

C.V.S.HOMOEOPATHIC CLINIC

ALLERGIC PROBLEMS – GUIDELINES

INTRODUCTION:

“Allergy” is the word, commonly heard now a days and so many diversified health problems are attributed to Allergy. We hear people saying “I am allergic to see such and such face”; “I am allergic to milk”; “I am allergic to sweets”. “My child gets breathing problem on eating fish”; “I get diarrhea on taking milk”; “My child gets constipation on drinking milk”. “I get headache on taking sweets”. For all these types of problems doctor says “You have allergy”. But why are there so many types of sufferings because of one disease. That is “Allergy”. Why some body drinks milk nourishingly and the other person gets diarrhoea or constipation? There is on proverb “One person’s best food item may become other person’s lethal Poison”.

This saying holds very well in understanding Allergic Disorders.

It is estimated that at least 25% of people do suffer from some or other type of Allergic Disorder. Let us try to understand what is this Allergy? What are those diseases caused by Allergy? Why is it on increase? Should we suffer for ever? What are the symptoms of Allergy? How is the allergy diagnosed? What are the relieving measures to be taken? How to get cured of it? What Homoeopathic System of Medicine promises to people suffering from Allergic Diseases? You will get answers for all these questions in this Article by means of which you can advise and help people suffering from allergic disorders.

“Allergy” is the abnormal hypersensitivity of the body cells and tissues to various specific substances, which results in various types of reactions.

It is the individual status with respect to the specific substance. The substance, which causes allergic reactions, is called as the “Allergen”. This type of allergic reaction is expressed in various organs and tissues, causing various set of symptoms which, we are labeling many disease names to it. So **“Expressions are many, but cause is one, that is Allergy”**.

What are the causes of Allergic Diseases?

Basically allergy is caused by the imbalance in our immune system or lack of resistance in our body. There are two types of causes for allergy. One is the Exogenic or External factors; which we call as “Allergens”, *“Allergen can be anything under the sun including the sun”*. External causative factors range right from house dust to pollen, food substances, to even cold drinking water, weather etc. fundamental cause or internal cause is the imbalance in the immune system or low body resistance. Allergy runs in the families. It may remain dormant till the general resistance of the patient sufficiently comes in contact with the Allergen (External factor). Some of the commonest allergic diseases do alternate in patient’s life. A patient suffering from Eczema in the childhood may suffer from Bronchial Asthma in adulthood. What is inherited is “Allergy”, not its specific manifestations. So one person in a family may have allergic skin rashes or Eczema, still other may have Allergic Gastritis.

These allergens are just a tip of the iceberg. Our highly polluted environment compels us to inhale and ingest chemicals all the time. So, total avoidance of Allergens (External Allergy causative factors) is just impossible.

What are the diseases caused by Allergy?

Allergy is a multiheaded monster. Root cause is only one i.e., Allergy, but manifestations are mainly fold. Allergy causes various diseases in many systems and organs of our body. These following are the few major diseases caused by Allergy in Various Systems of our body.

Skin	Respiratory System	Digestive System	Eye
Eczema Urticaria	Allergic Rhinitis Allergic Sinusitis Allergic Bronchitis Bronchial Asthma	Stomatitis (Ulcers in the mouth) Allergic Gastritis Allergic Diarrhoea (Loose motions) Constipation	Allergic Conjunctivitis

Allergy is considered as causative phenomena for a group of Diseases, rather than as the Disease.

What are the symptoms of Major Allergic Diseases?

Allergic Rhinitis & Sinusitis

This is one of the most common manifestations of the Allergy in the Respiratory system incidence rate is increasing because of very fast industrialization and modern food habits and life styles. People complain that they are suffering from cold for years together. Actually any common cold (Viral) lasts for one week or ten days but symptoms of allergic cold (Rhinitis) resemble common cold (Viral). Characteristic features of allergic rhinitis are (i) Sneezing in bouts like a machine gun, at a time 10-15 or even more. (ii) Continuous watery discharge from nose, patient say “during sever cold my nose waters like a tap” (iii) Partial or total blocking of nose especially during sleep or while awake, when laying down, usually nasal discharges may be thin or thick and whitish but whenever there is a super added infection, that discharge becomes thick, yellow or greenish.

All these symptoms are triggered whenever the person is exposed to an allergen for example Cold air, Dust, ice-creams, Cool drinks, fish, eggs etc.

Allergic sinusitis is also common for people suffering from Allergic Rhinitis, Nasal blocking, headache, heaviness of the head etc.

