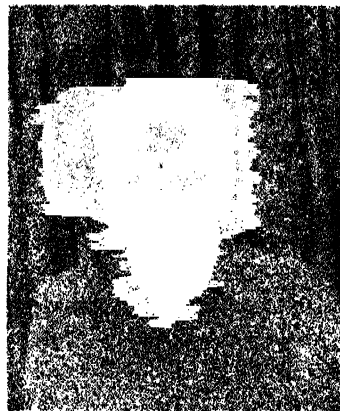


ALLERGY AND HOMOEOPATHY

The science of Immunology began with an attempt to understand resistance to infection, hitherto thought to be the only function of the Immune system. Its relationship to hypersensitivity (allergy) was recognised only early in this century.

The Immune response in human is both specific and non specific. Specific process consists of HUMORAL (antibody) and cellular. Humoral process involves the interaction between antigen and antibody. In cellular the interaction between antigen and certain specialised lymphocytes act both directly and through elaboration of substance other than antibody. The dividing lines between immunity, serology, immuno chemistry and immunology are all but invisible and in fact make the subdivisions rather artificial. The acceptance of dynamic plane in immunology is clearly understood by the word invisible. It is here that homoeopathy comes to play its definite role through its medicines which act on dynamic plane. The study of Idio syncrasies is very closely related to homoeopathy. The usual explanation of the term is "an oversensitiveness to one thing or a few things". The oversensitiveness to a particular substance which is generally harmless to many and which cause the altered reactivity is known as "allergy". It clearly defines that not necessarily a material organism should be present to produce a disease.

In the homoeopathy view "Soil precedes the germs". Here the soil is the one who is allergic to an allergen. This soil is known as vital force in homoeopathy and Immune system in Allopathy which animates the



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material body and retains all parts of the organism in harmonious operation. When something invades the body it is this defensive system which first reacts. If the infecting agent is stronger it makes the defence system helpless and disease results. To remove the malady it is this system which has to be strengthened to meet the challenge posed by the infecting agent. Thus the cure for allergy lies not in removing the attack (or) in getting rid of the precipitating factor but in building up the resistance of the patient. The general health and resistance power of the body should be built up to establish immunity.

Hence the medicine given against the allergy should not only control the present attack, but it should also be able to bring about a change in the constitution

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and build up the patient's resistance.

The treatment for allergy in Homoeopathy is broadly divided into two parts.

1. Treatment during the attacks

2. Treatment in between the attacks

Treatment during the attacks : When a patient with an acute attack of allergy comes for Homoeopathic treatment, the medicine is selected on the symptoms the patient presents during the attack how it was caused, what makes it naturally better or worse etc.,

Treatment in between the attacks : As most of the allergies are likely to run a chronic course, the patient is best treated in between the attacks by a deep acting constitutional medicine (the one that covers the physical, mental and psychological aspects of the patient) which helps to remove and modify constitutional defects and raises the resistance of the patient, so that he builds up an immunity against known and unknown allergens. A good way of judging whether the Homoeopathic medicine is working or not is to see whether the intensity of the duration of the attack of allergy is minimised and the period of relief between the two attacks is lengthened.

As Homoeopathic drugs are proved on healthy human beings to know their (drug's) pathogenesis, the science knows well various means of human suffering and how to tackle it with permanent cure. This way Homoeopathy which is so human in approach and certain in action can tackle any form of allergy however stubborn it may be and restore the sick to health.

Now let me give you an account of the medicines tried time and again in Homoeopathy which proved very effective and curative in skin allergies first.

The commonly encountered problem in our day today practice is Urticaria & Angioneurotic oedema.

Urticaria due to insect bite : Apis mellifica, a drug prepared from the poison of the honey bee is useful in its 200 potency when Urticarial rash appears after Insect bites (or) bee stings. The other two very prominent and effective medicines are Acid carbolic in its 200 potency Ledum pal in its 30 potency.

Urticaria and angio neurotic oedema : Rhustox 200C helps for red swollen erythematous rashes with intense itching. The patient feels better with warm applications. Astac. a medicine prepared from the Craw fish is effective in its 30C potency for urticaria with itching all over the body. Frageria in its 6C potency is a medicine prepared from strawberry. It is useful for urticaria due to the intake of strawberries. Other medicines suitable for the same urticaria are Ant c; Oxalic acid and Sepia.

Urticaria due to fish is solved by Caladium and Plumbum in Homoeopathy.

Urticaria from eggs is cured by Tuberculinum and Ferrummet.

Urticaria from old cheese is treated by Rhus tox and Ars alb in its 200 potency.

