is a rare complication of untreated group A streptococci bacterial infections. This autoimmune response triggers the immune system to mistakenly target its tissues, causing inflammation in organs like the heart, joints, skin, and central nervous system.Symptoms include high fever, sore joints, chest pain, and fatigue. While these symptoms often resolve spontaneously, there's a risk of lasting damage to the heart, leading to rheumatic heart disease.Rheumatic fever risk factors include a recent untreated or poorly treated strep throat infection, especially in children aged 5-15, and living in crowded or low-income conditions where such infections are more common. Repeated strep infections increase the likelihood of developing rheumatic fever.The primary treatment for rheumatic fever involves antibiotics. Additionally, anti-inflammatory medications or corticosteroids may be prescribed to reduce inflammation and manage symptoms.",

"symptoms of disease": "['Know the difference: Scarlet fever vs Rheumatic fever']",

"causes of disease": "[]",

"prevention from disease": "['1. Consider prophylactic antibiotics', '2. Do not take strep throat lightly', '3. Practice good hygiene', '4. Maintain a healthy lifestyle', '5. Create awareness']",

"home\_remedy to disease": "['', '1. Acupuncture', '2. Biofeedback', '3. Mind-body techniques', '4. Massage therapy']"

},

{

"title": "Rheumatoid arthritis",

"description about disease": "Rheumatoid arthritis (RA) is an autoimmune disease in which the immune system starts attacking healthy cells of the body and causes chronic joint inflammation.Rheumatoid arthritis affects the joints, such as wrists, hands, and knees, and causes painful swelling. Symptoms include tender and swollen joints and stiff joints which worsen in the morning. The patient experiences fatigue, followed by fever and loss of appetite.It’s still unclear as to what starts off this process. However, genetic factors along with family history, age,obesity, smoking, and an unhealthy lifestyle increase the risk of developing this disease.Rheumatoid arthritis does not have a permanent cure but early treatment can result in a better prognosis. This disease can be managed with the help of medications and occasionally with surgery as they can slow down the spread of the disease, control its symptoms, and prevent deformity of the joints.Lifestyle changes, such as being physically active, maintaining a healthy weight, and managing the symptoms through self-care strategies, can help RA patients lead productive lives.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Homeopathy:', '2. Acupuncture:', '3. Chinese medicine:', '4. Tai chi:', '5. Yoga:', 'Read more about various alternative treatments to deal with long term pain.Read Now!']"

},

{

"title": "Rickets",

"description about disease": "Rickets is a medical condition commonly seen in children. It is characterized by bowed legs and a curved spine, which causes a lot of pain and discomfort. Depending on the type of rickets your child develops, it can be hereditary (genetic in nature) or acquired (because of low consumption of essential nutrients).Mainly, a lack of essential nutrients such as Vitamin D, calcium, and phosphorus have been attributed to the development of rickets. Other factors such as living in cold countries, having dark skin, and genetics can also increase the risk of developing rickets.Mostly seen in children between the ages of 6 months to 2 years, your child can combat the symptoms of rickets with Vitamin D and calcium supplements and high exposure to sunlight.Rickets can be prevented by proper exposure to sunlight and having a diet rich in Vitamin D, calcium, and phosphorus. It can also be treated by taking Vitamin D supplements and exposure to sunlight.",

"symptoms of disease": "['1. Fragile bones', '2. Pain in the spine and legs', '3. Teeth problems', '4. Skeletal deformities', '5. Retarded growth and development', '6. Craniotabes', '7. Rachitic chest', '8. Hypocalcemia']",

"causes of disease": "['McCune-Albright syndrome:It is a disorder in which the bones, skin and several hormone-producing (endocrine) tissues are affected.', 'Epidermal nevus syndrome:The presence of skin lesions known as epidermal nevi that are associated with additional extra-cutaneous abnormalities, affecting the brain, eye, and skeletal systems.', \"Dent's disease:It is a chronic kidney disorder that causes, kidney problems as a result of damage to the structures called proximal tubules.\"]",

"prevention from disease": "['1. Sun exposure', '2. Diet rich in phosphorus, calcium, and Vitamin D', '3. Vitamin D supplements']",

"home\_remedy to disease": "['', '', '1. Pearl ash', '2. Oatstraw bath', '3. Dandelion tea', '4. Nettle herb', '5. Horsetail tea']"

},

{

"title": "Ringworm",

"description about disease": "Ringworm is a common fungal infection that affects millions of people worldwide. Despite its name, ringworm is not caused by any worm. The disease gets its name from the occurrence of round and circular worm-like rashes on the skin. Several species of fungi such as Trichophyton, Microsporum, and Epidermophyton are known to cause ringworm.The fungi can infect the skin of any part of the body like scalp, beard, hands, nails, groin, inner thighs, and feet. Ringworm is highly contagious and can spread from infected person and even pet animals. The symptoms usually develop between 1-2  weeks post infection and generally include itchy skin, ring-shaped rash and hair loss.Due to its easy transmission to other body parts and to people, it is very important to take proper preventive measures such as keeping your body clean, drying off the body completely after taking shower, wearing loose clothes, and not sharing objects like brushes and combs with anyone.Ringworm can be treated easily with the right topical and oral antifungal medications available in the form of creams, gels, sprays, shampoos, lotions, tablets, and capsules. For the complete recovery and to avoid reoccurrence, it is necessary to complete the duration of therapy as per the recommendations of the doctor even in the absence of symptoms.",

"symptoms of disease": "['1. Feet (tinea pedis or athlete’s foot)', '2. Scalp (tinea capitis)', '3. Beard (tinea barbae)', '4. Body (tinea corporis)', '5. Nails (tinea unguium)', '6. Hands (tinea manuum)', '7. Groin (tinea cruris)']",

"causes of disease": "['Trichophyton', 'Microsporum', 'Epidermophyton', 'Humans:This is called anthropophilic transmission. It involves parasites that\\xa0 prefer humans to animals. This is the most common form of transmission.', 'Animals:Known as zoophilic infection, this happens when animals become the preferred source of food for the fungus. The infected animal then goes on to infect a human.', 'Soil:Ringworm-causing fungi can also be the earth-loving variety that cause geophilic ringworm infection.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1.Tea tree oil', 'Note: People with sensitive skin should dilute tea tree oil in some medium such as coconut oil.', '2.Coconut oil', '3.Aloe vera', '4.Garlic (lehsun)', 'Note: Do not reapply and rinse off immediately, if you have stinging, swelling or redness after applying the paste.', '5.Turmeric (haldi)', '6. Epsom salt', '7.Eucalyptus oil', '8.Apple cider vinegar', 'Watch the video to know more about the benefits of apple cider vinegar.']"

},

{

"title": "Rosacea",

"description about disease": "Rosacea is a chronic inflammatory skin disease characterized by repeated episodes of redness, flushing, acne-like breakouts, and small dilated blood vessels on the skin.Rosacea usually involves the central region of the face, mainly the forehead, cheeks, chin, and the lower half of the nose. It can also cause pink, irritated eyes with an increased sensitivity to light.The symptoms are usually triggered by various factors such as sunlight, spicy foods,stress, alcohol amongst others. The condition predominantly affects individuals with a lighter skin tone.Diagnosis is confirmed by identifying the type of rosacea and its triggers. The treatment options include several topical and oral anti-inflammatory medications and antibiotics. Surgery may be recommended in severe cases to remove the thickened skin.",

"symptoms of disease": "['1. Subtype 1: Erythemato-telangiectatic rosacea (ETR)', '2. Subtype 2: Papulopustular rosacea', '3. Subtype 3: Phymatous rosacea', '4. Subtype 4: Ocular rosacea']",

"causes of disease": "[]",

"prevention from disease": "['1. Avoidance of triggers', '2. Spend less time in direct sun', '3. Cover yourself up in the sun', '4. Use shade while going out', '5. Wear sunglasses', '6. Use sunscreens diligently', 'Tips to use sunscreen effectively!']",

"home\_remedy to disease": "['Alternative Therapies For Rosacea', '', 'Plant-based therapies', 'Ginkgo biloba:', 'Chrysanthellum indicum:', 'Quassia extract:']"

},

{

"title": "Rubella",

"description about disease": "Rubella is a contagious infection caused by the rubella virus. It mostly affects children and young adults.Symptoms usually appear 2 to 3 weeks after exposure to the virus. The symptoms include rash, fever, nausea, and conjunctivitis. The rashes which occur in majority of cases, usually start on the face and neck, before progressing down the body. They can last from 1 to 3 days. The most infectious period is usually 1–5 days after the appearance of the rash.Rubella infection during pregnancy, especially during the first trimester, can result in miscarriage, fetal death, stillbirth, or congenital malformations in children, which is also known as congenital rubella syndrome (CRS).The diagnosis of rubella includes detection of antibodies in blood like IgM for new rubella infection and IgG antibodies for a past infection or immunization against it.Rubella can be prevented by timely administration of the measles, mumps, and rubella (MMR) vaccine. It is a safe and effective way to protect you and your family from rubella.There is no specific treatment for rubella. However, symptomatic care including good nutrition, adequate fluid intake, rest along with Vitamin A supplements can help in alleviating symptoms.",

"symptoms of disease": "['Congenital rubella']",

"causes of disease": "['Contaminated droplets that are spread through the air while coughing, sneezing, talking, or coming in direct contact with infected nasal or throat secretions. The virus remains contagious in the air for up to two hours.', 'Sharing food, drinks, and utensils with someone who has rubella.', 'Kissing someone with rubella.', 'Shaking hands or hugging someone having rubella.', 'Pregnant women can pass on to their babies during the pregnancy, delivery, or while breastfeeding.']",

"prevention from disease": "['1. Measles, mumps, and rubella (MMR) vaccine', '2. Special circumstances', '3. Isolation', '4. Practice hygiene and cleanliness']",

"home\_remedy to disease": "['Dietary modifications', 'Nutritional supplements']"

},

{

"title": "Scabies",

"description about disease": "Scabies is an parasitic infestation that occurs due to an 8-legged mite called Sarcoptes scabiei. It is estimated that about200 million peoplesuffer from scabies worldwide at any given time and upto 10% of children from poor economic backgrounds tend to be affected by it. Scabies is a highly contagious disease that spreads through prolonged and close physical contact with an infected patient.Scabies outbreaks are more commonly seen in crowded places such as nursing institutions, daycare centers, prisons, etc., where people live in close proximity to each other. The symptoms of scabies range from a severe itching sensation to the formation of skin lesions such as burrows, papules, crusts, etc. The urge to itch may be especially strong at night.Scabies is contagious and can spread quickly through close physical contact. Since scabies is a contagious disease , physicians often recommend treatment for entire families or contact groups. Scabies is treated with topical application of anti-scabies creams or lotions. Oral tablets might be required in some cases. It is recommended to simultaneously treat all members living in close proximity to the patient to prevent reinfection.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Ayurveda']"

