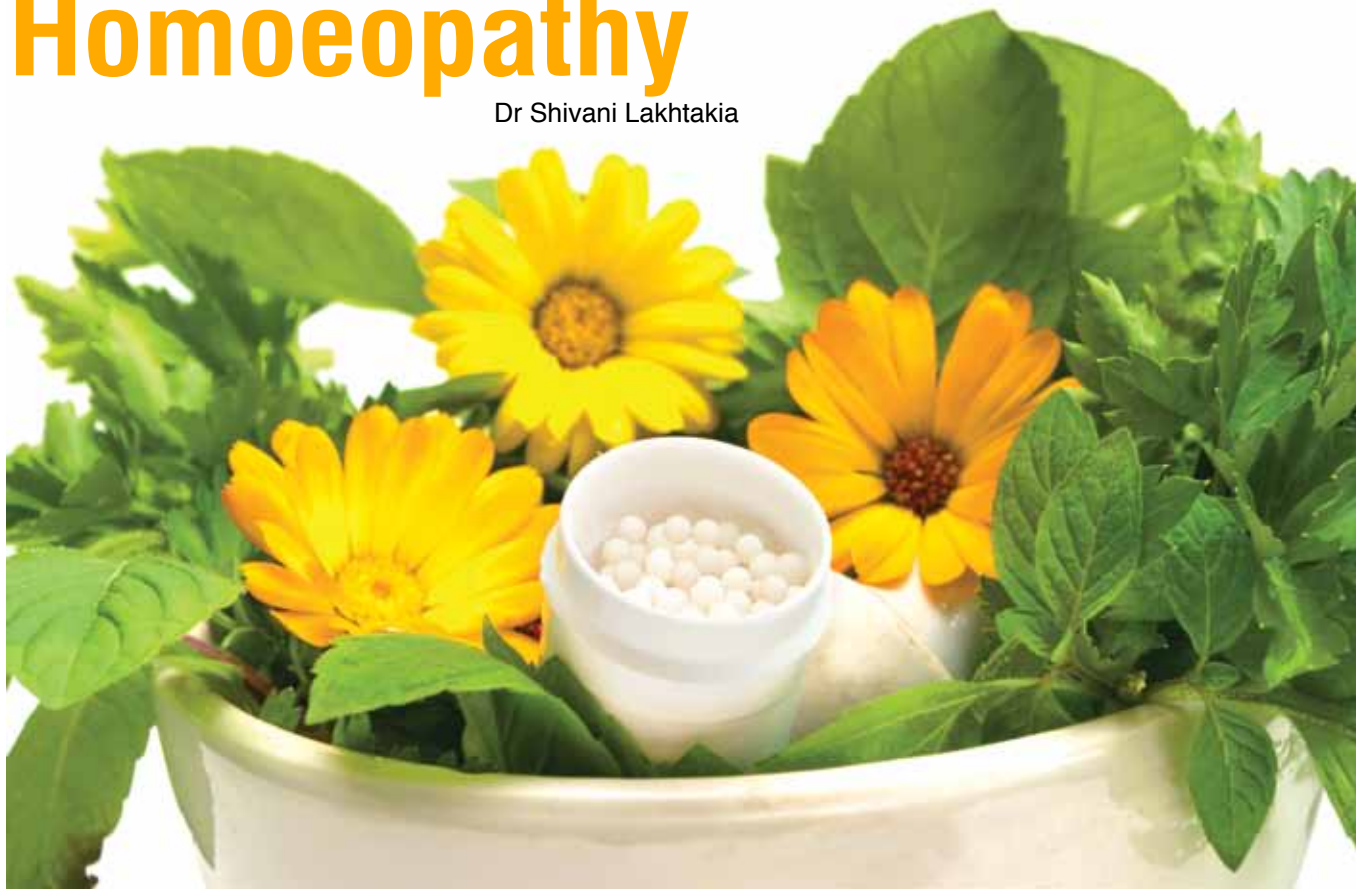


Treating Allergies With Homoeopathy

Dr Shivani Lakhtakia



Sukriti was very happy to have her first pet dog. She named her Silky. A few months after the dog arrived, her sister began to have itchy eyes and frequent episodes of sneezing, wheezing and shortness of breath. Among the four members of the family, her sister developed the symptoms of allergy but she and her parents experienced no reaction.

Allergies can be imprisoning and make a person's life very difficult. People suffering from allergies avoid going to meet friends with pets. Even the pleasures of exercising and daily walks cannot be experienced as their noses run more than they do.

