THE MALADY WORKSHOP

By Jason Bakos and Themis Paraskevas

Create your own diseases with this toolbox for the world's greatest roleplaying game!

Contra vim mortis

non est medicamen in hortis

GUILD

THE
MALADY
WORKSHOP

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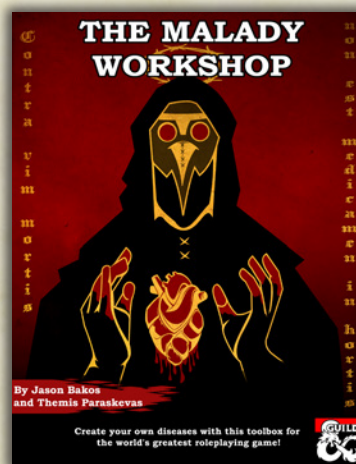by Jason Bakos & Themis Paraskevas

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Contents

It has become painfully obvious to me that this world has a problem... a plague to all things, living or not. Adventurers. These pesky "heroes", as they call themselves, always mess with the most important plans, even though they have no idea what we are trying to achieve. I decided it was time for something to change. I locked myself up in my tower, and set my sights on just one thing: finding a way to kill as many of these meddling rats as I could!

Ten years later, I was ready. Infecting ever more creatures, I spread the virus I created, and then, I waited. One by one, those fools fell right into my virus' trap! They died horrific deaths, killed by the abomination they themselves nurtured. The irony is poetic.

But now, I want more. I want to create even more maladies, to destroy heroes. I might even make some to bring the common folk to their knees... that should teach them. I am the Mad Mage, and no one is safe from my diseases!

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Preface

By popular demand, we bring you the Malady Workshop! This is a supplement written with the intent to give you, the DM, the power to create your own fantastical diseases, like the ones seen in the Malady Codex. We would like to include a piece of the introduction from the Codex, as it should set the tone for what this workshop will be all about.

"This supplement is written by medical students with a love for tabletop roleplaying games. Inspired by the wide array of diseases, and the medieval myths that once surrounded them, we embarked on a mission; to enrich other worlds with fantastic diseases.

We feel that every disease is something to be feared. Deep in each civilization's roots, there are myths, remedies and folklore, all revolving around the ailments that affect its people. When each Dungeon Master wants to expand on the details of the societies that unfold before their very eyes, tools that spice up the process become a vital weapon. This supplement will hopefully become one of them, as DMs become inspired by the grim, epic or mundane conditions of the human body and mind.

Do not underestimate diseases. Part of the Dungeon Master's art is to be able to stir feelings up in their players, and there are few facets of the human condition that could accomplish that better. Used as a way to advance a storyline, to expand a character arc or to inflict conflict, the following stories can serve you well, but be warned! Use them too much, and they might lose value.

Also bear in mind that these diseases are not simply a way to add mechanical complexity to your game. A paladin, a monk and a cleric will mostly still be strong against these ailments, but there is a limited amount of effort a cleric can exert to heal a whole country plagued by a dragon's toxic fumes. Instead, try to focus on the world building and roleplaying aspect that a disease can bring to the table. Imagine describing a town plagued by a wave of sickness, bring to life a dragonborn whose scales are falling one by one. Those evocative scenes are what we hope this book can provide.

This is a toolset for the Dungeon Master. There is no need to limit the utility of the tools we provide, so we kept them open ended and without boundaries. Explore the ideas presented here; include them in your own worlds, alter existing locations of known settings, or just use them for one-shots! The possibilities are endless, and that is part of why we play this game. We hope you enjoy."

The main focus of this supplement is its extensive list of symptoms, both mundane and magical, as we feel that the way a disease presents itself is what really defines it, both medically and through the lens of the player. Other than that, we provide useful information to help you fill out every other aspect of a malady, such as cures, diagnostic procedures and plot hooks. It is vital to emphasize again that this workshop is designed to both provide enough information for you to create many diseases, down to the detail, but also to inspire you to make your own. Don't be afraid to change what's written in here. It's your game, after all.

The Malady Workshop

How to Handle Diseases

Contrary to the heading, this is not a guide for medical professionals. Here, we offer a few insights on how to handle diseases in your games. This supplement has been designed to create maladies intended to be used as storytelling tools, first and foremost. To fulfil their duty as story tools however, they have to have a mechanical aspect to them as well, as this is a game after all. This part is highly adaptable. While we offer recommendations on how to infect creatures, on the symptoms they present and on how to cure diseases, we insist that you take these with a grain of salt. The biggest change you should think about making depends on your players. If you have paladins, clerics and monks in your party, don't forget that their classes have been designed to give them an edge against all kinds of ailments. Don't take this away from them; encourage them. There are few things more satisfactory to a player than to suddenly realize that their high-level monk is immune to this disease, saving them and proving how the long hours the character has spent perfecting their art was worth it. Apply a similar line of thought to healing. In this edition of the game, we feel that the rules have been intentionally left vague regarding the relationship between healing magic and lasting diseases.

Example

This exemplary disease should serve as a template for the disease you are about to create.

Origins

How it came to be. What caused this specific disease to become a threat?

Causes

How does it spread from a creature to another? How can does one get infected?

Symptoms

How does it look like? What does a patient experience?

Diagnosis

How do you make sure that someone is infected with this?

Cure

How does a patient get cured of this disease? What can others do to help?

The Crafting Tables

In this part of the book, we provide you with an extensive amount of information, all neatly presented on the tables of our workshop. Before we start using each tool to synthesize a disease, we think it's best if we took a moment to analyze a few key aspects of creating a disease.

Decisions

How does one start creating? That should be the first question to answer. There are many ways to tackle this. You, as an aspiring student of the Mad Mage, who presents this wicked information, could take a look at the information tables, pick out a few key details that have inspired you, and start with that. Another way to go with this is to try and create a disease based on a need. What could that need be? Perhaps the story of your campaign has been hinting at the existence of a terrifying malady! Or, maybe, you want to introduce a new character, desperately in need of help from bold adventurers in her search for her ailment's cure. Every possibility is on the table, and you should grab it! This will likely give you a vague idea regarding the origins of the malady, though this part could also be explored later.

Now that you know why you need the disease, you should probably decide how deadly it needs to be. Will a sudden epidemic bring a whole nation to its knees? Will it simply prove to be a bane to adventurers? Has it always existed, as an integral part of society, silently spreading and claiming lives? The severity of the symptoms and the difficulty of its treatment usually depend on this, so don't take them lightly.

Thus, it's time to explore the wide array of symptoms available, throughout which a memorable gaming experience will be created. This is without a doubt the most fun part of the process. Be creative with this! Surprise your players! Come up with combinations unheard of in the real world, or just use something that is sure to serve as an evocative storytelling tool. On the symptoms table we present both mundane and magical symptoms. Pick those that suit your disease better.

Another vital part of disease building is diagnosis. In this section you must decide on how difficult it is for your players to learn about every other aspect of the disease. One might even say that knowing how to cure a disease is more important than curing it.

Next comes the cure. This part is important for two reasons. The first is that the treatment of a disease can define how dangerous it is. If the only way to combat the symptoms is to procure an extremely rare material, then it becomes lethal, even if the symptoms are not that severe. The second reason has to do with storytelling. Many diseases can be used as plot hooks, or as devices to move the story forward. If you choose an exciting ingredient as the basis of the cure, then the players will have to go on an adventure to retrieve it.

As a rule of thumb, we also suggest that you consult with the Categories of the diseases as they should provide a rather useful framework for you to work in. We discussed the importance of lethality in the previous paragraphs. A penetrative disease is the ultimate weapon a DM has in his malady arsenal, and should only be used to truly instill fear to the players and the world around them. The choice between the three types, Magical, Divine or Natural, will further your understanding of the malady you intend to create.