},

{

"title": "Schizophrenia",

"description about disease": "Schizophrenia is a mental disorder that affects a person’s thoughts, emotions, and behaviors. It can significantly interfere with the ability to think rationally, control emotions and make decisions. Some of the common symptoms of schizophrenia include delusions, hallucinations, altered behavior, thought process, alterations in speech, and mood changes. The type and severity of these symptoms can vary over time. There may be periods of intermittent worsening and remission of symptoms.The treatment for Schizophrenia primarily aims to control the psychotic symptoms with antipsychotic drugs and provide supportive care to the patient. There are many misconceptions regarding the disease, and patients battling Schizophrenia face a lot of social stigma. But thanks to the increase in awareness and improved treatment options, patients are able to lead a better quality of life at home and close to their loved ones.",

"symptoms of disease": "['1. Psychotic symptoms', '2. Negative symptoms', '3. Cognitive symptoms']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Psychosocial interventions', '2. Cognitive behavior therapy (CBT)', '3. Electroconvulsive therapy', '4. Deep brain stimulation (DBS)', '5. Ayurveda in schizophrenia']"

},

{

"title": "Sciatica",

"description about disease": "Sciatica is a serious condition that results from pressure on the sciatic nerve, the largest nerve in the human body, formed by the union of 5 nerves from the lower part of the spine. The most common cause of sciatica is related to discs like disc herniation or bony overgrowths. Causes not related to the disc may include cancer, infections, or compression of the blood vessels.Individuals with sciatica experience pain, numbness, pricking or stabbing sensation, and muscle weakness in the sciatic nerve distribution. Sciatica pain often is worsened by twisting, bending, or coughing. Sciatica may be triggered by improper posture, too long standing or sitting in the same place, obesity, and increased height.This condition is usually seen in older adults. Women are more commonly affected by men. Severe injury to the nerve can cause a drop foot effect, i.e. difficulty lifting the front part of the foot. Other complications may include loss of bowel and bladder control.Treatment generally varies depending on the severity and cause of the condition. Various management protocols include conservative treatment like staying active, painkillers, acupuncture, epidural steroid injections, spinal manipulation, and physical therapy. Surgery may be required in severe cases.",

"symptoms of disease": "[]",

"causes of disease": "['Herniated discs:This condition occurs when the soft center of a spinal disc pushes through a crack in the more rigid exterior casing of the spine.', 'Degenerative disc disease:It is a natural aging process that acts as a precursor to disc herniation.', 'Lumbar (lower back) spinal stenosis:It is the narrowing of the sciatic nerve', 'Isthmic spondylolisthesis:This condition results from the vertebra slipping forward on the sacral, pinching the nerve root as it leaves the spine.', 'Piriformis syndrome:This occurs when your piriformis muscle (muscle in the gluteal region of the lower limbs) compresses the sciatic nerve and results in swelling and redness.', 'Malignancy (cancer):Metastatic (spreading) bone or soft tissue cancer, sciatic nerve cancer, hemangioblastoma (type of brain tumor)', 'Infection:That can lead to abscess formation and inflammation of the disc.', 'Vascular compression:Compression of the blood vessels can lead to the formation of a pseudoaneurysm (occurs when blood walls of the blood vessels are injured).', 'Bony compression: Overgrowth of bones in the sciatic nerve distribution can put pressure on it.', 'Gynecological cause:Studieshave shown that uterine fibroid andendometriosis(overgrowth of the inner lining of the uterus) can also cause sciatica.']",

"prevention from disease": "['Avoid prolonged rest', 'Exercise regularly', 'Sleep in the correct posture', 'Burn that extra fat', 'Be mindful of your postures', 'Lift weights with the proper technique', 'Say no to smoking']",

"home\_remedy to disease": "['Alternative Therapies For Sciatica', '', '', 'Physiotherapy', '', '', 'Acupuncture', '', '', 'Is acupuncture effective in managing chronic pain?', '', 'Chiropractic therapy', '']"

},

{

"title": "Sepsis",

"description about disease": "Sepsis or septicemia is a life-threatening condition where the body starts to damage its tissues as a response to an infection. Sepsis might cause sepsis shock leading to a sudden drop in blood pressure, severe organ failure, or even death.The risk of sepsis is higher in infants and older adults. People with compromised immunity due to conditions likediabetes, chronic kidney or liver disease are more susceptible to sepsis.Treatment of sepsis includes antibiotics, intravenous fluids, and vasopressors (drugs constricting blood vessels). Patients with sepsis might also require supportive care such as oxygen or a breathing machine. Early and aggressive treatment increases the chances of recovery from septicemia. In most cases, people suffering from sepsis need treatment in the intensive care unit of a hospital.",

"symptoms of disease": "['Symptoms of sepsis', 'Symptoms of severe sepsis', 'Symptoms of septic shock']",

"causes of disease": "[]",

"prevention from disease": "['1. Get vaccinated', '2. Clean open wounds properly', '3. Avoid infections', '4. Know the symptoms', '5. Do not delay', '6. Get the right treatment']",

"home\_remedy to disease": "['1. Vitamin C:', 'Vitamin C (also known as ascorbic acid) is an essential nutrient that\\xa0 plays a critical role in several bodily functions in a lot of constructive ways.Read More!2.Turmeric(Haldi):', '3.Garlic(Lahsun):', '4.Honey(Shahad):', '5. Lobelia and slippery elm:', '6.Potato(Aloo):']"

},

{

"title": "Shingles",

"description about disease": "Shingles, caused by the varicella-zoster virus (VZV), primarily affects adults who have had chickenpox earlier. After chickenpox recovery, the virus remains dormant in certain nerve cells of the body, reactivating later in life as Shingles. Factors like aging, stress, certain medications, or weak immunity can increase the risk of reactivation.Shingles present with a painful, blistering rash typically appearing in a band on one side of the body. It is accompanied by symptoms like tingling, itching, fever, and headache.  |Shingles usually resolve within weeks. However, complications such as postherpetic neuralgia, skin infections, and eye problems can arise, particularly in older adults or those with weakened immune systems.Vaccination can prevent the condition. It is recommended for individuals 50 and older and 19 and older with weakened immune systems.Early diagnosis and intervention are crucial for managing shingles and reducing its complications. Treatment focuses on reducing the virus's effects and managing pain. Covering the rash is vital to avoid virus transmission, especially to vulnerable groups like pregnant women and those with weakened immunity.",

"symptoms of disease": "['1. Prodrome (Early symptoms stage)', '2. Infectious rash (Acute stage)', '3. Resolution (Healing stage)', 'Are shingles contagious?']",

"causes of disease": "[]",

"prevention from disease": "['1. Get vaccinated against Shingles', '2. Get timely treatment for Chickenpox', '3. Avoid contact with individuals with chickenpox or shingles', '4. Maintain a Healthy Lifestyle']",

"home\_remedy to disease": "['Acupuncture']"

},

{

"title": "Sickle cell anemia",

"description about disease": "Sickle cell anemia is a rare inherited blood disorder in which the body produces defective hemoglobin (HBSS). This form of hemoglobin causes the RBCs to become rigid and sickle-shaped.These cells often get stuck and clog the capillaries, leading to insufficient blood supply to different parts of the body. Symptoms include yellow skin, dark urine, whitening of the eyes,tiredness, fussiness, swelling of the hands and feet, and shortness of breath.Bone marrow transplantation is the only cure for this condition. However, medications and blood transfusions are used to manage the symptoms.Sickle cell disease impacts the individual physically and emotionally. Seeking good medical care and going for periodic checkups helps avoid complications.",

"symptoms of disease": "['Symptoms in infants and toddlers', 'Symptoms in adults']",

"causes of disease": "['Inheritance (passed from parent to child)', 'Mutation (change in the DNA sequence that codes for hemoglobin)']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Sickle Cell Anemia', '', '1. Heat massage', '', 'Looking for some heating pads?Shop Now', '2. Acupuncture', '3. Yoga', '', 'Here are 12 health benefits of Yoga.Read Now', '4. Behavioral therapy']"

},

{

"title": "Sinusitis",

"description about disease": "Sinus infection or sinusitis occurs when the air-filled spaces in the skull called sinuses get inflamed or swollen. According to a survey byThe National Institute of Allergy and Infectious Diseases (NIAID), an estimated 134 million Indians suffer from chronic sinusitis. These numbers are surprisingly double the number of people with diabetes in India.The human body has four pairs of sinuses. In a healthy person, each sinus is lined by a membrane that produces mucus. This is a thin, watery fluid that flows freely from the sinuses into the upper part of your nose. However, when sinuses get inflamed by some viral, bacterial infection, allergens or irritants, the mucus gets thick and sticky and cannot flow into the nose. This results in fluid build up in the sinuses, causing pressure, pain and other symptoms.Home care tips like application of warm compress on your face, use of saline nasal drops, maintaining adequate hydration of the body, steam inhalation and use of a humidifier can provide great relief from symptoms of sinusitis. In case of severe or prolonged symptoms, it is always advisable to visit a doctor for a proper diagnosis and treatment plan. Treatment usually involves use of antibiotics, antiallergics, decongestants and medications for pain relief.",

"symptoms of disease": "['Is it a cold or sinus infection?']",

"causes of disease": "['Allergens', 'Irritants (animal dander, polluted air, smoke, and dust)', 'Bacteria', 'Viruses', 'Fungi']",

"prevention from disease": "['1. Always keep your hands clean', '2. Be safe with vaccinations', '3. Avoid people who have colds or other upper respiratory infections', '4. Stay away from triggers', '5. Avoid dry environments']",

"home\_remedy to disease": "['', '1.Carom (Ajwain) seeds', '2.Turmeric (Haldi)', '3.Garlic (Lehsun)', '4.Tulsi', '5.Eucalyptus (nilgiri) oil', '6. Salt water']"

},

{

"title": "Sjogren’s Syndrome",

"description about disease": "Sjogren's syndrome is an autoimmune disorder that decreases the amount of moisture produced by the eyes and saliva by salivary glands. It is named after Swedish eye doctor Henrik Sjogren, who first described the condition.The condition is more common in women and most people who are diagnosed are over the age of 40, but it can develop at any age. Sjogren's syndrome is often associated with other immune system disorders like rheumatoid arthritis and lupus (an autoimmune condition causing inflammation of joints, skin, kidneys, blood cells, brain, heart, and lungs). This syndrome is identified by its two most common symptoms namely dry eyes and dry mouth (also calledxerostomia).Some individuals may be first diagnosed with a rheumatic disorder (such as rheumatoid arthritis or systemic lupus erythematosus) and can later develop the dry eyes and dry mouth (characteristic of Sjogren's syndrome). In general, almost half the people with Sjogren syndrome also have another autoimmune disorder.The treatment mostly focuses on relieving the symptoms and complications due to dry eyes, dry mouth, and other other symptoms.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Sjogren’s Syndrome', '', '1. Chinese herbal medicine', '2. Herbs and supplements', '3. Diet']"

},

{

"title": "Sleep apnea",

"description about disease": "Sleep apnea is a common sleep disorder characterized by repeated pauses in breathing during sleep causing one to snore loudly or create choking noises while trying to breathe.It is primarily caused by the relaxation of throat muscles, leading to a temporary blockage of the airway during sleep.Sleep apnea can also affect the quality of your sleep, leading to excessive daytime fatigue, difficulty concentrating, and irritability. The other symptoms include loud snoring, choking or gasping during sleep, and waking up with a headache, or dry mouth.It can affect people of all ages, including children, but it is more common in middle-aged and older individuals. Other risk factors includeobesity, nasal congestion, and excessive tissue in the throat.The main treatments for sleep apnea include using a machine called continuous positive airway pressure (CPAP), wearing oral appliances, and making lifestyle changes such as losing weight and avoiding alcohol and smoking.",