An allergy occurs when the immune system responds in an aggravated manner to certain substances. These substances produce symptoms in those allergic to them which do not have any effect on those not allergic to them. The symptoms are seen when the immune system believes certain substances known as allergens or antigens are harmful to the body.

To defend itself against the threat, the body releases defenders called antibodies. This mainly happens because those allergic to substances produce an antibody known as immunoglobulin E (IgE) that adversely reacts to environmental substances. Allergens are the substances that

lead to secretion of IgE antibodies. It is the battle between the allergens and antibodies that releases chemical substances in the blood, which in turn leads to the symptoms.

Homoeopathic Treatment

Homeopathic medicines are very effective in fighting allergies. They work both as a preventive and therapeutic measure. They are able to control acute symptoms and help treat chronic allergies by gradually reducing and stopping the recurrence of attacks.

Homeopathic medicines work by desensitizing the hyperactive immune system in allergic patients. These medicines provide a stimulus to the

body like that of the trigger or allergen leading to the gradual desensitisation of the immune system. Homeopathic medicines used for treating allergies are mainly from plants or substances that in their crude form are usually responsible for causing allergy-like symptoms.

This treatment is very gentle and does not cause any side effects. However, it is very important to know that for concrete results, patients have to be patient and continue to take the medicines even if the symptoms are not there as homeopathic medicines work to stabilize the overactive immune system.

The results depend upon the severity and duration of the allergy. But these medicines help in strengthening the immune system. The commonly used homeopathic medicines are *allium cepa*, *natrum mur*, *apis*, *kali bichrome*, *euphrasia*, *arsenic alb*, *pusatilla*, *tuberculinum* and *sabadilla* etc.

Common Triggers Of Allergies

- ◆ Pollens of many seasonal plants
- ◆ House dust mites
- ◆ Animal dander
- ◆ Insect stings
- ◆ Molds
- ◆ Latex
- ◆ Foods like eggs, milk, soybeans, wheat, peanuts
- ◆ Fragrances/chemicals like detergents, cosmetics, hair dyes, perfumes
- ◆ Medication - penicillin, local anaesthetics and intravenous fluids
- ◆ Cockroaches

Homeopathic medicines work by desensitizing the hyperactive immune system in allergic patients

Signs And Symptoms

Approximately 10-30 per cent individuals in the industrialized world are affected by allergic conditions and this number is rising. The prevalence of allergic conditions has increased significantly over the last two decades and continues to rise.

Eye Allergies

- ◆ Watery eyes
- ◆ Itching
- ◆ Redness
- ◆ Irritation in the eyes
- ◆ Burning sensation

Skin Allergies

- ◆ Burning
- ◆ Dry skin
- ◆ Rashes
- ◆ Itching
- ◆ Redness

GIT Allergies

- ◆ Gas
- ◆ Abdominal pain
- ◆ Nausea
- ◆ Diarrhoea
- ◆ Vomiting
- ◆ Sick feeling

Respiratory Tract Allergies

- ◆ Congestion
- ◆ Cough
- ◆ Wheezing
- ◆ Feeling of suffocation
- ◆ Shortness of breath

Allergic Rhinitis Symptoms

- ◆ Running nose/sneezing
- ◆ Watery eyes
- ◆ Itching in nose

- ◆ Post nasal dripping
- ◆ Stuffy nose
- ◆ Redness of tip of the nose
- ◆ Itching in the eyes and throat

Drug Allergy

This may be due to direct anaphylactic reactions seen with penicillin, vaccines, blood transfusions and intravenous fluids. The symptoms include the following:

- ◆ Shortness of breath
- ◆ Severe fall in the blood pressure
- ◆ Hives
- ◆ Wheezing
- ◆ Stomach pain
- ◆ Swelling of lips, mouth and throat
- ◆ Difficulty swallowing

Diet And Lifestyle Changes

Diet and lifestyle modifications can significantly affect the intensity and frequency of the body's response to allergens. It has been noted that a diet rich in omega 3 fatty acids, found in almonds, fish, pumpkin, walnuts, flax seeds, fruits and vegetables is beneficial for those suffering from asthma and allergic rhinitis.

It is advised to avoid exposure to substances that trigger the allergies, living in damp environments and taking unnecessary medication for common ailments. It is best to incorporate holistic solutions such as *yoga*, meditation and relaxing exercises.



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