

DISEASES, SYMPTOMS AND TREATMENT

1. Diabetes Mellitus

- **Symptoms:** Increased thirst, frequent urination, extreme hunger, fatigue, blurred vision, slow-healing sores, frequent infections.
- **Causes:** Genetic factors, obesity, sedentary lifestyle, insulin resistance, poor diet, age.
- **Treatment:**
 - **Lifestyle Modifications:** Healthy eating, regular exercise, weight loss.
 - **Medications:**
 - **Type 1 Diabetes:** Insulin therapy (various types: rapid-acting, long-acting).
 - **Type 2 Diabetes:** Oral medications (metformin, sulfonylureas, DPP-4 inhibitors, SGLT2 inhibitors).
 - **Monitoring:** Regular blood glucose monitoring, HbA1c testing.
 - **Education:** Diabetes self-management education and support.

2. Hypertension (High Blood Pressure)

- **Symptoms:** Often asymptomatic; severe cases may present with headaches, shortness of breath, nosebleeds.
- **Causes:** Obesity, high sodium diet, lack of physical activity, genetic factors, chronic stress.
- **Treatment:**
 - **Lifestyle Changes:** Low-sodium diet, regular exercise, weight management, limiting alcohol.
 - **Medications:**
 - Diuretics, ACE inhibitors, calcium channel blockers, beta-blockers.
 - **Monitoring:** Regular blood pressure checks.

3. Asthma

- **Symptoms:** Wheezing, coughing, shortness of breath, chest tightness, fatigue.
- **Causes:** Allergies, respiratory infections, exercise, air pollutants.
- **Treatment:**
 - **Medications:**
 - **Long-term Control:** Inhaled corticosteroids, leukotriene modifiers.
 - **Quick Relief:** Short-acting bronchodilators (albuterol).
 - **Lifestyle:** Avoiding triggers, using air filters, regular monitoring.
 - **Education:** Asthma action plan for managing attacks.

4. Coronary Artery Disease

- **Symptoms:** Chest pain (angina), shortness of breath, fatigue.
- **Causes:** Buildup of plaque in arteries due to cholesterol, smoking, diabetes.
- **Treatment:**
 - **Lifestyle Changes:** Healthy diet, exercise, smoking cessation.
 - **Medications:** Statins, antiplatelet agents (aspirin), beta-blockers.
 - **Procedures:** Angioplasty, stenting, coronary artery bypass grafting (CABG).
 - **Cardiac Rehabilitation:** Structured program for recovery and lifestyle change.

5. Chronic Obstructive Pulmonary Disease (COPD)

- **Symptoms:** Breathlessness, chronic cough, wheezing, chest tightness.
- **Causes:** Long-term exposure to irritants (smoking, pollution).
- **Treatment:**
 - **Medications:** Bronchodilators, inhaled corticosteroids, phosphodiesterase-4 inhibitors.
 - **Oxygen Therapy:** For patients with low oxygen levels.
 - **Pulmonary Rehabilitation:** Exercise training, nutrition counseling, education.
 - **Lifestyle:** Quitting smoking, avoiding lung irritants.

6. Depression

- **Symptoms:** Persistent sadness, loss of interest in activities, changes in appetite, difficulty sleeping, fatigue.
- **Causes:** Genetic predisposition, biochemical factors, environmental stressors.
- **Treatment:**
 - **Psychotherapy:** Cognitive Behavioral Therapy (CBT), interpersonal therapy.
 - **Medications:** Antidepressants (SSRIs, SNRIs, atypical antidepressants).
 - **Lifestyle Changes:** Regular exercise, healthy diet, sufficient sleep.
 - **Support:** Support groups and community resources.

7. Anxiety Disorders or Panic disorder

- **Symptoms:** Excessive worry, restlessness, fatigue, irritability, difficulty concentrating.
- **Causes:** Genetics, brain chemistry, environmental stressors.
- **Treatment:**
 - **Psychotherapy:** CBT, exposure therapy.
 - **Medications:** SSRIs, benzodiazepines (short-term use).
 - **Lifestyle:** Relaxation techniques, mindfulness, regular physical activity.

8. Osteoarthritis

- **Symptoms:** Joint pain, stiffness, swelling, decreased flexibility.
- **Causes:** Age, obesity, joint injuries, genetic factors.

