

Allergic Disorders and Homoeopathy

An allergic reaction is the body's way of responding to an "invader." When the body senses a foreign substance, called an antigen, the immune system is triggered. The immune system normally protects the body from harmful agents such as bacteria and toxins. Its overreaction to a harmless substance (an allergen) is called a hypersensitivity reaction, or an allergic reaction.

Anything can be an allergen. Dust, pollen, plants, common food allergies include shrimp and other shellfish, peanuts, eggs, soy, dairy, wheat), insect bites (such as from mosquitos or bees), animal dander, viruses, or bacteria are examples of allergens.

In my practice I frequently see allergy due to Vaccines and medications (antibiotics like penicillin, amoxicillin, aspirin, ibuprofen, iodine), general anesthesia and local anesthetics, latex rubber (such as in gloves or condoms), dust, pollen, mold, animal dander, and poison ivy are well-known allergens. Other known allergens can include detergents, hair dyes, and the ink in tattoos.

Stress and emotions are root causes of most of the allergy.

Allergies and the tendency to have allergic reactions run in some families.

Reactions may occur in one spot, such as a small localized

- skin rash,
- itchy eyes,
- Face bumps, or all over, as in a whole body rash such as or hives (urticaria).

A reaction may include one or several symptoms.

Most allergic reactions are minor, such as a rash from poison ivy, mosquito or other bug bites, or sneezing from hay fever. The type of reaction depends on the person's immune system response, which is sometimes unpredictable. In rare cases, an allergic reaction can be life-threatening (known as anaphylaxis).

Role of homoeopathy

Because allergic reactions can progress and worsen as time goes it needs to be treated by boosting the immune system of the patient.

The susceptibility of the person should be improved under any cost by giving constitutional remedy; only in a very acute stage a local remedy may be used. Before starting homoeopathic treatment it is always safe to do serum Ig. E levels complete blood count etc.

Case 1:

A young girl aged 25 years returned from Goa to Bombay with a complaint of severe allergic reaction on her left arm after tattoo.

The affected part had large vesicular eruption with severe burning followed by scratching. The affected part was red and hot.

Washing the part with water aggravates the burning, however application of ice gives temporary relief.

Touching the part also aggravates the burning. When asked about the type of pain she said it was stinging pain.

She was extremely frightened looking at her skin lesion and she thought as if she had rabies. She also thought that this was all due to curse or witch craft by her enemies. With this she has become irritable and restless with this condition. She was constantly lamenting that why she did this tattoo and why she went to such a road side place to get her tattoo done.

She also had a low grade fever with hot perspiration in the night. She had already taken a course of antibiotic Augmentin 675 mg. for five days without relief along with local application of steroid based cream locally.

I saw her on 10th day of her illness and she said she was getting worse every single day.

I gave her cantharis LM1 in five cup method 1 tsf 6 hourly and subsequently cantharis LM6.

Within two weeks majority of eruption disappeared along with fever.

In the case like above try using LM potency and five cup method, using centesimal potency may produce aggravation.

Cantharis has stinging pain like Apis, Silicea and sepia. Cantharis is always worse washing the part locally like clematis and sulphur.

Cantharis like stramonium and lyssinum has a delusion of suffering from rabies.

Allergy to cheap dyes used in tattoo is a very common thing seen in many young people.

Case2:

A boy 28 years came to me with severe allergy all over his body, his whole skin was looking red like fire and it was burning like a charcoal. It all started after going to swim in a sea on a Sunday afternoon while he was swimming for 3-4 hours nothing happened but after that he consumed two bottles of chilled beer and in less than half an hour his body started getting hot with large red patches covering all over his body, he was unable to wear his shirt as it aggravated his condition, he wanted cold breeze of air constantly over his body, he was mortally afraid to allow someone to come near him as slightest touch to his skin was unbearable. Ever since these eruptions came he has started passing dark brown urine. His father who happens to be an animal lover and knows me very well rushed him within few hours after the eruption came. I remember when he entered my clinic he said doctor please put all your air conditioners in full speed. With all the above symptoms I gave him Coccus cacti 200c five cup method, 1 tsf 2 hourly by next morning all most all the rashes disappeared and never returned back.

Coccus- cacti is very useful remedy in my practice in skin diseases esp. in beer drinkers. Skin sensitive to clothing, red rashes sensitive to touch are the key symptoms of this remedy. Many skin symptoms are worse summer esp. cracks.

Never ever allow antihistaminic like Loratadine, Cetirizine or Fexofenadine as this will suppress the case and may produce many unwanted side effects like drowsiness.

For small, localized skin reactions, I use a cold, wet cloth or ice for relief or a bag of frozen vegetables wrapped in a towel as an ice pack or apply slice of papaya for relief in itching and burning.

A mixture of equal quantity of apple and carrot juice 2-3 times a day is equally useful.