



ALLERGY: Acute to be followed by Constitutional

ABSTRACT: The word allergy means a hypersensitivity to innocuous or harmless substances in the environment. The reaction varies from mild irritation and discharge to severe anaphylactic shock. As Homoeopathy is a system of medicine, which works on inspiring the humoral or the immune mechanism of the body from its latent or overt reaction, it is thereby the best form of medicine to treat any allergy.

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The seat of allergy or the areas of the body which are triggered into hyperactivity, are usually the nose, eyes, ears, skin and head. In an extended form of the reaction, there could be symptomatology across systems like digestive and circulatory systems when the effect on the latter could even lead to anaphylactic shock.

SYMPTOMS OF NASAL ALLERGY:

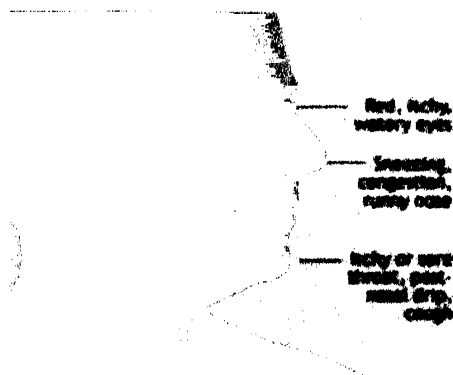
Fluent nasal discharge, sneezing followed by sensation of obstruction and difficulty in breathing. This is because posterior nares are disturbed by the serous discharge dropping from the back of the nose causing irritation in the throat. One of the few signs of allergy are the appearance of nasal polyps so that certain patients on MRI or X-ray investigations find that the polyps are all the way into the sinusoidal passages in vicinity of the nasal cavity.

Arsenic is the first remedy, which comes to mind

because of the fluent nasal discharge, if better in warm room and worse on going out in the open air. It often relieves, but if an individual is prone to chronic catarrh with suspected polyps with epistaxis, *Phosphorus* is complementary of *Arsenic* and usually cures a chronic case. If the patient seems to have relief from the serous nasal discharge for a while and develops it on and off with the discharge becoming mucoid and thick, green and yellow with nasal blocking at night with aggravation from cold, such patients feel better by *Thuja*. If the symptoms are relieved but if the patient's susceptibility to cold and open air continues, *Silicea* will cure it.

When nasal discharge is thick and greenish or yellowish, this is covered well by *Pulsatilla*, which also seems to be worse on slightest change in weather. But if the hint of allergy still remains after *Pulsatilla*, usually *Silicea* clears up the case. We are always prompted to go for *Hepar-sulph* whenever there is an onset of cold on exposure to dry, cold winds and the nasal cavity is blocked up. In such cases too once *Hepar* has played its role, *Silicea* will clear it up.

Thin, watery, excoriating nasal discharge in subjects of tubercular diathesis is also a symptom of *Arsenic-iod* and is typically useful in those under the poverty line where hygiene is lacking. If the discharge tends to form crusts in the nostril which bleed on picking and there is blockage of nose,





Arum-tryph may be of good use. Another remedy when the spring is setting in and cooler nights and days move into summer, is *Bryonia*. But we tend to continue using *Bryonia* even in the days of summer because of the artificial environment we have got habituated to live in, like air conditioners at night and when we go through the day we are exposed to the bright heat.

In some cases of fluent nasal discharge, which is thin and excoriating and is reverse of *Arsenic*, ie better in open air and worse in warm room, *Allium-cepa* helps. *Phosphorus* is the complementary for this drug. *Pulsatilla* is another complementary to be thought about.

Another symptom typical of allergy is **NASAL BLOCKAGE**. The first 2 remedies which comes to mind are *Ammonium-carb* and *Kali-bich*. In *Ammonium-carb* there is a blockage of nostrils, coryza and epistaxis too. These patients have their sleep disturbed at about 3-4 am due to the snuffles. Probably the best suited remedy for the consequences of allergy ie Sinusitis is *Kali-bich* which has all the symptoms of atrophy of the nasal lining or appearance of polyps leading to the nasal blocking and obstruction sensation.

If Sinusitis does come under control but the allergy seems to be active, it can be complemented by *Arsenic*. If the discharge is thick and greenish while the sinusitis is resolving then *Pulsatilla* is the complementary.