- **Treatment:**
 - **Lifestyle Modifications:** Weight loss, exercise, physical therapy.
 - **Medications:** NSAIDs, acetaminophen, topical pain relievers.
 - **Injections:** Corticosteroid injections for inflammation.
 - **Surgery:** Joint replacement for severe cases.

9. Gastroesophageal Reflux Disease (GERD)

- **Symptoms:** Heartburn, regurgitation, difficulty swallowing, chronic cough.
- **Causes:** Weak lower esophageal sphincter, obesity, dietary factors.
- **Treatment:**
 - **Lifestyle Changes:** Dietary modifications (avoiding triggers), weight loss, elevating the head during sleep.
 - **Medications:** Antacids, H2 receptor antagonists, proton pump inhibitors (PPIs).
 - **Surgery:** Fundoplication for severe cases.

10. Heart Failure

- **Symptoms:** Shortness of breath, fatigue, swollen legs or ankles.
- **Causes:** Coronary artery disease, high blood pressure, previous heart attacks.
- **Treatment:**
 - **Lifestyle Changes:** Low-sodium diet, regular exercise, monitoring weight.
 - **Medications:** ACE inhibitors, beta-blockers, diuretics, aldosterone antagonists.
 - **Devices:** Pacemakers or implantable cardioverter-defibrillators (ICDs) for certain patients.
 - **Surgery:** Heart valve repair or replacement.

11. Stroke

- **Symptoms:** Sudden numbness, confusion, trouble speaking, severe headache.
- **Causes:** Blood clots or bleeding in the brain.
- **Treatment:**
 - **Emergency Treatment:** Thrombolytics (clot busters) for ischemic stroke, surgery for hemorrhagic stroke.
 - **Rehabilitation:** Physical therapy, occupational therapy, speech therapy.
 - **Medications:** Antiplatelets, anticoagulants to prevent future strokes.

12. Chronic Kidney Disease

- **Symptoms:** Fatigue, swollen ankles, changes in urination, persistent itching.
- **Causes:** Diabetes, high blood pressure, glomerulonephritis.

- **Treatment:**
 - **Lifestyle Changes:** Healthy diet, regular exercise, quitting smoking.
 - **Medications:** Control blood pressure, manage diabetes.
 - **Dialysis:** Hemodialysis or peritoneal dialysis for end-stage kidney disease.
 - **Transplant:** Kidney transplant for eligible patients.

13. Allergic Rhinitis

- **Symptoms:** Sneezing, runny or stuffy nose, itchy eyes, cough.
- **Causes:** Pollen, dust mites, pet dander, mold.
- **Treatment:**
 - **Avoidance:** Minimizing exposure to allergens.
 - **Medications:** Antihistamines, nasal corticosteroids, decongestants.
 - **Immunotherapy:** Allergy shots or sublingual tablets for long-term relief.

15. Multiple Sclerosis (MS)

- **Symptoms:** Numbness, weakness, balance issues, fatigue, vision problems.
- **Causes:** Autoimmune disorder affecting the central nervous system.
- **Treatment:**
 - **Medications:** Disease-modifying therapies (interferons, glatiramer acetate).
 - **Symptomatic Treatment:** Physical therapy, medications for muscle spasticity.
 - **Lifestyle:** Regular exercise, healthy diet, managing stress.

16. Influenza (Flu) or Common Cold

- **Symptoms:** Fever, chills, cough, sore throat, body aches, fatigue.
- **Causes:** Influenza viruses.
- **Treatment:**
 - **Rest and Hydration:** Plenty of fluids and rest.
 - **Medications:** Antiviral medications (oseltamivir, zanamivir) if started early.
 - **Symptomatic Relief:** Pain relievers, decongestants.

17. Tuberculosis (TB)

- **Symptoms:** Persistent cough, weight loss, fever, night sweats.
- **Causes:** Mycobacterium tuberculosis bacteria.
- **Treatment:**
 - **Medications:** Combination antibiotic therapy (isoniazid, rifampicin) for at least 6 months.
 - **Regular Monitoring:** Follow-up to ensure adherence and monitor for side effects.

18. HIV/AIDS

- **Symptoms:** Flu-like symptoms in early stages, weight loss, recurrent fever, fatigue, swollen lymph nodes.
- **Causes:** Human Immunodeficiency Virus (HIV) transmission through blood, sexual contact.
- **Treatment:**
 - **Antiretroviral Therapy (ART):** Combination of medications to manage HIV.
 - **Monitoring:** Regular viral load and CD4 count tests.
 - **Prevention:** Education, safe sex practices, and PrEP for high-risk individuals.

