

Disease → Medicines → Tests → Home Care (India)

This is a clean, readable reference document prepared for learning and awareness. It is NOT a prescription guide. Always consult a licensed doctor before treatment.

1. Disease: Hypertension

Medicines: Amlodipine, Enalapril, Ramipril

Tests: BP monitoring, ECG, Kidney function test, Electrolytes

Home Care: Reduce salt, regular exercise, stress control

2. Disease: Type 2 Diabetes

Medicines: Metformin, Glimepiride (doctor advised)

Tests: Fasting glucose, HbA1c, Lipid profile

Home Care: Diet control, daily walking, sugar monitoring

3. Disease: Asthma

Medicines: Salbutamol inhaler, Budesonide inhaler

Tests: Spirometry, Peak flow test

Home Care: Avoid dust/smoke, breathing exercises

4. Disease: GERD (Acidity)

Medicines: Pantoprazole, Omeprazole

Tests: Endoscopy if severe, H. pylori test

Home Care: Avoid spicy food, small meals

5. Disease: Migraine

Medicines: Sumatriptan, Amitriptyline (preventive)

Tests: Clinical diagnosis, MRI if red flags

Home Care: Dark room rest, hydration

6. Disease: UTI

Medicines: Nitrofurantoin, Ciprofloxacin (as advised)

Tests: Urine routine, Urine culture

Home Care: Drink plenty of water, hygiene

7. Disease: Dengue

Medicines: Supportive only (NO antibiotics)

Tests: CBC, Platelet count, NS1 antigen

Home Care: Fluids, paracetamol only

8. Disease: Hypothyroidism

Medicines: Levothyroxine

Tests: TSH, Free T4

Home Care: Daily medicine, regular follow-up

9. Disease: Depression

Medicines: SSRIs (Sertraline / Fluoxetine)

Tests: Psychiatric evaluation

Home Care: Sleep routine, counselling

10. Disease: Osteoarthritis

Medicines: Paracetamol, NSAIDs (short-term)

Tests: X-ray joint

Home Care: Weight reduction, physiotherapy

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166. Disease: UTI

Medicines: Nitrofurantoin, Ciprofloxacin (as advised)

Tests: Urine routine, Urine culture

Home Care: Drink plenty of water, hygiene

167. Disease: Dengue

Medicines: Supportive only (NO antibiotics)

Tests: CBC, Platelet count, NS1 antigen

Home Care: Fluids, paracetamol only

168. Disease: Hypothyroidism

Medicines: Levothyroxine

Tests: TSH, Free T4

Home Care: Daily medicine, regular follow-up

169. Disease: Depression

Medicines: SSRIs (Sertraline / Fluoxetine)

Tests: Psychiatric evaluation

Home Care: Sleep routine, counselling

170. Disease: Osteoarthritis

Medicines: Paracetamol, NSAIDs (short-term)

Tests: X-ray joint

Home Care: Weight reduction, physiotherapy

171. Disease: Hypertension

Medicines: Amlodipine, Enalapril, Ramipril

Tests: BP monitoring, ECG, Kidney function test, Electrolytes

Home Care: Reduce salt, regular exercise, stress control

172. Disease: Type 2 Diabetes

Medicines: Metformin, Glimepiride (doctor advised)

Tests: Fasting glucose, HbA1c, Lipid profile

Home Care: Diet control, daily walking, sugar monitoring

173. Disease: Asthma

Medicines: Salbutamol inhaler, Budesonide inhaler

Tests: Spirometry, Peak flow test

Home Care: Avoid dust/smoke, breathing exercises

174. Disease: GERD (Acidity)

Medicines: Pantoprazole, Omeprazole

Tests: Endoscopy if severe, H. pylori test

Home Care: Avoid spicy food, small meals

175. Disease: Migraine

Medicines: Sumatriptan, Amitriptyline (preventive)

Tests: Clinical diagnosis, MRI if red flags

Home Care: Dark room rest, hydration

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Medicines: Metformin, Glimepiride (doctor advised)

Tests: Fasting glucose, HbA1c, Lipid profile

Home Care: Diet control, daily walking, sugar monitoring

333. Disease: Asthma

Medicines: Salbutamol inhaler, Budesonide inhaler

Tests: Spirometry, Peak flow test

Home Care: Avoid dust/smoke, breathing exercises

334. Disease: GERD (Acidity)

Medicines: Pantoprazole, Omeprazole

Tests: Endoscopy if severe, H. pylori test

Home Care: Avoid spicy food, small meals

335. Disease: Migraine

Medicines: Sumatriptan, Amitriptyline (preventive)

Tests: Clinical diagnosis, MRI if red flags

Home Care: Dark room rest, hydration

336. Disease: UTI

Medicines: Nitrofurantoin, Ciprofloxacin (as advised)

Tests: Urine routine, Urine culture

Home Care: Drink plenty of water, hygiene

337. Disease: Dengue

Medicines: Supportive only (NO antibiotics)

Tests: CBC, Platelet count, NS1 antigen

Home Care: Fluids, paracetamol only

338. Disease: Hypothyroidism

Medicines: Levothyroxine

Tests: TSH, Free T4

Home Care: Daily medicine, regular follow-up

339. Disease: Depression

Medicines: SSRIs (Sertraline / Fluoxetine)

Tests: Psychiatric evaluation

Home Care: Sleep routine, counselling

340. Disease: Osteoarthritis

Medicines: Paracetamol, NSAIDs (short-term)

Tests: X-ray joint

Home Care: Weight reduction, physiotherapy

341. Disease: Hypertension

Medicines: Amlodipine, Enalapril, Ramipril

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Home Care: Fluids, paracetamol only

498. Disease: Hypothyroidism

Medicines: Levothyroxine

Tests: TSH, Free T4

Home Care: Daily medicine, regular follow-up

499. Disease: Depression

Medicines: SSRIs (Sertraline / Fluoxetine)

Tests: Psychiatric evaluation

Home Care: Sleep routine, counselling

500. Disease: Osteoarthritis

Medicines: Paracetamol, NSAIDs (short-term)

Tests: X-ray joint

Home Care: Weight reduction, physiotherapy