"symptoms of disease": "['1. Night-time symptoms', '2. Daytime symptoms', '3. Symptoms of sleep apnea in children']",

"causes of disease": "[]",

"prevention from disease": "['1.\\xa0 Maintain a healthy weight', '2. Avoid alcohol and other sedatives', '3. Break up from smoking', '4. Address nasal congestion', '5. Manage underlying medical conditions', '6. Stay away from allergens']",

"home\_remedy to disease": "['Alternative Therapies For Sleep Apnea', '', '1. Positional therapy', '', '2.\\xa0 Orofacial therapy', '', '3. Acupuncture', '', '4. Yoga and breathing exercises', '', 'Understand the other 12 health benefits of yoga.Know more']"

},

{

"title": "Sleepwalking",

"description about disease": "Sleepwalking, a condition frequently observed in children, is a sleeping disorder characterized by unusual activities  such as standing, walking, talking, eating, screaming, dressing, going to the bathroom, or even leaving the house during deep sleep.The episode generally lasts for a few minutes, and there is no subsequent memory of the activities after waking up. Risk factors include sleep deprivation, stress, repeated nighttime awakenings, and a family history of the disorder.Sleepwalking can lead to dangerous consequences such as self-injury by accidentally falling from a height, touching sharp objects, or trying to drive. The more intense and frequent episode requires medical treatment.Keeping sharp objects out of reach, keeping doors and windows closed, and using door or bed alarms are proven to be helpful in preventing injuries during episodes.",

"symptoms of disease": "[]",

"causes of disease": "['N1 (light sleep)- 5% of sleep', 'N2 (deeper sleep)- 25%', 'N3 (deepest sleep)- 45%', 'It is suggested that a lack of brain supply in the brain can disturb the sleep cycle, which may contribute to sleepwalking', 'Dysregulation in the sleep/wake cycles in the maturation phase of sleep causes sleepwalking']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Cognitive behavioral therapy', '2. Hypnotherapy', '3. Mental imagery', '4. Relaxation techniques', 'Here are five easy relaxation techniques that can be practiced at home.Read Now']"

},

{

"title": "Slipped disc",

"description about disease": "A herniated disc, commonly known as a slipped disc, is a spinal condition that can cause pain and discomfort. The spine is made up of vertebrae cushioned by discs, which consist of a tough outer layer (annulus fibrosus) and a gel-like center (nucleus pulposus). With age, these discs can weaken due to a loss of water content, leading to a herniated disc, often occurring in the lower back (lumbar spine).When a disc herniates, it can press on nearby spinal nerves, causing symptoms like leg pain, numbness, tingling, or weakness, commonly referred to as sciatica. Sciatica typically affects people between the ages of 30 and 50.Most cases of herniated discs improve with nonsurgical treatments, with 80-90% of patients finding relief within a few weeks. Surgery is considered if pain persists and interferes with daily activities, with over 90% success in relieving leg pain, though it is less effective for back pain. Surgical intervention focuses on alleviating leg pain and preventing further complications like leg weakness.",

"symptoms of disease": "['Are you confused between a Bulging disc and a Herniated disc?']",

"causes of disease": "[]",

"prevention from disease": "['1. Maintain a healthy weight and stay active', '2. Use proper lifting techniques and ergonomics', '3. Maintain good posture', '4. Avoid prolonged sitting', '5. Regular stretching and avoid repetitive strain', '6. Manage Stress', '7. Wear proper footwear', '8. Quit Smoking']",

"home\_remedy to disease": "['', '1. Chiropractic care', '', '2. Acupuncture', '', '3. Yoga', 'Here are some of the common yoga poses to fight and prevent back pain which you can try at home.Read Here', '4. Tai Chi', '', '5. Mind-body practices (meditation and cognitive behavioural therapy)', '', 'Know how meditation can benefit your life.Click Here']"

},

{

"title": "Smelly feet",

"description about disease": "Smelly feet are a common foot condition. Sweating in the feet creates a moist environment that allows bacteria to thrive. These bacteria then break down the sweat into acids, resulting in an unpleasant odor.Factors such as excessive sweating, poor foot hygiene, bacterial or fungal infections, and certain health conditions like diabetes and hormonal changes can increase the risk of this problem.Prevention of smelly feet consists of practicing good foot hygiene. Make sure to wash your feet daily, using an antibacterial soap. Ensure thorough drying, especially between the toes. Prefer wearing breathable shoes and socks. Foot powders and topical antiperspirants can be used to manage excessive moisture and odor.",

"symptoms of disease": "[]",

"causes of disease": "['Smelly feet are primarily caused by the interaction between sweat and bacteria on the skin of the feet.', 'This occurs when the sweat glands in the feet produce an excessive amount of sweat, creating a moist environment that allows bacteria to thrive.', 'The bacteria then break down the sweat into acids, resulting in an unpleasant odor.']",

"prevention from disease": "[\"Do's:\", \"Don'ts:\"]",

"home\_remedy to disease": "[]"

},

{

"title": "Snoring",

"description about disease": "Snoring is a rattling breathing sound that is caused by improper air flow through a partially obstructed airway.Males tend to snore more often than females, especially those who are above 40 years of age. Risk factors associated with snoring include deviated nasal septum, smaller jaws, and being overweight amongst other factors.Snoring is usually light, occasional, and unconcerned. However, in some cases it may be a sign of some serious underlying sleep-related breathing disorder.The severity of snoring may vary from person to person and treatment mainly focuses on treating the cause. Certain lifestyle modifications, medications, appliances, and surgeries may be recommended based on the cause and severity of snoring.",

"symptoms of disease": "[]",

"causes of disease": "['Soft palate (the back of the roof of your mouth)', 'Tonsils', 'Adenoids', 'Tongue']",

"prevention from disease": "['1. Maintain a healthy weight', '2. Quit smoking', '3. Avoid alcohol before bedtime', '4. Be mindful of using sedative medications', '5. Treat any ongoing nasal congestion', '6. Follow these simple and effective tips']",

"home\_remedy to disease": "['Alternative Therapies for Snoring', '1. Yoga', \"Planning on starting yoga? Know these dos and don'tsTap Here\", '2. Acupuncture']"

},

{

"title": "Sore throat",

"description about disease": "Sore throat is marked by pain, itchiness or irritation of the throat, which is mostly caused by a virus but can also be caused by a bacteria. Moreover, environmental factors like pollutants, smoking & seasonal or food allergies can also cause sore throat. A painful throat can simply come along with a cold or runny nose but sometimes, it can be a sign of some underlying problems such as respiratory tract infections.In most cases, a sore throat usually goes away on its own. But to relieve the pain from a sore throat, you could take over-the-counter medicines or throat lozenges. If you get a persistent cough along with sore throat, you can try a cough syrup based on the type of your cough. However, antibiotics are not required to cure a sore throat in most cases. So stop taking antibiotics for sore throat & consult your doctor, if your symptom fails to improve or worsens.One of the best & simple ways to prevent a sore throat is to stay away from people suffering from respiratory infections & practise good hand hygiene such as washing hands. You can even try home remedies such as drinking hot water or gargling to soothe sore throat at home.",

"symptoms of disease": "[]",

"causes of disease": "['Common cold', 'Flu or influenza', 'Infectious mononucleosis or glandular fever', 'Measles', 'Chickenpox', 'Mumps', 'Herpangina', 'Hand, foot and mouth disease (HFMD)', 'Croup', 'COVID-19', 'Streptococcus pyogenes(group A streptococcus) which causes strep throat.', 'Arcanobacterium haemolyticumcauses sore throat mainly in adolescents and is sometimes accompanied by a red rash.', 'Less common causes of bacterial sore throat are chlamydia, gonorrhea and corynebacterium.']",

"prevention from disease": "['1. Practice good hand hygiene', '2. Avoid close contact with sick people', '3. Avoid smoking and exposure to secondhand smoke/irritants', '4. Eat healthy food', '5. Boost your immunity', '6. Exercise', '7. Get adequate sleep']",

"home\_remedy to disease": "['1.', 'Ginger (Adrak):', '2.', 'Honey (Sehad):', 'Note:', '3.Garlic (Lehsun):', '4.Turmeric (Haldi):', '5.', 'Chamomile (babunah ke phul)tea:', '6.', 'Licorice (mulethi)tea:']"

},

{

"title": "Spondylosis",

"description about disease": "Spondylosis is a degenerative disease of the spine that affects the intervertebral discs and joints. With age, the body experiences normal wear and tear of the joints, cartilages, ligaments, and other soft tissues. When these changes occur in the spine, it leads to spondylosis.Spondylosis can be broadly divided into cervical spondylosis (spondylosis of the neck) and lumbar spondylosis (spondylosis of the lower back). Pain and stiffness in the spine is the most common symptom of spondylosis. Occasionally, spondylosis may cause more severe neurological symptoms, such as radiating pain, tingling, numbness, or even partial or complete paralysis.A healthy lifestyle with regular exercises can help prevent the pain and stiffness that occur due to spondylosis. Spondylosis can be successfully treated using a combination of oral and topical analgesics, muscle relaxants, physiotherapy, and exercises.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Exercise and yoga', '2. Physiotherapy', '3. Acupressure and acupuncture', '4. Ayurveda', '5. Homeopathy', '6. External orthoses support', '', 'Are you starving your bones?\\xa0Take this quick survey to know how healthy your bones are.']"

},

{

"title": "Stomach cancer",

"description about disease": "Stomach cancer, also known as gastric cancer, is a type of cancer that develops in the cells lining the stomach. It occurs when the body’s normal process of removing old cells and forming new cells, breaks down. The stomach cells continue to grow out of control and form tumors. The cancerous cells can also spread to other parts of the body.Stomach cancer is typically found in the elderly. Men are more likely to be affected than women. Other risk factors for the disease are smoking,obesity, stomach diseases, excessive alcohol consumption, and hereditary conditions.The outlook for recovery is better if stomach cancer is detected early, before it has spread to other parts of the body. Regular screening for stomach cancer is advised for those at higher risk, such as those with a family history of the disease.Depending on the extent of the cancer, treatment options may include surgery, chemotherapy, radiation therapy, or a combination of these.",

"symptoms of disease": "['1. Early stage symptoms', '2. Advanced stage symptoms']",

"causes of disease": "[]",

"prevention from disease": "['1. Diet and nutrition', '2. Lifestyle choices', '3. Infections and medical Interventions', '4. Health Monitoring']",

"home\_remedy to disease": "['', 'Complementary and integrated methods', '', '1. Acupressure:', '', '2. Acupuncture:', '', '3. Aromatherapy:', '', '4. Art therapy:', '', '5. Biofeedback:', '', '6. Labyrinth walking:', '', '7. Massage therapy:', '', '8. Meditation:', '', '9. Music therapy:', '', '10. Tai chi:', '', '11. Yoga:', '', 'To find out the most beneficial yoga asanasRead Here']"

