

```

{
  "Malaria": {
    "name": "Malaria",
    "name_hindi": "मलेरिया",
    "name_odia": "ମାଳେରିଆ",
    "category": "Vector-Borne Disease",
    "icd_code": "B50-B54",
    "common_in_odisha": true,
    "peak_season": "July to November (Monsoon)",

    "symptoms": [
      "High fever with chills and rigors (temperature above 100°F/38°C)",
      "Profuse sweating after fever episodes",
      "Severe headache and body pain",
      "Nausea and vomiting",
      "Extreme fatigue and weakness",
      "Muscle and joint pain",
      "Rapid breathing and increased heart rate",
      "Anemia symptoms (pale skin, dizziness)"
    ],

    "causes": [
      "Caused by Plasmodium parasites (P. falciparum, P. vivax, P. ovale, P. malariae)",
      "Transmitted through bites of infected female Anopheles mosquitoes",
      "Mosquitoes bite primarily between dusk and dawn",
      "Parasite enters bloodstream and multiplies in liver and red blood cells",
      "Can also spread through blood transfusion or contaminated needles (rare)",
      "Pregnant women can transmit to unborn child (congenital malaria)"
    ],

    "prevention": [

```

"Sleep under Long-Lasting Insecticidal Nets (LLINs) every night",
 "Apply mosquito repellent creams containing DEET on exposed skin",
 "Wear full-sleeve shirts and long pants during evening and night",
 "Use mosquito coils, mats, or vaporizers indoors",
 "Install window and door screens to prevent mosquito entry",
 "Eliminate stagnant water around home (pots, tires, containers)",
 "Take chemoprophylaxis medicine if traveling to high-risk areas",
 "Participate in Indoor Residual Spraying (IRS) programs",
 "Keep surroundings clean and drain waterlogged areas",
 "Use bed nets treated with insecticide (provided free by government)"
],

"treatment": [

"Artemisinin-based Combination Therapy (ACT) - first-line treatment for *P. falciparum*",
 "Chloroquine for *P. vivax* malaria (if not resistant)",
 "Primaquine for radical cure and preventing relapse (*P. vivax* and *P. ovale*)",
 "Quinine with doxycycline for severe or complicated malaria",
 "Intravenous artesunate for severe malaria cases",
 "Supportive care: fluids, antipyretics (paracetamol only), rest",
 "Complete the full course of medicine even if feeling better",
 "Regular monitoring of blood parasite levels during treatment",
 "Hospitalization required for cerebral malaria or organ failure",
 "Blood transfusion may be needed for severe anemia"
],

"when_to_see_doctor": [

"Fever persisting for more than 2 days in malaria-endemic areas",
 "High fever with chills occurring in cycles (every 48-72 hours)",
 "Severe headache with confusion or altered consciousness",
 "Persistent vomiting preventing oral medication",
 "Jaundice (yellowing of eyes or skin)",
 "Dark or cola-colored urine indicating severe infection",

"Difficulty breathing or rapid breathing",
 "Seizures or convulsions",
 "Extreme weakness or inability to stand",
 "Pregnant women with any fever should consult immediately"

],

"complications": [
 "Cerebral malaria (brain involvement, coma)",
 "Severe anemia requiring blood transfusion",
 "Acute kidney failure",
 "Acute respiratory distress",
 "Low blood sugar (hypoglycemia)",
 "Multi-organ failure"

],

"diagnosis": [
 "Microscopic examination of blood smear (gold standard)",
 "Rapid Diagnostic Test (RDT) - results in 15-20 minutes",
 "Complete Blood Count (CBC) to check for anemia"

],

"government_support": [
 "Free diagnosis and treatment at all government health facilities",
 "Free distribution of mosquito nets (LLINs) in endemic areas",
 "National Vector Borne Disease Control Programme (NVBDCP)",
 "Malaria clinics at Primary Health Centers (PHCs)"

],

"helpline": {
 "national": "1075 (NVBDCP Helpline)",
 "odisha": "104 (Odisha Health Helpline)"

},

```
"key_facts": [
  "India aims to eliminate malaria by 2030",
  "Odisha accounts for significant malaria cases in India",
  "Complete treatment prevents relapse",
  "Not contagious person-to-person",
  "Can be fatal if untreated, especially in children and pregnant women"
],
```

```
"Dengue": {
  "name": "Dengue Fever",
  "name_hindi": "डेंगू बुखार",
  "name_odia": "ଢେଙ୍ଗୁ ଝୁର",
  "category": "Vector-Borne Disease",
  "icd_code": "A90-A91",
  "common_in_odisha": true,
  "peak_season": "July to November (Post-Monsoon)",
```

```
"symptoms": [
  "Sudden high fever (104°F/40°C) lasting 2-7 days",
  "Severe headache with pain behind eyes (retro-orbital pain)",
  "Severe joint and muscle pain (breakbone fever)",
  "Nausea and vomiting",
  "Skin rash appearing 2-5 days after fever onset",
  "Mild bleeding from nose or gums",
  "Easy bruising of skin",
  "Extreme fatigue and weakness"
],
```

```
"causes": [
  "Caused by Dengue virus (DENV-1, DENV-2, DENV-3, DENV-4)",
```

"Transmitted by Aedes aegypti mosquito (also Aedes albopictus)",
 "Mosquitoes bite during early morning and evening (daytime biters)",
 "Breeds in clean, stagnant water (pots, coolers, tires, flower vases)",
 "Urban and semi-urban disease",
 "Not transmitted person-to-person",
 "Second infection with different serotype increases risk of severe dengue"
],

"prevention": [
 "Remove all sources of stagnant water weekly",
 "Empty and clean water coolers, flower vases weekly",
 "Cover all water storage containers tightly",
 "Change water in bird baths and pet bowls daily",
 "Dispose of old tires, bottles, and containers",
 "Use mosquito repellent creams on exposed skin",
 "Wear light-colored, full-sleeve clothing",
 "Use mosquito nets during daytime sleep",
 "Install mosquito screens on windows and doors",
 "Use mosquito coils or electric vaporizers",
 "Participate in community fogging when organized",
 "Report mosquito breeding sites to local authorities"
],

