**Symptom1:skin problems**

1. **Acne**

**Causes:**

Four main factors cause acne: Excess oil (sebum) production. Hair follicles clogged by oil and dead skin cells.   
Certain things may trigger or worsen acne: Hormonal changes, Certain medications, Diet, Stress.

**Symptoms:**

Acne signs vary depending on the severity of your condition:

Whiteheads (closed plugged pores), Blackheads (open plugged pores), Small red, tender bumps (papules), Pimples (pustules), which are papules with pus at their tips. Large, solid, painful lumps under the skin (nodules)

1. **Chicken pox**

**Causes:**

Chickenpox is an infection caused by the varicella-zoster virus. It causes an itchy rash with small, fluid-filled blisters. Chickenpox is highly contagious to people who haven't had the disease or been vaccinated against it.

**Symptoms:**

The classic symptom of chickenpox is a rash that turns into itchy, fluid-filled blisters that eventually turn into scabs. The rash may first show up on the chest, back, and face, and then spread over the entire body, including inside the mouth, eyelids, or genital area.

**Symptom2: Breathing problem**

1. **Asthma**

**Causes:**

Asthma triggers: Airborne allergens, such as pollen, dust mites, mold spores, pet dander or particles of cockroach waste. Respiratory infections, such as the common cold. Physical activity. Cold air. Air pollutants and irritants, such as smoke.

**Symptoms:**

Asthma signs and symptoms include: Shortness of breath. Chest tightness or pain. Wheezing when exhaling, which is a common sign of asthma in children. Trouble sleeping caused by shortness of breath, coughing or wheezing. Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu.

1. **Chest pain**

**Causes:**

Chest pain can have causes that aren't due to underlying disease. Examples include heavy lifting, weight lifting, trauma to the chest or swallowing a large piece of food.

**Symptoms:**

Pressure, fullness, burning or tightness in your chest. Crushing or searing pain that radiates to your back, neck, jaw, shoulders, and one or both arms. Pain that lasts more than a few minutes, gets worse with activity, goes away and comes back, or varies in intensity. Shortness of breath. Cold sweats. Dizziness or weakness.

1. **Corona virus**

**Causes:**

The coronavirus disease (COVID-19) is caused by a virus, NOT by bacteria.  
  
The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a health care provider.

**Symptoms:**

Most common symptoms: Fever, dry cough, tiredness

Less common symptoms: aches and pains, sore throat

Diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discolouration of fingers or toes

Serious symptoms: difficulty breathing or shortness of breath, chest pain or pressure, loss of speech or movement

1. **Tuberculosis**

**Causes:**

Tuberculosis (TB) is caused by a bacterium called Mycobacterium tuberculosis. The bacteria usually attack the lungs, but TB bacteria can attack any part of the body such as the kidney, spine, and brain. Not everyone infected with TB bacteria becomes sick.

**Symptoms:**

Most people infected with the bacteria that cause tuberculosis don't have symptoms. When symptoms do occur, they usually include a cough (sometimes blood-tinged), weight loss, night sweats and fever. Also common: loss of muscle, phlegm, severe unintentional weight loss, shortness of breath, or swollen lymph nodes.

1. **Pneumonia**

**Causes:**

Pneumonia is an infection in one or both lungs. Bacteria, viruses, and fungi cause it. The infection causes inflammation in the air sacs in your lungs, which are called alveoli. The alveoli fill with fluid or pus, making it difficult to breathe.

**Symptoms:**

Fever, Chills. Cough, usually with phlegm (a slimy substance from deep in your lungs), Shortness of breath. Chest pain when you breathe or cough. Nausea and/or vomiting. Diarrhoea.

**Symptom3: cold and fever**

1. **Common cold**

**Causes:**

The [common cold](https://www.medicinenet.com/common_cold_pictures_slideshow/article.htm) is an [upper respiratory tract infection](https://www.medicinenet.com/upper_respiratory_infection/article.htm) caused by many different [viruses](https://www.medicinenet.com/viral_infections_pictures_slideshow/article.htm). The [common cold](https://www.medicinenet.com/common_cold_quiz/quiz.htm) is transmitted by virus-infected airborne droplets or by direct contact with infected secretions.

**Symptoms:**

Symptoms include a runny nose, sneezing and congestion. High fever or severe symptoms are reasons to see a doctor, especially in children.

