



SCIENCE TECH- DISEASES CHEAT SHEET

“Epidemic Essentials: Master Diseases Before UPSC Infects Your Future.”

List of all diseases asked in last 10 years [2014-2023]

Click on **Name of disease** to get more information directly from **World Health Organisation**.

Name of Disease	Areas Spread	Reasons	Symptoms	Vaccinations	Medication
Wuhan Virus (COVID-19) (2022)	Pandemic	Virus (SARS-CoV-2), human-to-human transmission	Fever, cough, difficulty breathing, fatigue, loss of taste or smell	Yes (multiple vaccines available)	Symptomatic treatment, antivirals (e.g., Remdesivir) for severe cases
Hepatitis B (2019)	Global	Virus (HBV), transmitted through blood and bodily fluids	Yellowing of the skin (jaundice), pain in abdomen, dark urine, fatigue	Yes (Hepatitis B vaccine)	Antiviral drugs (e.g., tenofovir, entecavir)
Hepatitis C (2019)	Global	Virus (HCV), transmitted through blood and bodily fluids	Often asymptomatic, can include fatigue, jaundice, easy bleeding	No	Antiviral drugs (e.g., sofosbuvir, ledipasvir)
Zika Virus (2016,2017)	Epidemic in tropical areas	Virus, transmitted by Aedes mosquitoes and sexual contact	Fever, rash, joint pain, conjunctivitis, muscle pain	No	Symptomatic treatment (no specific antiviral treatment)
AIDS (HIV) (2015)	Global	Virus (HIV), transmitted through blood, sexual	Flu-like symptoms initially, then may be asymptomatic	No	Antiretroviral therapy (ART)





		contact, and from mother to child	before advancing to AIDS with more severe symptoms		
<u>Bird Flu (Avian Influenza) (2015)</u>	Epidemic in birds; sporadic in humans	Virus, transmitted from birds to humans	Cough, fever, sore throat, muscle aches, headache	No general vaccine; seasonal flu vaccine may offer some protection	Antiviral drugs (e.g., oseltamivir)
<u>Dengue (2015)</u>	Epidemic in tropical areas	Virus, transmitted by Aedes mosquitoes	High fever, headache, vomiting, muscle and joint pains, skin rash	Yes (Dengvaxia, with limitations)	Symptomatic treatment; no specific antiviral medication
<u>Swine Flu (H1N1) (2015)</u>	Pandemic in 2009, now seasonal	Virus (H1N1), human-to-human transmission	Fever, cough, sore throat, body aches, headache, chills	Yes (included in seasonal flu vaccines)	Antiviral drugs (e.g., oseltamivir, zanamivir)
<u>Diphtheria (2014)</u>	Global, higher incidence in unvaccinated populations	Bacteria (Corynebacterium diphtheriae), person-to-person transmission	Sore throat, fever, swollen glands, weakness	Yes (DTP vaccine)	Antibiotics (e.g., penicillin, erythromycin), antitoxin
<u>Chicken Pox (2014)</u>	Global	Virus (Varicella zoster), airborne transmission or direct contact	Itchy rash, fever, fatigue, loss of appetite	Yes (Varicella vaccine)	Symptomatic treatment; antiviral drugs (e.g., acyclovir) for severe cases
<u>Small Pox (2014)</u>	Eradicated (last case in 1977)	Virus (Variola), human-to-human transmission	Fever, rash that turns into pus-filled sores	Yes (vaccination stopped after eradication)	No current treatment, eradicated
<u>Scurvy (2014)</u>	Global (rare)	Lack of vitamin C	Fatigue, swollen gums, bleeding from the gums, severe pain in legs	No (preventable with vitamin C)	Vitamin C supplementation





<u>Rickets</u> (2014)	Global, higher in areas with vitamin D deficiency	Lack of vitamin D.	Weak and soft bones, delayed growth, pain in the spine, pelvis, and legs	No (preventable with vitamin D and calcium)	Vitamin D and calcium supplementation
<u>Night Blindness</u> (2014)	Global	Vitamin A deficiency	Difficulty seeing in low light or darkness	No (associated with vitamin A deficiency)	Vitamin A supplementation