Creation

And with that, you are ready to start creating! You can now browse each table, picking anything you like, and assemble it all into one neatly packed disease, ready to destroy the world or bring mild discomfort to some unlucky peasants. If you want, you can just randomly choose what you like the most, and call it a day. For those of you that love to tinker with rules and math however, we have an extra option: to create a disease based on the Malady Point (MP) system. The choice is yours. Have fun creating!

CATEGORIES

The diseases this workshop can create have been categorized in a few distinct ways, as a means of navigating through them, enabling you to choose the right one for the right conditions. You wouldn't want to accidentally give an NPC an untreatable disease, unless you don't really have plans for them.

- **Penetrative:** This category is highly lethal, as it affects even characters immune to normal diseases.

- **Magical - Divine - Natural:** this category can be useful in deciding what skill check to ask of a player when they try to learn more about a particular ailment. Magical corresponds to Arcana, Divine to Religion, and Natural to Nature. It is also important for effects that grant certain advantages against magical effects.

- **Lethal - Non Lethal:** Lethal Diseases lead to death if not treated, while one could survive with a Non-Lethal Disease.

- **Malformative - Internal:** A malformative disease is visible to other creatures, while an internal one may remain hidden to the naked eye.

- **Crippling - Mild:** A Crippling disease affects a creature's lifestyle due to heavy pain or having to deal with it for many hours a day. A creature infected with a Mild disease, disregarding the disease's symptoms, continues its life normally.

- **Chronic - Acute - Subacute:** Acute diseases usually have obvious and worrying symptoms but can be cured rather easily. Chronic diseases have subtle symptoms but are more difficult to treat and have more long-term consequences. Subacute diseases fill the spectrum between the other two categories.

MALADY POINT SYSTEM

Every table presented, aside from the Origins ones, is linked to some numerical values. Each time you make a choice for your disease, you keep track of the Malady Point value. When you're finished with creating the disease, you sum up all the values, getting the Malady Point Score. This score defines how potentially dangerous the disease is. It's important to note here that this system is not exact science. It is likely that a specific combination of symptoms, treatments and story elements will prove more difficult or easier to handle than imagined, simply because of the interactions between these variables. As a result, there might be cases where diseases with lower Malady Point Scores end up more lethal than others with higher scores. Don't be discouraged by this, just understand how the system is supposed to give you a rough estimation of what will happen once this malady is released in your in-game world.

Each category in the creation process, except Origins, scores differently in the Malady Point system. the following table:

Malady Point System Table

Category	Minimum MP	Maximum MP
Origins	0	0
Causes (Contagiousness)	0	20*
Symptoms	0	25**
Diagnosis	0	25***
Cure (Resistance)	0	15
Cure (Specific)	0	15
Sum	0	100*,***

* If you use the Optional Rule: Crushing Immunity, increase by 10.

** The Symptoms score can theoretically become limitless, though there is little point to a disease that manifests with every symptom to have ever existed. We have placed 25 as a soft limit, but feel free to disregard it.

*** If you use the Optional Rule: Knowledge, increase by 5

Lethality Table

Lethality of Disease	Point Score
Mild Discomfort	0 - 20
Mostly Manageable	20 - 40
Requires Action	40 - 60
Deadly	60 - 80
Insanely Deadly	>80

Origins

I spent countless nights working on my creation. It was a long, painful experience, but in the end, it was ready. I released my virus and enjoyed the fruits of my deadly little experiment... People will write about me in history books, calling me the plague of my era. Ah... music to my ears.

Mµ

The first specific part you will tackle is the disease's origins. Where did it come from? Has it always been a part of this world, older than humanoids themselves? Is it artificial, the creation of a madman hellbent on wreaking havoc? Is it perhaps the aftermath of a diety's wrath inflicted onto a whole civilization? These sort of questions are crucial to getting to know your disease and understanding both its functions and its intended use.

We feel that in fantasy, diseases can be split into 3 main categories: natural, arcane or divine. This is the first thing you should consider when you weave the story of how this malady came to be. What does each category mean though?

A disease is considered Natural when it can be found in nature, infecting creatures just as a means for survival. These are mostly the usual diseases we have in real life, the ones we attribute to microorganisms. Here, we would like to note that in typical Dungeons and Dragon settings, words such as "microorganism" or "microbiology" could possibly be. considered out of place and time, and might break the immersion of players. As such, don't use them in game, unless your setting is capable of explaining how scholars discovered them.

An arcane disease is one created artificially, through the power of magic. It usually has quirkier symptoms, a mysterious origin and curing it is difficult. However, don't be bound by this description. There's nothing wrong with including a mild ailment that spread to some gnome scientists after an experiment went south, leaving them somewhat colorblind.

When a disease is spread through the powers of a deity, it is considered divine. Clerics usually have the power to inflict them onto mortals, especially those worshiping Talona, the Goddess of Disease herself. These are seldom mild, and they seek to spread the diety's influence in the material plane. Note here that diseases carried over by extraplanar beings, such as Yugoloths, are technically considered divine.

These three categories are regarded as equals for the purposes of the Malady Point system, meaning that there is no point in assigning values to them.

The following three tables include 6 examples of each category.

Natural Origin

d6	Origin
1	Diseases common to the people.
2	Rare diseases that recently appeared.
3	Animal or plant disease which mutated to infect humans.
4	Disease carried by a travelling group.
5	Disease lost in time, revived by adventurers.
6	Disease that appears with old age.

Arcane Origin

d6	Origin
1	Disease created in a laboratory.
2	Disease created by accident through magic.
3	Disease spread through a cursed item.
4	Disease lost in time, released by adventurers.
5	Disease released by casting forbidden spells.
6	Disease released by a scroll of an evil Wizard

Divine Origin

d6	Divine Origin
1	Disease spread by clerics.
2	Disease that plagues a cursed land.
3	Disease spread through a monster (fiends, demons, devils etc.)
4	Disease brought from hellish realms.
5	Disease brought to the world by evil deities.
6	Disease brought to the world by elder evils.

Causes

This part discusses how a disease will spread. This part is integral to the feeling it will stir up in your players, as it can add a sense of urgency, a dose of fear, or even paranoia to some. There's nothing better than the heroic tale of the folk heroes who killed the aberration that was infecting the well of a city, and nothing worse than avoiding everyone because you fear they might give you some magical disease.

These methods of transmission cover all the usual real-life ones, and a few bizarre, fantastical ways a disease can spread. Bear in mind that it is not mandatory to use magical causes for a magical disease. You could have a disease with magical symptoms, an odd cure and a mythological origin story, that simply spreads with mosquitoes.

Mundane Transmission

d10	Transmission	Description
1	Airborne	The diseases spreads through the air and is inhaled.
2	Food	The disease is contracted after consumption of infected food.
3	Water	The disease is contracted after consumption of contaminated water.
4	Congenital	The disease is present at birth, regardless of the cause.
5	Birth	The disease spreads from the mother to the baby at the time of birth.
6	Scratch	The disease is contracted through a scratch or other type of wound that slashes the skin.
7	Animal	The disease spreads on an animal and is transmitted upon contact with it, or upon consumption.
8	Insect	The disease spreads with the bite of an insect.
9	Touch	The disease spreads from person to person with a touch.
10	Sexually	The disease spreads during sexual intercourse.

As for transmission through some use of magic, we present the following examples:

Magical Transmission

d10	Transmission	Description
1	Spell	The disease spreads to a creature through the use of a spell.
2	Clerical	The disease is bestowed upon a creature by a cleric.
3	Monster	The disease is transmitted by a monster that innately carries it or has a purpose in spreading it.
4	Planes	The disease is contracted during planar travel or contact with items and creatures that originate from another plane of existence.
5	Psionic	The disease spreads with the power of the mind.
6	Curse	The disease manifests upon a creature that interacts with a cursed item.
7	Experiments	The disease plagues a creature that meddles with unknown powers.
8	Alchemy	The disease is contracted upon consumption of alchemical substances, potions or drugs.
9	Madness	The disease invades the minds of those who lose their sanity or witness a paranormal activity.
10	Magically Enhanced Mundane	The disease spreads with a magically-enhanced version of a mundane cause. (Roll once on the Mundane Table and once on the Magical Table).

