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# AYUSH

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# FOOD ALLERGY

A HOMOEOPATHIC APPROACH

## DR. SARALEKSHMI S.S

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Sometimes our taste buds are forced to avoid some delicious foods due to some severe allergic reactions.

### Food Allergy

Food allergy is an immune-mediated reaction that occurs soon after eating certain kind of foods. The allergy causing food may trigger some symptoms like digestive problems, hives (itchy welts or urticaria) swollen airways or in some people even life-threatening medical emergency like anaphylaxis. Allergic reactions may be mild or severe. Usually symptoms develop within a few minutes to few hours. Rarely it may be delayed.

### Aetiopathology

When a person takes food that causes allergic reaction, the immune system mistakenly sensitizes that particular food as such or certain substances in

the food as harmful allergen, and triggers to release an antibody known as immunoglobulin E (IgE) to neutralize it. It promotes the mast cells to produce some proteins like histamines and they are the causes of allergic reactions.

### Common Foods that cause Allergy

1. Crustacean shellfish (crab, lobster, prawn, shrimp)
2. Milk
3. Egg (Chicken egg white)
4. Tree nuts (Walnuts)
5. Peanuts
6. Fish (Tuna, Mackerel)
7. Wheat
8. Meat (Beef, Mutton)
9. Soy

### Risk Factors

- Family history of asthma, eczema, and other allergies.



- Children (usually toddlers)
- Persons with asthma (asthma and food allergy may run together)

### Symptoms

An allergic reaction causes inflammation and irritation of gut, skin, sinuses, airways, eyes or nasal passages and produces symptoms like

- Vomiting
- Diarrhea
- Swelling of the tongue, lips, face and throat
- Itching in the mouth
- Tingling in the mouth
- Cramps in stomach
- Rectal bleeding

- Anaphylaxis (breathing difficulty, wheezing, low blood pressure, changes in heart rate, dizziness, faintness, loss of consciousness etc)

### Diagnosis

- Clinically by taking history of food taken.
  - Blood test to check levels of IgE.
- Skin Prick Test to identify the possible allergen.
- Symptoms of food poisoning, celiac disease (gluten induced enteropathy), or food intolerance (lactose intolerance) may simulate food allergy.



### Homoeopathic Management

Using homoeopathic medicines after proper case taking and individualization of the patient, food allergy can be cured permanently and complications can be avoided to a certain extent through timely intervention. The person can lead a more or less normal life by consuming the food supposed to cause allergic reactions.

### Important Medicines with indication

#### Antimonium crudum:

- Desires acids and pickles.
- After nursing, the child vomits milk in curds.
- Heartburn, nausea, vomiting and diarrhea aggravated from

acids and wine.

- Urticaria from meat.

#### Carbo vegetabilis:

- Flushing of the face.
- Heaviness, fullness, eructations, flatulence etc. aggravated by drinking wine or spirit, fat food, butter, coffee and milk and ameliorated by belching, fanning etc.

#### Cinchona officinalis:

- Ill effects of tea.
- Milk disagrees.
- Flatulence, belching and regurgitation gives no relief, worse from eating fruits.

**Lycopodium clavatum:**

- Flatulent and distended abdomen, right sided pain.
- Intolerance to oysters, cabbage, beans etc.
- Aggravated by cold drinks and ameliorated by warm drinks.

**Nux vomica:**

- Bruised soreness, flatulent distension and spasmodic colic of abdomen.
- Nausea and vomiting.
- Aggravated from spices, stimulants, narcotics, alcohol, coffee etc.

**Petroleum:**

- Heartburn, eructation and distension of abdomen.

- Diaorrhoea only in daytime aggravated by cabbage.
- Aversion to fat food and meat.

**Pulsatilla:**

- Aversion to fat food, warm food and drinks.
- Eructation after ices, fruits and pastry.
- Dislikes butter.
- Urticaria after rich food.

**Urtica urens:**

- Antidotes ill effects of eating shell-fish.

# From sneezing to serenity

**DR. ANISHMA SURESH. BHMS, MD**  
Medical Officer, GHH Cherthala



Allergic rhinitis represents a global health concern where it affects approximately 400 million people worldwide. The prevalence of allergic rhinitis has increased over the years. Increased urbanization and environmental pollutants are some of the leading causes of the disease.

The pathophysiology of allergic rhinitis should be understood to develop novel therapies to treat this disease that often comorbid with other airway diseases. Homoeopathic medicines can be useful in treating chronic, recurrent allergic conditions without suppressing the symptoms. There is a better scope in Homoeopathy for the treatment of AR, since the treatment is based on holistic and individualistic approach.

Allergic Rhinitis is the immunologic response of nasal mucosa to airborne allergens. Studies have shown that prevalence of allergic rhinitis has been increasing in India over past few years. It is one of the top 10 reasons for visit to primary care physicians. The burden of allergic rhinitis is enormous, constituting about 55% of all allergies.

Atopic allergic sensitization is defined by the production of immunoglobulin E (IgE)-mediated immune response toward allergens. AR usually comorbid with other diseases such as asthma, leading to impaired quality of life, school or work performance, and significant financial impact.

According to statistics, AR affects 10-25 % of the world's population.



### **Several stages in the course of allergic rhinitis:**

- Vasotonic, characterized by periodic nasal congestion associated with vascular tone disorders.
- Vasodilatation, characterized by frequent nasal congestion, which is accompanied by dilation of the vessels of the nasal mucosa.
- The stage of chronic edema, characterized by constant nasal congestion; the mucous membrane of the nose acquires a bluish color.
- Hyperplasia, characterized by constant nasal congestion, growth of the nasal mucosa, and formation of polyps.

### **General management**

#### **Prevention & avoidance therapy:**

Avoidance is the most effective treatment for any allergic condition but may be limited in its applicability.

#### **a. Pollens**

Closing windows and remaining in airconditioned environment can decrease exposure when pollen counts are high.

#### **b. Animal dander**

If the allergy is slight, the patient may usually benefit from merely keeping the animal out of the bedroom. However, it is necessary to remove the animal from the home altogether.



#### **c. House dust and dust mites**

The mattress and pillows should be encased in dust miteproof material, and all other bedding should be washed weekly and dried at high temperature.

#### **d. Mold spores**

In outdoors, mold spores are unavoidable. Repairing leaks can control indoor mold contamination along with cleaning mold buildup on sinks, shower curtains and pipes regularly.

#### **e. Foods**

Most persons with well-documented food allergy are allergic to one or a small number of foods, so that avoidance is rarely a problem.

#### **Use of homeopathic therapy in the treatment of allergic rhinitis**

In contrast to the traditional pharmacotherapy of AR, homoeopathic medicines are not inferior to official drugs in terms of effectiveness but can treat almost without the occurrence of side effects, toxic effects, and allergic effects on the body, which is especially important in the treatment of AR. The high efficiency of homoeopathic medicines, ease of administration, complex effect on the body, and the possibility of use against the background of concomitant therapy are advantages when choosing the homoeopathic method of treatment. Homoeopathic treatment is carried out by strengthening the protective and adaptive reactions of the body



specifically for this pathology, which naturally contributes to the completion of the pathological process and the development of a full-fledged response of the body to this disease.

