Database name : Disease

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| --- | --- | --- |
| Disease\_id | Disease\_name | Disease\_cure |
| 1 | Common Cold | <head><title>COLD</title></head><body style='font-size:1.2em'><h1 style=color:green>Cold remedies that work</h1><p>The common cold, also known simply as a cold, is a viral infectious disease of the upper respiratory tract that primarily affects the respiratory mucosa of the nose, throat, sinuses, and larynx.There is no vaccine for the common cold.The primary methods of prevention are hand washing; not touching the eyes, nose or mouth with unwashed hands; and staying away from sick people.</p><div><p>If you catch a cold, you can expect to be sick for one to two weeks. That doesn't mean you have to be miserable. These remedies might help you feel better:</p></div><ul><li><strong>Stay hydrated :</strong> Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration.</li><br/>  <li><strong>Rest :</strong> Your body needs rest to heal.</li><br/>  <li><strong>Soothe a sore throat : </strong> A saltwater gargle &mdash; 1/4 to 1/2 teaspoon salt dissolved in a glass of warm water &mdash; can temporarily relieve a sore or scratchy throat. <br/>You can also try ice chips, sore throat sprays, lozenges or hard candy.</li><br/>  <li><strong>Combat stuffiness : </strong> Over-the-counter saline nasal drops, syrups, tablets and sprays can help relieve stuffiness and congestion.<ul><li>Decongestants - Decongestant medications help ease nasal congestion and stuffiness.</li><li>Antihistamines - Antihistamines help prevent sneezing and also ease runny nose symptoms.</li><li>Pain reliever - Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Motrin), naproxen (Aleve), and aspirin can help ease body aches, inflammation, and fever symptoms.</li></ul></li><br/>  <li><strong>Sip warm liquids : </strong> A cold remedy used in many parts of the world, taking in warm liquids, such as chicken soup, tea or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.</li>  </ul><br/>  <p>Seek medical attention if the cold lasts for more than a week or if the severity of the symptoms increases.</p>  </body> |
| 2 | Viral Fever | <head><title>VIRAL FEVER</title></head><body style='font-size:1.2em'><h1 style=color:green>Treatment for Fever</h1><div><p>A viral fever is a higher-than-average body temperature that a virus causes. While not every person experiences a fever when they have a virus, a fever can be a sign that the body is trying to fight off the infection. Viral illnesses don’t respond to antibiotics. Instead, most simply have to run their course. This can take anywhere from a couple of days to a week or longer, depending on the type of infection.</p></div><ul><li><strong>Drink fluids : </strong> A viral fever makes your body much warmer than usual. This causes your body to sweat in an effort to cool down. But this leads to fluid loss, which can cause dehydration.Try to drink as much as you can when you have a viral fever to replenish lost fluids.</li><br/><li><strong>Get plenty of rest :</strong></strong> A viral fever is a sign that your body is working hard to fight off an infection. So try to avoid as much physical activity as possible. Aim for eight to nine hours or more of sleep per night.</li><br/><li><strong>Taking lukewarm baths: </strong>These can also soothe a feverish body. But be sure not to overdo it as it can risk development of additional symptoms.</li><br/><li><strong>Over the counter medication :</strong> Common OTC fever reducers include <ul><li>Acetaminophen (Tylenol, Children’s Tylenol)</li><li>Paracetamol</li><li>Ibuprofen (Advil, Children’s Advil, Motrin) </li><li>Aspirin </li><li>Naproxen (Aleve)</li></ul></li><br/><li><strong>Stay cool : </strong> You can help cool down your body by surrounding it with cooler temperatures. Make sure you don’t overdo it. If you start to shiver, stop immediately. Shivering can cause your fever to rise. </li><br/><p>Seek medical attention if the fever lasts for more than a 2 days or if the temperature rises above 103°F.</p></body> |
| 3 | Diarrhea | <head><title>DIARRHEA</title></head><body style='font-size:1.2em'><h1 style=color:green>Remedies to cure Diarrhea are as follows </h1><div><p>The most common cause of Diarrhea is an infection of the intestines due to either a virus, bacterium, or parasite Most cases clear on their own. These infections are often acquired from food or water that has been contaminated by feces, or directly from another person who is infected. Some infections may need antibiotics. Severe cases can cause enough dehydration to require intravenous fluids.</p></div><ul><li><strong>Drink plenty of liquids,</strong> including water, broths and juices. Avoid caffeine and alcohol.</li><br/><li><strong>Add semisolid and low-fiber foods gradually</strong> as your bowel movements return to normal. Try soda crackers, toast, eggs, rice or chicken.</li><br/><li><strong>Avoid certain foods</strong> such as dairy products, fatty foods, high-fiber foods or highly seasoned foods for a few days.</li><br/><li><strong>Ask about anti-diarrheal medications.