1. **Cough**

**Causes:**

A cough is a reflex action to clear your airways of mucus and irritants such as dust or smoke. It's rarely a sign of anything serious. A "dry cough" means it's tickly and doesn't produce any phlegm (thick mucus). A "chesty cough" means phlegm is produced to help clear your airways. Most coughs clear up within three weeks and don't require any treatment. For more persistent coughs, it's a good idea to see your GP so they can investigate the cause.

**Symptoms:**

Sore throat. Postnasal drip. Runny or stuffy nose. Hoarseness. Heartburn. A bad taste in the mouth. Phlegm.

1. **Fever**

**Causes:**

Fever or elevated body temperature might be caused by:

A virus. A bacterial infection. Heat exhaustion. Certain inflammatory conditions such as rheumatoid arthritis — inflammation of the lining of your joints (synovium)

A malignant tumor.

**Symptoms:**

Sweating. Chills and shivering. Headache. Muscle aches. Loss of appetite. Irritability. Dehydration. General weakness.

**Symptom4: Blood Sugar**

1. **Diabetes**

**Causes:**

High blood pressure, High blood triglyceride (fat) levels, Gestational diabetes or giving birth to a baby weighing more than 9 pounds, High-fat and carbohydrate diet, High alcohol intake, Sedentary lifestyle, Obesity or being overweight.

**Symptoms of diabetes**:

The main symptoms of diabetes are:

feeling very thirsty, urinating more frequently than usual, particularly at night,feeling very tired, weight loss and loss of muscle bulk, itching around the penis or vagina, or frequent episodes of [thrush](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/vaginal-thrush/), cuts or wounds that heal slowly, blurred vision

1. **Hyperglycemia**

**Causes:**

High blood sugar can have causes that aren't due to underlying disease. Examples include recent consumption of a high carbohydrate meal or medication side effects.

**Symptoms:**

Fruity-smelling breath, Nausea and vomiting, Shortness of breath, Dry mouth, Weakness, Confusion, Coma, Abdominal pain.

1. **Hypoglycaemia:**

**Symptoms:**

Confusion, heart palpitations, shakiness and anxiety are symptoms.

**Causes:**

hypoglycaemia can result from the body producing too much insulin after a meal, causing blood sugar levels to drop. This is called reactive hypoglycaemia. Reactive hypoglycaemia can be an early sign of diabetes.

**Symptom5: Stomach ache**

1. **Food Poisoning**

**Causes:**

Infectious organisms — including bacteria, viruses and parasites — or their toxins are the most common causes of food poisoning. Infectious organisms or their toxins can contaminate food at any point of processing or production.

**Symptoms:**

Usually self-diagnosable-Food poisoning symptoms may include cramping, nausea, vomiting or diarrhoea.

Pain areas: in the abdomen or rectum. Whole body: chills, dehydration, dizziness, fatigue, fever, light-headedness, loss of appetite, malaise, or sweating. Gastrointestinal: bloating, diarrhoea, gagging, indigestion, nausea, vomiting, flatulence, or stomach cramps. Also common: headache or weakness

1. **Diarrhoea**

**Cause:**

There are many different causes of diarrhoea, but a bowel infection [(gastroenteritis)](https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/gastroenteritis) is a common cause in both adults and children.

Gastroenteritis can be caused by:

a virus – such as [norovirus](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/norovirus/) or rotavirus, bacteria – such as campylobacter and Escherichia coli (E. coli), which are often picked up from contaminated food, a parasite – such as the parasite that causes giardiasis, which is spread in contaminated water

**Symptoms:**

Symptoms include frequent, loose, watery stools and stomach pain.

1. **Indigestion**

**Causes:**

Indigestion can have causes that aren't due to underlying disease. Examples include eating too much, drinking too much, food intolerance or taking pills on an empty stomach.

**Symptoms:**

Early fullness during a meal, Uncomfortable fullness after a meal, Discomfort in the upper abdomen, burning in the upper abdomen, Bloating in the upper abdomen, Nausea.

1. **Kidney stones**

**Causes:**

Kidney stones form when your urine contains more crystal-forming substances — such as calcium, oxalate and uric acid — than the fluid in your urine can dilute. At the same time, your urine may lack substances that prevent crystals from sticking together, creating an ideal environment for kidney stones to form.

