

Excellence of Homeopathic Medicine in Food Allergy

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ABSTRACT

Food allergy is a type I hypersensitivity reaction. The growing incidence of Food allergy needs attention because its sufferers are children and adolescents. It has been estimated 8% of children under age 5 and up to 4% of adults. The World Allergy Organization has estimated 220 to 550 million people suffering from food allergy. No concrete data on food allergy status in India is available, though some sporadic research has yet to be published. Despite diligent research worldwide, an effective mechanism to cure this condition has not evolved till today. The effectiveness of homeopathy has been proved in various allergic conditions; the modality of using Homoeopathy has been explored in this article.

KEYWORDS: Type I hypersensitivity, anaphylactic reaction, Allergen, IgE, cytokines, mediators

INTRODUCTION

Food allergy is an immune system reaction, soon after eating a certain food, even a tiny amount that food can trigger symptoms such as digestive problems, hives, or swollen airways. Food allergy can cause severe symptoms or even a life-threatening reaction in some people known as anaphylaxis ^[1]

The term allergy means hypersensitivity. It is an abnormal immune response to a chemical or physical agent (allergen). The first exposure to an allergen, the

Common Food Allergens are: ^[3]

Common Food Allergens	
	<ul style="list-style-type: none"> • Milk, • Eggs • Fish/Shellfish • Tree nuts (walnuts, pecans, almonds) • Wheat • Soybeans • Vegetables. • Chocolate

Pathophysiology of food allergy ^[4]

Type I hypersensitivity reaction or anaphylactic reaction means exaggerated reactions of the body to an antigen or other agents to which the body is sensitized already. It is also called an immediate hypersensitive reaction because it develops within a few minutes of exposure to an allergen. Type 1 reaction includes the participation of B lymphocytes and plasma cells, mast cells and basophils, neutrophils, and eosinophils.

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During first contact of the host with an allergen, antigen-presenting cells present the allergen to CD4+T helper cells which are activated and give excessive response by cytokines-producing T helper cells. This results in the high production of several cytokines (IL -4, IL - 5, IL - 13) which act on B cells and plasma cells due to excessive synthesis of IgE antibodies.

IgE antibodies bind to receptors present abundantly on the surface of mast cells and basophil, which are the main effectors cells of type 1 reaction. These cells are now fully sensitized for the next events.

During second contact with the same antigen, preformed granules are released from mast cells and basophils which contain important chemicals and enzymes acting as mediators of immediate hypersensitivity reaction.

Common symptoms of food allergy: ^[5]

Development of symptoms takes time that ranges from minutes to days. Mild to severe symptoms are:

SYSTEMS	SYMPTOMS
Gastrointestinal	Nausea, vomiting, diarrhoea. Abdominal pain or cramps
Skin	Itchiness, flushing, hives, swelling, eczema
Respiratory	Running nose, wheezing, suffocation by throat swelling, asthma, constricted airways.
Circulatory	Dizziness, faintness, heart irregularities, low blood pressure and shock,

Risk factors of allergy: ^[6] Family history of asthma and allergies. Genetic predisposition to allergic disease. Children below 3 years of age

Prevention of food allergy: ^[7]

There is no known way to prevent food allergies in adults. However, breastfeeding is mandatory in babies in the first six months, which may prevent milk allergy.

Management and Treatment: ^[8]

The best approach is to eliminate allergic foods from the diet strictly.

Homoeopathic Medicine has excellent effect on food allergy, selected on the basis of totality of symptoms. In spite of the common symptoms of food allergy, if the case has shown uncommon, peculiar, characteristics symptoms of a particular medicine that acts as a specific remedy in that case. The following medicines are found effective with their prescribable totality:

Indication of some medicines for food allergies:

1. Calcarea Carb – For milk allergy

- Calcarea Carb is an important homeopathic medicine for milk disagrees. craving for indigestible things – chalk, coal, pencils, eggs, salts, and sweets. Dislike fats.
- Frequent sour eructation and sour vomiting.
- Longing for cold drinks.
- Are prone to diarrhea, especially children's diarrhea.
- In some cases, there may be a cold sensation in the abdomen.

2. Colchicum – For allergy to egg

- Nausea and faintness from the odor of cooking food, especially fish, eggs, or fatty meat.
- It is the best remedy for distension of the abdomen with gas, feeling as if it would burst.
- There is frequent tasteless eructation with pressing, tearing, stitching pain in the stomach.
- The patient cannot bear the smell of food, it causes nausea and vomiting.
- The stool contains white large particles in large quantities with mucus-like rice water.

3. Urtica Urens – Homeopathic remedy for fish allergy

- Urtica Urens is a top-ranked homeopathic medicine for treating shellfish allergy. Antidotes ill-effects of eating shell-fish
- There is violent itching with burning heat.
- Tendency to develop Urticaria, nettle-rash.
- Sometimes along with itching, swelling all over body.
- The skin looks red, raised and requires constant scratching.

4. Lycopodium – For wheat allergy

- Lycopodium offers a homeopathic cure for wheat allergy when the consumption of wheat products triggers a gastric reaction.

- It comprises symptoms like bloating, sour eructation, and flatulence.
- It is well-indicated for weak digestion and a bitter taste in the mouth.
- This is used to relieve discomfort and indigestion from intolerance to onions and garlic.
- Incomplete burning eructation rises only to the pharynx, they burn for hours.

5. Nux vomica – for alcohol

- Nux vomica relieves nausea and vomiting from indigestion, especially after excessive eating of spicy food and drinking of alcohol.

6. Petroleum –for cabbage

- This is often used to relieve diarrhea after eating cabbage associated with general feeling of cold, and hunger after bowel movements.

7. Pulsatilla for fatty food, cakes & ice cream

- This homeopathic remedy relieves gastric discomfort caused by eating too much fatty food, cakes and ice cream, with bloating, belching, and slow digestion.

Role of Repertory: [9]

For the selection of a remedy for food allergy repertory also have some important roles. In the generalities chapter of Kent Repertory, in the Rubric FOOD, many food items cause agg, which may help in the treatment of food allergy as well as restriction of food items in the diet. The list is given below:

RUBRIC	SUB- RUBRICS	FIRST GRADE MEDICINE
FOOD	beans and peas agg	Bry, Lyc
	Bread agg.	Bry, Puls
	Butter agg	Carbo-v, Puls
	Cabbage agg	Bry, Lyc, Petr
	Coffee agg	Canth, Caust, Cham, Ign, Nux- v
	Egg agg	Chin – a, colch, ferr, ferr – m (Second and third grade)
	fat agg	Carb – veg, Ferr, cycl, puls, tarax.
	Milk agg	Aeth, Calc, Calc – s, Chin, Lac -d, Mag – m, Nit – ac, Sep, Sulph.
	Sweet agg	Arg –n, Ign.

CONCLUSION:

Most food-related symptoms occur within two hours of ingestion; often they start within minutes. Moderate number of cases, the reaction may be delayed by four to six hours or even longer. Delayed reactions are most typically seen in children who develop eczema. Homeopathic treatment is most effective in food allergies. Medicine not only relieved the complaints of the patients but reduced allergic titer also. Sensitivity to that particular substance is reduced. Totality-based selected medicine is the best for food allergy.

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