Homoeopathic treatment is carried out by strengthening the protective and adaptive reactions of the body specifically for this pathology, which naturally contributes to the completion of the pathological process and the development of a full-fledged response of the body to this disease. Homoeopathic treatment increases the body's resistance to adverse external and internal environmental factors. This is due to the draining, regulating, and immunomodulating effects that homoeopathic medicines have on all body systems.

The homoeopathic principle of treating Allergic rhinitis, in addition to eliminating the symptoms of the disease (which is typical for official remedies), is also aimed at stimulating the metabolic and immunological processes of the body. Homoeopathic medicines allow you to eliminate the allergic disposition of the body, and reduce the threshold of sensitivity to allergens while maintaining a normal reaction of the immune system to a threatening danger.

### **Homoeopathic therapeutics for Allergic Rhinitis and its Indications**

#### **Agaricus muscarius**

- Internal and External itching.
- Spasmodic sneezing after coughing; sensitiveness
- Watery non inflammatory discharge.



- Inner angles are very red.
- Sensation of soreness in nose and mouth

#### **Ailanthus glandulosa**

- Copious, thin, ichorous discharge from nose without foetor
- Awareness of nostrils, nose and upper lip covered with thick scabs
- Fluent catarrh with sneezing; lips cracked; eyes suffused and congested

#### **Aralia racemosa**

- It has obstruction worse in spring.
- Hay fever; frequent sneezing.
- The least current of air causes sneezing, with copious watery,

excoriating nasal discharge, of salty acid taste

#### **Cassia sophera**

- There is itching in the upper lids of eyes which is worse in sunlight and better after cold application.
- Heaviness of eyelids, better by cold open air.
- Burning pain in the eyes, better after lying down, sleep or cold applications.
- There is nasal obstruction at night and worse in cold.
- Nasal obstruction is better in warmth and in daytime.



- It is followed by watery nasal discharge.
- There is profuse, thin, watery, bland discharge.
- Dryness of nose in the morning, followed by watery discharge during the day.
- Complaints are better with cold, cold applications, cold air and cold drinks. It is worse in warmth.

#### **Dulcamara**

- Nostrils entirely filled up, preventing breathing; constant sneezing
- Profuse discharge from nose and eyes.

#### **Eucalyptus globulus**

- It is commonly used in conditions with severe coryza and sore throat.
- There is stuffed up sensation in the nose with thin watery coryza and nose does not stop running.
- There is chronic catarrhal condition with purulent and fetid discharge.
- There is tension felt across the nose and tightness across the bridge with ethmoid and frontal sinuses involved in coryza.
- Eyes are hot and have burning, smarting pain with catarrhal ophthalmic eye



- Eyelids are heavy. Complaints are worse periodically and at night.

### **Conclusion**

The high prevalence and constant increase in the frequency of allergic rhinitis all over the world put the problem of treatment and prevention of patients with Allergic rhinitis among the most urgent healthcare problems.

In this regard, it is very important to choose the right drugs for the treatment of AR, which will have a wide

spectrum of pharmacological and therapeutic effects, low toxicity, and will not cause drug dependence syndrome.

In this aspect, it is advisable to use alternative methods of treatment, namely homoeopathic therapy.

In addition, homoeopathic medicines are made from raw materials of natural origin, which reduces the likelihood of side effects.

# Dermatitis and Homoeopathy



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Dermatitis is an inflammatory non-communicable skin disorder. The skin is dry, scaly with cracks on visual examination making it prone to environmental allergens.

Dermatitis is a word used to describe a number of skin irritations and rashes caused by genetics, an overactive immune system, infections, allergies, irritating substances and more. Common symptoms include dry skin, redness and itchiness.

In the word "dermatitis", "derm" means "skin" and "itis" means "inflammation". The word as a whole means "inflammation of the skin". The rashes range from mild to severe and can cause a variety of problems, depending on their cause.

## Epidemiology

Dermatitis is seen in approximately 10% to 30% of children and 2% to 10% of adults in developed countries.

## Pathophysiology

Dermatitis patients have a defective skin barrier that is susceptible to xerosis and environmental irritants and allergens that lead to inflammation, pruritus. The defective skin barrier allows irritants and allergens to penetrate the skin and cause inflammation via an overactive Th2 response (with increased IL-4, IL-5 cytokines) in acute lesions and Th1 response (with IFN-gamma and IL-12) in chronic lesions. Scratching of the skin also stimulates keratinocytes to release inflammatory cytokines such as TNF-alpha, IL-1, and IL-6.



# Causes of Atopic Dermatitis



## Types of Dermatitis

### Atopic Dermatitis

People commonly refer to this as eczema. People with the condition will typically experience symptoms in cycles of flare-ups, and periods of little to no symptoms. During flare-ups, patches of skin may appear rough, dry, and itchy.

### Contact Dermatitis

Happens when a substance touches your skin and causes an adverse reaction. These reactions can develop into rashes that burn, sting, itch, or blister. Contact dermatitis may be the result of an allergic or an irritant reaction.

### Dyshidrotic dermatitis

The skin cannot protect itself. This

results in itchy, dry skin, often accompanied by small blisters. It occurs mainly on the feet and hands, and may also occur in people who perspire heavily in these areas.

### Seborrheic dermatitis

As cradle cap when it occurs in infants. This type of dermatitis is most common on the scalp, though it can also occur on the face, chest, and around the ears. It often causes scaly patches, skin discoloration, and dandruff. Stress or lack of sleep can worsen these symptoms.

### Neurodermatitis

This type involves an itchy patch of skin, often triggered by stress or something irritating the skin.



### **Nummular dermatitis**

This type involves oval sores on the skin, often occurring after a skin injury. Nummular means “coin-like”.

### **Stasis dermatitis**

This type involves skin changes due to poor blood circulation. It can cause skin discoloration in the lower extremities and may even cause the skin to thicken in texture.

### **Dermatitis neglecta**

It results from the accumulation of sebum, sweat, corneocytes, and bacteria in a localized area of skin, forming a compact and adherent crust of dirt.