19. Celiac Disease

- **Symptoms:** Diarrhea, bloating, weight loss, fatigue, skin rash.
- **Causes:** Genetic predisposition to gluten intolerance.
- **Treatment:**
 - **Dietary Changes:** Strict gluten-free diet.
 - **Nutritional Supplements:** To address deficiencies (iron, calcium).

20. Chronic Fatigue Syndrome (CFS)

- **Symptoms:** Extreme fatigue not improved by rest, sleep problems, muscle pain, headaches.
- **Causes:** Unknown; may be triggered by infections, stress, or immune system issues.
- **Treatment:**
 - **Lifestyle Modifications:** Balanced diet, regular but moderate exercise, stress management.
 - **Medications:** Antidepressants, pain relievers for symptom management.

21. Pneumonia

- **Symptoms:** Cough, fever, chills, difficulty breathing, chest pain.
- **Causes:** Bacterial, viral, or fungal infections.
- **Treatment:**
 - **Antibiotics:** For bacterial pneumonia.
 - **Antiviral Medications:** For viral pneumonia.
 - **Supportive Care:** Rest, fluids, fever reducers.

22. Osteoporosis

- **Symptoms:** Often asymptomatic until a fracture occurs; back pain, loss of height, stooped posture.

- **Causes:** Aging, hormonal changes, dietary factors, lack of exercise.
- **Treatment:**
 - **Lifestyle Changes:** Weight-bearing exercises, calcium and vitamin D-rich diet.
 - **Medications:** Bisphosphonates, hormone replacement therapy, calcitonin.

23. Kidney Stones

- **Symptoms:** Severe pain in the side, back, or lower abdomen, blood in urine, frequent urination, nausea.
- **Causes:** Dehydration, diet high in salt and sugar, obesity.
- **Treatment:**
 - **Pain Management:** Over-the-counter pain relievers.
 - **Hydration:** Increased fluid intake to help pass stones.
 - **Medical Intervention:** Extracorporeal shock wave lithotripsy (ESWL) for larger stones.

24. Allergies

- **Symptoms:** Sneezing, itching, hives, nasal congestion, swelling.
- **Causes:** Pollen, dust mites, animal dander, certain foods.
- **Treatment:**
 - **Avoidance:** Identify and avoid allergens.
 - **Medications:** Antihistamines, corticosteroids, decongestants.
 - **Immunotherapy:** Allergy shots for long-term relief.

25. Thyroid Disorders (Hypothyroidism/Hyperthyroidism)

- **Symptoms:**
 - **Hypothyroidism:** Fatigue, weight gain, cold intolerance, depression.
 - **Hyperthyroidism:** Weight loss, rapid heartbeat, heat intolerance, anxiety.
- **Causes:** Autoimmune diseases (Hashimoto's for hypothyroidism, Graves' disease for hyperthyroidism), iodine deficiency.
- **Treatment:**
 - **Hypothyroidism:** Levothyroxine replacement therapy.
 - **Hyperthyroidism:** Antithyroid medications, beta-blockers, radioactive iodine, or surgery.

26. Skin Conditions (Eczema, Psoriasis, Acne)

- **Symptoms:**
 - **Eczema:** Itchy, inflamed skin, red or brown patches.
 - **Psoriasis:** Thick, red patches covered with silvery scales.
 - **Acne:** Pimples, blackheads, cysts on the face and body.

- **Causes:** Genetic factors, immune response, hormonal changes, stress.
- **Treatment:**
 - **Topical Treatments:** Corticosteroids, retinoids, moisturizers.
 - **Medications:** Oral antibiotics for acne, phototherapy for psoriasis.
 - **Lifestyle Changes:** Gentle skin care routines, stress management.

27. Urinary Tract Infection (UTI)

- **Symptoms:** Frequent urination, burning sensation during urination, cloudy urine, pelvic pain.
- **Causes:** Bacterial infection, urinary retention, female anatomy.
- **Treatment:**
 - **Antibiotics:** To clear the infection.
 - **Hydration:** Increase fluid intake to flush the urinary system.
 - **Pain Relief:** Over-the-counter pain relievers.