</strong> Over-the-counter anti-diarrheal medications, such as loperamide and bismuth subsalicylate, might help reduce the number of watery bowel movements and control severe symptoms.</li><br/><li><strong>Take probiotics : </strong> These microorganisms may help restore a healthy balance to the intestinal tract by boosting the level of good bacteria. Probiotics are available in capsule or liquid form and are also added to some foods, such as certain brands of yogurt.</li><br/><li><strong>Lifestyle :</strong>Diarrhea can be controlled to a significant extent by maintaining your diet and practicing hygiene</li><br/><p>While occasional bouts of diarrhea are common and not cause for concern, diarrhea can become dangerous if it leads to severe dehydration. Visit the doctor if there is <li>Severe diarrhea for more than 2 days.</li><li>Diarrhea accompanied by a fever. </li><li>Diarrhea accompanied by frequent vomiting.</li><li>Severe, unbearable pain in the abdomen or rectum.</li></p></body> |
| 4 | Headache | <head><title>HEADACHE</title></head><body style='font-size:1.2em'><h3 style=color:green>Tension-type headaches</h3><p>Tension-type headaches, the most common variety of headaches:</p><ul><li>Might be felt as a tight band of pain around your head, a dull ache or pressure</li><li>Might cause mild to moderate pain on both sides of the head</li><li>Vary widely in frequency</li><ul><li>Can be occasional</li><li>May occur more than 15 days a month (chronic)</li></ul><li>Last from 30 minutes to a week</li></ul>Most occasional tension-type headaches are easily treated with over-the-counter medications, including:<ul><li>Aspirin</li><li>Ibuprofen (Advil, Motrin IB, others)</li><li>Acetaminophen (Tylenol, others)</li></ul><h3 style=color:green>Migraines</h3><p>Migraines are another common type of headache. They affect three times more women than men. Migraines typically:</p><ul><li>Cause pain that is moderate to severe</li><li>Pulsate</li><li>Cause nausea, vomiting, or increased sensitivity to light or sound</li><li>Affect only one side of your head, but can affect both sides</li></ul><p>Ways to treat migraine at home are as follows :</p><ul><li>Rest in a quiet, dark room</li><li>Hot or cold compresses to your head or neck</li><li>Massage and small amounts of caffeine</li><li>Over-the-counter medications such as ibuprofen (Advil, Motrin IB, others), acetaminophen (Tylenol, others) and aspirin</li></ul><p><strong>Seek emergency care if you have:</strong></p><ul> <li>A very severe, sudden headache</li><li>Headache after a head injury or fall</li><li>Fever, stiff neck, rash, confusion, seizure, double vision, weakness, numbness or difficulty speaking</li><li>Pain that worsens despite treatment</li></ul><h3 style=color:green>Cluster headaches</h3>They cause severe pain on one side of the head and occur off and on for weeks over the course of a few months. Cluster headaches are associated with one or more signs and symptoms, such as tearing, nasal congestion and nasal discharge. These occur on the same side as the pain.</body> |
| 5 | Ear Infection | <head><title>COLD</title></head><body style='font-size:1.2em'><h1 style=color:green>Treating Ear Infections </h1><p>Ear infections can be either bacterial or viral infections. They can occur in your middle ear, the part of your ear just behind your eardrum, as well as the outer and inner ear. They often clear up on their own but can be painful due to inflammation or fluid buildup.</p><div><p>  Ear infections can be chronic or acute. Acute ear infections are painful but short in duration. Chronic ear infections either don’t clear up or recur many times. They can cause damage to the middle and inner ear, which is infrequently permanent.</p></div><ul>These methods are effective in relieving the symptoms of a mild ear infection:<li>Apply a warm cloth to the affected ear.</li><li>Take over-the-counter (OTC) pain medication such as ibuprofen (Advil) or acetaminophen (Tylenol).</li><li>Use OTC or prescription ear drops to relieve pain.</li><li>Take OTC decongestants like pseudoephedrine (Sudafed). </li><li>Avoid sleeping on the affected ear.</li></ul><h3>Medical treatment</h3><p>If your symptoms get worse or don’t improve, see a doctor. They may prescribe antibiotics if your ear infection is bacterial, chronic, or doesn’t appear to be improving.</p></ul><br/><p>The Centers for Disease Control and Prevention recommends seeing a doctor when your child has:</p> <ul><li>a fever over 102.2°F</li><li>pus, discharge, or fluid leaking from your ear</li><li>worsening symptoms</li><li>symptoms for more than 2 to 3 days</li><li>hearing loss</li><li>other concerning symptoms</li></ul></p></body> |