We feel that it is worth explaining some of these magical causes, in order to further inspire you to get creative.

Each mage that wants to spread a disease probably has a spell that can bestow it to creatures. We think that this is beyond the point of this workshop, but for simplicity's sake, we have included a magic item, the Wand of Viral Infection (p Y.), which gives access to the feared disease-bestowing ability that the Mad Mage provides to his apprentices.

Divine curses are extremely potent as they usually cannot be cured with conventional means. If you want to include this type of disease in your games, consider using deities like Talona, God of Disease or Yurtus, Orcish God of Death and Disease. Clerics devoted to these deities are driven by their teachings, which leave them feeling a profound sense of responsibility to spread diseases in their name.

As far as Monsters go, there are many known critters responsible for causing significant harm with their infectious abilities. Black and Green Dragons both might be fond of using diseases to get what they want, and there are many aberrations that reek of death. Some trolls are also known to carry horrifying diseases, and above all, even the presence of one Oinoloth can spell doom for a town. For further reading on this, advise the Monster Manual, Volo's Guide to Monsters and Mordenkainen's Tome of Foes.

The planes are good places to contract diseases due to their exotic nature and the common humanoid's body lack of adaptation to them. Both creatures that travel through the outer planes, and creatures exposed to anything from them are susceptible to their diseases.

CONTAGIOUSNESS

Once a creature is exposed to the cause of a disease, it's not necessarily bound to be infected. There are many cases where the immune system of humanoids can fend off a virus, and there are creatures resistant to certain ailments. As such, it's important to talk about contagiousness when creating a disease. This issue will be tackled in two seperate sections that differ in execution, that of specific character-creatures, and that of populations.

When a creature is exposed to a disease, it must succeed in a saving throw of a specific ability score, against a specific DC, or Difficulty Class. While deciding what ability check is required in each case is more art than science, we generally suggest that you choose to go with Constitution for most diseases of the body and with Wisdom for most ailments of the mind. The DC is the actual focus of this part of creating the disease, as it will always provide the malady point scoring system for this part. The DC goes as depicted on the following table, based on how hard or easy it is to succeed against it.

Malady Point DCs

Difficulty	DC	Malady Points
Trivial	5	0
Easy	10	5
Medium	15	10
Hard	20	15
Insane	25	20

As far as populations go, when a disease is released into the public, its epidemiology must be studied. As a result, we will assign malady points to the days it takes for a disease to infect 50%, or just half of the population.

Malady Point DCs

Contagiousness	Time	Malady Points
Trivial	6 months	0
Easy	2 months	5
Medium	1 month	10
Hard	10 days	15
Insane	1 day	20

When calculating the malady points of the disease, it's recommended to just choose the contagiousness difficulty, leaving it the same for both single creatures and populations. If you want to change this up, you can freely do so, but it would be advised to calculate the mean value of the two choices you made. If you want to set the DC to 20 but you don't want the disease to spread too quickly, you can choose "hard" for the first part and "medium" for the second. That would make the malady point value [(15+10)/2], which is 12,5. (We are terribly sorry to have you perform algebra to create a disease).

> **Optional Rule:**
> **Crushing Immunity**
> Additionally, if you want to be able to infect those that are immune to diseases, make your disease penetrative (overcomes immunity to diseases) and also add 10 malady points to the total.

Symptoms

Symptoms are the most important part of a disease. They are what defines it. What characterizes it. Without them, we wouldn't even know that diseases existed. It's the form they take to present themselves to us. These sentiments are reflected by the wide plethora of symptoms we have painstakingly gathered here to present to you, in the hopes that what you create can inspire others with a striking balance of both realism and fantasy.

Here's a few things to remember when choosing the symptoms:

- Symptoms are what makes people ill. They are the reason patients seek medical attention.
- Symptoms can vary in magnitude, from very light to severe and deadly. This is reflected somewhat in the malady point scoring system of the symptoms.
- Symptoms, as such, can define how deadly the disease is. This is reflected in the total malady point score that consists of the sum of each individual symptom's score.
- Symptoms are what makes the diseases stick in one's memory. Use them well to bring your stories to life.

The Theory of Four Liquids

Although Acesius is the Mad Mage's nemesis and their opinions usually clash, in between his madness, the Mage realized that Acesius understands the humanoid body deeply. His theory about the body consisting of four liquids has proven useful to him many times over the years. These four liquids coexist in harmony, making up the body and if there is imbalance in them, the creature is prone to diseases.

- **The Red Liquid** is hot and wet and prevails in the Cardiovascular and Respiratory systems.
- **The Yellow Liquid** is hot and dry and prevails in the Central Nervous System and the Eyes.
- **The White Liquid** is cold and dry and prevails in the Endocrine and Immune system.
- **The Brown Liquid** is cold and wet and prevails in the Skin, Muscles, Skeleton, the Digestive system and Specific Race Accessories.

When trying to create a disease, one should use symptoms of one Liquid as they work synergistically together. Then one should add symptoms from adjacent Liquids (Liquids that share a property). Lastly, it is rare but not impossible for symptoms from opposite Liquids (Liquids that share no properties) to be caused by the same disease.

Increased Lethality

When choosing symptoms from the table, do not feel obliged to use them exactly as they are written. Feel free to increase or decrease the lethality of a symptom by changing any damage it may deal, the duration, the time it needs to manifest or any DC associated with a symptom. We are glad to provide you with the tools to create your own disease, but do not forget to tailor them to your campaign's needs. In order to calculate a modified symptom's MP use the following table:

Increased Lethality Table

Malady Points	Lethality
0	Cosmetic changes that bring your disease to life and make it unique.
1	One would not worry about this symptom or reach for medical attention.
2	Symptoms for which one would call in sick at work.
3	Severe symptoms that would make a creature worry and change its way of living.
4	A creature would spend most of its time worrying about the disease, as it would disable it from fulfilling everyday tasks.
5	A creature suffering from these flirts with the Goddess of Death.

Staging

As in real life, most diseases do not manifest with all of their symptoms from the beginning of the infection. Feel free to divide your disease's life span in multiple stages (3-5 is what we consider optimal) in order to build suspense and make the creature's life miserable in an increasingly sadistic manner. Each stage might have different symptoms (the first stage manifests as a skin disease but on the next it fades and manifests as a digestive disease), increasingly lethal symptoms (damage die increases on each stage) or additive symptoms, which means that you add more symptoms at each step. You may calculate malady points separately for each stage to calculate your disease's potency.

The Tables

Some basic rules should be set before you proceed. We advise you to keep a balanced selection of symptoms with the same points. For example, a good spread would look something like (0, 1, 4) or (1, 1, 5). The total score should not exceed a sum of 10 in a normal disease. However, playtesting has shown that this score can be exceeded to a maximum of 25 in two scenarios:

1. When a disease's symptoms are heavy but all its other factors are easy to handle, which means that it's easily diagnosed and treatable.

2. When you're striving to create an absolutely deadly disease, one which could spell the end of civilizations or just prove too lethal.