28. Hepatitis (A, B, C)

- **Symptoms:** Fatigue, nausea, jaundice, abdominal pain.
- **Causes:** Viral infections (hepatitis A virus, hepatitis B virus, hepatitis C virus), alcohol use, toxins.
- **Treatment:**
 - **Hepatitis A:** Supportive care, vaccination for prevention.
 - **Hepatitis B:** Antiviral medications, vaccination for prevention.
 - **Hepatitis C:** Antiviral medications for treatment.

29. Inflammatory Bowel Disease (IBD)

- **Symptoms:** Diarrhea, abdominal pain, weight loss, fatigue.
- **Causes:** Unknown; may involve genetic and environmental factors.
- **Treatment:**
 - **Medications:** Anti-inflammatory drugs (5-ASA), corticosteroids, immunosuppressants.
 - **Dietary Changes:** Low-residue diet during flare-ups, hydration.
 - **Surgery:** For severe cases, surgical resection of affected bowel.

30. Bipolar Disorder

- **Symptoms:** Extreme mood swings, from manic episodes to depressive episodes.
- **Causes:** Genetic factors, brain structure and chemistry.
- **Treatment:**
 - **Medications:** Mood stabilizers, antipsychotics, antidepressants (with caution).
 - **Psychotherapy:** Cognitive Behavioral Therapy (CBT), family therapy.

- **Lifestyle Changes:** Regular sleep patterns, stress management techniques.

31. Fibromyalgia

- **Symptoms:** Widespread pain, fatigue, sleep disturbances, cognitive difficulties.
- **Causes:** Unknown; may involve genetics and environmental factors.
- **Treatment:**
 - **Medications:** Pain relievers, antidepressants, anticonvulsants.
 - **Lifestyle Changes:** Regular exercise, sleep hygiene, stress management.
 - **Physical Therapy:** For pain relief and improved function.

32. Parkinson's Disease

- **Symptoms:** Tremors, stiffness, slowed movement, balance problems.
- **Causes:** Loss of dopamine-producing neurons in the brain.
- **Treatment:**
 - **Medications:** Levodopa/carbidopa, dopamine agonists, MAO-B inhibitors.
 - **Physical Therapy:** To improve mobility and function.
 - **Surgery:** Deep brain stimulation for advanced cases.

33. Alzheimer's Disease

- **Symptoms:** Memory loss, difficulty in problem-solving, confusion, changes in mood and behavior.
- **Causes:** Genetic factors, age-related changes in the brain.
- **Treatment:**
 - **Medications:** Cholinesterase inhibitors (donepezil, rivastigmine) for symptom management.
 - **Supportive Care:** Cognitive therapies, daily routine modifications.
 - **Lifestyle Changes:** Social engagement, physical activity, brain exercises.

34. Acne

- **Symptoms:** Pimples, blackheads, cysts, oily skin.
- **Causes:** Hormonal changes, bacteria, excess oil production.
- **Treatment:**
 - **Topical Treatments:** Benzoyl peroxide, salicylic acid, retinoids.
 - **Oral Medications:** Antibiotics, hormonal treatments (oral contraceptives).
 - **Lifestyle Changes:** Regular skin care routine, avoiding certain cosmetics.

35. Tension Headaches or Migraine

- **Symptoms:** Mild to moderate pain, often described as a tight band around the head.

- **Causes:** Stress, poor posture, eye strain, lack of sleep.
- **Treatment:**
 - **Medications:** Over-the-counter pain relievers (ibuprofen, acetaminophen).
 - **Lifestyle Changes:** Stress management, regular exercise, proper hydration.

36. Sinusitis

- **Symptoms:** Nasal congestion, facial pain, headache, thick nasal discharge, loss of smell.
- **Causes:** Viral infections, bacterial infections, allergies.
- **Treatment:**
 - **Medications:** Decongestants, nasal corticosteroids, antibiotics (if bacterial).
 - **Home Remedies:** Steam inhalation, saline nasal rinses.

37. Hyperlipidemia (High Cholesterol)

- **Symptoms:** Often asymptomatic; may lead to chest pain, heart attack, or stroke.
- **Causes:** Poor diet, obesity, lack of physical activity, genetic factors.
- **Treatment:**
 - **Lifestyle Changes:** Heart-healthy diet, regular exercise, weight management.
 - **Medications:** Statins, fibrates, niacin.