},

{

"title": "Stress",

"description about disease": "Stress is the body’s natural reaction in case of danger or challenge. It causes the body to flood with hormones that prepare its systems to evade or confront danger. This is commonly referred to as the fight-or-flight mechanism. The body produces larger quantities of chemicals called cortisol, epinephrine, and norepinephrine. These cause an increase in blood pressure, heightened muscle preparedness, sweating, and alertness.Stress is generally caused by triggers and everyone has different stress triggers. Work stress tops the list, according to surveys. Some of the main sources of stress apart from work include finances, relationships, parenting, and day-to-day inconveniences.While stress itself is a normal part of life, recurring stress can interfere with daily activities and overall well-being. Long-term stress can affect the whole body and can cause other serious issues for exampleanxiety,depression, and cardiac problems. Stress can manifest itself in different ways including excessive worrying, inability to sleep at night, andbody aches.If one feels stress is starting to interfere with their daily activities, it’s time to reach out for help. The treatment of stress mainly comprises managing the condition, knowing the triggers, and starting therapies along with lifestyle modifications.",

"symptoms of disease": "['Physical symptoms', 'Emotional symptoms', 'Behavioral symptoms']",

"causes of disease": "['Difficulties in our personal lives and relationships', 'Unexpected life changes like moving house, having a baby, or starting to care for someone', 'Daily life minor inconveniences like misplacing keys or forgetting to bring an important item', 'Financial difficulties like debt or struggling to afford daily essentials', 'Health issues of oneself or close family members', 'Pregnancy and children', 'Housing problems like maintenance or tenancy', 'Feeling lonely and unsupported', 'Stress while driving or being late', 'Being unhappy in the job', 'Having a heavy workload or too much work pressure', 'Long working hours', 'Poor work management', 'Unclear expectations of your work', 'No involvement in the decision-making process', 'Working under dangerous conditions', 'Risk of termination', 'Having to give speeches in front of colleagues', 'Discrimination or harassment at work']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Mind-based interventions', 'Acupuncture', 'Aromatherapy', 'Here are some essential oils to calm your mind and body.Read To Know!', 'Hypnotherapy', 'Massage', 'Tai Chi', 'Read about 5 relaxation techniques to fight stress and anxiety.Read Now!', 'Virtual reality', 'Note:', '']"

},

{

"title": "Stroke",

"description about disease": "Stroke is a condition in which the blood supply to the brain is disrupted. This mainly occurs due to either blockage in any of the blood vessels that supply blood to the brain (known as ischemic stroke) or due to rupture or leaking of the blood vessels in the brain (known as hemorrhagic stroke).Stroke often occurs suddenly. However, symptoms that can help in identifying a stroke are face drooping, arm & leg weakness, lethargy, slurred speech, and loss of balance. There are several factors that can increase your risk of stroke. These include old age, sedentary lifestyle, stress, obesity, smoking, uncontrolled hypertension, uncontrolled diabetes and coronary artery disease.The treatment approach consists of medications such as statins, anticoagulants, and procedures like thrombectomy. Recovery after stroke depends on severity of stroke, which part of the brain is affected, extent of damage and how quickly the treatment was initiated.A stroke is a medical emergency and there is a better chance of recovering from a stroke if emergency treatment is started right away.Remember, during a stroke, every minute counts.",

"symptoms of disease": "[]",

"causes of disease": "['Clogged arteries:Fat, cholesterol, and other deposits can accumulate on the walls of blood vessels. With time, these deposits calcify or harden and this build up is called plaque. The plaque clogs the blood vessels thereby narrowing the passage for blood.', 'Blood clots:When a clot forms in a blood vessel of the brain that is already very narrow, it leads to a thrombotic stroke. When a blood clot that has formed somewhere else in the body, breaks away and travels to a blood vessel in the brain, the result is an embolic stroke or cerebral embolism. An embolic stroke can also result from an air bubble or other foreign substance in the blood that moves and blocks a blood vessel in the brain.', 'Intracerebral hemorrhageis the most common type of hemorrhagic stroke. “Intracerebral” means “within the brain”, it occurs when a blood vessel in the brain bursts, flooding the surrounding tissue with blood. Intracerebral strokes are usually caused by high blood pressure.', 'Subarachnoid hemorrhageis a less common type of hemorrhagic stroke. It refers to bleeding in the space between the brain and the skull. Factors like head injury, overtreatment with blood thinners, and bleeding disorders can cause subarachnoid hemorrhage.']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Stye",

"description about disease": "A stye is a painful red bump on the rim of the eyelid that may look similar to a boil or a pimple. They are often caused by a bacterial infection in the hair follicle of an eyelash.Risk factors for developing a stye include poor eyelid hygiene, rubbing or touching the eyes, wearing contact lenses for an extended period, and certain underlying medical conditions such as diabetes.Most styes resolve on their own within a few days to a week. It is important to avoid squeezing or popping them since the infection may reach to other parts of the eyelid or eye. Warm compresses applied to the affected area might help reduce inflammation and facilitate healing. Antibiotic eye drops or ointments may be recommended in some circumstances to speed up the healing process and prevent complications.If a stye does not improve after a week, gets very painful, or interferes with vision, it is best to see an eye doctor.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Preventive measures to prevent stye in children:']",

"home\_remedy to disease": "['Alternative Therapies For Stye', '1. Bloodletting therapy', '2. Acupuncture', 'Note:']"

},

{

"title": "Sunburn",

"description about disease": "Sunburn is a prevalent skin condition that arises when the skin is subjected to excessive ultraviolet (UV) radiation from the sun or artificial sources like tanning beds.It mainly impacts the outer layer of the skin and is characterized by redness, pain, inflammation, and in severe cases, blistering and peeling. Sunburn serves as a clear indication of skin damage and escalates the risk of developing skin cancer.Appropriate measures of sun protection, such as avoiding sun or seeking shade, particularly during peak sun hours (10 a.m. to 4 p.m.), wearing protective clothing and wide-brimmed hats, and using a broad-spectrum sunscreen with a high sun protection factor (SPF), can significantly decrease the likelihood of getting sunburned.Keep in mind that sunburn can occur even on overcast days, as UV radiation can permeate cloud cover and reflect off surfaces. Therefore, it is vital to remain vigilant and take precautions whenever you are exposed to the sun. Nurturing and protecting your skin today will guarantee a healthier and happier skin in the future.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Use sunscreens generously and regularly', 'A. Types of sunscreen', 'B. Sun protection factor (SPF)', 'C. Protection factor (PA+)', '2. Seek shade', '3. Wear protective clothing', '4. Wear sunglasses', '5. Be cautious of reflective surfaces', '6. Be mindful of the UV index', '7. Avoid tanning beds and lamps', '8. Stay hydrated', '9. Be mindful of certain medications']",

"home\_remedy to disease": "[]"

},

{

"title": "Syphilis",

"description about disease": "Syphilis is a sexually transmitted disease (STD) caused by the bacteria treponema pallidum. Symptoms of syphilis can be grouped into three stages. In primary syphilis, symptoms appear after 10 days to three months after one has been exposed to infection. The first sign is a small painless sore called a chancre found on the genitals, rectum, or mouth. In secondary syphilis, the chancre disappears but the rash spreads from the trunk to the whole body. The last stage is tertiary syphilis which begins after years of an initial infection. Some complications of syphilis are numbness, blindness, paralysis, and heart disease.Syphilis can be prevented by having safe sex, avoiding multiple sexual partners and promoting sex education. Syphilis is mainly treated with antibiotic therapy such aspenicillin G. However, in cases of penicillin allergy, penicillin desensitization or use of other medications likedoxycycline,tetracyclineorceftriaxoneis recommended.",

"symptoms of disease": "['1. Primary syphilis', '2. Secondary syphilis', 'Tertiary stage', 'Congenital syphilis', 'Neurosyphilis']",

"causes of disease": "['The most common route of transmission is through sexual contact with the infected person.', 'It can also enter the body through minor cuts in the skin or mucous membrane or direct unprotected contact with an active lesion.', 'Infected mothers can pass it to their babies during pregnancy or birthing.', 'Less common modes of transmission include blood transfusion and organ transplantation.']",

"prevention from disease": "[]",

"home\_remedy to disease": "[]"

},

{

"title": "Testicular cancer",

"description about disease": "Testicular cancer is a medical condition in which the testicles (or testes) are affected by cancerous cells. The testicles are part of the male reproductive organ and are present as two small egg-shaped glands. These glands are held in a scrotum or sac that lies below the penis. The testicles are responsible for producing the sperm and male sex hormones.Testicular cancer is rare in occurrence when compared to other cancers. Testicular cancer accounts for merely 1% of malignancies found in men. It can occur in men of all ages but it is most commonly seen in the age group of 15 to 44 years. It usually affects only one testicle.Testicular cancer is fairly treatable and can be cured when detected early. Depending on your exact diagnosis and staging of cancer, your doctor can advise you surveillance, surgery, radiation, or chemotherapy. Some patients may require more than one treatment modality for completely curing testicular cancer.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Acupuncture', '2. Aromatherapy']"

},

{

"title": "Tetanus",

"description about disease": "Tetanus, commonly known as lockjaw, is a nervous system disorder characterized by muscle spasms, particularly of the jaw and neck. This infection is caused by the bacteria called Clostridium tetani, which is found in the soil. Tetanus symptoms usually emerge about 7 to 10 days after the initial infection. However, this can vary from 4 days to about 3 weeks, and may, in some cases, may take months.Open wounds that are soiled, sharing contaminated needles and deliveries in unhygienic conditions are the main risk factors for getting tetanus. Most cases occur in people who did not complete their primary tetanus vaccination schedule or did not receive any booster shot within the previous decade.Tetanus is a deadly and highly debilitating condition that fortunately can be prevented by timely vaccinations. The tetanus vaccines should be given to children. Primary vaccination schedule consists of 5 tetanus shots given as part of diphtheria and tetanus toxoids and acellular pertussis (DTaP) vaccination in children between 2 months to 6 years.",

"symptoms of disease": "[]",

"causes of disease": "['Clean superficial wounds (when only the topmost layer of skin is scraped off)', 'Surgical procedures', 'Insect bites', 'Dental infections', 'Compound fractures (an exposed broken bone)', 'Chronic sores and infections', 'Intravenous (IV) drug use', 'Intramuscular injections (shots given in a muscle)']",

"prevention from disease": "['I. Vaccination', 'Contraindications of Tetanus vaccination', 'II. Appropriate wound care']",

"home\_remedy to disease": "['1. Botulinum toxin', '2. Vitamin C', '', 'Check out our broad range of vitamin C supplements to fill any gaps in your diet.']"