Brain - Central Nervous System Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Speech Stutter: Your speech becomes impeded. Subtract 1d4 from any Charisma Check for the duration of the symptoms.	1	Tick: One part of your body (limb, face) spasms randomly for a few seconds. This may occur even when fighting. (Arm tick) Rolling 1 on attack rolls with melee weapon will cause the weapon to fly 5 feet away.	1
Numbness: You lose the feeling of touch in your hands. You have disadvantage on any Perception Check based on touch.	1	Optical illusions: Illusions appear randomly as chosen by the DM. Treat this as a phantasmal force spell.	2
Amnesia: You lose any memories of the previous day/week.	2	Auditory: You hear constant mumbling. This drives you crazy. Apply a long term madness effect.	3
Senile Dementia: You progressively forget memories of the past.	3	Pseudomemories: Your mind is filled with fake memories, chosen by the one who curses you with them.	4
Parencephalitis: You lose your footing at random moments. Make a DC 8 (DC 15 if in combat) Dexterity saving throw. On a failure you drop prone. You also have disadvantage on Dexterity Saving Throws.	3	Nightmares: You do not gain the benefits of a long rest.	4
Temporary Dementia: You lose all of your memories, including who you are and where you live.	4	Frontal Lobe Syndrome: Your personality changes. You become aggressive, impulsive and unable to see others point of view, slowly leading you to criminal activity. Your alignment becomes chaotic evil.	5
		Voices: Voices in your head tell you to follow their commands. Roll a DC 18 Charisma saving throw. On a failure you have to follow them.	5

Digestive System Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Bloody Diarrhea: You take 1 damage every 6 hours.. Every week increase this damage by 1. You should go see a doctor.	1	Rocket Vomiting: Whenever you finish a meal, make a DC 10 Con Saving Throw. On a fail, you vomit forcefully (moving you 10 ft in a random direction). You also feel weak. Subtract 1d4 on any Con saving throw for 1 hour or until a short or long rest.	2
Severe Diarrhea: Every ten days roll a DC 15 Con Saving Throw. On a failure you gain 1 point of exhaustion.	2	Esophageal Atresia: You are unable to eat. You suffer from the hunger effect. (exhaustion, check phb)	5
Malnutrition: Your weight decreases by 10% each month. After losing 20% of your weight, you have disadvantage on Strength Checks. After losing 50% your Strength Score is halved.	4		

Endocrine System Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Gonads: Early onset of puberty will hinder a child's growth. It's size is small.	1	Anti- pheromones: Your smell makes other not like you. Sexually.	1
Dwarfism : Decrease the creature's height by 50% comparing to average for species. The creature must be affected for most of its childhood.	1	Pancreas: Ketoacidosis. Your body fluids and excretions are extremely acidic,dealing 1 acid damage to anything they drop onto (DC 8 Con save). Your consciousness is also affected. You make Wisdom Checks with disadvantage.	2
Gigantism: Increase the creature's height by 25% comparing to average for species. The creature must be affected for most of its childhood.	1	Gonads: Testotoxicosis. Your masculine characteristics are increased. You have advantage on Intimidation checks. After intimidating a creature and it is on your sight, you have disadvantage on attack rolls against other creatures.	3
Polydipsia: You have to drink twice as much water each day to cover your needs.	1	Melatonin Up-Regulation: Being exposed to direct sunlight for more than 2h each day will cause your hormonal system to be dysregulated. You suffer from at least 3 other endocrine diseases. Cure: Avoiding sunlight for a week.	5
Thyroid: Base Metabolism is increased. You have to eat twice as much or gain one point of exhaustion.	2		
Thyroid: Base Metabolism is decreased. You cannot thermoregulate. You suffer the effects of extreme cold (DMG, pg.110).	2		
Parathyroid: Your calcium deposits are high. If you suffer from this condition for at least one month, your bones become thick as marble (myoskeletal marble bones)	2		
Acromegaly: The creatures nose, tongue and limbs visibly grow. It's sight is also impaired. It has disadvantage on Perception checks relying on sight beyond 30ft.	2		
Parathyroid: Your calcium deposits are low and your bones are fragile. If you suffer from this condition for at least one month, your bones become fragile. When you fall from 10 feet roll a DC 6 Con. On a failure, you break one of your bones (myoskeletal broken bones) at random (DM's discretion). For every 10 feet, DC increases by 2 and you break one extra bone.	3		
Pancreas: Ketotic Coma. Your blood sugar is too low. You must make a DC 18 Con Saving Throw. On a failure you are unconscious. Repeat the saving throw every hour. You smell like a drunk.	4		
Chronic Fatigue: You have one point of exhaustion that cannot be removed.	4		

Eyes Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Colorblindness: Mild: cannot discern two colors. Severe: only sees in shades of gray.	1	Diplopia: You see two images of objects instead of one.	1
Peripheral Vision: You lose your peripheral Vision. Subtract a d6 from your passive Perception. Actively looking for things or checking a room takes twice as much time.	2	Programmed Illusion: Triggered by something chosen by the one who curses you. When you see a specific event, make a DC 15 Wis saving throw. On a fail, the programmed illusion activates. Physical investigation will cancel the effects. (For example, whenever you look at swords, they look like monkeys).	2
Blinded: You are permanently Blinded.	4	Bloody Eyes: Your eye-arteries are extremely fragile. Getting hit in the head will cause them to bleed. You must make a DC 15 Con saving throw or take 1d4 damage and be blinded for two turns, crying blood.	3
Photophobia: you have disadvantage on every check you make when under daylight.	4		

Heart Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Cyanosis: Your heart cannot pump blood with enough power to supply oxygen to your body. Starting from the tip of your fingers, your skin has a faint blue shade.	0	Rainbowsis: Your blood has lost its connection to oxygen through magical means. It is constantly changing in color, making you appear to have rainbows flowing through your veins.	0
Adrenaline Rush: Your heart beats twice as fast. You may perform an Athletics Check as a bonus action this turn and your speed is increased by 10 ft. At the start of your next turn and until the end of it, your speed becomes 5 (cannot be increased) and you have disadvantage on Dexterity and Strength saving throws.	3	Bell-Beating Heart: Your heartbeats sound like a church bell up to 30 ft away, alerting other creatures of your existence. You automatically fail Stealth Checks.	3
Sudden Death: Your heart stops beating. You drop unconscious and die in 1d10+Con Mod minutes, unless cured.	5	Undeadification: You die. You become an undead, have 1 HP and gain the Undead Fortitude trait.	5
Hemophilia: Your wounds take longer to heal. When you take slashing or piercing damage you begin to bleed. For the next 1d10 – Con Mod hours, you take 1 point of damage per hour. This effect stacks.	5		
Internal Bleeding: You take 10 points of damage each hour you suffer from this symptom.	5		

Immune System Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Swollen lymph nodes: may appear in any body part, such as neck, bubonic, axella.	0	Fungality: Your body is unable to defend itself against growing fungus. Mushrooms and mold grow on your body, altering your appearance and emitting a foul smell.	0
Progressing Immunosuppression: Subtract 1d4 to any saving throws related to diseases. The die increases every month up to a d20.	3	Electronodes: They attract lightning. You have vulnerability in lightning damage. You may be hit by a lightning every now and then.	3
Hemorrhagic lymph nodes: Decrease Hit Point maximum by 1d6 each week.	4		
Absolute Immunodeficiency: You automatically fail any saving throws against diseases. Each morning you suffer the effects of a minor symptom (0-2 Malady points), caused by endogenous bacteria.	5		

Musculoskeletal System Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Parkinsonism: You lose proficiency with any tools that requires precise movements and you have disadvantage on Sleight of Hand checks.	1	Marble Bones: Your bones become thick as marble. Your speed is halved as your muscles are not strong enough to handle your body. Your weight is tripled.	3
Broken Bones: A creature trying to use a broken bone for a hard activity must make a DC 12 Con Saving Throw. On a failure, it takes 1d4 piercing damage.	3	Muscle Bomb: Specific muscles start to overgrow. Every 1+Con days (one cycle) your Strength score increases by 1 up to a maximum of 20(+5). After 4 cycles, your body cannot deal with the growth and that muscle starts dying. In 1 hour, you lose the corresponding limb.	4
Rhabdomyolysis: Your muscles deteriorate. Every 1+Con mod. days, your Strength score is reduced by 1, up to a minimum of 8(-1).	4	Rotten Muscles: Your muscles deteriorate to the point that one may touch your bones. You automatically fail any Strength and Dexterity saving throw. You cannot wield a melee weapon or a bow. Your speed in combat is 0 and you can barely walk.	5