Urticaria from meat is solved by Ant crud and Ruta.

CHOLINERGIC URTICARIA : Urticaria after bathing is cured by Phosphorus and Urtica urens.

Urticaria after cold bath is countered by Calcerea Phos in its 30 Potency.

Urticaria after violent exercise is solved by Nat mur Psorinum and Urtica urens.

OTHER REMEDIES :

Urticaria from peeches is cured by psorinum a product from a salt of psora in its 1000 potency.

Urticaria from pork is cured by Antimonium Crud, a medicine prepared from native sulphide of Antimony ($Sb_2 S_3$) in its 200 potency.

Urticaria alternating with Asthma is cured by Caladium prepared from Caladium Seguinum in its 30 potency.

Urticaria alternating with Rheumatism is cured by Urtica Urens prepared from nettle (a plant). The significant feature of urticaria in this medicine is it occurs in a patient every year at same season.

The remedy of choice for Urticaria during Asthmatic trouble is Apis mellifica.

Copaiva prepared from Balsam Copaiva is useful in its 30 C potency for Chronic, Stubborn Urticaria.

The medicine of sure effectiveness for "Dermographism" is Sulphur, prepared from brimstone in its 0/1 potency.

The medicine of immense help in Angio-neurotic oedema is Antipyrine a product of Coal tar through toluin (Phenazon) (C₁₁H₁₂N₂O) in its 30 potency.

Allergic contact dermatitis : Contact dermatitis from Parthenium plant is cured by Dulcamara prepared from woody night shade in its 200 potency. Another medicine of invaluable use in contact dermatitis by Parthenium is Sulphur in its 0/1 potency. Urticaria from hairdye's is cured by Tuberculinum, a glycerine extract of a pure cultivation of tubercle bacilli (human). Urticaria from the use of lipstick is permanently cured by Thyroidine, a trituration of the fresh thyroid gland of sheep (or) calf in its 30 potency.

Urticaria from the use of Bindi in women is cured by Psorinum in its 1000 potency.

Allergy in ENT :

Seasonal allergic Rhinitis : About 10 % of the population suffer from hay fever. Allergy to Parthenium plant pollen either Rhinitis, bronchitis (or) Asthma. Luffa operculata 6x is specific for Parthenium allergy.

Annual hay fever in August and in spring is invariably cured by Allium Cepa, prepared from the tincture of the "Common red onion" in its 30 C potency.

Other medicines useful for Allergic Rhinitis are :-

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| in cold weather | - Ars alb in its 30 potency. |
| in damp weather | - Nux moschata; Rhustox in its 200 potency. |
| at sea side | - Nat mur in its 200 potency. |
| from eggs | - Ferrum met in its 30 C potency |
| from sweets | - Medorrhinum in its 1000 potency |
| from grains | - Psorinum in its 1000 potency |
| from milk | - Urtica Urens in its 30 potency |
| from cutting the hair | - Nux Vomica in its 200 potency |
| from house dust | - Bromium and lyssin in its 30 C potency. |
| from putting hands in cold water | - Phosphorus in its 200 potency. |

Now let us go to the most distressing allergic asthma. There are many wonderful medicines which can cure hay asthma permanently in Homoeopathy.

The medicines of choice for sneezing with hay asthma are Ars alb; Dulcamara; Euphrasia, Nat sulph and Nux vomica.

Sneezing prolonged paroxysms - Nuxvomica
Sneezing lasting hours together - Petroleum

ASTHMA :

Asthma alternating with Urticaria - Rhustox, Sulphur, Caladium

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| Change of weather | - Dulcamara, Arsenic alb |
| In summer | - Ars Alb |
| Damp weather | - Dulcamara |

The most commonest of all allergens causing Asthma is house dust.

Asthma from house dust is managed by Pothos foetidus a product of Shunk Cabbage (Symplo Carpus foetidus) in its 1000 potency.

Hay asthma : The medicines which undoubtedly helpful are Arsenic Alb; Arsenic Iod; Dulcamara ; Kali Iod; Natrum Sulph, Nux vomica, Sabadilla, Sticta pulmonaria and Silicea.

Minor's asthma from coal dust is cured by Natrum Ars in its 200 potency.

Sailors who suffer from Asthma as soon as they go ashore - Bromium

Asthma during thunderstorm - Sepia, Silicea, Syphilinum.

In the end I would like to say that there is a lot of scope to explore the medicinal benefits of Homoeopathy which can solve many of the allergies permanently by its enjoyable unit the "SWEET PILL".