**Symptoms:**

The most common symptom is severe pain, usually in the side of the abdomen, that's often associated with nausea. Pain areas: in the back or side part of the body. Pain types: can be severe, sharp, or sudden in the abdomen. Pain circumstances: can occur during urination. Gastrointestinal: nausea or vomiting. Urinary: blood in urine or frequent urination. Also, common: sweating

1. **Stomach ulcer**

**Causes:**

Stomach ulcers are usually caused by Helicobacter pylori (H. pylori) bacteria or non-steroidal anti-inflammatory drugs (NSAIDs). These can break down the stomach's defence against the acid it produces to digest food, allowing the stomach lining to become damaged and an ulcer to form.

**Symptoms:**

Upper abdominal pain is a common symptom. Pain areas: in the chest or upper abdomen. Pain types: can be dull. Gastrointestinal: belching, heartburn, indigestion, nausea, passing excessive amounts of gas, or vomiting. Whole body: fatigue, feeling full sooner than normal, or loss of appetite. Also common: abdominal discomfort

**Symptom6:malnutrition**

1. **Anaemia**

**Causes:**

Common causes are blood loss, reduced or impaired RBC production, and the destruction of RBCs. The most common type is iron-deficiency anaemia. It sometimes develops due to a diet lacking in nutrients, Crohn's disease, or the use of certain medications.

**Symptoms:**

may include fatigue, skin pallor, shortness of breath, light-headedness, dizziness or a fast heartbeat. Whole body: dizziness, fatigue, light-headedness, or malaise. Heart: fast heart rate or palpitations. Also common: brittle nails, headache, pallor, shortness of breath, or weakness

1. **Gum disease**

**Symptoms:**

Symptoms include swollen, red and tender gums. Mouth: bad breath, toothache, bright red gums, loose teeth, receding gums, tender gums, or tooth loss. Also common: swelling or bleeding

**Causes :**

It's typically caused by poor brushing and flossing habits that allow plaque—a sticky film of bacteria—to build up on the teeth and harden. In advanced stages, periodontal disease can lead to sore, bleeding gums; painful chewing problems; and even tooth loss.

1. **Headaches**

**Causes:**

some primary headaches can be triggered by lifestyle factors, including:

Alcohol, particularly red wine. Certain foods, such as processed meats that contain nitrates. Changes in sleep or lack of sleep. Poor posture. Skipped meals. Stress.

**Symptoms:**

Migraines, Moderate to severe pain (often described as pounding, throbbing pain) that can affect the whole head, or can shift from one side of the head to the other, Sensitivity to light, noise or odours, Blurred vision, Nausea or vomiting, stomach upset, abdominal pain, Loss of appetite, Sensations of being very warm or cold.

1. **Hair loss**

**Causes:**

Family history (heredity). The most common cause of hair loss is a hereditary condition that happens with aging, Hormonal changes and medical conditions

Medications and supplements, Radiation therapy to the head, A very stressful event, Hairstyles and treatments.

**Symptoms:**

Gradual thinning on top of head. This is the most common type of hair loss, affecting people as they age, Circular or patchy bald spots, Sudden loosening of hair, Full-body hair loss, Patches of scaling that spread over the scalp.

1. **Malaria**

**Causes:**

Malaria is caused by the Plasmodium parasite. The parasite can be spread to humans through the bites of infected mosquitoes. There are many different types of plasmodium parasite, but only 5 types cause malaria in humans.

**Symptoms:**

Symptoms are chills, fever and sweating, usually occurring a few weeks after being bitten. Pain areas: in the abdomen or muscles.Whole body: chills, fatigue, fever, night sweats, shivering, or sweating. Gastrointestinal: diarrhoea, nausea, or vomiting. Also common: fast heart rate, headache, mental confusion, or pallor

1. **Iron deficiency anaemia**

**Causes:**

Blood loss. Blood contains iron within red blood cells. A lack of iron in your diet. Your body regularly gets iron from the foods you eat. An inability to absorb iron. Iron from food is absorbed into your bloodstream in your small intestine. Pregnancy.

**Symptoms:**

Iron deficiency anaemia signs and symptoms may include:

Extreme fatigue, Weakness, Pale skin.

Chest pain, fast heartbeat or shortness of breath, Headache, dizziness or light-headedness, Cold hands and feet, Inflammation or soreness of your tongue, Brittle nails.