"treatment": [
 "No specific antiviral treatment available",
 "Paracetamol (500-650mg every 6 hours) for fever and pain",
 "NEVER take aspirin, ibuprofen, or other NSAIDs (increases bleeding risk)",
 "Drink plenty of fluids: water, ORS, coconut water, fresh fruit juice, soup",
 "Complete bed rest for at least 7 days",
 "Monitor platelet count daily (ideally every 12 hours)",
 "Watch for warning signs of severe dengue closely",
 "Hospitalization if platelet count drops below 50,000/ μ L",

"IV fluid therapy for severe cases",
 "Platelet transfusion only in severe bleeding (not routine)",
 "Eat light, easily digestible food (dal, khichdi, porridge)"

],

"when_to_see_doctor": [

"Any fever lasting more than 3 days during dengue season",
 "Severe abdominal pain or tenderness",
 "Persistent vomiting (3 or more times in 24 hours)",
 "Bleeding from nose, gums, or in vomit/stool",
 "Blood in urine or very dark urine",
 "Red spots or patches on skin",
 "Black colored stool (indicates internal bleeding)",
 "Extreme drowsiness or difficulty waking up",
 "Restlessness or irritability",
 "Difficulty breathing or rapid breathing",
 "Cold, clammy skin with weak pulse",
 "Platelet count below 1 lakh (100,000/ μ L)"

],

"complications": [

"Dengue Hemorrhagic Fever (DHF) - severe bleeding",
 "Dengue Shock Syndrome (DSS) - circulatory failure",
 "Plasma leakage leading to fluid accumulation",
 "Liver damage and hepatitis",
 "Myocarditis (heart inflammation)",
 "Encephalitis (brain inflammation)"

],

"diagnosis": [

"NS1 antigen test (Day 1-5 of fever) - early detection",
 "IgM antibody test (after Day 5-7) - confirms recent infection",

"IgG antibody test - shows past infection",
 "Complete Blood Count (CBC) - platelet count monitoring",
 "Hematocrit test - detects plasma leakage"

],

"government_support": [

"Free dengue testing at all government hospitals",
 "Treatment covered under Ayushman Bharat (PM-JAY)",
 "Free medicines at Primary Health Centers (PHCs)",
 "National Vector Borne Disease Control Programme",
 "Community awareness campaigns"

],

"helpline": {

"national": "1075",
 "odisha": "104"

},

"key_facts": [

"Dengue vaccine (Dengvaxia) available only for those with previous dengue infection",
 "Recovery usually complete but may take 2-3 weeks",
 "Immunity to one serotype, but can get infected by other serotypes",
 "Critical period is when fever subsides (Day 3-7) - watch for warning signs",
 "Papaya leaf extract NOT scientifically proven, focus on hydration"

]

},

"Tuberculosis": {

"name": "Tuberculosis (TB)",
 "name_hindi": "तपेदिक (टीबी)",
 "name_odia": "ପଥୁଆଁ (ଟିବି)",
 "category": "Infectious Disease",

"icd_code": "A15-A19",

"common_in_odisha": true,

"peak_season": "Year-round (more in winter)",

"symptoms": [

"Persistent cough lasting more than 2-3 weeks",

"Coughing up blood or blood-tinged sputum (hemoptysis)",

"Chest pain that worsens with breathing or coughing",

"Fever, especially evening rise (low-grade)",

"Night sweats (drenching, requiring clothes change)",

"Unexplained weight loss (more than 5kg in 3 months)",

"Loss of appetite",

"Extreme fatigue and weakness",

"Shortness of breath in advanced cases",

"Hoarse voice (if laryngeal TB)"

],

"causes": [

"Caused by Mycobacterium tuberculosis bacteria",

"Spreads through air when infected person coughs, sneezes, speaks, or sings",

"Infectious droplets can remain in air for hours",

"Not spread by touching, sharing utensils, or shaking hands",

"Risk factors: weak immunity (HIV, diabetes, malnutrition), crowding, smoking",

"Close contact with active TB patient increases risk",

"Only pulmonary TB is contagious",

"Latent TB (infection without symptoms) not contagious"

],

"prevention": [

"BCG vaccination for infants (prevents severe TB in children)",

"Cover mouth and nose while coughing or sneezing (use tissue or elbow)",

"Ensure good ventilation at home and workplace",

"Avoid close contact with active TB patients until they complete 2 weeks treatment",
 "Maintain good nutrition to boost immunity",
 "Avoid smoking and alcohol",
 "Complete full course of TB treatment if diagnosed (prevents drug resistance)",
 "Test family members and close contacts of TB patients",
 "Maintain hygiene - wash hands frequently",
 "Ensure adequate sunlight and fresh air in living spaces"

],

"treatment": [
 "6-month DOTS (Directly Observed Treatment Short-course) therapy",
 "First 2 months: Intensive phase - 4 drugs (Isoniazid, Rifampicin, Pyrazinamide, Ethambutol)",
 "Next 4 months: Continuation phase - 2 drugs (Isoniazid, Rifampicin)",
 "Must take medicines under supervision of health worker or family member",
 "NEVER stop treatment mid-way (causes drug resistance)",
 "Take medicines on empty stomach for better absorption",
 "Treatment is 100% free under National TB Elimination Programme",
 "Multi-Drug Resistant TB (MDR-TB) requires 18-24 months treatment",
 "Nutritional support: high-protein diet, vitamins",
 "Regular follow-up with sputum tests at 2, 4, and 6 months"

],

"when_to_see_doctor": [
 "Cough persisting for more than 2-3 weeks",
 "Coughing up blood (even small amount)",
 "Unexplained fever lasting more than 2 weeks",
 "Night sweats for more than 2 weeks",
 "Unintentional weight loss",
 "Chest pain lasting more than 2 weeks",
 "Difficulty breathing or shortness of breath",
 "Close contact with confirmed TB patient",
 "HIV positive persons with any respiratory symptoms",

"Diabetic patients with persistent cough"

],

"complications": [

"Spread to other organs (bones, brain, kidneys - Extra-pulmonary TB)",

"Lung damage and respiratory failure",

"Multi-Drug Resistant TB (MDR-TB)",

"Extensively Drug-Resistant TB (XDR-TB)",

"Empyema (pus in lung cavity)",

"Pneumothorax (collapsed lung)",

"TB meningitis (brain infection)",

"Death if untreated"

