**Edema** is swelling occurs when an excessive volume of fluid accumulates in the tissues, either within cells (cellular edema) or within the collagen-mucopolysaccharide matrix distributed in the interstitial spaces (interstitial edema.

Edema can be the result of Taking medication to remove excess fluid and reducing the amount of salt in your food often relieves edema. When edema is a sign of an underlying disease, the disease itself requires separate treatment.

Causes

Edema occurs when tiny blood vessels in your body (capillaries) leak fluid. The fluid builds up in surrounding tissues, leading to swelling.

Mild cases of edema may result from:

* Sitting or staying in one position for too long
* Eating too much salty food
* Having premenstrual signs and symptoms
* Being pregnant

Edema can also be a side effect of some medications, including:

* High blood pressure medications
* Nonsteroidal anti-inflammatory drugs
* Steroid drugs
* Estrogens
* Certain diabetes medications called thiazolidinediones

Swelling of the extracellular matrix or interstitial edema, which may occur as a result of aberrant changes in the pressures (hydrostatic and oncotic) acting across the microvascular walls, alterations in the molecular structures that comprise the barrier to fluid and solute flux in the endothelial wall that are manifest as changes in hydraulic conductivity and the osmotic reflection coefficient for plasma proteins, or alterations in the lymphatic outflow system, as predicted by examination of the Starling equation.

**Types of oedema**

1-Peripheral edema: This affects the feet ankles, legs, hands, and arms

2-Pulmonary edema: Excess fluid collects in the lungs, making breathing difficult

3-Cerebral edema: This occurs in the brain

Macular edema: This is a serious complication of diabetic retinopathy-4

**Transudate** is fluid buildup caused by systemic conditions that alter the pressure in blood vessels, causing fluid to leave the vascular system.

**Exudate**

is fluid buildup caused by tissue leakage due to inflammation or local cellular damage