38. Gastroenteritis (Stomach Flu)

- **Symptoms:** Diarrhea, vomiting, abdominal cramps, fever, headache.
- **Causes:** Viral or bacterial infections (norovirus, rotavirus).
- **Treatment:**
 - **Hydration:** Oral rehydration solutions.
 - **Dietary Adjustments:** Bland foods (BRAT diet - bananas, rice, applesauce, toast).
 - **Medications:** Anti-nausea medications as needed.

39. Gallstones

- **Symptoms:** Sudden and intense pain in the upper right abdomen, back pain between the shoulder blades, nausea.
- **Causes:** Imbalance in substances that make up bile (cholesterol, bilirubin).
- **Treatment:**
 - **Medications:** Ursodeoxycholic acid (dissolving stones).
 - **Surgery:** Cholecystectomy (gallbladder removal) for severe cases.

40. Irritable Bowel Syndrome (IBS)

- **Symptoms:** Abdominal pain, bloating, gas, diarrhea, constipation.
- **Causes:** Unknown; may involve gut-brain interactions and dietary factors.
- **Treatment:**
 - **Dietary Changes:** Low-FODMAP diet, high-fiber foods.
 - **Medications:** Antispasmodics, laxatives, probiotics.

41. Osteomyelitis

- **Symptoms:** Severe pain in the affected bone, fever, swelling, redness.
- **Causes:** Bacterial infection (often from an open fracture or surgery).
- **Treatment:**
 - **Antibiotics:** Long-term intravenous antibiotics.
 - **Surgery:** To remove infected bone or tissue.

42. Tinnitus

- **Symptoms:** Ringing, buzzing, or hissing sounds in the ears that are not external.
- **Causes:** Age-related hearing loss, ear injury, exposure to loud noise.
- **Treatment:**
 - **Sound Therapy:** Use of background noise to mask ringing.
 - **Cognitive Behavioral Therapy (CBT):** To manage the emotional response to tinnitus.

43. Anemia (Anaemia)

- **Symptoms:** Fatigue, weakness, pale skin, shortness of breath, dizziness.
- **Causes:** Iron deficiency, vitamin B12 deficiency, chronic diseases, bone marrow disorders.
- **Treatment:**
 - **Dietary Changes:** Iron-rich foods (red meat, beans, leafy greens), vitamin B12.
 - **Medications:** Iron supplements, vitamin B12 injections.

44. Gout

- **Symptoms:** Intense pain, swelling, and redness in joints (often the big toe).
- **Causes:** High levels of uric acid in the blood.
- **Treatment:**
 - **Medications:** Nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, colchicine.
 - **Lifestyle Changes:** Avoiding purine-rich foods (red meat, shellfish), staying hydrated.

45. Skin Cancer (Melanoma, Basal Cell Carcinoma, Squamous Cell Carcinoma)

- **Symptoms:** New growths or sores that don't heal, changes in existing moles.
- **Causes:** UV radiation exposure, fair skin, family history.
- **Treatment:**
 - **Surgery:** To remove the cancerous growth.
 - **Radiation Therapy:** In some cases.
 - **Chemotherapy:** For advanced cases.

46. Hearing Loss

- **Symptoms:** Difficulty understanding speech, asking others to repeat, withdrawal from conversations.
- **Causes:** Age-related changes, noise exposure, ear infections.
- **Treatment:**
 - **Hearing Aids:** For amplification of sound.
 - **Surgery:** For certain types of conductive hearing loss.
 - **Cochlear Implants:** For severe hearing loss.

47. Carpal Tunnel Syndrome

- **Symptoms:** Numbness, tingling, and weakness in the hand and arm.
- **Causes:** Pressure on the median nerve in the wrist.
- **Treatment:**
 - **Wrist Splints:** To keep the wrist in a neutral position.
 - **Corticosteroid Injections:** To reduce swelling.
 - **Surgery:** To relieve pressure on the median nerve in severe cases.

48. Breast Cancer

- **Symptoms:** Lump in the breast, changes in breast shape or size, nipple discharge, skin changes.
- **Causes:** Genetic factors (BRCA1 and BRCA2 mutations), family history, hormone levels, age.
- **Treatment:**
 - **Surgery:** Lumpectomy or mastectomy.
 - **Radiation Therapy:** To eliminate remaining cancer cells.
 - **Chemotherapy:** To target cancer cells throughout the body.
 - **Hormonal Therapy:** For hormone receptor-positive cancers.