],

"diagnosis": [

"Sputum microscopy (three samples on different days)",

"Chest X-ray (shows lung abnormalities)",

"TB skin test (Mantoux test/PPD test)",

"GeneXpert test (rapid diagnosis in 2 hours, detects drug resistance)",

"CB-NAAT (Cartridge Based Nucleic Acid Amplification Test)",

"Culture test (takes 6-8 weeks but confirms diagnosis)"

],

"government_support": [

"100% free diagnosis and treatment under National TB Elimination Programme",

"Nikshay Poshan Yojana - ₹500 per month nutritional support for all TB patients",

"Free medicines at all government DOTS centers",

"Free diagnostic tests (X-ray, GeneXpert) at government facilities",

"TB Harega Desh Jeetega campaign",

"Free treatment for MDR-TB and XDR-TB"

],

```
"helpline": {
  "national": "1800-11-6666 (TB India Toll-Free)",
  "odisha": "104"
},
```

```
"key_facts": [
  "TB is 100% curable with complete treatment",
  "Patient becomes non-infectious after 2 weeks of treatment",
  "India contributes 27% of global TB cases",
  "Target: TB-Free India by 2025",
  "Incomplete treatment creates drug-resistant TB",
  "TB and HIV co-infection requires special management"
]
},
```

```
"Typhoid": {
  "name": "Typhoid Fever",
  "name_hindi": "टाइफाइड बुखार",
  "name_odia": "ଟାଇଫଏଡ଼ ଜ୍ୱର",
  "category": "Infectious Disease",
  "icd_code": "A01.0",
  "common_in_odisha": true,
  "peak_season": "May to September (Summer and Monsoon)",

  "symptoms": [
    "Prolonged high fever (103-104°F) increasing gradually over days",
    "Severe headache",
    "Weakness and extreme fatigue",
    "Abdominal pain and discomfort",
    "Loss of appetite",
    "Constipation or diarrhea (both possible)",
    "Rose-colored spots on chest and abdomen (in some cases)",
```

"Dry cough",
 "Confusion or delirium in severe cases",
 "Enlarged spleen and liver"

],

"causes": [

"Caused by Salmonella typhi bacteria",
 "Spreads through contaminated food and water (fecal-oral route)",
 "Poor sanitation and hygiene main risk factors",
 "Eating street food, especially in unhygienic conditions",
 "Drinking contaminated water or beverages with ice",
 "Flies transferring bacteria from feces to food",
 "Food handlers who are carriers can spread disease",
 "Some people become asymptomatic carriers after recovery"

],

"prevention": [

"Drink only boiled, filtered, or bottled water",
 "Avoid street food and unhygienic eating places",
 "Wash hands thoroughly with soap before eating and after toilet",
 "Eat only freshly cooked hot food",
 "Avoid raw vegetables and salads outside home",
 "Peel fruits yourself before eating",
 "Typhoid vaccination (recommended in endemic areas)",
 "Maintain personal and food hygiene",
 "Ensure proper sanitation and sewage disposal",
 "Cover food to prevent fly contamination",
 "Wash utensils with clean water"

],

"treatment": [

"Antibiotics are essential - cannot be treated without them",

"Ciprofloxacin or Azithromycin for 7-14 days (as prescribed)",
 "Ceftriaxone injection for severe cases or drug resistance",
 "Complete the full antibiotic course even if feeling better",
 "Paracetamol for fever (do not take aspirin)",
 "Plenty of fluids - water, ORS, coconut water, soup",
 "Light, easily digestible diet (dal, khichdi, boiled vegetables)",
 "Complete bed rest during treatment",
 "Avoid spicy, oily, and heavy foods",
 "Hospitalization required for severe cases or complications",
 "Monitor for complications like intestinal bleeding or perforation"
],

"when_to_see_doctor": [
 "Fever persisting for more than 3-4 days",
 "High fever not responding to paracetamol",
 "Severe abdominal pain or tenderness",
 "Persistent vomiting preventing oral intake",
 "Signs of dehydration (dry mouth, reduced urine, dizziness)",
 "Blood in stool (indicates intestinal bleeding)",
 "Severe weakness or inability to perform daily activities",
 "Confusion or altered mental status",
 "Difficulty breathing or chest pain",
 "Abdominal distension with severe pain (indicates perforation)"
],

"complications": [
 "Intestinal bleeding (melena - black tarry stool)",
 "Intestinal perforation (surgical emergency)",
 "Typhoid encephalopathy (brain involvement)",
 "Myocarditis (heart inflammation)",
 "Pneumonia",
 "Acute cholecystitis (gallbladder infection)",

"Relapse (10% cases after apparent recovery)",
 "Chronic carrier state (bacteria in gallbladder)"
],

"diagnosis": [
 "Blood culture (gold standard, positive in first week)",
 "Widal test (detects antibodies, less reliable)",
 "Stool culture (positive after first week)",
 "Urine culture",
 "Typhidot test (rapid diagnosis)",
 "Complete Blood Count (CBC) - shows low WBC"
],

"government_support": [
 "Free treatment at government hospitals",
 "Covered under Ayushman Bharat scheme",
 "Water quality monitoring programs",
 "Swachh Bharat Mission for sanitation improvement",
 "Free typhoid vaccines in some endemic areas"
],

"helpline": {
 "national": "1075",
 "odisha": "104"
 },

"key_facts": [
 "Recovery takes 3-4 weeks with proper treatment",
 "Vaccination protects for 2-3 years",
 "Relapse can occur in 10% cases",
 "Can be fatal if untreated (10-30% mortality)",
 "Antibiotic resistance increasing in India",

"Good hygiene is best prevention"

]