### **Main Symptoms**

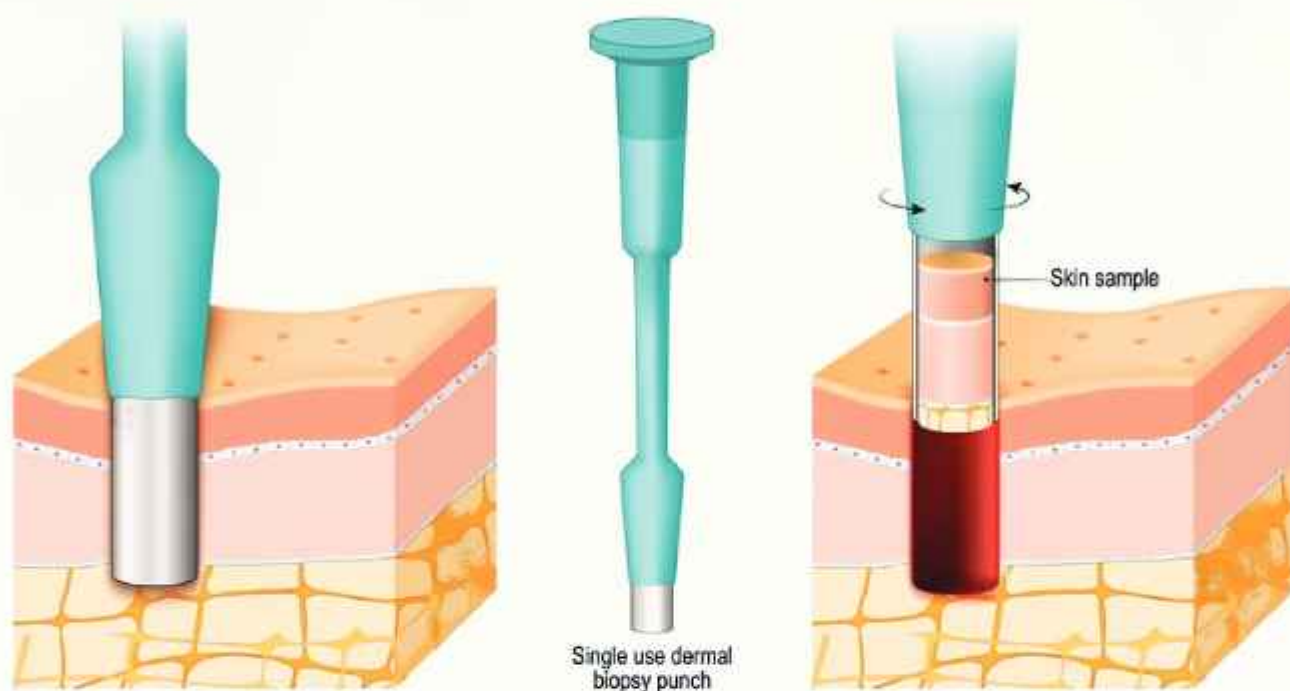
The most common symptom of atopic dermatitis is itching, which can be severe.

### **Other common symptoms include:**

- Red, dry patches of skin.
- Rashes that may ooze, weep clear fluid, or bleed when scratched.
- Thickening and hardening of the skin.

The symptoms can flare in multiple areas of the body at the same time and can appear in the same locations

# Skin biopsy



and in new locations. The appearance and location of the rash vary depending on age; however, the rash can appear anywhere on the body.

## Investigations

Following tests are done to diagnose dermatitis (eczema):

### Patch test

During this test, dermatologist would put small quantities of alleged irritants or allergens on the patient's skin to identify the ones causing flares.

### Blood tests

Blood tests are done to measure high levels of eosinophils and IgE antibody. Patients with eczema have high levels of eosinophils and IgE antibody in blood.

### Skin biopsy

This test is done to rule out other skin diseases from dermatitis.

### Allergy skin testing

Prick skin tests are done to regular food items or inhalant allergens to



indicate any absence or presence of sensitization to specific allergens due to eczema.

### **Buccal swabs**

By using buccal swabs, cells (DNA) are obtained from inside of the cheek to investigate any mutations in the Filaggrin gene. This gene is one of the causes of eczema.

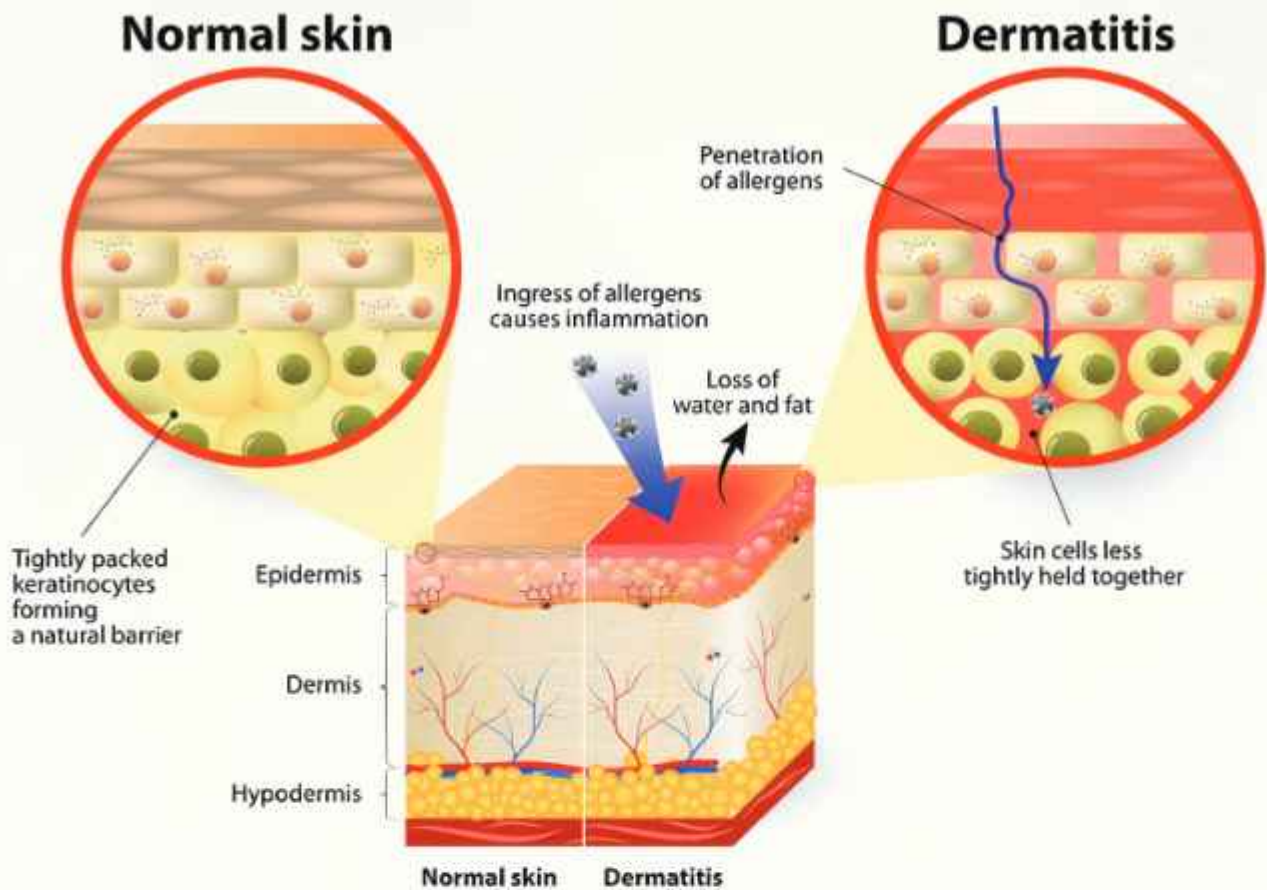
### **Homoeopathy Medicines for Dermatitis and its Indications**

#### **Antimonium crudum:**

- Eczema characterised by thick,

cracked skin and dyspepsia. Yellow crusted breakouts.

- Cracks in the corners of the mouth.
- Eczema accompanied by gastrointestinal distress.
- Pimples, vesicles and pustules having an eruptive tendency.
- Thick, hard, honey coloured scabs.
- Warmth and sun exposure aggravated itching.