},

{

"title": "Thalassemia",

"description about disease": "Thalassemia is a blood disorder that affects many people across the world. It is an inherited disorder which means it is passed on from parents to their children. It is a condition in which a person has less than the usual amount of hemoglobin (an oxygen-carrying protein) in their body.The primary cause of thalassemia is a mutation in the DNA of the cells that limit the production of alpha or beta chains in the hemoglobin. Depending on which chain is affected, two types of thalassemia may arise - alpha thalassemia or beta-thalassemia. Thalassemia may also be characterized on the basis of its severity. A person with mild symptoms of thalassemia is known to have thalassemia minor. However, a person with moderate or severe symptoms may be considered as thalassemia major. A person may also be a carrier of thalassemia even if they do not show any symptoms of the disease.For people with a thalassemia minor, regular screening and intake of necessary supplements may be enough. However, people with thalassemia major may require frequent blood transfusions or bone marrow transplants.Although a genetic disease, thalassemia can be prevented in a child by the parents undergoing specific blood tests before conceiving giving birth. Adopting a healthy lifestyle and following a well-balanced diet can also help manage this condition well.",

"symptoms of disease": "['1. Weakness or fatigue', '2. Pale or yellowish skin', '3. Weak and brittle bones', '4. Dark urine', '5. Deformities in the face or skull', '6. Growth failure', '7. Iron overload', '8. Infection', '9. Enlarged spleen']",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Home remedies', '1.Holy basil (tulsi) juice', 'Tip:', '2. Sunbathing', 'Tip:', '3.Wheatgrassjuice', 'Tip:', '4.Giloy', 'Tip:', '5. Milk', 'Tip:']"

},

{

"title": "Throat cancer",

"description about disease": "Throat cancer is a type of cancer that affects different parts of the throat, including the larynx (voice box), pharynx (throat), and tonsils.Recognizable symptoms include persistent throat soreness, difficulty swallowing, unexpected weight loss, and mouth and jaw discomfort. India prominently contributes to the global burden of throat cancer cases. Men over 45 are commonly affectedProminent risk factors include tobacco and alcohol consumption, viral infections, particularly human papillomavirus (HPV), and exposure to certain chemicals and irritants.Management options depend on the cancer's extent and may involve surgery, chemotherapy, radiation therapy, or a combination of these interventions.",

"symptoms of disease": "[]",

"causes of disease": "['Oncogenes promote cell growth, division, and survival.', 'Tumor suppressor genes, control cell division and initiate cell death when necessary.']",

"prevention from disease": "['1. Stay clear from all forms of tobacco', '', '2. Drink alcohol in moderation', '3. Be mindful of what you eat', '4. Add probiotics to your diet', '5. Maintain a healthy weight', '6. Get regular dental checkups', '7. Practice safe sex', '8. Get vaccinated against HPV']",

"home\_remedy to disease": "['', '1. Acupuncture', '', '2. Aromatherapy', '', '3. Hypnosis', '', '4. Relaxation exercises', '', 'Invest 10-15 minutes daily in meditation to safeguard against diseases or enhance disease management. Explore the 6 ways meditation can positively impact your life.', 'Discover More', '5. Yoga', '', 'Discover how yoga enhances mental healing and overall well-being, benefiting not only cancer patients but everyone.', 'Read More To Know', '6. Exercise', '', 'Brisk walking has been found to reduce the risk of further complications in people fighting cancer.', 'Know How', '7. Music therapy', '', '8. Tai chi']"

},

{

"title": "Thrombocytopenia",

"description about disease": "Thrombocytopenia is a medical condition in which you have fewer than an average number of platelets in your body. Platelets are blood cells that help in blood clotting by clumping together and plugging the injury site hence, stopping bleeding.Patients with thrombocytopenia show easy or excessive bleeding, blood in the urine or stools, extreme fatigue, and prolonged bleeding from a wound site. Various causes of thrombocytopenia are medical conditions that lead to increased platelet destruction, decreased platelet production, increased trapping of platelets or dilution of blood.The treatment for thrombocytopenia depends on the severity of the condition. Generally, mild cases of low platelet count go undiagnosed and may not require any specific treatment. In such cases, your doctor may hold off treatment and simply monitor you for some time. In case of severe symptoms, patients are usually prescribed corticosteroids, other medications, or platelet transfusions. Splenectomy or removal of spleen is usually the last line of treatment and is advised when medications fail to treat low platelet count effectively.",

"symptoms of disease": "[]",

"causes of disease": "['Increased platelet destruction', 'Decreased platelet production', 'Increased sequestration or trapping of platelets', 'Dilution of blood', \"Autoimmune diseases:In autoimmune diseases, the body's immune system starts to attack healthy cells of the body. One example of this type of autoimmune disease is immune thrombocytopenia (ITP). In ITP, the immune system attacks and destroys its own platelets. The exact cause of this condition is not known. Other autoimmune diseases such as antiphospholipid syndrome, systemic lupus erythematosus, rheumatoid arthritis and sarcoidosis can also cause thrombocytopenia.\", \"Medications:Certain medications such asheparin(anticoagulant medication that prevents clot formation),quinineandvalproic acidcan sometimes trigger the immune system and result in the formation of anti-platelet antibodies that attack the body's own platelets. Sulfa containing antibiotics and anticonvulsants are some other medications that can cause thrombocytopenia.\", 'Infections:Bacterial infections such as Helicobacter pylori infections, leptospirosis, brucellosis and anaplasmosis can result in low platelet count. Chronic viral infections like hepatitis C andHIVanti-platelets antibodies are present which cause platelet destruction.', 'Surgery:Platelets can get destroyed when they pass through artificial heart valves, blood vessel grafts, or machines and tubes used for blood transfusions or bypass surgery.', 'Pregnancy:During pregnancy, some women develop a mild to moderate form of thrombocytopenia when they are close to delivering a baby. Thrombocytopenia during the third trimester is usually mild and resolves soon after delivery. Doctors may continue to monitor platelet count through the remaining pregnancy to prevent the number from dropping further.', 'Thrombotic thrombocytopenic purpura (TTP):It is a rare blood disorder in which blood clots start developing in small blood vessels in the body. These clots reduce the number of circulating platelets and result in thrombocytopenia.', \"Disseminated intravascular coagulation (DIC):It is a rare complication of pregnancy, severe infections, or severe trauma. In this condition, the blood clots form suddenly throughout the body that use up many of the blood's platelets.\", 'Hemolysis, elevated liver tests, low platelets (HELLP) syndrome:It is another non-immune thrombocytopenia that may occur during pregnancy.', 'Hemolytic uremic syndrome:It is a rare disorder caused by shiga toxin-producing organisms (E. coli and Shigella) that leads to a decline in the number of platelets.', 'Cancers:Leukaemia (blood cancer), lymphoma and myelodysplastic syndromes cause uncontrollable growth of abnormal cells in the bone marrow. These abnormal cells crowd out the healthy cells that are typically present in the bone marrow, including platelets. Thrombocytopenia is a widespread and early presentation in patients with acute leukaemia. Patients who have cancer can also experience low platelet count as a side effect of chemotherapy.', 'Bone marrow failure:It is seen in aplastic anemia and paroxysmal nocturnal hemoglobinuria which can cause severe reduction in platelet count. Aplastic anemia is a rare condition in which the body stops producing new blood cells. Such individuals often develop a low platelet count and deficiency of red and white blood cells. Paroxysmal nocturnal hemoglobinuria is closely related to aplastic anemia.', 'Chronic alcoholism:Thrombocytopenia is commonly seen in heavy drinkers since alcohol exposure slows down the production of megakaryocytes, large bone marrow cells that are responsible for producing platelets.', 'Viral infections:Infections caused by varicella-zoster virus, cytomegalovirus, epstein-barr virus, mumps virus, parvovirus B19, rickettsia, rubella virus, zika virus, hepatitis C virus andHIVcan cause reduced platelet production.', 'Nutritional deficiencies:Lack of Vitamin B12, folate and copper can cause low platelet production.', 'Toxic chemicals:Exposure to toxic chemicals such as arsenic, benzene, and pesticides can affect the normal production of platelets.', 'Cirrhosis or scarring of liver:It causes reduced production of thrombopoietin, a hormone which regulates the production of platelets. This leads to reduced production of platelets by the bone marrow.', 'Congenital conditions:Conditions like Fanconi anemia, gray platelet syndrome, Wiskott-Aldrich syndrome, Alport syndrome, Bernard-Soulier syndrome, platelet-type or pseudo–von Willebrand disease, May-Hegglin syndromes, and Shwachman-Diamond syndrome.', 'Medications:Over-the-counter medicine such asaspirinoribuprofencan affect production of platelets. Certain medicines like diuretics,chloramphenicol,methotrexate, interferon,carboplatin, andamiodarone, also cause bone marrow to decrease production of platelets.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Papaya leaf extract']"

},

{

"title": "Tinnitus (ringing in the ears)",

"description about disease": "Commonly known as ringing ears, tinnitus is characterized by sounds such as buzzing, ringing, or hissing in one or both ears without any external source. This phantom noise can be continuous or intermittent.Individuals with tinnitus may experience hearing loss or difficulty in focusing due to the persistent noise. Common causes of tinnitus include exposure to loud noise, old age, ear infections and stress. In some cases, it can also be a symptom of underlying medical conditions like Meniere's disease, Temporomandibular joint disorders, or heart issues.Management of tinnitus involves identifying and addressing any underlying causes, managing stress, using hearing aids or sound therapy to improve hearing, and employing relaxation techniques to alleviate the perception of noise.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Protect your ears', '2. Maintain ear hygiene', '3. Take care of your health', '4. Make mindful lifestyle choices']",

"home\_remedy to disease": "['', '1. Counseling and behavioral therapy', '', 'Tinnitus retraining therapy (TRT):', 'Cognitive behavioral therapy (CBT) or similar counseling:', '', 'Hypnotherapy:', '', '2. Acupuncture', '', '3. Biofeedback', '', '4. Mindfulness-based stress reduction (MBSR)', 'Take care of your mind with our widest range of products to help manage anxiety, or other issues that can help withtinnitus.Explore Mind Care Range', '', '5. Hyperbaric oxygen therapy (HBOT)', '', '6. Magnetic stimulation']"

},

{

"title": "Tiredness",

"description about disease": "A feeling of tiredness can be described as feeling sleepy, weak, low on energy and lacking the motivation to perform daily activities. It can occur due to poor lifestyle habits, psychological factors or some underlying health conditions. Generally, it has been found that women report tiredness more often than men.Tiredness can be acute and may be relieved with a good night’s sleep. However, when tiredness lasts for several weeks, it can lead to chronic fatigue. It is essential to seek medical care when tiredness starts interfering with day-to-day activities, as it may be a symptom of some underlying health condition.Along with medications to treat the underlying cause, alternative therapies play an important role in overcoming tiredness. These include meditation techniques, massage, yoga, ayurvedic and some home remedies.",

"symptoms of disease": "[]",

"causes of disease": "['Being jet-lagged', 'Alcoholism and chronic smoking', 'Drug abuse', 'Excess caffeine consumption', 'Increased workload', 'Heavy exercise', 'Poor diet and malnutrition', 'Dehydration', 'Rotating work shifts', 'Obesity', 'Anxiety disorder or stress', 'Chronic depression', 'Eating disorders like anorexia nervosa', 'Increased stress due to circumstances like the loss of a loved one, unemployment, etc.', 'Anemia', 'Pregnancy', 'Vitamin D deficiency', 'Hypothyroidism', 'Diabetes Mellitus', 'Cancer and chemotherapy', 'Fever and infections', 'Sleep apnea syndrome', 'Heart diseases like ischemic heart disease, heart failure', 'Fibromyalgia', 'Chronic fatigue syndrome (CFS)', 'Arthritis', 'Multiple sclerosis', 'Certain medications']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Diet and energy drinks:', 'Meditation:', 'Massage:', 'Psychotherapy:', 'Exercise and yoga:', 'Yoga has been practiced since ages now. It offers several benefits to the body other than improving flexibility and posture. Here are a few yoga asanas that will help you fight fatigue and keep you refreshed.Click Here To Read!', 'Ayurveda:', 'Homeopathy:']"