},

"Diarrhea": {

"name": "Acute Diarrheal Disease",

"name_hindi": "दस्त/डायरिया",

"name_odia": "ଝାଡ଼ା/ଡାଇରିଆ",

"category": "Gastrointestinal Disease",

"icd_code": "A09",

"common_in_odisha": true,

"peak_season": "Monsoon and Summer (June to September)",

"symptoms": [

"Loose or watery stools (3 or more times in 24 hours)",

"Abdominal cramps and pain",

"Nausea and vomiting",

"Fever (in some cases)",

"Urgency to pass stool",

"Bloating and gas",

"Blood or mucus in stool (in severe cases)",

"Dehydration symptoms: thirst, dry mouth, reduced urine, dizziness",

"Weakness and fatigue",

"Loss of appetite"

],

"causes": [

"Bacterial infection (E. coli, Salmonella, Shigella, Campylobacter)",

"Viral infection (Rotavirus in children, Norovirus)",

"Parasites (Giardia, Entamoeba)",

"Contaminated food and water",

"Poor hygiene and sanitation",

"Food intolerance (lactose, gluten)",
 "Antibiotics side effects",
 "Stress and anxiety",
 "Eating street food or unhygienic food",
 "Drinking contaminated water"

],

"prevention": [

"Drink only boiled, filtered, or bottled water",
 "Wash hands with soap before eating and after toilet use",
 "Eat freshly cooked hot food",
 "Avoid street food and raw foods outside home",
 "Wash fruits and vegetables thoroughly before eating",
 "Store food properly and refrigerate when needed",
 "Avoid drinking tap water during travel",
 "Maintain personal and kitchen hygiene",
 "Ensure proper sewage and waste disposal",
 "Rotavirus vaccination for infants (prevents severe diarrhea)",
 "Breastfeed infants exclusively for first 6 months"

],

"treatment": [

"ORS (Oral Rehydration Solution) - most important treatment",
 "Drink ORS frequently (after each loose motion)",
 "Homemade ORS: 6 teaspoons sugar + 1/2 teaspoon salt in 1 liter water",
 "Zinc tablets for children (10-20mg daily for 10-14 days)",
 "Continue normal diet - do not fast",
 "Eat simple foods: rice, dal, khichdi, banana, curd, toast",
 "Avoid milk products temporarily (except curd)",
 "Paracetamol for fever if needed",
 "Antibiotics only if prescribed by doctor (for bacterial infection)",
 "Probiotics may help restore gut bacteria",

"Drink coconut water, lemon water, buttermilk",

"Avoid anti-diarrheal medicines in children without doctor advice"

],

"when_to_see_doctor": [

"Diarrhea lasting more than 2-3 days",

"Signs of severe dehydration (no urine for 6+ hours, sunken eyes, extreme weakness)",

"Blood or mucus in stool",

"High fever (above 102°F/39°C)",

"Severe abdominal pain",

"Persistent vomiting preventing fluid intake",

"Diarrhea in infants under 6 months",

"Elderly persons or pregnant women with diarrhea",

"Black or tarry stool",

"Confusion or altered consciousness"

],

"complications": [

"Severe dehydration (can be life-threatening)",

"Electrolyte imbalance (low sodium, potassium)",

"Acute kidney injury",

"Malnutrition (in prolonged diarrhea)",

"Hemolytic uremic syndrome (HUS) - in some bacterial infections",

"Reactive arthritis (post-infectious)",

"Death (especially in children and elderly if untreated)"

],

"diagnosis": [

"Clinical examination and history",

"Stool examination (microscopy for parasites, bacteria)",

"Stool culture (identifies specific bacteria)",

"Blood tests if dehydration suspected",

"Electrolyte levels check"

],

"government_support": [

"Free ORS packets at all PHCs and Anganwadi centers",

"Zinc tablets for children under government programs",

"Diarrhea Treatment Centers during outbreaks",

"Rotavirus vaccine under Universal Immunization Programme",

"Swachh Bharat Mission for sanitation",

"Clean drinking water initiatives"

],

"helpline": {

"national": "1075",

"odisha": "104",

"childline": "1098"

},

"key_facts": [

"Second leading cause of death in children under 5 globally",

"Most deaths due to dehydration, not infection itself",

"ORS reduces mortality by 93%",

"Zinc supplementation reduces duration by 25%",

"Breastfeeding protects infants from severe diarrhea",

"Hand washing can reduce diarrhea by 40%"

]

},

"Cholera": {

"name": "Cholera",

"name_hindi": "हैजा",

"name_odia": "କଲେରା/ହଇଜା",

"category": "Infectious Disease",

"icd_code": "A00",

"common_in_odisha": true,

"peak_season": "Monsoon and Post-Monsoon (July to November)",

"symptoms": [

"Sudden onset of profuse watery diarrhea ('rice-water' stool)",

"Severe dehydration within hours",

"Vomiting",

"Muscle cramps (especially legs)",

"Rapid heart rate",

"Low blood pressure",

"Dry mouth and extreme thirst",

"Sunken eyes",

"Wrinkled skin (loss of skin elasticity)",

"Reduced or no urine output",

"Shock (in severe cases)"

],

"causes": [

"Caused by Vibrio cholerae bacteria",

"Spreads through contaminated water and food",

"Poor sanitation and open defecation",

"Drinking untreated water from rivers, ponds, or wells",

"Eating contaminated raw or undercooked seafood",

"Person-to-person spread rare",

"Outbreaks common during floods and disasters",

"Crowded living conditions facilitate spread"

],

"prevention": [

"Drink only boiled or chlorinated water",

"Avoid raw foods, especially seafood",
 "Wash hands thoroughly with soap before eating and after toilet",
 "Eat only freshly cooked hot food",
 "Avoid street food during outbreaks",
 "Use clean toilets and practice safe sanitation",
 "Chlorinate water sources during outbreaks",
 "Oral cholera vaccine (OCV) in high-risk areas",
 "Proper disposal of human waste",
 "Maintain hygiene during food preparation",
 "Participate in mass awareness campaigns during outbreaks"
],

"treatment": [
 "IMMEDIATE rehydration is life-saving",
 "ORS (Oral Rehydration Solution) in large quantities",
 "IV fluids (Ringer's Lactate) for severe dehydration",
 "Continue feeding - do not stop eating",
 "Antibiotics (Doxycycline, Azithromycin) shorten duration",
 "Zinc supplementation for children",
 "Monitor urine output and hydration status",
 "Hospitalization for severe cases",
 "Aggressive fluid replacement (can need 10-20 liters/day)",
 "Electrolyte correction (potassium supplementation)"
],

