For more info

https://uhs.princeton.edu/health-resources/common-illnesses

Category names

1.fever

2. **Diarrhea**.

3.headaches

4. Stomach Aches

* Rest more than usual and avoid exercise until symptoms are gone.
* Drink lots of clear fluids (e.g., water, tea).
* Stay away from cigarette smoke.
* Do not take antibiotics unless specifically prescribed for you to cure the illness from which you currently suffer.
* Avoid drinking alcohol because it weakens your immune system and may interact with medications.
* Avoid caffeine, which can increase congestion and dehydration.
* Eat a well-balanced diet, including fruits, vegetables, and grains.

Avoid foods that are milk-based, greasy, high-fiber, or very sweet because these are likely to aggravate diarrhea.

Avoid caffeine and alcohol.

Do not eat solid food if you have signs of dehydration (thirst, light-headed, dark urine). Instead, drink about 2 cups of clear fluids per hour (if vomiting isn’t present), such as sports drinks and broth. Water alone is not enough because your body needs sodium and sugar to replace what it’s losing.

Avoid high sugar drinks, like apple juice, grape juice, and soda, which can pull water into the intestine and make the diarrhea persist.

Don’t drink clear liquids exclusively for more than 24 hours.

Begin eating normal meals within 12 hours, but stick to food that is bland and won’t irritate your intestine. Some doctors suggest the “BRAT“ diet which includes foods that are low in fiber, fat, and sugar. BRAT stands for Bananas, Rice, Applesauce, and Toast.

Use over-the-counter lactobacillus acidophilus capsules or tablets. These bacteria help maintain a healthy intestine, and are found in yogurt with live active cultures.

Chamomile, an herbal plant with small white flowers, is a traditional remedy for upset stomachs.

Chamomile can be dried and brewed into a tea or taken by mouth as [a supplement](https://amzn.to/2IQAY4z).

Historically, [chamomile has been used](https://www.healthline.com/nutrition/5-benefits-of-chamomile-tea) for a variety of intestinal troubles, including gas, indigestion, diarrhea, nausea and

Yet despite its widespread use, only a limited number of studies support its effectiveness for digestive complaints.

One small study found that chamomile supplements reduced the severity of vomiting after chemotherapy treatments, but it’s unclear whether it would have the same effects on other types of vomiting

An animal study found that chamomile extracts relieved diarrhea in mice by reducing intestinal spasms and decreasing the amount of water secreted into the stool, but more research is needed to see if this applies to humans

Chamomile is also commonly used in herbal supplements that relieve indigestion, gas, bloating and diarrhea, as well as colic in babies

However, since chamomile is combined with many other herbs in these formulas, it’s difficult to know whether the beneficial effects are from chamomile or from a combination of the other herbs.

Although the gut-soothing effects of chamomile are widely recognized, research has not yet shown how it helps to relieve stomach upset.