Respiratory System Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Nasal discharge: Discharge of any color, usually yellow or green, from the nose.	0	High pitched wheezing when you breath. Any creatures that can hear extremely high frequencies (Creatures with the Keen Hearing trait), are startled by it.	0
O2 decreased affinity: The air above 4 km altitude is too thin for you to breathe. You suffer the Suffocating condition.	1	Fraudulent Nose: Your sense of smell is altered.	0
Dyspnea: Disadvantage on Athletics Checks and your Speed is reduced by 10	3	Balloon Lungs: The creature's lungs expand massively and it begins floating like a balloon. It mimics the effects of the levitate spell.	1
Sleep Apnea: During sleep, you stop breathing and wake up coughing. You need 2 more hours of sleeping to gain the benefits of a long rest.	4	Fire Cough: Once every 10 minutes, you cough, dealing 1 fire damage to yourself and 1d4 fire damage to anyone standing 5ft in front of you.	2
Acute Airway Obstruction: The creature cannot breathe. In 1 minute it drops unconscious. It dies after 1d4+con minutes.	5	Gills: Your lungs are partially transformed to Gills. Each day you have to spend at least 1h (light activity) with your head inside sea water or suffer the Suffocating condition.	3

Skin Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Skin lesions like Macules, Papules, Plaques and Nodules.	0	Skin Recolour: Your whole skin or parts of it may change colour. The pattern and the colour may be characteristic for one disease.	0
Odor: You emit a strange odor (filth, fruit, rot, etc.).	0	Volcanic Ulcer: Every hour it erupts, and hot blood burns the surrounding skin. You take 1d4 Fire damage.	2
Itching: An extreme inconvenience. After rolling for initiative, the infected creature must roll a d10, and after that many rounds it gains disadvantage on its attack rolls until it uses a Bonus Action to scratch the itch.	2	Pustule Puff: Pustules filled with bacteria. Upon being broken or after 1d10 days, every creature in 5 ft must succeed on DC 8 Saving Throw or get infected with the appropriate disease.	3
Open Wound: Susceptible to further colonization from other microorganism, and disadvantage on saving throws against other skin diseases.	3		
Gangrene: Necrosis spreads towards the center of the body starting from the fingers or toes. (10 cm/hour). Amputation will stop the necrosis from spreading.	4		

Special Racial Characteristics Symptoms

Mundane Symptoms	Malady Points	Magical Symptoms	Malady Points
Dying Wings: Your feathers begin to crumble and fall. In 1d4 weeks you lose your ability to fly, unless you are cured.	3	Flappy Wings: Your wings flap at an immense rate and you cannot stop it. You create a harmless gust of wind in an area of 10ft around you. Small items may be thrown away.	1
Onycholysis: Attacking with your claws may cause them to crack. Your claw attacks cannot deal more than 1 point of damage.	4	Mushy Hoofs: Your hoofs are no longer hard enough to deal with difficult terrain. For every 100 ft of difficult terrain you travel (a mountain for example), take 1 point of damage.	2
		Petrified Wings: Your wings turn to stone. You lose your ability to fly and your walking speed is reduced by 10ft.	4

Diagnosis

Cruel though he may be, the Mad Mage is correct. To be able to diagnose a disease is perhaps the most crucial point in the care of a patient. Scholars in academies spend countless hours, stressing over the little details that will help them differentiate the plethora of illnesses found in the world. Indeed, to correctly assess a situation, one needs knowledge.

Dealing with a disease requires experience and knowledge. Use the following table to determine what a character knows about a disease.

When creating a disease, set the DC required to make the diagnosis. A character diagnosing a disease successfully knows about the symptoms, the cure and the epidemiology. While diagnosing a disease usually requires a Medicine Check, you could have the players roll an Arcana Check if it is a Magical Disease or a Religion Check if it is a curse from the Gods.

You may also choose to assign different DCs for the symptoms, the cure and the epidemiology. For example, knowing the effects of an epidemic disease might be Average Knowledge, but curing it might require a medical expert. If you choose to do so, calculate the malady points you spent on diagnosis by finding the average on the subcategories. (Algebra strikes again). The diagnosis could grossly be split into the following categories: Origins, Causes, Symptoms, Cure.

> **Optional Rule:**
> **Knowledge**
> There is an optional rule you can apply to customize the disease system even further. If a disease originates from something that a select few people on the planes are aware of, then even masters of the art of diagnostics should not be able to fully explain it. For example, if a wizard somewhere accidentally created a disease and only his apprentices are infected with it, then no scholar could know about it. If you choose to inflict your world with a disease like this, consider it as a Diagnosis worth of 30 malady points. The Players will not be able to learn about the disease no matter what they roll on the knowledge check.

Increased Lethality Table

DC	Difficulty	Description	Malady Points
5	Elementary	Average commoner's knowledge.	0
10	Intermediate	Educated person's knowledge.	5
15	Advanced	Knowledge only accessible to Medical professionals.	10
20	Proficient	Knowledge only accessible to experts of particular ailments.	15
30	Expert	Secrets known to masters like Acesius or the Mad Mage, and to some deities.	25

CURE

Every disease needs a cure. These two concepts go hand in hand. If there is no cure for a disease, then you can be sure that it will be a priority in both the scholars' research topics and in the cleric's prayers. The disease you want to create in this workshop can be cured by a plethora of means. As noted before, this is the ideal way to introduce a quest to your players, and you should take advantage of this. Must they travel far, looking for a fabled ingredient? Must they defeat a powerful foe to salvage an antidote from its body? Whatever you choose, keep in mind that it will dictate how the world views the disease. A deadly epidemic is caused both by a virus that spreads too fast and claims the lives of thousands, but it is also caused by a disease that slowly spreads, unstoppable and unimpeded, as medics have to sit idly and just wait for their patients to succumb to their illness.

There are two main steps to weaving the cure. First, you must choose the degree of resistance and then decide if a special treatment exists, and what it is.

There are four degrees of resistance: Low, Medium, High, Extended. As the degree goes higher, simple spells and abilities lose their functionality, and only higher level spells can even affect the disease, while in the highest degree, no generic magical means can cure the disease. This first step has been prioritized because the first thought of anyone who has played the game for some time is to try and use some staple spells to cure a disease. As the DM, you need to be very certain as to what works and what doesn't. It goes without saying that as the degree increases, so does the potency of the disease and the points on the Malady Score, as the following table illustrates:

Degrees of Resistance

Resistance	Malady Points
Low	0
Medium	5
High	10
Extended	15

Choose Degree of Resistance

- Low: The disease is cured by all common spells.
- Medium: The disease is cured only by high-level spells and low level spells only halt its progression
- High: The disease is not affected by low level spell and is only halted by higher level spells
- Extended: The disease is not affected by any of the known spells and magic items

Choose Special Treatment

Consult the Cures table. Also choose the rarity of your treatment.

Below, we present a short list of tools that can be used to cure a disease according to the first degree of resistance.

SPELLS

- **Lesser Restoration (2nd level)**
  Removes one disease or one condition (blinded, deafened, paralyzed,poisoned)
- **Raise Dead (5th level) and Resurrection (7th level)**
  Cures non-magical diseases that afflicted the deceased at the time of their death.
- **True Resurrection (9th level)**
  Cures all magical and non-magical diseases that afflicted the deceased at the time of their death.
- **Heal (6th level)**
  Removes all diseases and blindness, deafness.
- **Hero's Feast (6th level)**
  Cures all diseases.
- **Mass Heal (9th level)**
  Removes all diseases and blindness, deafness.

MAGIC ITEMS

- **Keoghtom's Ointment**
  Cures all diseases.
- **Periapt of Health**
  Suppress current diseases and grants immunity to diseases.
- **Elixir of Health**
  Cures diseases and removes blinded, deafened and paralyzed conditions.
- **Potion of Vitality**
  Cures all diseases and removes exhaustion.

OTHER

- **A Paladin's Lay on Hands ability**
  Cures one or more diseases.
- **School of Transmutation (Wizard) feature: Master Transmuter- Panacea**
  Cures all diseases.