"when_to_see_doctor": [
 "Profuse watery diarrhea (like rice water)",
 "Vomiting along with diarrhea",
 "Signs of severe dehydration (sunken eyes, no tears, no urine)",
 "Muscle cramps",
 "Rapid breathing or weakness",
 "Drowsiness or confusion",

"Shock symptoms (cold skin, rapid weak pulse)",
 "Infants and children with profuse diarrhea",
 "During cholera outbreak in area"

],

"complications": [

"Severe dehydration and shock (can be fatal in hours)",
 "Low blood sugar (hypoglycemia)",
 "Low potassium levels (hypokalemia)",
 "Acute kidney failure",
 "Death (if untreated, mortality 50%; with treatment <1%)"

],

"diagnosis": [

"Clinical diagnosis during outbreaks (typical rice-water stool)",
 "Stool culture (confirms *Vibrio cholerae*)",
 "Rapid diagnostic test (RDT)",
 "Dark-field microscopy (shows darting motility)"

],

"government_support": [

"Free treatment at government Cholera Treatment Centers",
 "Oral Cholera Vaccine campaigns in endemic areas",
 "Emergency response during outbreaks",
 "Free ORS and IV fluids",
 "Water chlorination programs",
 "Swachh Bharat Mission for sanitation",
 "Rapid Response Teams for outbreak control"

],

"helpline": {

"national": "1075",

```

"odisha": "104",
"disaster_helpline": "1070"
},

"key_facts": [
  "Cholera can kill within hours if untreated",
  "With proper treatment, mortality less than 1%",
  "Rehydration is the key to survival",
  "Vaccine provides 60-85% protection for 2 years",
  "India has reduced cholera deaths significantly",
  "Clean water and sanitation are best prevention"
]
},

"Diabetes": {
  "name": "Diabetes Mellitus",
  "name_hindi": "मधुमेह/शुगर",
  "name_odia": "ମଧୁମେହ/ସୁଗାର",
  "category": "Non-Communicable Disease (Metabolic)",
  "icd_code": "E10-E14",
  "common_in_odisha": true,
  "peak_season": "Year-round chronic condition",

  "symptoms": [
    "Increased thirst (polydipsia)",
    "Frequent urination, especially at night (polyuria)",
    "Extreme hunger despite eating (polyphagia)",
    "Unexplained weight loss (Type 1) or weight gain (Type 2)",
    "Fatigue and weakness",
    "Blurred vision",
    "Slow-healing wounds and frequent infections",
    "Tingling or numbness in hands and feet",

```

"Darkening of skin in body folds (acanthosis nigricans)",
 "Recurrent skin, gum, or urinary tract infections"
],

"causes": [

"Type 1: Autoimmune destruction of insulin-producing cells (genetic factors)",
 "Type 2: Insulin resistance and inadequate insulin production (most common)",
 "Gestational: Develops during pregnancy",
 "Risk factors: Family history, obesity, sedentary lifestyle",
 "Unhealthy diet high in sugar and refined carbs",
 "Age above 45 years",
 "High blood pressure and cholesterol",
 "Polycystic ovary syndrome (PCOS)",
 "Previous gestational diabetes",
 "Ethnicity (South Asians at higher risk)"
],

"prevention": [

"Maintain healthy body weight (BMI 18.5-24.9)",
 "Regular physical activity (30 minutes daily, 5 days/week)",
 "Eat balanced diet: whole grains, vegetables, fruits, lean protein",
 "Limit sugar, sweets, refined carbs, and processed foods",
 "Reduce portion sizes",
 "Avoid sugary beverages and sodas",
 "Quit smoking and limit alcohol",
 "Regular health checkups after age 30",
 "Manage stress through yoga, meditation",
 "Control blood pressure and cholesterol",
 "Breastfeeding reduces risk for both mother and child"
],

"treatment": [

"Type 1: Insulin injections (multiple daily or insulin pump)",
 "Type 2: Lifestyle modifications first, then oral medications",
 "Oral medications: Metformin, Sulfonylureas, DPP-4 inhibitors, SGLT2 inhibitors",
 "Injectable medications: Insulin, GLP-1 receptor agonists",
 "Regular blood sugar monitoring (fasting, post-meal, HbA1c)",
 "Medical Nutrition Therapy (MNT) - diet planning",
 "Regular exercise program",
 "Foot care and eye checkups annually",
 "Blood pressure and cholesterol management",
 "Diabetes self-management education",
 "Target: Fasting <126 mg/dL, Post-meal <180 mg/dL, HbA1c <7%",
],

"when_to_see_doctor": [
 "Fasting blood sugar above 126 mg/dL on two occasions",
 "Random blood sugar above 200 mg/dL with symptoms",
 "HbA1c above 6.5%",
 "Frequent urination and excessive thirst",
 "Unexplained weight loss",
 "Non-healing wounds or frequent infections",
 "Vision problems or blurring",
 "Tingling or pain in feet",
 "Chest pain or shortness of breath",
 "Severe hypoglycemia (very low sugar with confusion)"
],

"complications": [
 "Diabetic retinopathy (eye damage, can cause blindness)",
 "Diabetic nephropathy (kidney disease)",
 "Diabetic neuropathy (nerve damage, especially feet)",
 "Diabetic foot (ulcers, infections, amputation risk)",
 "Cardiovascular disease (heart attack, stroke)",

"Skin infections and poor wound healing",
 "Gastroparesis (stomach emptying problems)",
 "Erectile dysfunction",
 "Depression and anxiety",
 "Diabetic ketoacidosis (DKA) - medical emergency"

],

"diagnosis": [

"Fasting Blood Sugar (FBS): ≥ 126 mg/dL indicates diabetes",
 "Oral Glucose Tolerance Test (OGTT): ≥ 200 mg/dL at 2 hours",
 "HbA1c (glycated hemoglobin): $\geq 6.5\%$ indicates diabetes",
 "Random blood sugar: ≥ 200 mg/dL with symptoms",
 "Pre-diabetes: FBS 100-125 mg/dL or HbA1c 5.7-6.4%"