49. Lung Cancer

- **Symptoms:** Persistent cough, chest pain, shortness of breath, coughing up blood, unexplained weight loss.
- **Causes:** Smoking, secondhand smoke exposure, environmental factors (asbestos, radon).
- **Treatment:**
 - **Surgery:** Lobectomy or pneumonectomy.
 - **Radiation Therapy:** For localized cancer or to relieve symptoms.
 - **Chemotherapy:** To target cancer cells.
 - **Targeted Therapy:** For specific mutations (e.g., EGFR, ALK).

50. Colorectal Cancer

- **Symptoms:** Changes in bowel habits, rectal bleeding, abdominal discomfort, unexplained weight loss.
- **Causes:** Age, family history, diet (high in red or processed meats), inflammatory bowel disease (IBD).
- **Treatment:**
 - **Surgery:** Resection of the tumor and surrounding tissue.
 - **Chemotherapy:** For advanced stages.
 - **Radiation Therapy:** Especially for rectal cancer.
 - **Targeted Therapy:** Monoclonal antibodies for specific cancer characteristics.

51. Prostate Cancer

- **Symptoms:** Difficulty urinating, blood in urine or semen, painful ejaculation, pelvic discomfort.
- **Causes:** Age, family history, obesity, and genetic mutations.
- **Treatment:**
 - **Active Surveillance:** For low-risk cases.
 - **Surgery:** Prostatectomy (removal of the prostate).
 - **Radiation Therapy:** External beam radiation or brachytherapy.
 - **Hormonal Therapy:** To reduce testosterone levels.

52. Leukemia

- **Symptoms:** Fatigue, frequent infections, easy bruising, swollen lymph nodes.
- **Causes:** Genetic mutations, exposure to radiation or chemicals, certain genetic disorders.
- **Treatment:**
 - **Chemotherapy:** Primary treatment to kill cancer cells.

- **Radiation Therapy:** To kill cells or prepare for a transplant.
- **Stem Cell Transplant:** Replaces damaged bone marrow.
- **Targeted Therapy:** Drugs targeting specific cancer cell abnormalities.
- **Immunotherapy:** Boosts the immune system to fight cancer.

53. Liver Cancer

- **Symptoms:** Unexplained weight loss, loss of appetite, upper abdominal pain, jaundice.
- **Causes:** Chronic liver disease (e.g., hepatitis), alcohol use.
- **Treatment:** Surgery, ablation, chemotherapy, targeted therapy.

54. Cervical Cancer

- **Symptoms:** Abnormal vaginal bleeding, pelvic pain, pain during intercourse.
- **Causes:** HPV infection, smoking, long-term use of birth control pills.
- **Treatment:** Surgery, radiation therapy, chemotherapy.

55. Obesity

- **Symptoms:** Excess body fat, associated health issues (e.g., diabetes, heart disease).
- **Causes:** Poor diet, inactivity, genetics, hormonal factors.
- **Treatment:** Lifestyle changes (diet, exercise), counseling, medications, surgery (in severe cases).

56. Constipation

- **Symptoms:** Infrequent bowel movements, hard stools, straining during bowel movements.
- **Causes:** Low fiber diet, dehydration, inactivity, certain medications.
- **Treatment:** Dietary changes (increased fiber), hydration, over-the-counter laxatives, exercise.

57. Dengue

- **Symptoms:** High fever, severe headache, pain behind the eyes, joint and muscle pain, rash.
- **Causes:** Dengue virus transmitted by Aedes mosquitoes.
- **Treatment:** Hydration, pain relievers (acetaminophen), monitoring for severe symptoms.

58. Diarrhea

- **Symptoms:** Loose or watery stools, abdominal cramps, urgency to have a bowel movement.
- **Causes:** Viral infections, bacterial infections, parasites, certain foods, medications.
- **Treatment:** Hydration, electrolyte solutions, over-the-counter anti-diarrheal medications, avoiding dairy and fatty foods.

59. Fever

- **Symptoms:** Elevated body temperature, chills, sweating, fatigue.
- **Causes:** Infection, inflammation, heat exhaustion.
- **Treatment:** Hydration, rest, antipyretics (e.g., acetaminophen, ibuprofen).

60. Chickenpox

- **Symptoms:** Itchy rash, fluid-filled blisters, fever, fatigue.
- **Causes:** Varicella-zoster virus.
- **Treatment:** Rest, calamine lotion, antihistamines for itching, antiviral medication in severe cases.

