

# **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

**11. Disease:** Hypertension

**Medicines:** Amlodipine, Enalapril, Ramipril

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

**Home Care:** Reduce salt, regular exercise, stress control

**12. Disease:** Type 2 Diabetes

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**Home Care:** Diet control, daily walking, sugar monitoring

**13. Disease:** Asthma

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**Home Care:** Avoid dust/smoke, breathing exercises

**14. Disease:** GERD (Acidity)

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**Tests:** Endoscopy if severe, H. pylori test

**Home Care:** Avoid spicy food, small meals

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**Tests:** Clinical diagnosis, MRI if red flags

**Home Care:** Dark room rest, hydration

**16. Disease:** UTI

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**Tests:** Clinical diagnosis, MRI if red flags

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**26. Disease:** UTI

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**Home Care:** Drink plenty of water, hygiene

**27. Disease:** Dengue

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**Home Care:** Avoid spicy food, small meals

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**43. Disease:** Asthma

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**44. Disease:** Gerd (Acidity)

**Medicines:** Pantoprazole, Omeprazole

**Tests:** Endoscopy if severe, H. pylori test

**Home Care:** Avoid spicy food, small meals

**45. Disease:** Migraine

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**Tests:** Clinical diagnosis, MRI if red flags

**Home Care:** Dark room rest, hydration

**46. Disease:** UTI

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**153. Disease:** Asthma

**Medicines:** Salbutamol inhaler, Budesonide inhaler

**Tests:** Spirometry, Peak flow test

**Home Care:** Avoid dust/smoke, breathing exercises

**154. Disease:** GERD (Acidity)

**Medicines:** Pantoprazole, Omeprazole

**Tests:** Endoscopy if severe, H. pylori test

**Home Care:** Avoid spicy food, small meals

**155. Disease:** Migraine

**Medicines:** Sumatriptan, Amitriptyline (preventive)

**Tests:** Clinical diagnosis, MRI if red flags

**Home Care:** Dark room rest, hydration

**156. Disease:** UTI

**Medicines:** Nitrofurantoin, Ciprofloxacin (as advised)

**Tests:** Urine routine, Urine culture

**Home Care:** Drink plenty of water, hygiene

**157. Disease:** Dengue

**Medicines:** Supportive only (NO antibiotics)

**Tests:** CBC, Platelet count, NS1 antigen

**Home Care:** Fluids, paracetamol only

**158. Disease:** Hypothyroidism

**Medicines:** Levothyroxine

**Tests:** TSH, Free T4

**Home Care:** Daily medicine, regular follow-up

**159. Disease:** Depression

**Medicines:** SSRIs (Sertraline / Fluoxetine)

**Tests:** Psychiatric evaluation

**Home Care:** Sleep routine, counselling

**160. Disease:** Osteoarthritis

**Medicines:** Paracetamol, NSAIDs (short-term)

**Tests:** X-ray joint

**Home Care:** Weight reduction, physiotherapy

**161. Disease:** Hypertension

**Medicines:** Amlodipine, Enalapril, Ramipril

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

**Home Care:** Reduce salt, regular exercise, stress control

**162. Disease:** Type 2 Diabetes

**Medicines:** Metformin, Glimepiride (doctor advised)

**Tests:** Fasting glucose, HbA1c, Lipid profile

**Home Care:** Diet control, daily walking, sugar monitoring

**163. Disease:** Asthma

**Medicines:** Salbutamol inhaler, Budesonide inhaler

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**164. Disease:** GERD (Acidity)

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**Home Care:** Drink plenty of water, hygiene