| 6 | Indigestion | <head><title>INDIGESTION</title></head><body style='font-size:1.2em'><h1 style=color:green>Treating Indigestion</h1><p><div>Pain from inside the abdomen or the outer muscle wall, ranging from mild and temporary to severe and requiring emergency care.</div><div>Abdominal pain can have causes that aren't due to underlying disease. Examples include constipation, wind, overeating, stress or muscle strain.</div></p>  <ul><li><strong>Drinking water : </strong> The body needs water to efficiently digest and absorb nutrients from foods and beverages. Being dehydrated makes digestion more difficult and less effective, which increases the likelihood of an upset stomach.Additionally, drinking water may help reduce heartburn.</li><br/> <li><strong>Avoiding lying down :</strong> Avoiding lying down may prevent indigestion from becoming heartburn.When the body is horizontal, the acid in the stomach is more likely to travel backward and move upward, which can cause heartburn.</li><br/> <li><strong>Ginger : </strong>People with an upset stomach could try adding ginger to their food or drinking it as a tea. Some all-natural ginger ales may also contain enough ginger to settle an upset stomach.</li><br/> <li><strong> Avoiding difficult-to-digest foods : </strong> Research suggests that the following foods may increase the risk of indigestion:<ul><li>fatty or acidic foods</li><li>wheat products</li><li>spicy foods</li><li>greasy foods</li></ul> </li><br/>  <li><strong>Lime or lemon juice, baking soda, and water : </strong> Some studies suggest that mixing lime or lemon juice in water with a pinch of baking soda can help relieve heartburn and indigestion by reducing stomach acidity.</li></ul><br/><p><strong>The following tips may help prevent indigestion : </strong><ul><li>eating slower</li><li>eating less fatty or processed foods</li><li>identifying food intolerances and allergies</li><li>partaking in regular exercise</li><li>reducing stress</li></ul></p><br/> <p>Seek medical attention if other complication arises or if the severity of the symptoms increases.</p>  </body> |
| 7 | Conjunctivitis | <head><title>CONJUNCTIVITIS</title></title></head><body style='font-size:1.2em'><h1 style=color:green>Treating Conjunctivitis(pink eye)</h1><p>Because pink eye is highly contagious, early diagnosis is important. Bacterial cases can be cured with antibiotic eye drops, viral conjunctivitis clears up on its own, and allergic reactions can be treated with various types of eye drops.<br/> Here are some general tips:</p>  <ul><li>Wash your hands frequently to prevent spreading an existing infection to your other eye, and to other people.</li><li>Don’t rub your eyes.</li><li>Use a cool wet washcloth to soak off any crusting.</li>  <li>Use a warm or cool compress to reduce discomfort.</li><li>Discard eye make-up because it may cause future infection.</li> <li>Wash any clothing that may be contaminated, including towels and pillowcases. Try to use clean towels and pillowcases everyday.</li><li>Avoid wearing contact lenses and discard current lenses.</li><li>If eye drops are prescribed, place drop in pocket formed by pulling down lower lid. Make sure you don’t touch the bottle to the eye in order to prevent contamination.</li><li>If the infection does not improve in 2 or 3 days, make an appointment for re-evaluation.</li> </ul><h4><strong>Prevention</strong></h4><p>Pink eye is extremely contagious so if you know someone who is infected, <li>make sure you do not expose yourself to contact with the person’s eye fluid. </li><li>The infection can easily be passed via keyboards, doorknobs, make-up, pens, gym equipment, and a vast number of other items. </li><li>To protect yourself, wash your hands frequently, avoid touching your eyes, and wash anything that may be contaminated.</li></p></body> |
| 8 | Constipation | <head><title>CONSTIPATION</title></title></head><body style='font-size:1.2em'><h1 style=color:green>Treating Constipation at home</h1><p>Treatment for constipation depends on the cause, how long you've had it and how severe your symptoms are.</p>  <p>In many cases, it's possible to relieve the symptoms by making dietary and lifestyle changes.</p><p>The various treatments for constipation are outlined below. </p><h2>Lifestyle advice</h2><p>Changes to diet and lifestyle are often recommended as the first treatment for constipation. In many cases, this will improve the condition without the need for medication.</p><p>Some self-help methods of treating constipation are listed below:</p> <ul><li>Increase your daily intake of fibre. You should eat at least 18-30g of fibre a day. High-fibre foods include plenty of fresh fruit and vegetables and cereals.</li><li>Add some bulking agents, such as wheat bran, to your diet. This will help to make your stools softer and easier to pass.</li><li>Avoid dehydration by drinking plenty of water.</li>  <li>Exercise more regularly – for example, by going for a daily run</li><li>Keep to a routine (a place and time of day) when you're able to spend time on the toilet. Respond to your bowel's natural pattern: when you feel the urge, don't delay.</li><li>Try resting your feet on a low stool while going to the toilet, so that your knees are above your hips; this can make passing stools easier. </li><li>If medication you're taking could be causing constipation, your Genral Practitioner may be able to prescribe an alternative.</li></ul></body> |

disease\_symptom



User\_details

