



Homeopathic Perspective on Urticaria

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ABSTRACT

Urticaria is a condition related to hives which something triggered from outside the body. Urticaria involves modern science offers symptomatic relief up to some extent and patient may have to take medicine for longer period of time. The longer duration of modern therapy in urticaria may cause some side effects. Homoeopathy recommended for the management of urticaria which can provide permanent cure from disease. This article focuses on causes, types, symptoms, and treatment of urticaria by homoeopathic medications.

INTRODUCTION

The term urticaria is from the Latin word which means nettle, also known as hives; is a kind of disease involving skin rashes with red and itchy bumps. Urticaria typically not associated with long term or serious complication. The condition may persist itching and burning sensation lasts for few days and do not leave any long-lasting skin changes. It was observed that only 5-7% cases of urticaria last for more than six weeks. Approximately 20% of the population experiences suffering of urticaria. The etiological prevalence of disease mentioned in Figure No.1.

The general sign and symptoms are raised skin patches with itching, the size of hives change rapidly or may sometimes disappears from one place and reappears at another places. The environmental factors such as; heat, cold and sunlight may also produces hives directly many times, others causes of disease described in Table No.1.

Table No.1: Causes of Urticaria

S.No	Common Cause	Less Common Cause
1	Insect biting	Cold and heat
2	Food allergies	Sweat
3	Nuts allergies	Collagen vascular disorder
4	Hepatitis A and B viruses	Malignancy
5	Streptococcal infection	Stress released
6	Drug reaction	Auto immune



Sign and Symptom

Red colored welts on skin.

Itching.

Painful swelling of the lips and eyelids.

Burning

Classification of Urticaria According to the duration

Acute urticaria- this occurs only for few days

Chronic urticaria- this occurs at least for a month or sometimes for a year

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Classification of Urticaria According to the etiological factors

Immunologic (Allergic)

Autoimmune urticaria

•Serum sickness:

Systemic disease

• Reaction to blood

Non immunologic

• Physical

• Heat

• Cold

• Pressure

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Homeopathic Management of Urticaria

The vital principles of homeopathy offer effective management of urticaria. As per homeopathy, Urticaria should not be considered as a local skin disease, since it is mainly related to derangement and disharmony of internal forces; hence, it should be treated with internal medicine. A clear understanding of the causes of disease helps the physician to cure the patient from severe complications of urticaria.

The following pattern should be observed before treating the patient

Time of onset of disease	Gastric and intestinal problem
Shape, size and distribution of skin rashes	Use of drug (NSAIDs), injection and hormone
Family and personal history	Relation to menstrual cycle
Previous and current allergies	Smoking habits
Infection and internal disease	Types of professional work
Associated symptoms itching and pain etc.	Stress and quality of life

Table No.2: Some Important Homeopathic Medicine Used for Urticaria

S.No	Symptoms and condition associated with Urticaria	Homeopathic remedy for treatment
1	Urticaria with sweat, concomitants-dropsy and intense thirst.	<i>Anthracokali</i>
2	Dirty and unhealthy skin, Urticaria with red areola, itching, concomitants-gastric disorder with white coated tongue.	<i>Antimonium Crud</i>
3	Urticaria chiefly in finger and toes with itching and erythema. Urticaria appears and disappears suddenly and associated with tinnitus.	<i>Antiphrinum</i>
4	Urticaria with fever and burning pain.	<i>Apis Mel</i>
5	Urticaria with burning, restlessness and intense thirst	<i>Arsenic Album</i>
6	Urticaria covers whole body with a disposition of diarrhea.	<i>Bovista</i>
7	Urticaria at night when weather changes from warm to cool. Itching and burning after scratching.	<i>Dulcamara</i>
8	Urticaria characterized by its periodicity, it disappears at day and comes at night associated with emotional excitability and hallucination.	<i>Chloralum Hydratum</i>

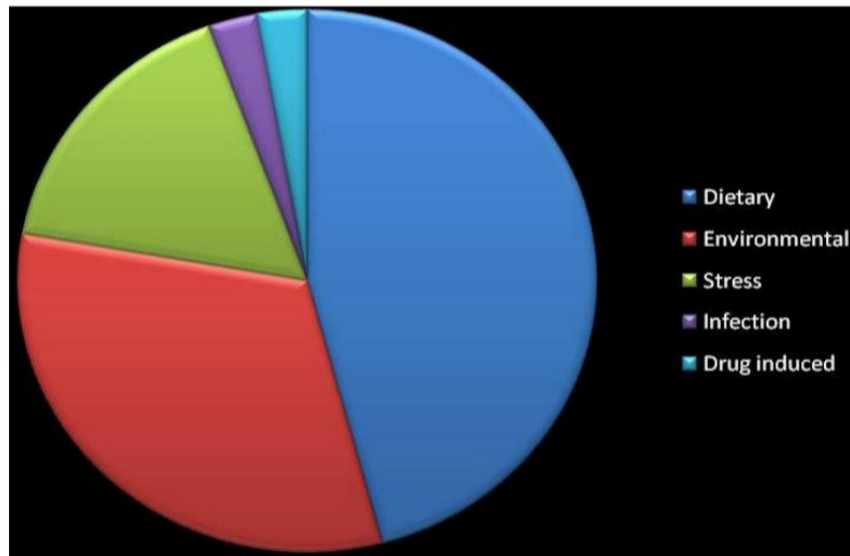


Figure No.1: Prevalence and percentage of involved risk factor of chronic Urticaria

Conclusion

Urticaria is a condition of hypersensitivity associated with allergic reaction. Medication, insect bite, foods, stress, cold and change of weather may initiate pathology of urticaria. Large number of global population experienced symptoms of urticaria which may recur sometimes therefore it is very essential to cure disease effectively. Urticaria treat by homoeopathic medicine for a longer period of time with good results. Homoeopathic medicine helps to cure disease permanently with minimal adverse effects.

References

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