### **Arsenicum album**

- Eczema with itching, swelling, oedema, eruptions
- Dry, rough and scaly, which worsen by cold and scratching.
- Pustules that are malignant.
- Disturbed sleep.
- Suppressed eruptions leading to intense itching

### **Calcarea carbonicum**

- This medicine is for persons who are chilly and have clammy hands and feet
- Those who suffer from eczema and

cracking skin, which exacerbates in the winter.

### **Croton tigris**

- Effective remedy in diarrhea, summer complaints and skin disorders.
- Intense itching, yet scratching is painful.
- Pustular eruption with terrifying itching and excruciating burning, especially on the face and genitals.



### **Calc sulph**

- Children with dry eczema.
- Unhealthy skin, leaking pus, and does not heal quickly.
- Crusts or discharge that are yellow and purulent.
- Exudations in or on the skin that are purulent.
- Yellowish scabs on the skin.
- Many little, non- cancerous pimples

under the hair that bleed when scratched.

### **Graphites**

- Thick, leathery skin with fissures and pain, as well as long history of skin problems ( impetigo, herpes, etc).
- Cracks appear behind the ears, around mouth and on the hands, and a golden oozing discharge hardens in to crusts.



- Itching is aggravated by being warm in bed, and the individual will constantly scratch the affected areas until they bleed.

#### **Hepar sulphuris calcareum**

- This remedy may be beneficial to person who are highly sensitive to cold and whose eczema is extremely painful and easily infected.
- Skin appears chapped and deeply cracked, particularly on the hands and feet, and heals slowly.

#### **Petroleum**

- Remedy indicated for a person whose skin is very dry and which tends to crack, more on the fingertips and palms.
- Eczema is worse in winter, with deep, sore cracks that which often bleed.
- The person feels a cold sensation after scratching.
- Itching is worse at night and from getting warm in bed.



### **Rhustoxicodendron**

- A person whose eczema has blister like eruptions that look red and swollen, itch intensely, and are soothed by hot applications may respond to this remedy.
- The person is restless from discomfort and often is very irritable and anxious.
- Muscle stiffness, relieved by warmth and motion.

### **Silicea**

- Person with unhealthy skin, every injury suppurates.
- Eczema, eruption itch only during day time and evening
- Painful pustular eruption at last,

forming a suppurating ulcers over forehead and occiput. Itching over whole body.

### **Sulphur**

- Intensely burning, itching, inflamed eruptions that are worse from warmth and worse from bathing suggest a need for this remedy.
- Affected areas may be red, with scaling or crusted skin.
- Eruptions can be either dry or moist.
- This remedy is sometimes helpful to people who have repeatedly used medications and ointments on their eczema without success.

# Can Emotions play a role in Allergic Rhinitis?

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The change in lifestyle, especially the food pattern, is so drastic in our society that people show the least inclination towards our conventional eating habits. The increasing rate of urbanization also plays an important role in making our surroundings more polluted. When the effect of unhealthy living outweighs the power of the immune mechanism, some manifestations start precipitating. Sneezing is one among them. The number of patients visiting general practitioners and allergy clinics with the complaint of sneezing shows a sharp increase nowadays.

## Allergic Rhinitis

- It is an IgE mediated immunologic response of nasal mucosa to allergens.

- It is characterized by sneezing, watery nasal discharge, nasal obstruction, and itching in the nose. Associated complaints are itching in the eyes, throat, and pharynx. Some may get bronchospasm.

It is divided into two:

1. seasonal
2. Perennial

## Aetiology

Inhaling allergens like pollen grains from the trees and grasses, mold spores, house dust, debris from insects or house mite etc. are the triggering factors. Cosmetics like perfumes, powders, etc. soaps, heat, cold and emotions can also act as allergens.



Food allergy is rarely an important cause, However, people who like to eat cold food, cold drinks, ice creams, milk and milk products, and tin foods are prone to the disease. Egg, bread, biscuits, cake, cashew nut, drumstick, fish like mackerel, tuna, prawns and crab may increase sneezing.

Inhalation of some substances irritates the nasal mucosa and this causes sneezing. Smell of chemicals, frying of food, substances like chilli etc are some examples.

Excessive exposure to sun, sudden change of temperature, altitude, humidity are also the causes for sneezing.

### **Signs and Symptoms**

**Nasal signs** - Pale and Odematous mucosal

lining membrane swollen turbinates thin, watery or mucosal discharge.

**Ocular signs** - Edema of lids, Congestion. Allergic Shivers

**Otologic sign** - Retracted tympanic membrane

**Pharyngeal sign** - Pharyngitis

**Laryngeal signs** - Hoarseness of voice, edema of the vocal cord

Frequent colds, persistently stuffy nose, loss of sense of smell, postnasal drip, chronic cough and hearing impairment are also seen in perennial type but are not so severe.

### **Complications**

- Recurrent sinusitis
- Nasal polyp

- Serous otitis media
- Orthodontic problems
- Bronchial asthma

### **Vasomotor Rhinitis**

It is clinically stimulating allergic rhinitis, the condition usually persists throughout the year, and all the tests of nasal allergy are negative. Emotions play a great role in vasomotor rhinitis.

At present, there is a general trend that most of the patients of sneezing primarily select allopathic treatment, and their line of management is threefold.

1. Avoidance of the precipitating causes.
2. Medical treatment
3. Immunotherapy

The first method gives tremendous results in avoiding the recurrence. Even though medical treatment gives some relief, the unwanted side effects nullify it. The patient is compelled to increase the dose of medicine gradually as the chronicity advances. Furthermore, the adverse effects of the strong medication affect the quality of

life so seriously that finally the patient opts to live with the disease than to go for the medicines. The immunotherapy, even though useful in some cases, is not a dependable method for all the patients. Apart from all these, some surgical measures are also depended upon, but with the minimum output. All these factors together make it necessary to explore newer horizons for safe and effective management that is in Ayurveda.

Ayurveda has very effective management for sneezing and correcting structural issues like turbinate hypertrophy, nasal polyp, deviation of nasal septum and chronic sinusitis for all age groups of patients. Enhancement of immunity is also easy by using very safe Ayurvedic management.

Nasya is of immense therapeutic value for the management of sneezing by any cause. The use of the drugs or medicated oil by the root of nostrils is known as Nasya. It is one of the main treatments in Panchakarma therapy. Nasya has a great role to play in the preventive as well as curative aspects as far as the head is concerned.

# Preventive Aspects of Allergic Diseases & Allergies through Unani System of Medicine

**DR. MUJTHABA AMEEN K**  
BUMS, House surgeon,  
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The Unani system of medicine is deeply rooted in the ancient traditions of Greco-Arabic healing and offers a comprehensive approach to health, placing a strong emphasis on prevention and holistic treatment. Allergic diseases, which are characterized by hypersensitivity reactions to normally harmless substances, have witnessed an increase due to various environmental and lifestyle factors. The Unani system offers a unique perspective on managing and preventing these conditions, focusing on balancing the body's humors (akhlat) and maintaining a healthy lifestyle through the regulation of six essential factors (asbab e sitta zarooriya), making it a fascinating area of study.