Allergic symptoms are usually aggravated during certain seasons like winter or rainy. These symptoms get relieved with conventional drugs like Anti-histamines, but recurrence is a rule.

Bronchial Asthma

Bronchial Asthma is one manifestation of allergy, which is increasing rapidly, in both developed and developing countries.

It can start at any age. We are witnessing more and more cases of Asthma because of suppression of nasal and skin allergy. Main symptoms are, attacks of breathlessness, wheeze and heaviness of chest, cough, and sputum. This is worse by lying down and feels better by sitting up. During the attack of Asthma, the patient feels that the every breath is the last. Feels relief with expectoration. These symptoms are relieved with conventional Brancho dilators temporarily. Attacks are common in certain seasons like winter or rainy

or exposure to smoke or dust or strong smells etc. asthma is more common with family history of some or other type of Allergy. Asthmatic attack is due to certain changes that take place in bronchial tubes because of allergic reaction. These are (a) swelling of Bronchial mucus membrane (b) Plugging of bronchi with mucus secretion (c) Spasm or contraction (Circular fibre) of bronchi.

Broncho dilators and other conventional drugs reverse these acute changes and relieve the attack temporarily. Whenever the person is exposed to Allergens (Causative factors) attack recurs again since the underlying immune sensitivity is not corrected, which can be done only in homeopathic system of medicine.

SKIN ALLERGY

Eczema:

It starts with eruptions on the skin with severe itching, burning, oozing and pus formation. Blackish discoloration and thickening of the skin is also a common thing. Usually gets relieved with application of skin ointments and recurs as soon as ointments are discontinued. Eczema appears in all seasons, some times increases in one season and decreases in other season and usually more in winter. But the problem continues for years together in other seasons also, unless treated homoeopathically. If the eczema is suppressed with powerful ointments, patient most likely gets allergy or other diseases of internal vital organs.

Allergic conjunctivitis

Itching of eyes, burning, congestion, watering, redness of eyes, on exposure to cold air, pollen or certain ingestions like fish, egg, milk etc. Antibiotics, antihistamines drops may give only temporary relief.

How are the allergic diseases diagnosed? Any investigations are there to diagnose Allergy?

Basically most of the allergic diseases can be diagnosed by symptoms and patients observation. Even though there are some allergic tests to find out to which substances the person is sensitive. These are very lengthy procedures and results of the tests have a limited value in detecting the allergen. "Human body is the most sensitive instrument in the world and symptoms are the expression of the disease or language of the nature". Patient should try to observe under which circumstance and which substance is causing allergic reaction. They should reveal all the observations to the physician.

But general tests like CBP, ESR and Sputum examination, X-ray Chest do help the physician in ruling out other diseases and assessing general condition of the patient.

What is that Homoeopathy can promise to patients suffering from Allergic Diseases?

The founder of Homeopathy Dr. Samuel Hahnemann, described about the basic concept of allergy and treatment methods to be applied nearly two hundred years ago. Homeopathy can treat most of the allergic disorders successfully. There are medicines to give immediate relief during the acute attack as well as total cure of the allergic diseases like Eczema, Bronchitis and Bronchial asthma. These allergic diseases are chronic in nature and they are rooted in the body constitution. So it is taking apparently a lot of time in curing allergic diseases permanently. For example, it may take 1 or 2 years in treating skin allergy 3 to 4 years in treating case of Bronchial asthma.

Medicines start working as soon as it is taken. Gradually frequency and severity of attacks will be reduced and total Allergic Diseases will be annihilated.

What are the precautions to be taken by persons suffering from Allergic Diseases?

1. Try to avoid exposing yourself to things to which you are Allergic, especially cold air, damp weather, dust, pollen, smoke, strong smells etc.
2. People suffering from allergic cold and asthma have to avoid cold food items like ice creams, cool drinks, fridge water, water Melon, Cucumber, Guava, raw Tamarind, Lemon group of fruits, Custard Apple etc.
3. Don't over indulge in any food item.
4. Avoid chemicals, preservatives, essences, colours in food preparations.
5. People suffering from skin allergy should avoid Brinjal, Fish, and Chicken etc.
6. Take Homeopathic treatment regularly from a qualified and experienced physician, who can understand your psycho-physical nature and plan treatment and give you counseling from time to time.
7. Take the course of treatment completely as per physician's stipulation and don't discontinue after getting just temporary relief.
8. it is found that increased negative emotions like fear, anxiety, tension, anger, enmity, jealous etc. can have impact over the immune system. So optimize your mental stress levels, practice yoga, Pranayama and meditation also may help in maintaining peace of mind and reduce stress levels, ultimately which keeps you away from allergic diseases.

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