

Agentic AI Health Symptom Checker Knowledge Base

1. Common Symptoms and Possible Conditions

- **Fever + Sore throat** → Common cold, Influenza, Strep throat, COVID-19.
 - **Cough + Fever + Shortness of breath** → Bronchitis, Pneumonia, Asthma flare-up, COVID-19.
 - **Headache + Nausea + Sensitivity to light** → Migraine, Tension headache, Dehydration, Meningitis (urgent if severe).
 - **Abdominal pain + Diarrhea** → Food poisoning, Gastroenteritis, Irritable Bowel Syndrome.
 - **Chest pain + Sweating + Radiating pain to arm/jaw** → Possible Heart Attack (urgent medical attention required).
 - **Joint pain + Stiffness** → Arthritis, Rheumatism, Vitamin D deficiency.
 - **Skin rash + Itching** → Allergies, Eczema, Fungal infection.
 - **Fatigue + Weight loss + Frequent urination** → Diabetes, Thyroid disorders, Anemia.
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2. Urgency Levels

- **Mild** → Self-care at home, monitor symptoms.
 - **Moderate** → Consult a doctor if symptoms persist beyond 2–3 days.
 - **Severe / Emergency** → Seek immediate medical attention (e.g., chest pain, difficulty breathing, severe dehydration, uncontrolled bleeding).
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3. Home Remedies (Educational Only, Not a Substitute for Medical Care)

- **Fever** → Stay hydrated, rest, take paracetamol (if not allergic).
- **Sore throat** → Warm salt water gargle, honey with warm water, avoid cold drinks.
- **Cough** → Steam inhalation, honey-ginger tea, avoid smoking.
- **Headache** → Hydrate, rest in a quiet room, apply cold/warm compress.
- **Diarrhea** → ORS (Oral Rehydration Solution), eat light meals, avoid oily/spicy food.

- **Constipation** → Increase fiber (fruits/vegetables), drink warm water, light exercise.
 - **Skin rash** → Apply aloe vera gel, keep skin clean and dry, avoid scratching.
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4. Preventive Health Tips

- Wash hands regularly with soap.
 - Stay hydrated (2–3 liters of water daily).
 - Sleep 7–8 hours per night.
 - Exercise at least 30 minutes daily.
 - Maintain a balanced diet with fruits, vegetables, protein, and whole grains.
 - Get regular vaccinations (e.g., flu, COVID-19).
 - Manage stress through yoga, meditation, or relaxation techniques.
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5. Trusted Medical Sources for Reference

- **World Health Organization (WHO)** – www.who.int
 - **Centers for Disease Control and Prevention (CDC)** – www.cdc.gov
 - **Indian Council of Medical Research (ICMR)** – www.icmr.nic.in
 - **National Health Service (NHS, UK)** – www.nhs.uk
 - **Government Health Portals** (India: www.mohfw.gov.in)
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6. Disclaimers (For AI Output Safety)

- This system does **not provide medical diagnosis**.
- Information is **for educational and awareness purposes only**.
- Always consult a **qualified healthcare professional** for diagnosis and treatment.
- Emergency symptoms (severe chest pain, difficulty breathing, sudden loss of consciousness, heavy bleeding) → **Call emergency services immediately**.