],

"government_support": [

"Free diabetes screening at Health and Wellness Centers",
 "National Programme for Prevention and Control of Cancer, Diabetes, CVD and Stroke (NPCDCS)",
 "Subsidized medicines under Jan Aushadhi Kendras",
 "Ayushman Bharat coverage for complications",
 "Free consultation at government hospitals",
 "Awareness campaigns on World Diabetes Day"

],

"helpline": {

"national": "1075",
 "odisha": "104"

},

"key_facts": [

"India has 77 million diabetics (2nd highest globally)",
 "Type 2 diabetes accounts for 90% of cases",

```

"Diabetes can be prevented or delayed with lifestyle changes",
"Regular monitoring prevents complications",
"Can lead normal life with proper management",
"South Asians develop diabetes 10 years earlier than others"
]
},

```

```

"Hypertension": {
  "name": "Hypertension (High Blood Pressure)",
  "name_hindi": "उच्च रक्तचाप (हाई ब्लड प्रेशर)",
  "name_odia": "ଉଚ୍ଚ ରକ୍ତଚାପ (ହାଇ ବ୍ଲଡ୍ ପ୍ରେସର)",
  "category": "Non-Communicable Disease (Cardiovascular)",
  "icd_code": "I10-I15",
  "common_in_odisha": true,
  "peak_season": "Year-round chronic condition",

  "symptoms": [
    "Often called 'silent killer' - usually no symptoms",
    "Severe headaches (especially back of head, morning)",
    "Dizziness and vertigo",
    "Blurred vision or vision changes",
    "Chest pain",
    "Shortness of breath",
    "Nosebleeds (in severe cases)",
    "Fatigue and confusion",
    "Pounding sensation in chest, neck, or ears",
    "Blood in urine (indicates kidney damage)"
  ],

```

```

"causes": [
  "Primary (Essential) hypertension: No identifiable cause (90% cases)",
  "Secondary hypertension: Due to kidney disease, hormonal disorders",

```

"Risk factors: Age (above 40), family history",
 "Obesity and overweight",
 "High salt intake in diet",
 "Lack of physical activity",
 "Tobacco and alcohol use",
 "Chronic stress and anxiety",
 "Sleep apnea",
 "Certain medications (NSAIDs, steroids, oral contraceptives)"
],

"prevention": [
 "Maintain healthy weight (lose 5-10% if overweight)",
 "Reduce salt intake (less than 5g/day or 1 teaspoon)",
 "Eat DASH diet: fruits, vegetables, whole grains, low-fat dairy",
 "Regular exercise (30-45 minutes, 5 days/week)",
 "Limit alcohol (men: 2 drinks/day, women: 1 drink/day)",
 "Quit smoking and tobacco use",
 "Manage stress through yoga, meditation, deep breathing",
 "Adequate sleep (7-8 hours daily)",
 "Limit caffeine intake",
 "Regular BP monitoring after age 30",
 "Reduce processed and fast foods"
],

"treatment": [
 "Lifestyle modifications (first-line for stage 1)",
 "Medications if BP remains high despite lifestyle changes",
 "ACE inhibitors (ending in -pril): Enalapril, Lisinopril",
 "ARBs (ending in -sartan): Losartan, Telmisartan",
 "Calcium channel blockers: Amlodipine, Nifedipine",
 "Diuretics (water pills): Hydrochlorothiazide, Furosemide",
 "Beta-blockers: Metoprolol, Atenolol",

"Take medicines regularly at same time daily",
 "Never stop medicines without doctor consultation",
 "Regular BP monitoring at home",
 "Target: Below 140/90 mmHg (Below 130/80 for diabetics)"

],

"when_to_see_doctor": [

"Blood pressure consistently above 140/90 mmHg",
 "BP above 180/120 mmHg (hypertensive crisis - emergency)",
 "Severe headache with chest pain or shortness of breath",
 "Vision problems or blurred vision",
 "Blood in urine",
 "Chest pain or tightness",
 "Severe anxiety or confusion",
 "Nosebleeds with high BP",
 "Palpitations or irregular heartbeat",
 "Symptoms not improving with medications"

],

"complications": [

"Heart attack and coronary artery disease",
 "Stroke (brain attack)",
 "Heart failure",
 "Kidney disease and kidney failure",
 "Vision loss and retinopathy",
 "Aneurysm (weakened blood vessels)",
 "Vascular dementia",
 "Metabolic syndrome",
 "Peripheral artery disease",
 "Sexual dysfunction"

],

"diagnosis": [
 "Blood pressure measurement: Systolic/Diastolic (mmHg)",
 "Normal: Below 120/80",
 "Elevated: 120-129/<80",
 "Stage 1 Hypertension: 130-139/80-89",
 "Stage 2 Hypertension: $\geq 140/90$ ",
 "Hypertensive Crisis: $>180/120$ (emergency)",
 "24-hour ambulatory BP monitoring for confirmation",
 "Tests: ECG, Echocardiogram, Kidney function, Lipid profile"
],

"government_support": [
 "Free BP screening at Health and Wellness Centers",
 "National Programme for Prevention and Control of CVD",
 "Subsidized antihypertensive medicines at Jan Aushadhi",
 "Ayushman Bharat covers complications",
 "100 Million Healthy Lives campaign",
 "Community awareness programs"
],

"helpline": {
 "national": "1075",
 "odisha": "104"
 },

"key_facts": [
 "Over 220 million Indians have hypertension",
 "Only 25% are aware they have it",
 "Leading cause of heart disease and stroke",
 "Called 'silent killer' - no early symptoms",
 "Lifestyle changes can reduce BP by 10-20 mmHg",
 "Regular monitoring saves lives"

]
},

"COVID-19": {
 "name": "COVID-19 (Coronavirus Disease)",
 "name_hindi": "कोविड-19 (कोरोना वायरस रोग)",
 "name_odia": "କୋଭିଡ଼-19 (କରୋନା ଭାଇରସ ରୋଗ)",
 "category": "Infectious Disease (Viral)",
 "icd_code": "U07.1",
 "common_in_odisha": true,
 "peak_season": "Year-round (waves unpredictable)",