Apart from nasal blocking, patients complain of "cold"; though they do not have any symptoms like discharge, sneezing or blocking, but discharge from nasal cavity blocks the posterior nares and leads to discomfort. In such cases too *Kali-bich* stands tall while *Alumina* is another remedy, which is called on when it also leads to throat irritation. If there is onset of cough then *Corallium-rubrum* finds its place to help. For all such symptoms another effective remedy in the mother tincture form is *Hydrastis*.

Remedies like *Sanguinaria*, *Sabadilla* and *Kali-iodatum* have also been found to be useful when sneezing is the predominant symptom.

Psorinum is another remedy, which you cannot miss if you have to subdue allergy.

Another remedy of this century is *Nux-vomica* with blocking at night and fluent nasal discharge in daytime, also worse exposure to cold. Once this remedy has done its bit, *Sepia* is not far behind.

ALLERGY OF THE EYE

The usual symptoms of allergy of the eye are itching, redness, watering and photophobia or sensitivity to light.

Apis-mel is one of the remedies for redness, puffiness of eyes better by cold. If it relieves to a certain extent but the photophobia remains, calling for the next remedy. The complementary is *Natrum-mur* in which lachrymation is also predominant.

Arsenic is another remedy good for allergy of eyes with acrid discharge better by warmth. If the allergy has given way to infection with mucoid discharge, *Thuja* helps. Another remedy for secondary infection is *Pulsatilla* with thick and yellowish discharge and agglutination of the eyes.

Acute onset with red eyes, burning and itching, you need look no further than *Belladonna* which alleviates the acute suffering. *Calc-carb* is the best complement *Belladonna* and also encompasses all the symptoms and vagaries of eye allergy; especially it covers all chronic forms of allergy.

If redness and dryness is more prominent with characteristic pain, worse during onset of summer or spring then *Bryonia* is helpful. When *Bryonia* has done its job and it has to be followed up to cure, then one remedy stands out is *Alumina*.

A remedy for all symptoms of allergy is *Sulphur*.



ALLERGY OF THE SKIN

Urticaria with redness, swelling and wheals are the primary symptoms of allergy.

If urticaria is worse at night, *Nux-vomica* and *Apis* come into play.

If better by cold, *Apis-mel* is the main remedy and if it helps for a while only, *Natrum-mur* completes the cure. *Natrum-mur* is also the remedy of choice when patient develops urticaria due to exertion.

If better by warmth, *Dulcamara* and *Rhus-tox* are forerunners. If *Rhus-tox* helps for a while but the allergy is not subdued, it is brought to heal by *Bovista*. If the eruptions are worse during evening hours, try *Kreosote*. *Urtica-urens* can subdue any type of urticaria and is almost a specific.

We come across patients with the chronic allergies and request a remedy during the acute episodes. During such phases *Copaiva*, not a deep acting remedy but can give transient relief.

Dryness of the skin, exfoliation or oozing, itching, urticaria are the usual expressions of allergy on the skin.



When there is moistness of the skin the usual remedy to start with is *Rhus-tox* which has itching worse in damp weather and better by warm applica-

tions. Other remedies which can follow:

Arsenic-alb with itching, dryness and scaliness > warmth. Intolerable itching and dirty skin always calls for *Sulphur* and is a front-runner for treatment of skin allergy.

Petroleum is another remedy often used and gets

rid of skin problems of the scalp due to allergy with condition being moist and itchy all the time. When there is moistness *Graphites* cannot be forgotten but typically the skin of other parts of the body is dry. If allergy causing itching and secondary infection is predominant, *Mezereum* typically clears the thick-crust like eruptions. The scabs tend to affect other areas of the body too.

The unhealthy skin of *Sulphur* when treated if the burning and itching remains, *Calcarea-carb* is the suitable complement. If itching is not troublesome then *Cicuta* is thought of.

But whatever may be the skin condition, the first remedy to subdue and relieve it would be *Hepar-sulph* and if there is moistness of the skin, *Merc-sol* is the better remedy to follow. *Merc-sol* also follows *Sulphur* well in various skin ailments. Aggra-

vation and itching from cold is ameliorated by *Dulcamara*. *Caladium* when there is oozing and *Kali-ars* when there is inveterate or intolerable itching.

Alumina is worse in warm room and better in open air and is good for dry eczema.

When probably every remedy fails *Alumina* helps. Rhagades and dry skin worse in summer is better by *Sarsaparilla*. *Sepia* is another strong remedy for dry skin. *Sulphur* tops the list.

One finds that Nosodes like *Psorinum*, *Medorrhinum* accentuate the action of the remedies and logically completes the cure.



The reason congressmen try so hard to get re-elected is that they would hate to have to make a living under the laws they've passed.