In Unani medicine, allergic diseases are viewed as a result of an imbalance

in the body's humors (Akhlat). These humors are the primary components of the body and consist of four main types: Dam (blood), Balgham (phlegm), Safra (yellow bile), and Sauda (black bile). An imbalance in these humors, often triggered by external allergens, is believed to cause allergic reactions. For instance, an excess of phlegm (Balgham) can lead to conditions like asthma and allergic rhinitis, where the respiratory system becomes hypersensitive. Similarly, an excess of black bile (Sauda) may lead to skin allergies, such as eczema. The Unani approach to preventing and managing allergies focuses on restoring and maintaining the balance of these humors through lifestyle adjustments and natural treatments.



### **Prevention Through Six Essential Factors (Asbab-e-Sitta Zarooriya)**

The Unani system emphasizes the regulation of six essential factors (Asbab-e-Sitta Zarooriya) to maintain health and prevent diseases, including allergies. These factors are considered fundamental to life and health, and their proper management, particularly in maintaining the balance of the body's humors, can help prevent the onset of allergic diseases.

#### **1. Air (Hawa-e-Muheet): Maintaining Environmental Quality**

Air quality plays a vital role in preventing allergies. According to Unani medicine, clean air helps maintain the balance of humors, while polluted air filled with allergens like pollen, dust, and chemical pollutants can worsen

allergic conditions, particularly respiratory allergies such as asthma and rhinitis.

#### **Preventive Measures**

- Ensure adequate ventilation in living spaces to reduce indoor allergen concentrations like dust mites, pet dander, and mold.
- Use air purifiers in areas with high pollution levels to remove allergens and pollutants.
- Engage in regular outdoor activities in areas with clean, fresh air, such as parks or countryside, to improve respiratory health.
- Incorporate indoor plants like Aloe Vera, Spider Plant, and Peace Lily, which are known for their natural air-purifying properties.

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## **2. Food and Drink (Makool wa Mash-roob): dietary management**

Diet plays a vital role in maintaining the balance of humors and preventing allergic reactions. According to Unani principles, certain foods can either worsen or alleviate allergic symptoms depending on an individual's temperament (Mizaj). This understanding enables individuals to make informed dietary choices to manage their health.

### **Prevention Strategies**

- Avoid foods known to trigger allergies, such as dairy products, nuts, and shellfish, especially if there is a known sensitivity.
- Consume a diet rich in fruits, vegetables, and whole grains to enhance the immune system and maintain a balanced temperament for example When a "har mizaj" (hot-tempered person) consumes dates, it may lead to dryness and occasionally alleviate allergies. However, when consumed with cucumber, it can help maintain balance.
- Include anti-inflammatory foods such as turmeric, ginger, and

which help reduce the severity of allergic reactions.

- Use Unani preparations like Jawarish Amla (a preparation made from Indian gooseberry) to strengthen digestion and reduce the likelihood of allergic reactions. Other examples of Unani remedies include Sharbat-e-Sandal for stress-induced allergic reactions and Majun Ushba and other mus-saffiyat ( blood purifier) for detoxification and allergic skin diseases.

## **3. Physical Activity (Harkat wa Sukoon-e-Badani): Exercise and Rest**

Regular physical activity is essential in Unani medicine for maintaining the balance of humors and preventing the buildup of excess phlegm, which can lead to respiratory allergies. Conversely, adequate rest is also necessary to avoid exhaustion, which can weaken the immune system.

### **Prevention Strategies**

- Engage in regular moderate exercise such as walking, swimming, or yoga to improve circulation, enhance lung capacity, and reduce stress.
- Avoid over-exertion, which can lead to an imbalance in humors

and increase susceptibility to allergies.

- Practice relaxation techniques such as deep breathing, meditation, or Unani massages to reduce stress, which is known to exacerbate allergic reactions.
- Ensure a regular sleep schedule to allow the body to repair and regenerate, thus enhancing its ability to combat allergens.

#### **4. Mental Activity (Harkat wa Sukoon-e-Nafsani): Mental Health and Stress Management**

In Unani medicine, mental health is closely connected to physical well-being. Negative emotions and stress can disrupt the balance of humors, particularly Safra (yellow bile), resulting in allergic reactions such as skin rashes and asthma.

##### **Preventive Measures**

- Incorporate mental relaxation techniques like mindfulness, meditation, and deep breathing exercises to alleviate stress and maintain humoral equilibrium.
- Participate in activities that foster positive mental health, including social interactions, hobbies, and spiritual practices.

- Avoid excessive mental strain and ensure sufficient mental rest through sleep and leisure activities
- Explore the use of Unani remedies like Sharbat-e-Sandal (a cooling syrup) to soothe the mind and alleviate stress-related allergic reactions.

#### **5. Sleep and Wakefulness (Naum wa Yaqza): The Significance of Adequate Sleep**

Proper sleep plays a vital role in preserving humoral balance and preventing allergies. Inadequate sleep can elevate stress hormones and compromise the immune system, heightening susceptibility to allergic reactions.

##### **Preventive Measures**

- Adhere to a consistent sleep schedule, retiring and awakening at the same time each day to support the body's natural rhythms.
- Cultivate a sleep-conducive environment by maintaining a clean, cool bedroom free from allergens like dust mites and pet dander.
- Incorporate natural sleep aids, such as herbal teas containing chamomile or valerian root, to promote restful sleep.

- Refrain from consuming stimulants like caffeine and heavy meals before bedtime, as they can disrupt sleep and increase the likelihood of allergic reactions.

## **6. Retention and Excretion (Ehtibas wa Istifragh)**

The process of detoxification and elimination is crucial for preventing the accumulation of harmful substances that can trigger allergic reactions. In Unani medicine, the consistent excretion of waste products is essential for maintaining the balance of humors and preventing the onset of diseases, including allergies.

### **Prevention Tips**

- Regularly detoxify the body through practices such as Hijama (cupping therapy), which aids in eliminating excess humors and toxins from the body.
- Consume foods and beverages that support natural detoxification processes, such as lemon water, herbal teas, and fiber-rich foods.
- Ensure regular bowel movements by maintaining a high-fiber diet and staying hydrated to prevent the buildup of toxins that can lead to allergies.

- Practice Unani therapies like Fasd (bloodletting) and Leech therapy to maintain humoral balance and prevent the buildup of excess phlegm and bile.

## **Managing and Preventing Triggering Factors through a Healthy Lifestyle**

In addition to regulating the six essential factors, a healthy lifestyle is pivotal in managing and preventing the triggers that lead to allergic reactions. This involves not only dietary and environmental adjustments but also adopting holistic practices that support overall well-being.

### **Identification and Avoidance of Allergens**

One of the most effective methods for preventing allergic reactions is identifying and avoiding the allergens that trigger them. This may entail allergy testing and being mindful of potential triggers in the environment, such as pollen, dust, and certain foods.

### **Boosting the Immune System**

A robust immune system is less likely to overreact to allergens. Unani medicine recommends a diet rich in nutrients, regular exercise, and adequate sleep to enhance the immune system's resilience against allergens.