"symptoms": [
 "Fever or chills",
 "Dry cough",
 "Shortness of breath or difficulty breathing",
 "Fatigue and body aches",
 "Loss of taste or smell (anosmia)",
 "Sore throat",
 "Headache",
 "Runny or stuffy nose",
 "Nausea, vomiting, or diarrhea",
 "Chest pain or pressure",
 "Confusion (in severe cases)"
],

"causes": [
 "Caused by SARS-CoV-2 virus",
 "Spreads through respiratory droplets when infected person coughs, sneezes, talks",
 "Can spread by touching contaminated surfaces then touching face",
 "Close contact (within 6 feet) with infected person",
 "Airborne transmission in poorly ventilated spaces",

"Pre-symptomatic and asymptomatic spread possible",
 "New variants emerge periodically (Delta, Omicron, etc.)"
],

"prevention": [

"Get vaccinated - complete primary series and boosters",
 "Wear well-fitting mask in crowded indoor places",
 "Maintain physical distance (6 feet) from others",
 "Wash hands frequently with soap for 20 seconds",
 "Use alcohol-based hand sanitizer (60%+ alcohol)",
 "Avoid touching face (eyes, nose, mouth)",
 "Cover coughs and sneezes with elbow",
 "Ensure good ventilation indoors",
 "Stay home if sick",
 "Avoid crowded places and large gatherings",
 "Get tested if exposed or symptomatic",
 "Clean and disinfect frequently touched surfaces"
],

"treatment": [

"Mild cases: Home isolation and supportive care",
 "Rest and drink plenty of fluids",
 "Paracetamol for fever and body aches",
 "Steam inhalation for congestion",
 "Monitor oxygen saturation with pulse oximeter",
 "Moderate cases: May need supplemental oxygen",
 "Severe cases: Hospitalization, oxygen therapy, ventilator support",
 "Antiviral medications (Remdesivir, Molnupiravir, Paxlovid)",
 "Steroids (Dexamethasone) for severe cases",
 "Anticoagulants to prevent blood clots",
 "Monoclonal antibodies (in some cases)",
 "Prone positioning (lying on stomach) helps breathing"

],

"when_to_see_doctor": [

"Difficulty breathing or shortness of breath",
 "Oxygen saturation below 94% (use pulse oximeter)",
 "Persistent chest pain or pressure",
 "Confusion or inability to wake up",
 "Bluish lips or face",
 "High fever not responding to paracetamol",
 "Severe fatigue preventing basic activities",
 "Symptoms worsening after initial improvement",
 "Elderly persons (65+) or high-risk groups with symptoms",
 "Pregnant women with symptoms"

],

"complications": [

"Severe pneumonia and acute respiratory distress",
 "Multi-organ failure",
 "Blood clots (thrombosis)",
 "Heart problems (myocarditis)",
 "Long COVID (persistent symptoms for months)",
 "Secondary bacterial infections",
 "Kidney injury",
 "Neurological complications",
 "Death (especially in elderly and with comorbidities)"

],

"diagnosis": [

"RT-PCR test (gold standard) - nasal/throat swab",
 "Rapid Antigen Test (RAT) - quick results but less sensitive",
 "Antibody tests (show past infection)",
 "Chest X-ray or CT scan for lung involvement",

"Blood tests: D-dimer, CRP, ferritin (severity markers)"

],

"government_support": [

"Free COVID-19 vaccination for all adults and children 12+",

"Free testing at government centers",

"Free treatment at government COVID hospitals",

"Ayushman Bharat coverage for hospitalization",

"COVID care centers for mild cases",

"Teleconsultation services",

"Free medicines under COVID protocols"

],

"helpline": {

"national": "1075 (COVID Helpline)",

"odisha": "104, 1075",

"mental_health": "08046110007"

},

"key_facts": [

"Vaccines significantly reduce severe disease and death",

"Most people recover with mild symptoms",

"Immunity wanes over time - boosters recommended",

"New variants may evade some immunity",

"Long COVID affects 10-30% of infections",

"Prevention is still best strategy"

]

},

"Japanese Encephalitis": {

"name": "Japanese Encephalitis (JE)",

"name_hindi": "जापानी इन्सेफेलाइटिस (दिमागी बुखार)",

"name_odia": "ଜାପାନୀଜ ଏନସେଫାଲାଇଟିସ",
 "category": "Vector-Borne Disease (Viral)",
 "icd_code": "A83.0",
 "common_in_odisha": true,
 "peak_season": "Monsoon and Post-Monsoon (June to October)",

"symptoms": [
 "High fever (sudden onset)",
 "Severe headache",
 "Neck stiffness",
 "Confusion and disorientation",
 "Seizures or convulsions",
 "Muscle weakness or paralysis",
 "Movement disorders (tremors, rigidity)",
 "Altered mental status or coma",
 "In children: irritability, poor feeding, vomiting",
 "Sensitivity to light (photophobia)"
],

"causes": [
 "Caused by Japanese Encephalitis virus (Flavivirus)",
 "Transmitted by Culex mosquitoes (breed in rice paddies, stagnant water)",
 "Mosquitoes bite mainly during evening and night",
 "Virus cycles between mosquitoes, pigs, and water birds",
 "Humans are dead-end hosts (cannot transmit to others)",
 "Common in rural agricultural areas near rice fields",
 "Children under 15 at highest risk",
 "Only 1 in 250 infections develop severe disease"
],

"prevention": [
 "JE vaccination - most effective prevention (part of UIP)",

"Children: 2 doses at 9-12 months and booster at 16-24 months",
 "Sleep under mosquito nets",
 "Use mosquito repellents and coils",
 "Wear full-sleeve clothes during evening",
 "Avoid outdoor activities during peak mosquito hours",
 "Eliminate mosquito breeding sites",
 "Keep pigs away from human dwellings",
 "Community mosquito control programs",
 "Indoor residual spraying in endemic areas"
],

"treatment": [
 "No specific antiviral treatment available",
 "Supportive care in hospital ICU",
 "Management of seizures with anticonvulsants",
 "Control of fever and brain swelling",
 "Respiratory support with ventilator if needed",
 "IV fluids and nutrition support",
 "Prevention of secondary infections",
 "Physiotherapy and rehabilitation for survivors",
 "Long-term neurological follow-up",
 "Early hospitalization improves outcomes"
],