},

{

"title": "Tonsilitis",

"description about disease": "Tonsils are two round, fleshy masses in the back of your throat (pharynx). Tonsillitis is inflammation of the tonsils. It is mostly caused by common viruses, but bacterial infections also can be the cause of infection.The classic presentation of tonsillitis includes sudden onset of fever and sore throat with inflammation of the tonsils. Children are most commonly affected during their school-going years. Other risk factors include family history, cold weather, diabetes, and air pollution.The best way to prevent tonsillitis is to wash your hands often, especially before touching your nose or mouth. Also, avoid sharing food, drink, or utensils with someone who is sick.The management of tonsillitis mainly consists of resting, drinking fluids, and taking medications like painkillers, and antibiotics. In severe or recurrent cases surgical removal of tonsils, called tonsillectomy may be required.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', '', '1. Homeopathy', '', '2. Acupuncture', '']"

},

{

"title": "Trigeminal neuralgia",

"description about disease": "Trigeminal neuralgia is a condition that causes inflammation of the trigeminal nerve (the fifth cranial nerve). It causes spontaneous and intense bouts of pain, often described as shooting, electric shock-like in the lips, teeth, jaw, gums, and other areas of the face supplied by the nerve.Women are affected more often than men. Patients with multiple sclerosis are affected much more frequently by this condition.The pain occurs in short, unpredictable attacks that last a few seconds to minutes. After the first episode of attacks, the pain may subside for months or years, but there is always the risk that trigeminal neuralgia will recur without any warning. Rarely, when the pain is not well controlled, it may lead to long-term chronic pain.The outbursts of trigeminal neuralgia can be set off by contact with the cheek during activities like shaving, washing the face, brushing the teeth, eating, drinking, and talking.The best way to avoid a paroxysm of TN is to prevent a few triggering agents, such as cold wind, hot and spicy foods, and cold drinks. Most people are prescribed medicines to help control the pain, but surgery may sometimes be considered when drugs are ineffective.",

"symptoms of disease": "[]",

"causes of disease": "['Cysts', 'Tumor', 'Facial injury', 'Damage caused by the surgery', 'Viral infections like shingles,chickenpox,and herpes']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies of Trigeminal Neuralgia', '', 'Acupuncture', 'Meditation', 'Meditation is amazing for your soul and body. Read how meditation can improve your life.Tap Here', 'Aromatherapy', 'Check out our extensive range of essential oils.Shop Now']"

},

{

"title": "Tuberculosis (TB)",

"description about disease": "Tuberculosis is one of the top 10 causes of mortality worldwide. Tuberculosis is caused by a bacterium called Mycobacterium Tuberculosis. Tuberculosis is an infectious disease that primarily affects the respiratory system, but it can also affect other systems, such as the gastrointestinal system, musculoskeletal system, nervous system, etc. It may be present as a latent or an active infection. Active cases can be presented with symptoms like cough, hemoptysis (blood in the sputum), fever, weight loss, etc.Tuberculosis treatment comprises a combination of drugs and may continue for a long period for complete elimination of bacteria and to avoid resistance against antibiotics used.. Most patients recover completely from the disease. However, vulnerable patients, such as HIV-affected individuals or those with lower immunity, suffer from a severe type of disease.In 2019, an estimated 10 million people suffered from tuberculosis, of which 2.6 million were Indians. Although the cases of TB in India are high, the Government provides support to all the TB patients with programmes such as NTEP, DOTS and Nikshay patrika, which are aimed to improve treatment with free medicines and support.",

"symptoms of disease": "['Symptoms of Pulmonary TB', 'Symptoms of TB other than pulmonary TB :']",

"causes of disease": "[]",

"prevention from disease": "['1. Prevent the spread of tuberculosis', '2. Vaccines for tuberculosis']",

"home\_remedy to disease": "['', '', 'Check out our Ayurveda page for detailed information about medicinal herbs.Click Here!']"

},

{

"title": "Type 2 diabetes mellitus",

"description about disease": "Type 2 diabetes is the most common type of diabetes in which the body fails to effectively use insulin. According to the WHO, more than95%of people with diabetes worldwide suffer from type 2 diabetes. Until recently, type 2 diabetes was thought to be affecting only adults above the age of 40 years. However, due to stress and an inactive lifestyle, even people in their 20s are also at a high risk of diabetes.Initially, Type 2 diabetes is mostly asymptomatic. Also, the symptoms tend to develop slowly and go unnoticed for a long time which makes it difficult to diagnose the condition. You might be at a higher risk of type 2 diabetes if anyone in your family has diabetes along with other risk factors such as obesity, inactive lifestyle, etc.The gold standard test to diagnose type 2 diabetes is HbA1c as it gives you an idea of your blood glucose levels over the past 3 months. However, other tests such as fasting glucose and postprandial glucose tests are also commonly used. Once diagnosed, it is important to go for regular health check-ups and manage your diabetes properly because if left uncontrolled, it can impact other organs such as the kidneys, eyes, heart, nerves and legs.Type 2 diabetes is managed with the help of diet control, exercise and use of oral medications. In cases of uncontrolled diabetes or high glucose levels, your doctor might recommend the use of insulin injections or pens.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['', 'Ayurveda', 'Homeopathy', 'Yoga', 'Acupuncture']"

},

{

"title": "Typhoid fever",

"description about disease": "Typhoid is an age-old intestinal infection most commonly caused by the bacteria Salmonella typhi. It is highly prevalent in areas with inadequate access to clean water and sanitation. Transmission of the disease is from human to human. It usually spreads by food and water that has been contaminated with feces of an infected person.Typhoid is characterized by symptoms like fever, abdominal discomfort, loss of appetite, weakness, rash, headache, constipation or diarrhoea. Typhoid fever is treated with antibiotics and a timely treatment ensures quick recovery in most of the cases. If left untreated, it can lead to life-threatening complications.Typhoid can mostly be prevented with good hygiene habits and consumption of purified water. Vaccination for typhoid is also available but is only partially effective. They are usually recommended to those travelling to areas where typhoid is endemic.",

"symptoms of disease": "[]",

"causes of disease": "['You eat food or drink a beverage that has been touched by a person who is carrier and is shedding Salmonella Typhi in their poop and who has not washed their hands thoroughly after going to the bathroom', 'Consuming water that has been contaminated with infected fecal matter containing Salmonella Typhi', 'Contaminated water used to rinse fruits and raw vegetables', 'Using ice made out of contaminated water', 'Fruits and\\xa0 vegetables grown in soil contaminated with infected feces', 'Milk that has been diluted with contaminated water']",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Banana:', '2. Buttermilk:', '3. Cloves:', '4. Garlic:', '5. Basil:', '6. Homemade Oral Rehydration Solution (ORS):', '7. Apple Cider Vinegar (ACV):']"

},

{

"title": "Ulcerative colitis",

"description about disease": "Ulcerative colitis is an inflammatory bowel disease (IBD) that causes inflammation and ulcers in your digestive tract. It is a chronic condition that affects the innermost lining of your large intestine (colon) and rectum.Individuals with ulcerative colitis generally present with diarrhea and blood in the stools, other symptoms can be stomach cramps, fatigue, weight loss, and fever in severe cases.It generally affects the middle age group, but children can also be affected by it. The exact cause is still unknown but the use of medications like NSAIDs, antibiotics, and contraceptives along with diet plays an important role in the development of this disease.Ulcerative colitis is a condition with phases of relapse and remission. Drinking enough water, eating foods that are low in fiber, avoiding certain medications, and staying away from smoking can reduce the risk of ulcerative colitis to a greater extent.Treatment mainly consists of managing the symptoms and there are several new treatments that can greatly reduce the discomfort and bring about long-term remission.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Staying hydrated', '2. Making probiotics your friend', '3. Giving importance to mental health', '4. Adding exercise to your routine']",

"home\_remedy to disease": "['1. Hyperbaric oxygen therapy', '2. Ayurveda', '', 'Know more about 6 ayurvedic herbs that can improve your digestion.', '3. Acupuncture', '4. Tai chi']"

},

{

"title": "Urinary bladder cancer",

"description about disease": "Urinary bladder cancer is a condition in which cells grow uncontrollably and multiply in the bladder. The bladder is the part of the urinary system that stores urine until it is passed from the body.The presence of blood in urine is observed in most individuals. Other signs and symptoms may involve frequent urination, pain or burning sensation while urinating, a feeling of incomplete bladder emptying, and urinating often during the night.Risk factors include smoking, exposure to certain chemicals, advanced age, and a history of chronic bladder inflammation.Early detection is critical to better treatment outcomes, so regular screenings, especially for high-risk individuals, are important.The treatment and prognosis of bladder cancer depend on the location, size, stage, and extent of cancer spread, as well as the patient's overall health. Surgery is the mainstay treatment. Along with surgery, chemotherapy, radiation therapy, targeted drug therapy, immunotherapy, and/or their combinations are given.",

"symptoms of disease": "[]",

"causes of disease": "['Oncogenes:These genes promote cell growth, division, and longevity.', 'Tumor suppressor genes:They typically regulate cell division, DNA repair, and programmed cell death.']",

"prevention from disease": "['1. Quit smoking', '2. Minimize occupational exposure', '3. Keep yourself hydrated', '4. Eat healthy', '5. Indulge in physical activity', '', '6. Minimize the exposure to parasitic worms', '7. Protect your skin from sun', '8. Practice safe sex', '9. Manage bladder issues', '10. Know your family history']",

"home\_remedy to disease": "['', '', '1. Tai chi', '2. Acupuncture', '3. Relaxation response', '4. Biofeedback', '5. Guided imagery']"

},

{

"title": "Urinary incontinence",

"description about disease": "Urinary incontinence refers to the involuntary leakage of urine. Many people think that it is a normal part of aging, however it can also be caused due to several other health problems such asurinary tract infections (UTIS),diabetes, enlarged prostate, alzhemier’s disease,menopauseetc.The disease can be triggered by several factors such as inadequate intake of water, excessive intake of caffeine, pregnancy, vaginal birth, and being overweight. It can affect the emotional, psychological and social life of the patient as many people do not share about their problem in embarrassment.Urinary incontinence can be managed by lifestyle modifications, behavioral therapy, and medications. Surgical treatment is also considered in some cases.",

"symptoms of disease": "[]",

"causes of disease": "['Detrusor overactivity:This is the most common cause of urinary incontinence in which there are consistent contractions of the detrusor muscles. This leads to relaxation of the sphincters and involuntary leakage of urine. It is commonly seen after spinal injuries, multiple sclerosis or other lesions of the central nervous system.', 'Impaired bladder contractility:An inadequately contractile bladder can also cause urinary incontinence. This can be due to aging and several pelvic floor diseases.', 'Decreased pressure in urethra closure:The sphincteric unit helps in the closure of the bladder which expresses the urethral pressure during the resting state (where the abdominal pressure is at its resting value where no voiding and no pelvic floor contraction occurs). The decreased pressure in urethra closure can also leakage of urine.', 'Atrophy of urethral areas:It is a medical condition in which urethra and its surrounding structures lose its strength and elasticity. It also causes urinary incontinence due to dysfunctioning of the urinary system. The atrophy is commonly seen in postmenopausal women due to estrogen deficiency.', 'Prostatic hypertrophy:The enlarged prostate in men also puts pressure on the bladder which can cause UI.', 'Urethral hypermobility:It is a condition in which there is an excess movement of urethra that can cause UI. It can be due to pregnancy, vaginal delivery, obesity, smoking, chronic cough, and chronic constipation', 'Weakness of urinary sphincter:Some conditions such as advanced age, menopause, enlarged prostate weaken the sphincter and pelvic floor muscles which can lead to UI.', 'Poor detrusor compliance:Sometimes, the bladder fails to stretch, which causes increased pressure, discomfort during filling and reduces urine holding capacity of the bladder. This pattern is typical after pelvic radiotherapy, or can result from prolonged periods of catheterization.']",