61. Measles

- **Symptoms:** High fever, cough, runny nose, red eyes, rash that spreads from face to body.
- **Causes:** Measles virus (spread via respiratory droplets).
- **Treatment:** Symptom relief (fever reducers, hydration), vitamin A supplementation in some cases.

62. Polio

- **Symptoms:** Fever, fatigue, headache, muscle pain, paralysis (in severe cases).
- **Causes:** Poliovirus (spread through contaminated water or food).
- **Treatment:** No cure; supportive care for symptoms, polio vaccine for prevention.

63. Rabies

- **Symptoms:** Fever, headache, confusion, agitation, excessive salivation, fear of water.
- **Causes:** Rabies virus (transmitted through bites of infected animals).
- **Treatment:** Immediate wound cleaning, rabies vaccine, rabies immunoglobulin.

64. Typhoid

- **Symptoms:** High fever, weakness, stomach pain, headache, loss of appetite.

- **Causes:** Bacterial infection by *Salmonella typhi* (spread through contaminated food and water).
- **Treatment:** Antibiotics, hydration, rest.

65. Cholera

- **Symptoms:** Watery diarrhea, dehydration, rapid heart rate, low blood pressure.
- **Causes:** Bacterial infection by *Vibrio cholerae* (spread through contaminated water or food).
- **Treatment:** Oral rehydration solution (ORS), IV fluids, antibiotics in severe cases.

66. Leprosy

- **Symptoms:** Skin lesions, numbness, muscle weakness, eye problems.
- **Causes:** Bacterial infection by *Mycobacterium leprae*.
- **Treatment:** Multi-drug therapy (MDT) with antibiotics (dapsone, rifampicin, clofazimine).

67. Malaria

- **Symptoms:** Fever, chills, headache, nausea, sweating, muscle aches.
- **Causes:** *Plasmodium* parasites (transmitted through mosquito bites).
- **Treatment:** Antimalarial drugs (chloroquine, artemisinin-based combination therapy), prevention through insecticide-treated nets.

68. Amoebiasis

- **Symptoms:** Diarrhea, abdominal pain, fever, weight loss.
- **Causes:** *Entamoeba histolytica* (spread through contaminated food and water).
- **Treatment:** Antiparasitic medication (metronidazole), hydration.

69. STDs (Sexually Transmitted Diseases)

- **Examples:** HIV/AIDS, syphilis, gonorrhea, chlamydia, genital herpes.
- **Symptoms:** Varies by disease (e.g., sores, discharge, pain during urination, flu-like symptoms).
- **Causes:** Bacteria, viruses, or parasites transmitted through sexual contact.
- **Treatment:**
 - Bacterial STDs: Antibiotics (e.g., penicillin for syphilis).
 - Viral STDs: Antiviral medications (e.g., antiretrovirals for HIV).
 - Prevention: Safe sex practices, vaccinations (HPV, Hepatitis B).

70. Epilepsy

- **Symptoms:** Recurrent seizures, temporary confusion, loss of consciousness, staring spells, jerking movements.
- **Causes:** Abnormal electrical activity in the brain; could be due to genetics, brain injury, infections, or unknown factors.
- **Treatment:** Anti-seizure medications, surgery (in severe cases), lifestyle changes, and seizure prevention strategies.

71. Tonsillitis

- **Symptoms:** Sore throat, difficulty swallowing, swollen tonsils, fever.
- **Causes:** Viral or bacterial infections (e.g., streptococcus).
- **Treatment:** Rest, hydration, pain relievers, antibiotics (if bacterial), tonsillectomy (in chronic cases).

72. Meningitis

- **Symptoms:** Severe headache, stiff neck, fever, confusion.
- **Treatment:** Antibiotics (bacterial), antiviral medications (viral), fluids, rest.

73. Shingles

- **Symptoms:** Painful rash, blisters, tingling sensation.
- **Treatment:** Antiviral drugs, pain relievers, topical treatments.

74. Vertigo

- **Symptoms:** Dizziness, loss of balance, nausea.
- **Treatment:** Physical therapy, medications for nausea, vestibular rehabilitation exercises.

75. Hernia

- **Symptoms:** Bulging or swelling, pain, discomfort.
- **Treatment:** Surgery, lifestyle changes (avoid heavy lifting).