### **Hydration and Humidity Regulation**

Maintaining proper hydration helps uphold the balance of humors and supports the body's natural detoxification processes. Additionally, controlling humidity levels in the home can prevent the proliferation of mold and dust mites, which are common allergens.

### **Regular Detoxification Techniques**

Incorporating regular detoxification practices, such as fasting, Hijama, and the use of herbal remedies, can help purge the body of toxins and prevent the accumulation of substances that may trigger allergic reactions.

### **Utilization of Unani Treatments**

Unani medicine provides a variety of natural remedies that can aid in preventing and treating allergic reactions. These include herbal preparations, such as Majoon Ushba (used for

skin allergies) and Joshanda (a herbal tea for respiratory allergies), which help maintain humoral balance and bolster the body's defenses.

In summary, the Unani system of medicine offers a holistic approach to preventing allergic diseases by emphasizing the balance of humors and regulating six essential factors. By adopting a healthy lifestyle and addressing the underlying causes of humoral imbalances, individuals can decrease their susceptibility to allergies and enhance their overall well-being. By making dietary adjustments, engaging in regular physical and mental activity, promoting proper sleep, and incorporating detoxification practices, in combination with Unani remedies, allergic diseases can be effectively managed and prevented, thereby promoting a life of balance and health.

# ALLERGIC DISEASES IN POST COVID-19 CONDITION

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Severe Acute Respiratory Syndrome Corona Virus 2 or SARS-COV-2 infection, responsible for COVID-19 pandemic has led to a high death mortality and morbidity globally. Now, when we enter into new period, a set of conditions also arises, described as Post-Acute sequel of Covid-19 or Post-Covid-19 condition, suggesting new onset of health consequences. There have been several studies demonstrating the weakening of immune system due to Post Covid-19 conditions. It has led to the contribution of allergic outcomes.

Post-Covid-19 conditions or Post-Acute Sequelae of Covid-19 is a subject yet to be discussed in detail and more about its long term allergic outcomes. Indeed, 45% of the global infected population has experienced

Post-Covid-19 conditions. There should be construction of care strategies for patients suffering with these conditions.

According to Unani system of medicine, COVID has been considered as a Balghami Amraz ( Phlegmatic disease ) in which there is a dominance of Khilt e Balgham in our body which results in the appearance of symptoms like cough, cold, anosmia, dyspnea etc. So as mentioned above, the management guidelines prioritize reducing the balghami dominance along with boosting the immune system of the body.

Post COVID-19 conditions include a wide range of physical and mental health issues. Many long-haul patients have recovered from the worst

impacts of Covid-19 and have negative tests but continue to experience symptoms. Between 10-30% of people infected with Covid-19 experience some long term symptoms.

It can happen to anyone, young and old, people with or without underlying health conditions. Patients who experienced no symptoms or had just mild symptoms can also be long-haulers. There are still many patients who suffer with breathing difficulties, chest pain, body ache, general weakness after covid-19 attack. Once infected, there remains any of the symptoms for a certain period, may be extending more depending on the body conditions. They try hard to get back into the normal health condition they had before the attack. Especially patients who have been diagnosed with Hypertension, Diabetes Melitus, Renal failure, COPD, Cardiac issues etc experience a bit more than others.

### **Health and Life Impacts**

- 75% experience atleast one symptom.
- 88% experience cognitive issues.
- Cough
- Fatigue
- Asthma
- Rhinitis

- Body ache
- Dyspnea
- Anosmia
- Muscle weakness
- Anxiety or Depression
- Confusion
- Chest pain
- Head ache
- Seizure

Management of Allergic Diseases in Post Covid Conditions Covid-19 has affected many individuals to varying degrees. Even after the disease cured, post covid syndrome is found in many patients. The key objective is to identify the allergic disease and support the patients to preserve their health condition. It is necessary to implement proper treatment for these patients to restore good quality of life. Unani serves as a preventive measure in post covid allergic diseases. Patients with lifestyle disease like Diabetes are more prone to this condition, therefore there should addition of proper management of Blood sugar level also.

### **The management lies on the following guidelines**

- 1) Dietary plan or Ilaj Bi Ghiza
- 2) Drugs or Ilaj bi Dawa
- 3) Exercise and therapy or Ilaj Bi Tadbeer

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### **Ilaj Bi Ghiza or Dietary plans**

- Include eggs, Peas, Soyabean and nuts in your diet which to help increase protein in the body. Thus resulting in all over body growth and strength.
- Leafy vegetables like spinach, moringa, lettuce help for easy digestion.
- Drink plenty of water.
- Make a drink of ginger, turmeric and lemon combination and have it in the morning in empty stomach.
- Even though citrus fruits like orange, lemon etc may help for Vitamin C richness, it results in phlegmatic dominance in our body, so better try to consume it a minimal amount.
- Avoid use of curd in your diet.
- Maida and products with such refined flour have to be avoided.
- Better try not to have watermelon.
- Pomegranate, pappaya, guava combination help to have a healthy condition.
- Amla is a good option for Vitamin C.
- Have a bowl of soup at night for effortless breathing of good digestion.

### **Ilaj Bi Dawa or Drugs**

- Wabanil powder -this medicine has been widely distributed during the Covid-19 period among the public. It can be used a drink on daily basis which had an efficient impact on patients and even helped to boost the immunity. Trials with this medicine has reduced the risk of disease transmission and improved health conditions.
- Arq e Ajeeb - this drop containing menthol, camphor and Ajwain acts as decongestant thus curing breathlessness, anosmia, body ache and chest pain. It has multi-purpose use like for steaming, inhalation and gargling. This was also very effective during covid-19 period and is a widely use one among allergic patients. A wide range of medicines can be seen in Unani medicine for respiratory system in particular. Habb e Zeequnafs, Dawa ul Suaal, Sharbat e Unnab, Habbe Nazla, Sualin, Joshina, Sapistan are some of them which make tremendous effect on use within a few days of time period itself.

## Ilaj Bi Tadbeer

- Slow and steady exercise
- Breathing exercises
- Better try to have a dry and clean atmosphere. Do not put wet clothes and things in bedrooms.
- Reduce the use of air conditioners and coolers.
- Use a mask in public spaces and while cleaning.
- Steaming with Arq e Ajeeb is a very good remedy in allergic patients. It helps to have easy breath and do day to day activities.
- Gargle throat with turmeric water or salt water.
- Walk a distance after lunch and sit a while after lunch. Do not go to bed immediately after food.
- Avoid the habit of smoking and drinking.
- Always try to cover your chest region with clothes, especially at night.

## How to Stengthen the Immunity?

Unani medicine has several ways to improve the body health and boost the immunity. We need a proper digestion, good atmosphere, sleep-wake cycle,

physical and mental activities, good liver functioning and moreover efficient metabolism to strengthen our immunity.

Many herbs help to boost the immunity. Some of them are tulsi, basil, neem, ginger, pepper and cumin seeds. They can be combined with either honey or boiled water for better effect.

The use of amla is a perfect catch for improving immunity. It helps the liver to function well. Avacado or Butter fruit is a good option for any patient to have better health.

The best one to improve immunity in a quick way is blueberry which has antibacterial activity along with which helps to reduce blood sugar level.