The following table specifies which of these are High and which are considered Low, in order for you to know what the players and NPCs can use to cure each disease.

High/Low Cures

Magical Cures	Low	High	Special
Lesser Restoration	+	-	Removes Blindness Deafness Paralyzed
Raise Dead	+	-	
Resurrection	-	+	
True Resurrection	-	+	
Heal	-	+	Removes Blindness Deafness
Hero's Feast	-	+	
Mass Heal	-	+	Removes Blindness Deafness
Magic Items			
Keoghtom Ointment	+	-	
Periapt Of Health	+	-	Suppresses Current Diseases' Effects
Elixir Of Health	-	+	Removes Blindness Deafness Paralyzed
Potion Of Vitality	-	+	Removes Exhaustion
Other			
Paladin: Lay on Hands	+	-	One disease per 5hp
School of Transmutation Wizard: Master Transmuter - Panacea	-	+	

For example, if a disease is of a Medium degree of resistance, that means that a Lesser Restoration would only halt its progressing, but the Master Transmuter's Panacea would heal it.

The second part consists of choosing a specific treatment for the disease. There are many fantastical plants hidden in mythical forests, and the blood of the creatures of legend can be distilled to create powerful antidotes and elixirs. The favour of a deity can go a long way, but so can an alchemical potion. It all depends on the specific illness.

If the malady you are creating has a specific cure, then you might have to use your imagination to create something truly unique. Be that as it may, we have searched high and low and have boiled every cure into 10 major categories, which we hope will inspire you and give you the needed push to create something interesting and special.

Special Treatment

d10	Cure	Description
1	Spell	The disease is cured with the effect of a spell.
2	Ritual	The disease is cured through an arcane ritual.
3	Paladin	The disease is cured by the Cleansing Touch of a Paladin.
4	Herb	The disease is treated by a rare herb.
5	Plant	The disease is cured with the help of a plant.
6	Food	The disease is cured upon consumption of a specific food.
7	Alchemy	The disease is treated with a specific alchemical substance.
8	Druid	The disease is treated with a druidic ritual.
9	Antidotes	The disease is cured with a specific antidote.
10	Monsters	The disease is cured by extracting a monster substance.

After choosing the type of special treatment for your disease, choose its rarity.

Disease Rarity

Rarity	Point Value
Common	0
Uncommon	5
Rare	10
Very Rare	15

To understand this, let's analyze an example. Speaking of herbs, a common plant would be available in any garden or in the streets, an uncommon plant would only flourish by the sea, a rare plant would only be found in a specific lake and a very rare plant would grow for a week every ten years in a cave guarded by wraiths.

Feel free to go wild with these special cures. The point is to offer something your players will either recognise and be happy to search for, or to create something exciting and quirky. An example could be the special cure of the fabled Druid's Curse, which can only be treated with a potion created by Sparkleaf, a delicate purple flower with lightning-like stripes of yellow, that can be found on Shambling Mounds. (Yes, this basically combines 3 of the special cures: Plant, Monster and Alchemy. That's ok. We told you to go wild). For the record, this would count as a Very Rare cure.

To calculate the MP you have spent on a cure, add the resistance points and the special cure points.

PALLIATIVE CARE

Although this is not something we recommend you allow your players to be troubled with, taking care of the sick is important, in its own way. You can really set the tone by describing how in a hospital, a nurse is running around, trying to treat the symptoms of a handful of patients that are at death's doors, while the doctor is begging the players to procure the herb that can cure them. As a basic human condition, everyone can understand at a deep and meaningful level what it means to help the sick, those in need, and it's something you should apply to your games to make them just a bit more in touch with the realism in the fantastical stories that we tell.

Plot Hooks

The Plot Hooks are unfortunately the only part of the creation process that we cannot really help you with. After you are done with the creation process, however, we feel that you should have enough going for you to be able to seamlessly and effortlessly insert the malady into your stories. The origin could hint at a villain, the cure could create a quest, and the symptoms can just enrich your storytelling. The possibilities are endless, really.

Wand of Viral Infection

These metal wands are crafted by the Mad Mage with the help of his most trusted artisans. They are imbued with his tainted signature spell and provide him with the means to spread his magical plague and grow his army of horrors. His most loyal followers are awarded with one of these and guard it with their lives. This wand has 7 charges. While holding it, you can use an action to expend 1 of its charges to cause an abhorrent purple smoke to appear under a creature you can see within 60 feet of you. The target must succeed on a DC 18 Constitution saving throw or be infected with the Mad Mage Virus.

The wand regains 1d6 + 1 expended charges daily at dawn. If you expend the wand's last charge, roll a d20. On a 1, the wand crumbles into ashes and is destroyed, leaving behind a cloud of purple smoke.

Outro

And thus, my work is complete. You have mastered the ways of malady crafting. It is now up to you to bring misfortune to the fortunate and death to the living. Go now. The world is waiting for your answer.

Mu

You have reached the end of the Malady Workshop. You now have all the tools necessary to craft your own disease. You have created an origin story for it and decided on how it spreads. You weaved a unique symptomatology with which the malady manifests, defined how hard it is for experts to diagnose it, and left behind a gift, that of a cure. You can now sit back and enjoy the show. Adventurers are bound to discover this disease, and as they always do, try to fix the problem. We hope that you enjoyed the process, and that your game world is now just a bit richer. May your stories always be evocative.
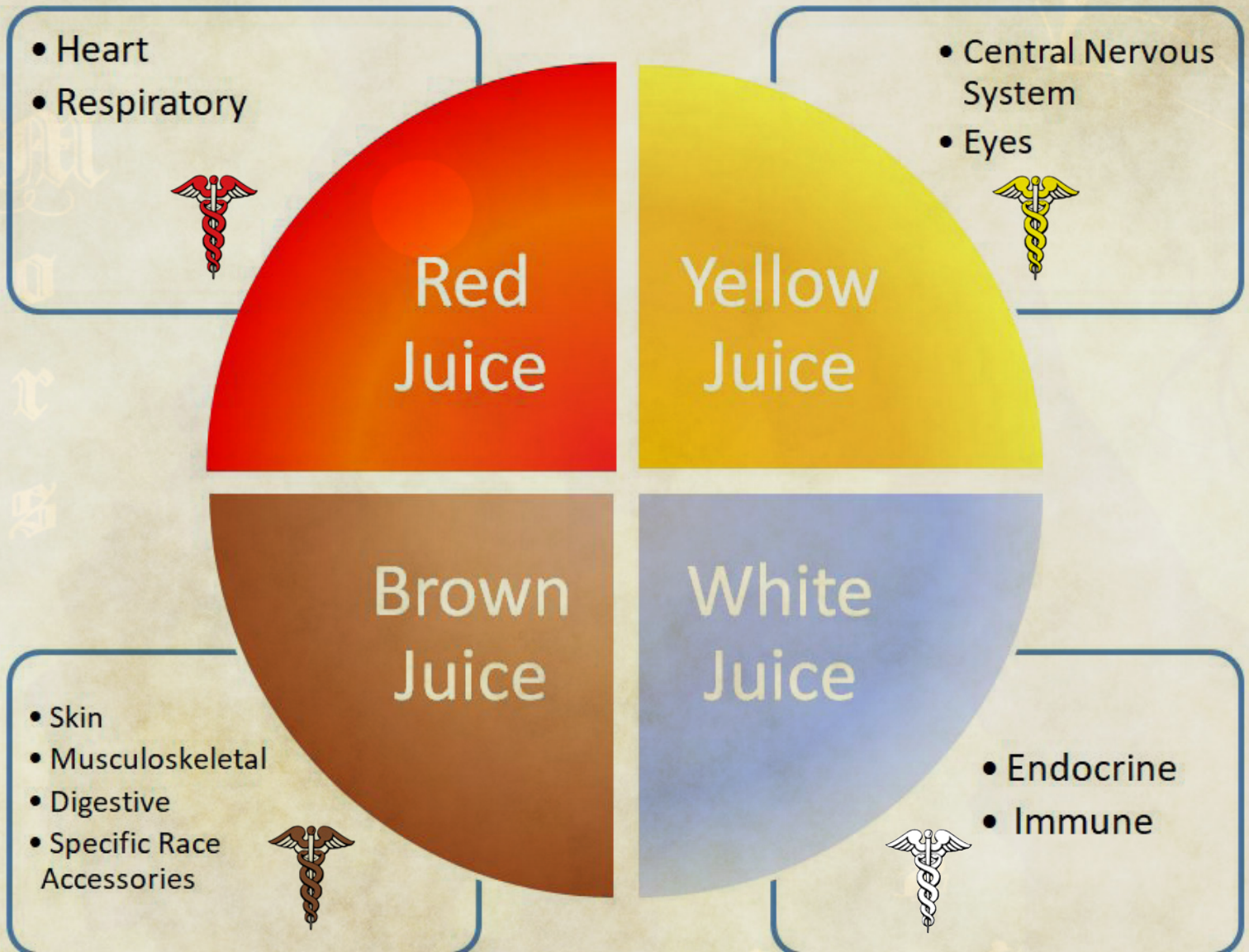
Appendix A: Juice Theory

