Appendix A: Definition of sign-symptoms

**Abdominal distention:** Abdominal distention is often caused by intestinal gas. This may result from eating fibrous foods such as fruits and vegetables. Legumes & beans are common sources of intestinal gas. Abdominal distention may also occasionally result from the accumulation of fluid in the abdomen, which can be a sign of serious medical problems (peritonitis).

**Chest Pain:** Discomfort/pain in and around the chest. Pain may be caused by physical over-exertion and muscle strains. If pain is associated with shortness of breath, cold sweat, and fatigue, it may be due to heart disorder, lung infection, etc.

**Constipation:** Constipation is usually subjective. For many people, it simply means infrequent stools. For others, meaning of constipation varies from hard stools, difficulty passing stools (straining), or a sense of incomplete emptying after a bowel movement. The cause of each of these types of constipation is different, and the approach to each should be aimed at specific type of constipation. Medically speaking, constipation usually is defined as fewer than three bowel movements per week. Severe constipation is defined as less than one bowel movement per week.

**Cough:** Coughing is an important protective reflex of the body & it is a way to keep ones throat and airways clear. However, excessive coughing may point towards some disease & may cause injury also. There are numerous causes, some of them are: Cold, flu, or sinus infection, tuberculosis, Pneumonia, Asthma, Chronic Obstructive Pulmonary Disease or Congestive Heart Failure.

**Delayed Wound Healing:** It is body's natural defense to restore the integrity of injured tissues by replacement of dead tissues with viable tissues. This starts immediately after an injury, may continue for months or years, and mechanism is essentially the same for all types of wounds. Wound healing may be delayed in conditions where essential mechanisms for the same are denied. Causes include: Infections, Lack of primary wound
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care, Lack of rest, Weakened General Health, Hypoprotenemia, Insulin Deficiency-diabetes Mellitus, etc.

Dyspnoea: It is difficulty in breathing. A person with this condition usually keeps his head elevated to be able to breathe comfortably. In severe cases, a person wakes up suddenly during the night, feeling shortness of breath- that is called paroxysmal nocturnal dyspnoea. Its main causes are: Chronic obstructive pulmonary disease, Heart failure, Hypertensive heart disease, Obesity (does not directly cause difficulty in breathing while lying down but often aggravates other causes).

Easy Fatigability: In some conditions, body gets easily fatigued & tired in routine work. It is not a symptom of any particular disease. Rather, tiredness can be a symptom of many different diseases and conditions. Reasons of tiredness range from lack of sleep and over exercise to medical cause. The lack of energy can sometimes cause difficulty with normal daily activities, leading to attentive and concentration problems.

Fever: The average normal body temperature is 98.6°F (37°C). Normal body temperature varies by person, age, activity, and time of the day. A rectal temperature of > 100.4°F (38°C) is considered as fever. Some of the main causes of fever are: Cold or flu-like illnesses, Pneumonia, Appendicitis, Tuberculosis, Meningitis, Sore throats and step throat, Acute bronchitis, AIDS and HIV infection, Cancer, Leukemia, etc.

Heart Burn: Heartburn is a painful burning sensation in the food-pipe, esophagus, which lies just behind the breastbone. The pain often rises in chest and may radiate to neck or throat. Heartburn is more likely to occur if you have a hiatal hernia, which is when the top part of the stomach protrudes upward into the chest cavity. Heartburn can be brought on or worsened by pregnancy and by many different medications.

Hypokinesia: Hypokinesia means slowness in body movements. There is slowed ability to start and continue movements, and impaired ability to adjust the body's position. It can be a symptom of neurological disorders, particularly Parkinson's disease, or a side effect of medications.
Loss of weight: It can be described as decrease in body weight that is not voluntary, i.e. unintentional. There are many causes of unintentional weight loss. Some are: Diarrhea that is chronic (lasts a long time), Eating disorders, including anorexia nervosa and bulimia, Hyperthyroidism, Infections like Tuberculosis, Loss of appetite, etc.

Loss of appetite: A reduced desire to eat, despite the body's basic energy needs. Any illness can affect a previously normal appetite. It can cause weight loss, emotional upset, anxiety, bereavement, and depression.

Polyphagia /Polyuria /Polydipsia: Polyphagia means increased appetite, Polyuria means increased passage of urine, while Polydipsia means increased thirst. Increased appetite is having an excess desire for food. Hyperphagia and polyphagia refer to being focused only on eating excessively. These can be treated as symptoms of different diseases like: Bulimia, Diabetes mellitus, Hyperthyroidism, Hypoglycemia, Premenstrual syndrome, Anxiety, Certain drugs (such as corticosteroids, cyproheptadine, and tricyclic antidepressants), etc.

Swelling Feet: In an ambulatory patient, lower limbs being the dependent part, abnormal buildup of fluid occurs in feet, and legs. It is also called dependent edema. Painless swelling of the feet and ankles is a common problem, particularly in older people. Lower limb swelling is common with the diseases: heart failure, kidney failure, or liver failure.

Vomiting: Vomit is an unintentional discharge of stomach and sometimes intestinal contents from the mouth. The main causes are: Hyperthyroidism, Tumors in the brain, Gastroenteritis, Gastric ulcers and Gallstones

Wheeze: Wheezing is a whistle-like sound during breathing. Wheezing indicates that a person may be having respiratory problems. It is heard when air flows through narrowed-down airways. The main causes are: Asthma, Pneumonia, Bronchitis, Heart failure (cardiac asthma), and Viral infection, especially in infants younger than 2 years.

Yellowness in Eyes: The white part of eyes i.e sclera turns yellow typically in jaundice, which is often related to a liver disorder such as hepatitis. These conditions can be serious
and require prompt professional medical diagnosis and treatment. Acute viral hepatitis is the most common cause of jaundice. Hepatotoxic viruses may affect various age groups.

**Pain Abdomen:** The pain that is felt in the abdomen is called abdominal pain. Anatomically, abdomen is described as cavity that is surrounded below by pelvic bone and above by lower margins of the rib and diaphragm. The cavity contains many organs like stomach, small intestine, colon, liver, gall bladder and pancreas. The abdominal pain can be either due to the malfunctioning of any of these organs or due to the problems in the surrounding wall muscles. In addition to this, problematic organs outside the cavity can also induce pain in the abdomen.