Along with these many compound drugs are there to make the effect efficient. Some of them are Khameer e Marwareed, Maul Hayat, Maul lehm, Imyoton and Khameere Abresham.

## WOMEN HEALTH

# ALLERGIC AND AUTOIMMUNE DISORDERS

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Modern scientific literature describes Allergic disorders are the result of an exaggerated response from the body's immune system to a foreign entity, which is otherwise an inert substance present in the environment. Allergy is the result of hypersensitivity of the immune system and immunologic cascade which evokes an inflammatory response manifested in a spectrum of symptoms like itching, rashes, local or generalized swelling, airway obstruction, nausea, vomiting, abdominal cramps, shortness of breath, wheezing, stridor and spasm, loss of consciousness. The diagnosis of allergy is based on the detailed clinical history, in-vivo and in-vitro tests which are conducted to prove the allergenic potential of a probable etiologic cause. Though the concept of Allergy is not so explicitly elucidated

in Ayurveda texts, Allergic Disorders are Anukta Vyadhi. Howsoever, Ayurveda does explain the phenomena of hypersensitivity and subsequent Allergic disorders through the concepts of Satmaya- Asatmaya (Compatible and Incompatible Dietary and Lifestyle Factors) and Visha (Endogenous and Exogenous toxicity) in the treatises of Ayurveda to explain the phenomena of Allergy. Hypersensitivities and Allergies are also explained as inadequate formation of Ojas, which is the essence of all the formative structure-functional elements of the human body and an ideal state of Dosha, Dhatu and Agni. When this state of Ojas gets vitiated the allergic disorders manifests which resembles the etiopathogenesis of many allergies and auto-immune disorders emerge.

Dhatu pradhushak Dravya i.e. substances which cause the impairment of wholesome formation of the structural-functional elements of human body leading to appearance of allergic and auto-immune disorders. In the context of Aama Visha, exposure of human body to the incompatible dietary and lifestyle factors leads to vitiation of the Digestive fire leading to formation of Aama, i.e. endogenous toxin leading to impaired Dhatu formation (Formative stages of tissues) and adversely affecting the micro-circulatory channels (Srotas) leading to either obstruction or formation of pro-inflammatory substances. Where these channels get obstructed and the inflammation process starts (site of sthana samsharaya), the spectrum of symptoms gets manifested as a disorder as in skin, respiratory tract, nasal tract, conjunctivitis etc. The process of vitiation can be quick or it can be delayed depending upon the quantum and period of exposure to the incompatible or toxic substance. Similarly, in the context of Dooshi Visha, it has been elucidated that minimal quantity and long duration exposure can lead to the endogenous toxicity manifesting as allergy or autoimmune disorders.

### **Burden of Allergic Disorders in Women**

There are many studies which indicate that the estrogens which are pro-inflammatory hormones are responsible for high prevalence of allergy and auto-immunity, post puberty. Female sex hormone allergy is another hypersensitivity disorder which mimics symptoms of allergies caused by exogenous allergens. More women suffer from severe symptoms of allergic disorders leading to more admissions and a high morbidity load of allergies among the female population. A review of epidemiological studies indicated that prevalence of Asthma, Hay fever, Allergic rhinitis and Atopic dermatitis is more swayed towards female gender. Women are four times more likely to be affected with autoimmune disorders and syndromes than men. In autoimmune disorders like Rheumatoid Arthritis, Systemic lupus erythematosus (SLE) and Sjögren's disease, women have more than a fourfold relative risk. Female sex hormones and the cyclical reproductive events like menstruation and pregnancy can often worsen the allergies and autoimmunity.

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## **Why Women are More susceptible to Allergic and Auto immune Disorders**

Many genetic and environmental factors are responsible for women being more susceptible to allergic and auto-immune disorders. Women have enhanced B-cell activation and production of higher levels of antibodies, which results in increased incidence of antibody-driven autoimmune diseases. This is due to the evolutionary advantage which nature has provided to protect offspring from infectious diseases. Post puberty, menstrual cycle, pregnancy and puerperium stage affects their allergic responses. During the puerperal period when the antibodies and autoimmune diseases spike causing various *Sutika Uprdava/Roga* and worsening of pre-existing allergic disorders. In Ayurveda texts, women are considered to be more vulnerable to develop diseases due to their less resilience, intolerance of the physical, mental and biological stress and their inherent tendencies of developing a disease. Because of their socio-cultural roles and gender roles women are more exposed to many of the allergies, which explains why the morbidity load of allergies and hypersensitivities is higher among females.

## **Allergenic Factors**

- Allergic Contact reactions due to use of cosmetic and hygiene products like moisturizers, hair and nail products, fragrances, hair dyes cause allergic contact dermatitis and sensitivity. The allergic response may be immediate or a delayed hypersensitivity reaction.
- House Dust Mites, Cockroaches and Mammalian hairs (Cats, Dogs, Rodents), furs, fungal spores are some of the common causes of allergic rhinitis, asthma and atopic dermatitis. As women perform cleaning roles and are more exposed to these allergenic substances.
- Domestic cleaning agents and hygiene products comprising Hand Washing detergents, laundry detergents, dish wash liquids, toilet bowl cleaner, Glass cleaner, Multi-surface cleaners which encompass a wide variety of chemical substances like bleach, fragrances, chlorine, sulfuric acid not only cause chronic inflammation but also hypersensitize respiratory tract. Wet works in the household and industrial front requiring

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immersion of hands in chemical solution cause atopic and contact allergic dermatitis among women. There is a great deal of clinical evidence that Chronic low-level exposure to the irritants in cleaning products causes chronic inflammation, triggers asthma symptoms and worsens asthma control, women and children are more susceptible to this chronic exposure.

- Kitchen smoke and cooking fumes can cause respiratory tract hypersensitivity and allergies. Kitchen smoke consisted of particulate matter (PM) and a large number of toxic gases, including carbon monoxide, nitrogen dioxide, and several toxic volatile hydrocarbons, some of which are carcinogens. Women are more vulnerable to exposure to the Kitchen pollutants. Women who cook regularly at home, with frequent exposure to cooking smoke, are at risk of respiratory allergies and rhinitis.
- Certain foods and food additives cause allergies. Indiscrete Dietary Patterns, High calorie, Animal foods, Animal fats, Saturated fatty acids, Sea foods, Peanuts, Nuts,

Eggs, Wheat, Milk are some of the foods which are referred to as Pro-allergic foods which must be consumed with moderation. Vish-mashana (Erratic dietary patterns like, Eating it all, Eating any time, Mixing hot with cold, raw, uncooked food, burnt food etc.), Aam Pradosha (Improper digestion), Pishta Bhojan (Refined and Milled foods), Guru Bhojan (Eating Heavy Meals in terms of quantity and quality), Aquatic meats, Milk, Curd, Whey and other Dairy products Abhishyandi (Sticky, lumpy foods, which block the channels and tend to produce congestion by excessive production of phlegm) Foods. Nova 4 ultra processed foods i.e. foods which contain ingredients such as caloric and or non-caloric sweeteners, added sodium, added oils, proteins, added natural flavors, flavor enhancers, emulsifiers, bulking agents, thickeners, added vitamins etc. ultra processing of foods produced in industrial settings, cross contamination with other allergens is more likely. These foods are more likely to cause food allergies and hypersensitivity.