"prevention from disease": "['1. Modify your eating habits', '2. Keep yourself hydrated', '3. Indulge in some physical activity', '4. Follow good toilet habits', '5. Quit smoking']",

"home\_remedy to disease": "[]"

},

{

"title": "Urinary tract infections (UTIs)",

"description about disease": "Urinary tract infections (UTIs) are one of the most common bacterial infections in women. As the name suggests, it is an infection of the urinary tract which includes the kidneys, ureters, urinary bladder, and urethra. It isreportedthat around 50–60% of women might develop UTIs in their lifetime and around 20–30% of women suffer from recurrent urinary tract infections.One of the key reasons for UTIs is bacterial growth in the urinary tract which leads to an infection. Several factors can put you at risk of UTI which include holding urine for long durations, poor vaginal hygiene, hormonal problems such as diabetes etc.Some of the common signs and symptoms include burning sensation during urination, frequent or intense urge to urinate even though little or nothing seems to come out and pain or pressure in the back or lower abdomen and rise in body temperature. One should consult  a gynecologist if the symptoms fail to improve in a day or two with home care.",

"symptoms of disease": "[]",

"causes of disease": "['Holding urine for long hours', 'Following poor vaginal hygiene, especially during menstruation', 'Suffering from health conditions such as diabetes, dehydration, etc', 'Experiencing irregular bowel movement or constipation', 'Not following proper hygiene practices post sexual activity']",

"prevention from disease": "['1 . Drink enough fluids', '2 . Don’t hold the urine', '3 . Practice good toilet hygiene', '4 . Make sure you empty your bladder after sex', '5 . Choose contraceptives with caution', '6 . Use female hygiene products carefully', '7 . Change out of workout clothes quickly', '8. Avoid tight-fitting clothes']",

"home\_remedy to disease": "['Parsley:', 'Celery seeds:', 'Cucumbers', 'Probiotics:', 'Garlic:', 'Cranberry:']"

},

{

"title": "Urticaria",

"description about disease": "Urticaria is a condition characterized by itchy skin, reddened areas with defined borders, and swelling of the skin. It can be classified as acute or chronic based on the duration. Acute urticaria usually stays for 6 weeks while chronic urticaria may stay over 6 weeks. In most cases, chronic urticaria can recur frequently over weeks and months.The most common causes of acute urticaria are allergic reactions to food, medicine, cosmetics or soap, infections, insect bites or stings, environmental pollutants, latex, extreme temperatures, emotional stress, and exercise. The cause of chronic urticaria is often difficult to identify and many times, impossible. However, in some cases, chronic urticaria can be linked to the conditions affecting the immune system or to diseases like hepatitis or cancer.Urticaria can be mistaken for other skin conditions with similar appearance. However, a dermatologist can help to differentiate and diagnose the condition based on the symptoms, medical history and skin examination.Urticaria can be prevented by avoiding exposure to any known causes, triggers or allergens. There is no specific treatment for urticaria as in most cases, the symptoms usually subside within a few days. In some cases, use of home remedies can help improve the symptoms like pain, swelling, and itching. If hives are caused by an allergy, then use of antihistamines might be advised. These are medications that counter the immune system’s chemicals released against the allergy.",

"symptoms of disease": "[]",

"causes of disease": "['Penicillin', 'Aspirin', 'Nonsteroidal anti-inflammatory drugs', 'Sulfonamides', 'Thiazide diuretics', 'Oral contraceptives', 'Angiotensin-converting enzyme inhibitors', 'Vitamins', 'Codeine', 'Morphine', 'Curare and its derivatives', 'Synthetic adrenocorticotropic hormone', 'Radiocontrast agents', 'Nuts', 'Eggs', 'Fish', 'Shellfish', 'Chocolate', 'Meat', \"Cow's milk\", 'Fruits (citrus fruits, grapes, plums, pineapples, bananas, apples, and strawberries)', 'Vegetables (tomatoes, garlic, onions, peas, beans, and carrots)', 'Mushrooms', 'Fermented foods', 'Spices', 'Spirits', 'Pollen', 'Mold spores', 'Mites', 'Animal dandruff', 'Animal hairs', 'Sinusitis', 'Tonsillitis', 'Dental abscesses', 'Urinary tract infections', 'Hepatitis', 'Infectious mononucleosis', 'Latex', 'Cosmetics', 'Chemicals']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Home remedies for urticaria', '1. Use a cold compress', '2. Make use of an oatmeal scrub', '3. Applyaloe veragel', 'Ayurvedic treatment for urticaria', 'Eczema, a form of skin inflammation, is commonly characterized by itchiness, red skin, small bumps and thickened skin over a period of time. Here’s more information about home remedies for eczema.Read To Know!']"

},

{

"title": "Uterine fibroids",

"description about disease": "Fibroids are muscular growths that develop in the wall of the uterus. Women in their reproductive age are most likely to be affected by them.Fibroids are almost always benign (non cancerous) and do not increase the risk for uterine cancer. Mostly they do not cause symptoms, and a woman with a fibroid is usually unaware of its presence. However, very large fibroids may cause pressure on the bladder and other organs, leading to specific symptoms like heavy menstrual bleeding, back pain, frequent urination, and pain during intercourse.The risk factors that promote the growth of fibroids include a family history of fibroids, obesity, high blood pressure, early age of commencement of periods amongst others.As the growth of most fibroids slows as menopause approaches, the health care provider may advise “watchful waiting” if the symptoms are tolerable. However, fibroids associated with significant symptoms require medical intervention.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Uterine Fibroids', '', 'Acupuncture', 'Yoga', '']"

},

{

"title": "Vaginal bleeding between periods",

"description about disease": "Vaginal bleeding is normal and occurs during a woman's menstrual cycle when she gets her period. Normal cycle occurs between 24 and 34 days apart and it usually lasts for 4 to 7 days in most cases.However, any bleeding outside of this is considered abnormal and can be caused by a range of factors including hormonal imbalance, any growth or infections in the uterus or cervix, stress, miscarriage, and certain medical conditions amongst other factors.The signs of vaginal bleeding between periods include heavy periods (menorrhagia), bleeding between periods or after sex, and irregular or longer duration of periods.Maintaining a healthy weight, reducing stress, indulging in light to moderate exercise and practicing safe sex can help prevent this condition in some cases.Treatment may vary according to the cause of abnormal vaginal bleeding.",

"symptoms of disease": "[]",

"causes of disease": "['P:Polyp (small, abnormal growth)', 'A:Adenomyosis (a condition where the tissue lining the uterus grows into the uterus)', 'L:Leiomyoma (known as a fibroid, is a noncancerous growth of the uterus)', 'M:Malignancy (cancer) and hyperplasia (excessive tissue growth)', 'C:Coagulopathy (impaired blood clotting)', 'O:Ovulatory dysfunction (a condition where the ovaries do not release eggs regularly)', 'E:Endometrial disorders (medical conditions affecting the lining of the uterus)', 'I:Iatrogenic (health problems caused accidentally by medical treatment)', 'N:Not otherwise classified']",

"prevention from disease": "['1. Regulate your hormones', '2. Avoid heavy exercises', '3. Includeironin the diet', '4. Manage stress effectively', '5. Practice safe sex']",

"home\_remedy to disease": "['Alternative Therapies For Vaginal Bleeding Between Periods', '1. Yoga', '', 'Yoga emphasizes the holistic improvement of the mind, body, and soul. Here are some of the health benefits of yoga!Click to read', '2. Acupuncture']"

},

{

"title": "Vaginal discharge",

"description about disease": "Discharge from the vagina is a natural and normal process that helps to keep your reproductive tract clean, lubricated and healthy, warding off any infection.The normal discharge is usually thin, clear or whitish to light yellowish and does not have any foul smell. It usually becomes more slippery and has the consistency of egg whites during ovulation. The amount and thickness of normal discharge can also increase during sexual arousal, pregnancy and the use of oral contraceptives.Any changes in color, consistency, volume, and/or odor could signal an abnormal discharge. This abnormal discharge along with symptoms like itching, pelvic pain, or burning sensation while urination etc can be a vaginal infection that needs immediate attention.Vaginal infections can be prevented by following good feminine hygiene, wearing breathable cotton undergarments, and a few healthy lifestyle changes. Treatment differs depending on the cause of the infection.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['1. Maintain personal hygiene', '2. Be mindful of your sanitary products', '3. Pay attention to your clothing', '4. Practice safe sex', '5. Maintain a healthy lifestyle']",

"home\_remedy to disease": "['1. Essential oils', '', 'Explore our wide range of essential oils.', '2. Traditional Chinese medicine']"

},

{

"title": "Vaginal yeast infection",

"description about disease": "Vaginal yeast infection is a fungal infection of the vagina that causes itching and burning of the vulva, the area around the vagina. Women usually have a yeast infection in the vaginal areas as this area has ideal conditions for yeast growth caused by Candida, a type of fungi.A vaginal yeast infection causes irritation, discharge, and intense itchiness of the vagina and the vulva, the tissues at the vaginal opening. It affects up to 3 out of 4 women at some point in their lifetimes. The infection can be prevented by wearing cotton undergarments and changing wet bathing suits and sweaty clothing immediately.Anyone is prone to yeast infection but the people at higher risk include women who are pregnant, use hormonal contraceptives, are taking certain antibiotics, or have health conditions like diabetes or weakened immunity.The diagnosis of yeast infection can be done by considering the medical history and undergoing a physical examination. A sample of discharge is needed from the vagina to confirm the yeast infection. Treatment of this infection is usually done with antifungal ointments or creams.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "[]",

"home\_remedy to disease": "['1. Aromatherapy', '2. Chinese medicine for yeast infection', '3. Herbal medicine', '4. Mind/body medicine for yeast infection']"

},

{

"title": "Varicose veins",

"description about disease": "Varicose veins are abnormal, dilated blood vessels caused by a weakening of the walls of the blood vessels. They may appear as swollen, twisted clusters of blue or purple veins. These occur because standing and walking increases the pressure in the veins of the lower body.Varicose can appear anywhere, but most often appear on the legs, in the pelvic area, and on the surface of the skin. Mild cases of varicose veins just produce leg discomfort and may just look aesthetically unpleasing but the severe form can lead to pain, swelling, itching bleeding, and eventually ulcer formation.Older women are at a higher risk of developing varicose veins due to hormonal changes and loss of elasticity of the vein walls. Other risk factors can include prolonged standing or sitting, family history, and trauma.Treatment might involve conservative or surgical management. Conservative management comprises self-care measures and compression therapy. Surgical or minimally invasive procedures are done by a healthcare provider to close or remove veins.",

"symptoms of disease": "[]",

"causes of disease": "['Primary varicose veins:These can have a hereditary factor like weakness in the wall of the vein and occur in some members of the same family.', 'Secondary varicose veins:These develop because of secondary causes such as trauma or deep vein thrombosis (blood clots in the deeper veins).', 'Familial and congenital varicose veins:These are due to disorders due to vascular malformation in the limb, present at birth.']",

"prevention from disease": "['Be active and exercise regularly', 'Maintain a healthy weight', 'Avoid prolonged sitting or standing', 'Wear loose clothing', 'Keep your legs elevated', 'Use compression stockings', 'Eat the right diet', 'Control your blood pressure', 'Limit sun exposure']",

"home\_remedy to disease": "['Alternative Therapies For Varicose Veins', 'Hydrotherapy', 'Leech therapy', 'Ayurveda', '', 'Check out our Ayurveda page.Click Here!']"