**307. Disease:** Dengue

**Medicines:** Supportive only (NO antibiotics)

**Tests:** CBC, Platelet count, NS1 antigen

**Home Care:** Fluids, paracetamol only

**308. Disease:** Hypothyroidism

**Medicines:** Levothyroxine

**Tests:** TSH, Free T4

**Home Care:** Daily medicine, regular follow-up

**309. Disease:** Depression

**Medicines:** SSRIs (Sertraline / Fluoxetine)

**Tests:** Psychiatric evaluation

**Home Care:** Sleep routine, counselling

**310. Disease:** Osteoarthritis

**Medicines:** Paracetamol, NSAIDs (short-term)

**Tests:** X-ray joint

**Home Care:** Weight reduction, physiotherapy

**311. Disease:** Hypertension

**Medicines:** Amlodipine, Enalapril, Ramipril

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

**Home Care:** Reduce salt, regular exercise, stress control

**312. Disease:** Type 2 Diabetes

**Medicines:** Metformin, Glimepiride (doctor advised)

**Tests:** Fasting glucose, HbA1c, Lipid profile

**Home Care:** Diet control, daily walking, sugar monitoring

**313. Disease:** Asthma

**Medicines:** Salbutamol inhaler, Budesonide inhaler

**Tests:** Spirometry, Peak flow test

**Home Care:** Avoid dust/smoke, breathing exercises

**314. Disease:** GERD (Acidity)

**Medicines:** Pantoprazole, Omeprazole

**Tests:** Endoscopy if severe, H. pylori test

**Home Care:** Avoid spicy food, small meals

**315. Disease:** Migraine

**Medicines:** Sumatriptan, Amitriptyline (preventive)

**Tests:** Clinical diagnosis, MRI if red flags

**Home Care:** Dark room rest, hydration

**316. Disease:** UTI

**Medicines:** Nitrofurantoin, Ciprofloxacin (as advised)

**Tests:** Urine routine, Urine culture

**Home Care:** Drink plenty of water, hygiene

**317. Disease:** Dengue

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**Medicines:** Paracetamol, NSAIDs (short-term)

**Tests:** X-ray joint

**Home Care:** Weight reduction, physiotherapy

**461. Disease:** Hypertension

**Medicines:** Amlodipine, Enalapril, Ramipril

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

**Home Care:** Reduce salt, regular exercise, stress control

**462. Disease:** Type 2 Diabetes

**Medicines:** Metformin, Glimepiride (doctor advised)

**Tests:** Fasting glucose, HbA1c, Lipid profile

**Home Care:** Diet control, daily walking, sugar monitoring

**463. Disease:** Asthma

**Medicines:** Salbutamol inhaler, Budesonide inhaler

**Tests:** Spirometry, Peak flow test

**Home Care:** Avoid dust/smoke, breathing exercises

**464. Disease:** GERD (Acidity)

**Medicines:** Pantoprazole, Omeprazole

**Tests:** Endoscopy if severe, H. pylori test

**Home Care:** Avoid spicy food, small meals

**465. Disease:** Migraine

**Medicines:** Sumatriptan, Amitriptyline (preventive)

**Tests:** Clinical diagnosis, MRI if red flags

**Home Care:** Dark room rest, hydration

**466. Disease:** UTI

**Medicines:** Nitrofurantoin, Ciprofloxacin (as advised)

**Tests:** Urine routine, Urine culture

**Home Care:** Drink plenty of water, hygiene

**467. Disease:** Dengue

**Medicines:** Supportive only (NO antibiotics)

**Tests:** CBC, Platelet count, NS1 antigen

**Home Care:** Fluids, paracetamol only

**468. Disease:** Hypothyroidism

**Medicines:** Levothyroxine

**Tests:** TSH, Free T4

**Home Care:** Daily medicine, regular follow-up

**469. Disease:** Depression

**Medicines:** SSRIs (Sertraline / Fluoxetine)

**Tests:** Psychiatric evaluation

**Home Care:** Sleep routine, counselling

**470. Disease:** Osteoarthritis

**Medicines:** Paracetamol, NSAIDs (short-term)

**Tests:** X-ray joint

**Home Care:** Weight reduction, physiotherapy

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