- Inappropriate cleansing of the body through detoxification procedures, Inactivity, Sedentary Lifestyle, High Mental Stress etc. increases the propensity towards allergic and auto-immune disorders. The field of psychoneuroimmunology explains and describes the complex linkage among behavior, neuroendocrine functions, immune responses and health. Chronic stress can lead to dysregulation of the immune mediators and exacerbate underlying inflammatory changes involved in allergies and autoimmune disorders.

## **Ayurveda Approaches to Manage Allergies and Hypersensitivity**

### **1. Ayurveda Based Life Style Approaches**

Preserve and promote the health of healthy person is the primal objective of Ayurveda. Ayurveda lifestyle approaches like Dincharaya (Daily Wellness Regimen), Ritucharya (Seasonal Wellness Regimen), Aahara Vidhi (Dietary Wellness Regimen), Rajaswala Paricharya (Menstrual Health Promotion), Prasava Paricharya and Sutika Paricharya (PostNatal Care), Sadvrit (Psycho-social Health Code), Yogopchara (Yogic Lifestyle) helps in reducing the exposure to established allergen and maintains a symptom free period.

**i. Dincharaya:** Measure like use of Natural Datun (Dental Sticks), Dental powders, Oil pulling helps in reducing use of cosmetic chemical containing materials causing allergies. Use of Pratimarsha Nasya with Anutaila/Ksheer bala oil acts as a biomask and prevent the entry of allergens and pollens into the respiratory tract. Similarly use of herbal toiletries and herb based cosmetics containing only natural ingredients help in reducing the incidence of respiratory allergies and contact dermatitis. Dhumpana: Prophylactic Haridra Dhumpana, Sneha and Prayogik Dhumpana reduces the risk of allergies. Vyayama – Different types of exercises help in reducing the risk for asthma, allergic rhinitis. Using herb based disinfectants, home made cosmetics help in reducing the exposure of allergens and aids desensitization of the immune system.

**ii. Ritucharya:** Following Ritucharya of every season helps in maintaining a healthy immune system and helps in reducing the trigger mediated inflammation thereby maintaining a symptom free period. Especially measures like eating local and seasonal foods, taking warm water in Vasant, Varsha

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Rit, Hemant and Shishir Ritu as indicated. Seasonal Raktamoskshna, Seasonal detoxification regimen i.e. Ritu shodhna, helps in the drainage of allergy triggers and relieves the chronic inflammation thereby helping in reducing the symptoms of various allergies.

**iii.AharaVidhi:** Ayurveda endorsed Ahara vidhi must be followed by those who suffer from allergies and autoimmune disorders. Tribhag souhityam i.e. eating till three fourth of the capacity maintains good state of the immune system. One should also eat as per one's inherent compatibility and should not indulge in foods which makes one sick or trigger allergies. One should also be cautious of virrudha ahara i.e. incompatible foods, food combinations and must refrain from eating those combinations. As eating viruddhahara causes a spectrum of disorders varying from dermatological issues to infertility and death. Women with allergic disorders must also refrain from ultra processed, ready to eat or ready to warm foods, frozen foods, foods containing additives, chemically laden food products, non-local foods. Women suffering from the allergies and auto-

immune disorders must maintain a trigger diary and read food labels cautiously before using foods. One must refrain from dietary etiological agents mentioned in the context of Shwasa Roga, Kasa Roga, Pratishtyaya, Kushtha. Adopting cooking techniques and cook wares which do not emit more cooking pollutants help in reducing the symptom free state.

**iv.Rajaswala Paricharya:** As mentioned above various hormonal mechanisms influence the allergic responses. Therefore, following Rajaswala Paricharya helps in maintaining a balanced state of hormones thereby modulating the immune response and prevents the trigger of allergic reactions.

**v.Garbhini Paricharya and Sutika Paricharya:** Traditional foods, warm water, massages, traditional medicated baths help in prevention of auto-immune inflammations which are more likely to attack a woman during this phase of life. So use of Saubhagya Shunthi Paka, Yoga Raja Guggulu, Dashmoola Kwatha,Panchkola Churna exert an anti-inflammatory response and modulates the immune cascade. Following Garbhini Paricharya and

avoidance of Garbha Upghatkara Bhavas help in promoting non-allergic state in the offspring and modulates the immunity of the offspring. Therefore, women suffering from allergic disorders must consult a Garbha Sanskara specialist so that a diet and lifestyle can be adopted for maintaining an in-utero environment in which offspring do not develop allergic response.

**vi.Sadvritt:** Ayurveda prescribes Sadvritta, a code of health promoting behaviors which help in following a simple and allergen free lifestyle, reduces stress and optimizes psycho-emotional health which in turn help in modulating immune response and reduces chronic inflammation.

**vii.Panchkarma:** Rational and appropriate use of Panchakarma Procedures help in mitigating allergic disorders. Panchakarma helps in prevention of the triggers.

**viii.Yoga Upachara:** Ashtanga Yoga is a holistic way of living which helps in the prevention of allergens, Asana helps to optimize immune response through various body movements, Pranayama strengthens the respiratory system, reduces stress, modulates

the activity of the immune system. Shat Karma i.e. Yogic cleansing techniques like Neti i.e. Jala Neti, Sutra Neti, Basti-Warm enema, Vaman- Induced emesis, Kapal Bhati helps in strengthening the body and mind and help in prevention and management of various allergic and auto-immune disorders.

## 2. Ayurvedic Immuno-modulators

Ayurveda Herbs are store houses of various plant based bioactive compounds which help in modulating immune responses. Plant based immune-suppressants like Ashwagandha is used to treat various autoimmune disorders and hypersensitivity disorders. Zingiberine present in ginger helps in reducing the inflammation. Berberine from giloy, daruharidra, helps in modulating immune response by production of interferons in cells. Likewise Andrographolide found in *Andrographis paniculata* is used in relief of rheumatoid arthritis and autoimmune diseases and is an excellent immunosuppressant. Allicin present in garlic helps in reducing various respiratory allergies.



### **3. Ayurvedic Whole herbs for combating allergies and auto-immune disorders**

As described in Charak Samhita, Deepaniya, Mahakashaya & Trup-tighna Mahakashaya are to be used in maintaining Agni in the optimum form. Shothahara Mahakashaya, Kasahara Mahakashaya, Kushtaghna Mahakashaya, Shwasahara Mahakashaya, Udarda Prashamana Mahakashaya must be used in the mitigation of the wide spectrum of allergic disorders and auto-immune disorder.

Allergies and Autoimmune Disorders are the indication that something is wrong with our lifestyle. One must focus on lifestyle modification by

aligning with the Prakriti and Environment and adopting a lifestyle approach as advised in Ayurveda. In particularly, women are more vulnerable to be affected from allergic and autoimmune disorders because of their gender roles and inherent predisposition, so it is necessary for women to adopt a healthy living approach of Ayurveda through different phases of life and modulate their home chores in such a way that they get less exposure of the allergens and allergenic triggers.



# LET'S BEAT ANEMIA THROUGH AYURVEDA



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