

Contents

<i>Preface to the Second Edition</i>	v
<i>Preface to the First Edition</i>	vii
1. Pain	1
Types of Pain	1
Pain Pathways	3
Gate Control Theory of Pain	5
Descending Pathway of Inhibition	7
2. Fever	8
Types of Fever	9
Physiology of Thermoregulation	10
Effects of Fever	14
Acute Fevers	16
Chronic Fevers	16
3. Anemias	18
Types of Anemias	18
Types of Hemolytic Anemia	24
4. Diseases of the Lungs	28
Cough	28
Breath Sounds	37
Cyanosis	42
Clubbing	50
Dyspnea	55
Sleep Apnea	62
Hemoptysis	72
5. Cardiovascular Diseases	77
Chest Pain	77
Heart Palpitations	88

Fatigue 93
Fainting (Syncope) 97
Heart Sounds 100
Tachycardia 106
Hypertension 113
Hypotension 117

6. Diseases of Alimentary Canal

126

Mouth Ulcers 126
Hiccups 129
Belching 131
Nausea and Vomiting 135
Dysphagia 139
Dyspepsia 145
Gastritis 149
Peptic Ulcer 153
Gastroesophageal Reflux Disease (GERD) 158
Hematemesis 166
Diarrhea 170
Constipation 180
Abdominal Distension 186
Abdominal Pain 190
Rectal Bleeding 200
Hemorrhoids 203
Anal Fissure 207
Proctitis 211
Rectal Prolapse 213
Colorectal Polyps 217
Ulcerative Colitis 219
Diverticulosis 220
Melena 220
Hepatosplenomegaly 224
Jaundice 228
Ascitis 236

7. Endocrine Diseases

243

Diabetes Mellitus 243
Goiter 251
Graves' Disease 255
Myxedema 261
Acromegaly 267
Gigantism 271
Dwarfism 274

Cushing's Syndrome	279
Primary Aldosteronism (Conn's Disease)	287
Gynecomastia	291
Erectile Dysfunction (ED)	295
Male Infertility	302
Amenorrhea	307
Dysmenorrhea	319
Bleeding Per Vagina (Vaginal Bleeding)	322
Menopausal Syndrome	328
Female Infertility	336
Obesity	344
Wight Loss (Unintentional Weight Loss)	350
8. Edema of Lower Limbs	355
9. Swellings in the Neck	366
10. Lymph Nodes Enlargement (Lymphadenopathy)	372
11. Lumps or Abnormal Swellings Over the Body	379
12. Kidney Diseases	386
Pathophysiology of Anuria/Oliguria	388
Dysuria (Painful Urination)	392
Hematuria	397
Urinary Incontinence	403
13. Neurological Diseases	410
Headache	410
Seizures (Convulsions)	418
Stroke	428
Anxiety Disorders	439
Depression	447
Delirium	455
Dementia	462
Facial Palsy	467
14. Musculoskeletal Disorders	474
15. Diseases of the Ear	480
Earache	480
Vertigo	491

16. Disease of the Nose	496
Epistaxis	496
17. Diseases of the Eye	500
Conjunctivitis	500
Corneal Ulcer	506
Pterygium	510
Glaucoma	512
Chalazion and Hordeolum (Stye)	520
Blepharitis	523
Dacryocystitis	526
18. Skin Diseases	531
Atopic Dermatitis (Atopic Eczema)	531
Psoriasis	532
Seborrhic Dermatitis and Dandruff	540
Fungal Infections of the Skin	541
Herpes Simplex	543
Herpes Zoster	548
Contact Dermatitis	552
Acne Vulgaris	558
Folliculitis	562
Hair Loss (Alopecia)	564
Scabies	571
<i>References</i>	<i>575</i>
<i>Index</i>	<i>579</i>