Every system in the body is consisted of four basic elements. Cold, Heat, Moisture and Draught

Heat + Moisture: **Red Juice**
Heat + Draught: **Yellow Juice**

Cold + Moisture: **Brown Juice**
Cold + Draught: **White Juice**

• Heart
• Respiratory

• Central Nervous System
• Eyes

Red Juice

Yellow Juice

Brown Juice

White Juice

• Skin
• Musculoskeletal
• Digestive
• Specific Race Accessories

• Endocrine
• Immune

The systems are categorized by the frequency they tend to appear together. For example; symptoms from both CNS and Eyes are common. Symptoms from adjacent juices may also appear in one disease but not as frequently. It is rare but not impossible for symptoms from opposite juices to appear together.

Appendix B: Sample Diseases

Wizard's Folly, The Whispering Butchers

Kill them. Fight them. Feast on their flesh. They only make you weak. Your shackles are now broken. You are the master of your destiny. Kill them. Succumb. Make them suffer. Succumb.

Divine, Non Lethal, Internal, Crippling, Chronic, Penetrative

Spellcasters infected with this disease lose their minds very rapidly, succumbing to maddening whispers from ancient evils that take root in their brains in the form of parasites. The voices drive their victim to vile acts and instill them with a fear of fire and the sun.

Origins

Once thought to be a disease accidentally caused by a wizard's experiments with forbidden knowledge, it is now understood that a tiny creature, naturally found in the Astral Sea, invades the wizards' mind. Its mission unknown, it only feeds off of the host's arcana and seeds their thoughts with horrific ideas.

Causes

Any spellcaster that tries to cast a forbidden ritual or acquire knowledge by tempering with dark forces might contract this disease. If your friendly warlocks decides to deepen their relationship with their evil patron or if a cleric betrays their god for an evil deity, they must succeed on a DC 25 Wisdom saving throw. On a failure, they are infected with the disease. This disease is also penetrative meaning that it affects players with immunity to diseases.

Malady Points: 20 + 10 = 30

Symptoms

This malady manifests with a multitude of symptoms from the yellow and white liquids, as per the theory of the Four Liquids by Acesius.

The pathogen implants itself in the creature's brain changing its structure. The creature's alignment changes to Chaotic Evil and the voices in its head compel it to perform murder and torture to innocents. The body's defenses are weakened leaving it vulnerable to other diseases. Additionally the creature develops a fear of fire and the sun. Being exposed to sunlight causes its body to fall apart as it turns to shining dust.

Symptoms

- **Melatonin Up-Regulation (5):** Being exposed to direct sunlight for more than 2h each day will cause your hormonal system to become deregulated. You suffer from at least 3 other endocrine diseases. *Special Cure:* Avoiding sunlight for a week.

- **Voices (5):** Voices in your head tell you to follow their commands. You must make a DC 18 Charisma saving throw. On a failure you have to follow them.

- **Frontal Lobe Syndrome (5):** Your personality changes. You become aggressive, impulsive and unable to see others' point of view, slowly leading you to criminal activity. Your alignment becomes chaotic evil.

- **Absolute Immunodeficiency (5):** You automatically fail any saving throws against diseases. Each morning, you suffer the effects of a minor symptom (0-2 Malady points), caused by endogenous bacteria.

- **Suggested Minor Symptom: Fungality:** Your body is unable to defend against growing fungus. Mushrooms and mold grow on your body, altering your appearance and emitting a foul smell.

Malady Points: 5 + 5 + 5 + 5 = 20

Diagnosis

Proficient: (15 MP). Knowledge only accessible to experts of particular ailments.

This disease is relatively rare in most realms, but physicians that study the mind are well aware of it. A creature with a successful DC 20 Medicine Check will learn about the Origins, Causes, Symptoms and Cure of the disease.

Malady Points: 15

CURE

Wizard's Folly has an Extended degree of resistance. Low level spells are useless, while only high level spells will make the voices silent for one day. Minor symptoms caused by Absolute Immunodeficiency are easily curable.

Additionally, all the symptoms can be suppressed for a month by burning 10% of the creature's body. This procedure deals 5d6 fire damage to the creature.

Malady Points: 15 + 0 = 15

VERDICT

Wizard's Folly costs a total of **80 Malady points** and would be a turning point in the campaign. Suppressing the disease's symptoms is not an easy task and if left untreated, will make a huge impact on your adventure.

WERECOWISM, THE MOOING DISASTER

Moo.

Magical, Lethal, Malformative, Crippling, Subacute

ORIGINS

According to legends, this disease was created when a ruthless spirit of the forests bestowed a cow with the power to spread this disease. This way the spirit would be able to drive settlers away from its lands.

CAUSES

A creature that is currently on the second or third stage of this disease can spread it by biting another creature. Any creature that gets bitten must succeed on a DC 15 Constitution Saving Throw or become infected.

Malady Points: 10

SYMPTOMS

This disease's symptoms manifest in three distinct stages.

The first stage begins 1 day after the creature becomes infected with the disease. Cow-like patterns gradually appear all over its body. The victim's ear grow bigger and a small tail appears. Its neck swells resulting in a high-pitched wheezing and dyspnea.

The second stage begins 5 days after the creature becomes infected. The victim suffers from optical illusions and its behavior changes. Specifically, after suffering an optical illusion (usually 3-5 times a day) it becomes aggressive to anyone near it and tries to bite them. Its behavior changes back in 10 minutes. Over time the illusions appear more frequently.

The third and final stage starts 15 days after the infection. The victim's transformation is complete and it becomes a cow, losing its previous conscience in the meantime. All other symptoms disappear.

- **Skin Recolor (0):** Your whole skin or parts of it may change color. The pattern and the color may be characteristic for one disease

- **High pitched wheezing (0):** When you breath, any creatures that can hear extremely high frequencies (Creatures with the Keen Hearing trait), are startled by it.

- **Dyspnea (3):** Disadvantage on Athletics Checks and your Speed is reduced by 10 ft.

- **Frontal Lobe Syndrome (5):** Your personality changes. You become aggressive, impulsive and unable to see others point of view, slowly leading you to criminal activity. Your alignment becomes chaotic evil.

- **Optical illusions (2):** Illusions appear randomly as chosen by the DM. Treat this as a phantasmal force spell.

- **Werecowism (5):** You transform into a cow and lose all conscience

Malady Points: 0 + 0 + 3 + 5 + 2 + 5 = 15.***

Additionally, if the disease is in the stage 1 or 2, it can be cured by consuming a cup filled with Holy Water and Saliva of a Stage 3 victim once per day for 5 straight days. Only a Wish Spell can revert the transformation.

Malady Points: 5

VERDICT

Werecowism costs a total of 46.25 malady points. Being bitten by a cow should be considered an immediate threat and our heroes should take action as soon as possible.

