

## Step 1: Install the packages

Double-click (or enter) to edit

```
!pip install google-generativeai -quiet
!pip install ipywidgets --quiet
!pip install gradio --quiet
```



Usage:

```
pip3 install [options] <requirement specifier> [package-index-options] ...
pip3 install [options] -r <requirements file> [package-index-options] ...
pip3 install [options] [-e] <vcs project url> ...
pip3 install [options] [-e] <local project path> ...
pip3 install [options] <archive url/path> ...
```

no such option: -u

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## Step 2: Install the libraries

```
import google.generativeai as genai
import os
import ipywidgets as widgets
from IPython.display import display, Markdown
import gradio as gr
```

## Step 3: Setup the Gemini API

```
# Configure API
genai.configure(api_key="") # Replace this

# Reinitialize chat session (do NOT do this multiple times!)
model = genai.GenerativeModel("gemini-1.5-flash")
chat = model.start_chat()
```

## Step 4: Chatbot

```
# Input and output widgets
user_input = widgets.Text(
    placeholder="Ask a health-related question...",
    description="You:",
    layout=widgets.Layout(width='100%')
)

output = widgets.Output()

def on_user_submit(sender):
    question = user_input.value.strip()
    if not question:
        return

    with output:
        display(Markdown(f"**You:** {question}"))
        display(Markdown("_AI Doctor is typing..._"))

    try:
        # Send message to Gemini
        response = chat.send_message(question)
        with output:
            display(Markdown(f"**AI Doctor:** {response.text}"))
    except Exception as e:
        with output:
            display(Markdown(f"**Error:** {str(e)}"))

    user_input.value = "" # Clear input field

# Connect enter key
user_input.on_submit(on_user_submit)

# Display widgets
display(user_input)
display(output)
```



You: Ask a health-related question...

**You:** How to cure cough?

*AI Doctor is typing...*

**AI Doctor:** There's no single cure for a cough, as the treatment depends entirely on the *cause* of the cough. A cough is a symptom, not a disease itself. It's your body's way of clearing your airways of irritants or mucus.

**Before attempting any home remedies or over-the-counter medications, it's crucial to determine the underlying cause. If your cough is severe, persistent (lasts more than 2 weeks), accompanied by other symptoms like fever, chest pain, shortness of breath, or blood in your sputum, see a doctor immediately.**

Here's a breakdown of approaches based on potential causes:

**If your cough is due to a common cold or the flu:**

- **Rest:** This is crucial for your body to fight off the infection.
- **Hydration:** Drink plenty of fluids (water, broth, herbal tea) to thin mucus.
- **Humidifier:** Adding moisture to the air can soothe irritated airways.
- **Over-the-counter (OTC) medications:** Consider these *only as directed by the label and after consulting a pharmacist or doctor, especially if you have other health conditions or are taking other medications:*
  - **Expectorants:** (e.g., guaifenesin) help loosen mucus.
  - **Cough suppressants:** (e.g., dextromethorphan or codeine – codeine requires a prescription) help reduce cough frequency, but are generally not recommended for productive coughs (those bringing up mucus). They can be counterproductive by preventing the body from clearing irritants.
- **Honey:** A spoonful of honey can soothe a cough, especially in adults and children over 1 year old. (Avoid giving honey to infants under 1 year old.)
- **Saltwater gargles:** This can help soothe a sore throat associated with a cough.

**If your cough is due to allergies:**

- **Identify and avoid allergens:** This is the most effective treatment.
- **Antihistamines:** These can help reduce allergy symptoms, including coughing.
- **Decongestants:** May help if post-nasal drip is contributing to the cough.

**If your cough is due to post-nasal drip:**

- **Saline nasal spray or rinse:** This helps clear nasal passages.
- **Decongestants:** May help clear nasal congestion.

**If your cough is due to asthma or other respiratory conditions:**

- **Inhalers:** As prescribed by your doctor.
- **Other medications:** As prescribed by your doctor.

**Things to AVOID:**

- **Smoking:** This significantly irritates the airways and worsens coughs.
- **Secondhand smoke:** Avoid exposure.
- **Irritants:** Avoid dust, fumes, and other airborne irritants.

**In summary:** Treating a cough effectively requires identifying the underlying cause. Home remedies can provide temporary relief for some coughs, but for persistent or severe coughs, always seek medical attention. A doctor can diagnose the cause and recommend the most appropriate treatment.

**You:** What are the symptoms of stress?

*AI Doctor is typing...*

**AI Doctor:** Stress symptoms can vary widely from person to person, and they can manifest physically, emotionally, and behaviorally. Some people experience only a few symptoms, while others experience many. It's important to remember that experiencing some stress is normal; it's chronic or overwhelming stress that becomes problematic.

Here's a breakdown of common stress symptoms categorized by type:

**Physical Symptoms:**

- **Headaches:** Tension headaches and migraines are common.
- **Muscle tension or pain:** Often in the neck, shoulders, and back.
- **Chest pain:** Can feel like tightness or pressure.
- **Fatigue:** Feeling tired and lacking energy.
- **Sleep problems:** Insomnia, difficulty falling asleep, or restless sleep.
- **Digestive problems:** Stomach aches, nausea, diarrhea, or constipation.
- **Rapid heartbeat:** Palpitations or a racing heart.
- **High blood pressure:** Chronic stress can contribute to high blood pressure.
- **Weakened immune system:** More susceptible to illness.
- **Weight changes:** Significant weight gain or loss.
- **Sexual problems:** Decreased libido or erectile dysfunction.
- **Dizziness or lightheadedness:** Feeling faint or unsteady.
- **Shortness of breath:** Feeling like you can't catch your breath.
- **Sweating:** Excessive sweating, especially under stress.
- **Skin problems:** Eczema, psoriasis, or acne flare-ups.

**Emotional Symptoms:**

- **Anxiety:** Feeling worried, restless, or on edge.
- **Irritability:** Feeling easily frustrated or angry.
- **Depression:** Feeling sad, hopeless, or losing interest in activities.
- **Feeling overwhelmed:** Unable to cope with daily tasks.
- **Sadness:** Persistent low mood
- **Lack of motivation:** Difficulty concentrating or making decisions.
- **Restlessness:** Inability to relax.
- **Nervousness:** Feeling jumpy or jittery.

**Behavioral Symptoms:**

- **Changes in eating habits:** Overeating or undereating.
- **Changes in sleep habits:** Insomnia or sleeping too much.
- **Social withdrawal:** Avoiding social interactions.
- **Procrastination:** Putting off tasks.
- **Increased substance use:** Turning to alcohol, drugs, or tobacco to cope.
- **Increased use of medication:** Self-medicating with over the counter medications.
- **Difficulty concentrating:** Trouble focusing or remembering things.
- **Aggression:** Increased irritability, anger, or lashing out.
- **Accident proneness:** Increased risk of accidents due to inattention.

It's important to note that these symptoms can overlap and be subtle. If you're experiencing several of these symptoms, especially if they're persistent or interfering with your daily life, it's crucial to talk to a doctor or mental health professional. They can help you determine if stress is the underlying cause and