"when_to_see_doctor": [
 "High fever with severe headache during JE season",
 "Neck stiffness with fever",
 "Any seizure or convulsion",
 "Altered consciousness or confusion",
 "Difficulty speaking or moving limbs",
 "Extreme drowsiness or inability to wake",
 "Vomiting with severe headache",

"Children with fever and irritability",
 "Any neurological symptoms during monsoon"
],

"complications": [
 "Permanent neurological damage (30-50% survivors)",
 "Cognitive impairment and learning difficulties",
 "Motor deficits and paralysis",
 "Seizure disorders (epilepsy)",
 "Behavioral and psychiatric problems",
 "Speech and language disorders",
 "Death (20-30% of symptomatic cases)",
 "Long-term disability requiring care"
],

"diagnosis": [
 "IgM antibody detection in blood or CSF (cerebrospinal fluid)",
 "RT-PCR for viral RNA",
 "Lumbar puncture (spinal tap) - CSF analysis",
 "MRI or CT scan showing brain inflammation",
 "EEG (electroencephalogram) showing abnormalities"
],

"government_support": [
 "Free JE vaccination under Universal Immunization Programme",
 "JE vaccination campaigns in endemic districts",
 "Sentinel surveillance in high-risk areas",
 "Free treatment at government hospitals",
 "Vector control programs",
 "Awareness campaigns during high-risk season",
 "Acute Encephalitis Syndrome (AES) surveillance"
],

```
"helpline": {
  "national": "1075",
  "odisha": "104"
},
```

```
"key_facts": [
  "Case fatality rate: 20-30% in symptomatic cases",
  "JE vaccine 90-95% effective",
  "Most infections are mild or asymptomatic",
  "Odisha reports JE cases annually",
  "No person-to-person transmission",
  "Vaccination is life-saving prevention"
]
},
```

```
"Chikungunya": {
  "name": "Chikungunya",
  "name_hindi": "चिकनगुनिया",
  "name_odia": "ଚିକନଗୁନିଆ",
  "category": "Vector-Borne Disease (Viral)",
  "icd_code": "A92.0",
  "common_in_odisha": true,
  "peak_season": "Monsoon and Post-Monsoon (July to November)",
```

```
"symptoms": [
  "Sudden onset high fever (above 102°F/39°C)",
  "Severe joint pain (arthralgia) - especially hands, wrists, ankles, feet",
  "Joint swelling",
  "Muscle pain",
  "Headache",
  "Nausea and vomiting",
```

"Skin rash (maculopapular)",
 "Fatigue and weakness",
 "Joint stiffness worse in morning",
 "Chronic joint pain lasting months to years (30-40% cases)"

],

"causes": [

"Caused by Chikungunya virus (Alphavirus)",
 "Transmitted by Aedes aegypti and Aedes albopictus mosquitoes",
 "Same mosquitoes that transmit dengue and Zika",
 "Mosquitoes bite during daytime (early morning and evening)",
 "Breed in clean stagnant water",
 "Urban and peri-urban disease",
 "Not transmitted person-to-person (except mother to newborn)",
 "Name means 'that which bends up' (due to joint pain)"

],

"prevention": [

"Remove all stagnant water sources weekly",
 "Empty and clean coolers, vases, containers",
 "Cover water storage tanks",
 "Dispose of old tires, bottles, coconut shells",
 "Use mosquito repellent creams during day",
 "Wear light-colored, full-sleeve clothes",
 "Use mosquito nets during daytime rest",
 "Install mosquito screens on windows",
 "Use mosquito coils and vaporizers",
 "Participate in community fogging programs",
 "Report mosquito breeding to authorities"

],

"treatment": [

"No specific antiviral treatment or vaccine available",
 "Supportive care and symptom management",
 "Rest and adequate fluids",
 "Paracetamol for fever and pain (NOT aspirin or ibuprofen initially)",
 "After acute phase, NSAIDs for persistent joint pain",
 "Cold compresses for joint swelling",
 "Physiotherapy for chronic joint problems",
 "Avoid aspirin until dengue ruled out",
 "For chronic arthritis: Disease-modifying drugs, steroids (doctor's guidance)",
 "Most patients recover fully in 7-10 days"
],

"when_to_see_doctor": [
 "High fever with severe joint pain",
 "Joint pain preventing movement",
 "Persistent fever for more than 3 days",
 "Rash with fever and joint pain",
 "Severe headache or eye pain (rule out dengue)",
 "Bleeding symptoms (check for dengue)",
 "Joint pain persisting beyond 2 weeks",
 "Newborns with fever (risk of mother-to-child transmission)",
 "Elderly or those with chronic diseases",
 "Symptoms worsening despite treatment"
],

"complications": [
 "Chronic arthritis (joint pain lasting months to years)",
 "Post-viral fatigue syndrome",
 "Relapsing joint symptoms",
 "Eye complications (uveitis, retinitis)",
 "Neurological problems (rare: encephalitis, neuropathy)",
 "Heart complications (myocarditis - rare)",

"Newborns: severe disease if infected during delivery",
 "Depression due to chronic symptoms"
],

"diagnosis": [
 "RT-PCR test (first week of symptoms)",
 "IgM antibody test (after first week)",
 "IgG antibody test (past infection)",
 "Complete Blood Count (to differentiate from dengue)",
 "Clinical diagnosis during outbreaks"
],

"government_support": [
 "Free testing at government hospitals",
 "Treatment covered under health schemes",
 "Vector control and fogging programs",
 "Community awareness campaigns",
 "Surveillance and outbreak response",
 "Free consultation at PHCs"
],

"helpline": {
 "national": "1075",
 "odisha": "104"
 },

"key_facts": [
 "Rarely fatal but causes significant morbidity",
 "Chronic joint pain can last years in some patients",
 "No vaccine currently available",
 "Provides lifelong immunity to that strain",
 "Can co-occur with dengue (same mosquito)",

"Prevention through mosquito control is key",

"Name derived from Makonde language (Tanzania)"

]

}

}