DIAGNOSIS

Elementary: (0 MP). Average commoner's knowledge.

Intermediate: (5 MP). Educated's person's knowledge.

Proficient: (15 MP). Knowledge only accessible to experts of particular ailments.

This disease is relatively common but it in most places it is considered untreatable. By succeeding in a DC 5 Medicine Check, a creature will learn about the Causes. By succeeding in a DC 10 Medicine or Arcana Check, a creature will learn about the Origins and the Symptoms of the disease. By succeeding in a DC 20 Medicine Checks it will learn about the Cure.

Malady Points: (0 + 5 + 5 + 15) /4 = 25/4 = 6,25

CURE

Werecowism has a high degree of resistance, meaning that it is not affected by low-level spells and will only be halted by higher level spells. High level spells will suppress Dyspnea and Wheezing as well as the Optical Illusions for 12 hours.

The Kiss of the Flower

Returning from the sunken temple, the dwarf had gained unprecedented strength. But most importantly, sleeping in stables was no longer a problem for our hero.

Natural, Non Lethal, Malformative, Mild, Subacute

Origins

The Kiss of the Flower is a disease caused by touching the vines of the plant named Chorestum. It is commonly found by adventurers searching old overgrown ruins. The flower has a characteristic smell of lemon with a tint of horseshit, but by those affected by its toxins it is described as the scent of a young woman.

Causes

Any character that touches the plant's vines with its bare skin must make a DC 10 Constitution Saving Throw or be affected with the disease. The disease is not caused by any other way or cannot be transmitted by an infected creature, so it would be unable to cause epidemics to larger populations.

Malady Points: 5

Symptoms

This disease primarily manifests through the Brown juice, according to Acesius' theory of the Four Juices, while also secondarily exhibiting symptoms of the Red juice.

A few minutes after a creature's skin is exposed to the deadly plant's toxins, blisters appear on the spot and it suffers from severe itching. It also has an altered sense of smell; things that normally smell nice like flowers make the creature want to puke, while foul odors please them. Slowly the toxins invade the muscles, causing them to expand, and a peculiar symptom known as Muscle Bomb manifests.

Diagnosis

Intermediate: (5 MP). Educated person's knowledge.

Advanced: (10 MP). Knowledge accessible to

Symptoms

- **Skin lesion (0):** Skin lesions like Macules, Papules, Plaques and Nodules appear on your skin.

- **Itching (2):** An extreme inconvenience. After rolling for initiative, the infected creature must roll a d10, and after that many rounds it gains disadvantage on its attack rolls until it uses a bonus action to scratch itself.

- **Muscle Bomb (4):** Specific muscles start to overgrow. Once every 1 + Constitution Modifier days (which is considered to be one cycle), your Strength score increases by 1 up to a maximum of 20 (+5). After 4 cycles, your body cannot deal with the growth and that muscle starts dying. In 1 hour, you lose the corresponding limb.

- **Fraudulent Nose (0):** Your sense of smell is altered.

Malady Points: 0 + 2 + 4 + 0 = 6.

Medical professionals.

This disease's diagnosis is split in two parts. A creature succeeding in a DC 10 Medical or Nature Check learns about the Origins and Causes of the disease. With a successful DC 15 Medicine Check it will also learn about the Symptoms and Cure of the disease.

Malady Points: (5+5+10+10)/4 = 7.5.

Cure

Kiss of the Flower has a Medium degree of resistance. Low level spells will cure the blisters and the itching, but only higher level spells will cure Muscle Bomb and Fraudulent Nose.

Additionally, all the symptoms can be cured by applying a special ointment crafted by someone proficient with Alchemist's Supplies. Horse fat, mud and flowers of the plant that causes the disease are needed to create this ointment.

Malady Points: 5

Verdict

Kiss of the Flowerc osts a total of 28.5 Malady points and would be manageable by our adventurers, but encountering it in a remote location would potentially cost them an arm and a leg.

The Fleeting Lightning

This disease is infamous for its ability to spread with all sorts of travelers of the lands. It's unfortunate that discrimination may ensue due to the fear many have of circus actors or migrating groups, and of the diseases they carry with them. This malady, dubbed by those who have witnessed its symptoms firsthand "Fleeting Lightning", is surely one to be wary of.

Natural, Non Lethal, Malformative, Mild, Acute

Origins

No one really knows how this disease came to be, but every civilization is exposed to it the same way; by a traveling group. Circuses, people who had to migrate, travelers and even adventurers can all be considered carriers of the disease, and when they arrive in an area with no protection against it, they unwillingly infect the populace.

Causes

Many common folk believe that simply coming into contact with people from faraway lands puts them at risk. In reality, the only ones who are truly at risk are those with skin lesions, such as scratches. Exotic microorganisms that travelers carry from foreign lands enter the body through those scratches and go to the neck, where they cause most of the symptoms of the disease.

This disease is of medium contagiousness. That means that when a creature with a skin lesion comes in contact with a traveler, they must make a DC 15 Constitution Saving throw, or be infected with Fleeting Lightning. If a traveling group infects a larger part of the population, it has been found that almost half of said population will have come in contact with the disease in 2 months. Most however won't demonstrate the roughest of the symptoms, but will only experience a lighter version of them.

Malady Points: (10+5)/2 = 7.5

Symptoms

This disease primarily manifests through the White juice, according to Acesius' theory of the Four Juices, while also secondarily exhibiting symptoms of the Brown juice.

When a creature is infected with Fleeting Lightning, it slowly experiences some discomfort in its neck. Slowly but steadily, the lymph nodes in its neck become enlarged, which common folk describe like having some solid ball-like masses underneath their skin. Around the area of the neck that is inflicted, the skin takes a surprisingly deep purple color, which is hard to conceal with anything but a scarf.

The most striking symptom however is the infected's tendency to attract lightning for some reason. Most patients experience constant shocks due to static electricity that forms with friction, and they generally are susceptible to electricity and lightning. Some unlucky individuals can even get struck by lightning, even at seemingly random moments.

An infected creature has vulnerability to lightning damage.

When the disease takes deep roots in the neck of a patient, it affects its thyroid, causing it to overwork. As the thyroid controls metabolism and temperature, Fleeting Lightning manifests with a constant hunger, loss of weight, warmth and inability to handle hot environmental conditions, and a feeling of the heart beating too fast.

Symptoms

- **Swollen lymph nodes (0):** May appear in any body part, such as neck, bubonic, axilla.

- **Electronodes (3):** You attract lightning. You are vulnerable to lightning damage. You may be hit by a lightning every now and then.

- **Skin Recolor (0):** Your whole skin or parts of it may change color. The pattern and the color may be characteristic for one disease.

- **Thyroid (2):** Base Metabolism is increased. You have to eat twice as much or gain one point of exhaustion.

Malady Points: 0 + 3 + 2 + 0 = 5

Diagnosis

Advanced: (10 MP). Knowledge accessible to Medical professionals.

This disease can only be diagnosed by medical professionals, simply because of its non-specific symptoms at first. A swollen neck is hardly rare, especially in areas where typical diseases are uncontrolled, and as such, one needs to have trained in the art of reading between the lines and distinguishing what symptoms are important and what are irrelevant. A creature proficient in Medicine must succeed in a DC 15 Medicine Check to learn about the Origins, Causes, Symptoms and Cure of this disease.

Malady Points: 10

Cure

Fleeting Thunder has a Medium degree of resistance. It can be cured by using high-level spells, while low-level spells will suppress the symptoms for 1 hour.

It may also be cured by eating a mix of brown-spotted mushrooms and boiled fire-snails. The fire-snails are quite difficult to be found as they live inside volcanoes ***(Rare: 10 MP).***

Malady Points: $(5+10)/2 = 15/2 = 7,5$.

Verdict

Fleeting thunder costs a total of 37.5 Malady points and would be manageable by our adventurers, but finding a permanent cure would be an exciting adventure to a volcano guarded by dragons.