},

{

"title": "Vertigo",

"description about disease": "Vertigo is a sensation of feeling off-balance. A person may feel as if he/she or the surrounding environment is spinning in circles.Vertigo arises due to a disturbance in the inner ear, or it may occur due to other head and neck conditions that affect balance. Often, these vertigo episodes are mild and do not require any treatment as they resolve on their own. However, treatment is needed when the attacks do not go away or are so severe that they interfere with a patient’s day-to-day activities.If you have vertigo, you must consult your doctor as it may be the presenting symptom of an underlying disorder such as ear infection, cervical spondylosis, stroke or brain tumor. The treatment is aimed at management of the underlying cause of vertigo.",

"symptoms of disease": "[]",

"causes of disease": "['Benign: not dangerous to health', 'Paroxysmal: presents as a sudden, brief episode', 'Positional: set off by particular head or bodily movements', 'Vertigo: an internal sense of irregular or spinning movement either of oneself or of the surroundings', 'The vestibular nerve sends signals to the brain about balance. Its inflammation leads to vestibular neuritis.', 'The cochlear nerve sends signals about hearing. Its inflammation causes labyrinthitis.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Canalith repositioning maneuver:', '', 'Physiotherapy', '', 'Homeopathy:']"

},

{

"title": "Vitamin A deficiency",

"description about disease": "Vitamin A is a fat-soluble vitamin that has a primary role in vision. It is also required for proper functioning of the immune system along with overall growth and development. Vitamin A deficiency occurs when the body lacks sufficient amounts of Vitamin A.The primary cause of Vitamin A deficiency is insufficient dietary intake. Children and pregnant women are more prone to this deficiency due to the more requirements. The symptoms include impaired sensitivity of the eye to light, vision problems, dry skin, growth retardation (in children) and fatigue.Vitamin A deficiency can be easily corrected through diet and supplementation. Rich sources of Vitamin A include green leafy vegetables, eggs, milk, cheese, tomatoes, mango, papaya, sweet potato and chicken.",

"symptoms of disease": "[]",

"causes of disease": "['Normal vision', 'Proper functioning of the immune system', 'Reproduction', 'Growth and development', 'Insufficient dietary intake', 'Long term alcoholism', 'Highly selective eating', 'Difficulty in swallowing', 'Mental illness', 'Liver diseases', 'Cystic fibrosis (inherited disorder that mainly affects lungs and digestive system)']",

"prevention from disease": "['1. Encouraging breastfeeding', '2. Consuming an adequate amount of Vitamin A', '3. Maintaining environmental sanitation', '4. Ensuring proper vaccination']",

"home\_remedy to disease": "[]"

},

{

"title": "Vitamin B12 deficiency",

"description about disease": "Vitamin B12 is an important nutrient that helps the body make new red blood cells and DNA (genetic material of the cells) along with keeping nerve cells healthy.Vitamin B12 deficiency can lead to anemia, fatigue, muscle weakness, nerve damage, and cognitive issues and other symptoms.This vitamin is naturally found in only animal products like eggs, meat, fish, and dairy. Its deficiency is often caused by poor dietary intake of these items.Vitamin B12 also needs a special agent called \"intrinsic factor\" for it to be absorbed. Conditions, such as pernicious anemia, celiac disease, and crohn's disease, and surgeries like gastric bypass that interfere with the absorption of vitamin B12 can also cause its deficiency.Vitamin B12 deficiency is mostly preventable. Consume a balanced diet that includes a healthy mix of animal products. If you are following a vegetarian diet, you can eat products that are fortified with vitamin B12 or take a daily oral supplement.Severe deficiency can be managed by I.V. B12 injections and addressing underlying causes like gastrointestinal disorders.",

"symptoms of disease": "[]",

"causes of disease": "['Vitamin B12 is naturally found only in animal products like eggs, meat, fish, and dairy.', 'It adheres to the proteins in these food items, and then hydrochloric acid and enzymes in the stomach release it into its free form.', 'It also needs a special agent called \"intrinsic factor\" to be absorbed in the small intestine.']",

"prevention from disease": "['1. Add vitamin B12-rich foods to your diet', '2. Consider vitamin B12 supplements', '3. Be cautious of alcohol and certain medications', '4. Take care of your gut']",

"home\_remedy to disease": "['1. Homeopathy', '', '2. Stress reduction techniques', 'Learn more about techniques to fight stress.Read Here']"

},

{

"title": "Vitamin C deficiency",

"description about disease": "Vitamin C is a water-soluble vitamin that is primarily involved in healing and repairing wounds. Individuals with blood levels of less than 0.2 mg/dL are considered deficient.Dry, brittle, and coiled hair that hang in a spiral shape, bleeding around hair follicles, and gum bleeding are one of the most characteristic signs of Vitamin C deficiency.Poor intake of fresh fruits and vegetables, restrictive diets, smoking, pregnancy along with some medical conditions such as Crohn’s disease, inflammatory bowel disease (IBD), and eating disorders increases the risk of Vitamin C deficiency.Daily consumption of fresh fruits and vegetables such as guava, strawberry, papaya, kiwi, spinach, carrots, and bell peppers are the best way to prevent this deficiency. Treatment options include a diet rich in Vitamin C sources along with dietary supplements.",

"symptoms of disease": "[]",

"causes of disease": "['Helps in synthesizing collagen. Collagen is the primary building block of skin, muscles, bones, and connective tissues.', 'Supports blood vessels through managing structure of collagen', 'Serves as an antioxidant which helps prevent the deposition of cholesterol in the blood vessels', 'Aids in absorption of iron in the small intestine']",

"prevention from disease": "['1. Consume fruits and vegetables regularly', '2. Treat underlying medical conditions', '3. Avoid restrictive diets']",

"home\_remedy to disease": "[]"

},

{

"title": "Vitamin D deficiency",

"description about disease": "Vitamin D is a fat-soluble vitamin that plays a vital role in many bodily processes.Vitamin D deficiency can occur due to less sun exposure, dark skin, physical blocking of sun rays, diet lacking Vitamin D, obesity, and certain conditions and medications that interfere with Vitamin D absorption.Symptoms of Vitamin D deficiency may not occur for several months or years. Some of the common symptoms may include fatigue and tiredness, bone and muscle pain, loss of appetite, hair loss.This condition is usually managed with supplements. Sun exposure and eating a vitamin D-rich diet, including fatty fish and fortified dairy products also play a vital role.",

"symptoms of disease": "[]",

"causes of disease": "['Inadequate vitamin D synthesis in the skin', 'Insufficient dietary intake of vitamin D', 'Poor absorption of vitamin D from food', 'Vitamin D is not converted to its active form', \"Certain medications that interfere with the body's ability to convert or absorb vitamin D\"]",

"prevention from disease": "['Consume vitamin D-containing foods', 'Maintain a healthy body weight', 'Treat underlying medical conditions']",

"home\_remedy to disease": "['Alternative Therapies For Vitamin D Deficiency', 'Exercise', 'Yoga']"

},

{

"title": "Vitiligo",

"description about disease": "Vitiligo is an autoimmune condition that causes areas of skin to lose color, resulting in spots and patches on the skin. It is caused by the lack of melanin, a pigment that gives color to the skin. Vitiligo can affect any area of skin, but it commonly appears on sun-exposed body parts like the face, neck, and hands, and in skin creases.The condition varies from person to person and there's no way of predicting how much skin will be affected. Some people only get a few small, white patches, but others get bigger white patches that join up across large areas of their skin. The lack of melanin in your skin can turn the hair in the affected area white or gray.Vitiligo may be triggered by particular events, like stressful skin damage, severe sunburn or cuts (this is known as the Koebner response), or exposure to certain chemicals.Treatment varies depending on the severity of the condition. It usually comprises medications to suppress autoimmunity, topical creams to lighten the skin, or procedures like depigmentation and skin grafting.",

"symptoms of disease": "[]",

"causes of disease": "[]",

"prevention from disease": "['Protect yourself from the sun', 'Try to avoid injuries', 'Stay away from artificial tanning', 'Understand the risks of getting a tattoo', 'Opt for a healthy lifestyle']",

"home\_remedy to disease": "['Alternative Therapies For Vitiligo', '', 'Depigmentation therapies', 'Skin grafting', 'Suction blister grafting (SBG)', 'Micro-pigmentation']"

},

{

"title": "Vomiting",

"description about disease": "Vomiting, or throwing up, is a forceful discharge of the contents of the stomach through the mouth. It isn’t a condition, but rather a symptom of many other conditions. While some of these conditions can be serious, most aren’t a cause for major concern. It can be a one-time event linked to something that doesn’t settle right in your stomach. However, recurrent vomiting may be caused by an underlying medical condition.Every person experiences vomiting at least once in their lifetime. Causes of vomiting in adults can be the use of certain medicines, pregnancy, drinking too much alcohol, infections, a blockage in your bowel, and chemotherapy. In children, the causes include swallowing milk too rapidly, viral infections, intolerance to milk, and certain food allergies.Recurrent vomiting can be due to some other health disorder that needs to be addressed and treated. Treatment or management mainly consists of avoiding known triggers of vomiting, drinking a lot of fluids to avoid dehydration, and taking antiemetic medications.",

"symptoms of disease": "[]",

"causes of disease": "['Bowel obstruction', 'Menstruation', 'Excessive alcohol consumption', 'Anxiety', 'Intense pain', 'Kidney infections and stones', 'Irritable bowel syndrome (IBS)', 'Food allergies', 'Exposure to toxins', 'Viral gastroenteritis', 'Swallowing milk too quickly', 'Food allergies', 'Milk intolerance', 'Urinary tract infections (UTIs)', 'Middle ear infections', 'Pneumonia', 'Meningitis', 'Ingesting toxic substances accidentally', 'Congenital pyloric stenosis (a condition present at birth that causes narrowing of the passage between stomach and bowel)', 'Blockages in the bowel.']",

"prevention from disease": "[]",

"home\_remedy to disease": "['Alternative Therapies For Vomiting', '', '1. Acupuncture and acupressure', '2. Aromatherapy therapy', '', 'Buy essential oil products online to get rid of the unwelcoming feeling of nausea and vomiting.', 'Fill your cart now.', '', '3. Traditional Chinese medicine (TCM)', '']"

}

]