



CHOLINERGIC URTICARIA

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ABSTRACT :

Cholinergic urticaria (CholU), described by Duke in 1924, involves intense itching, stinging, and painful papular wheals that develop with sweating and subside within an hour. While its overall pathophysiology remains unclear, it involves acetylcholine, cholinergic receptors, and sweat allergy.

Cholinergic urticaria, or heat hives, is a type of chronic inducible urticaria where short-lived, itchy bumps appear due to sweating triggers like exercise, high temperatures, spicy foods, and emotional stress. These small, raised wheals (1-4 mm) typically last 15-30 minutes.

Symptoms include small, itchy hives and a burning sensation. Precautions like staying cool, wearing loose clothing, and using medicines such as sulphur, Apis Mellifica and others etc. help manage the condition.

Keywords: Homeopathy, Cholinergic urticarial, itchy, small, Burning, Sweating.

INTRODUCTION :

“In Britain, it's widely believed that a cup of tea can solve any problem. This sentiment is famous worldwide, and many people are tea lovers. However, while tea may seem like a solution, it can act as a slow poison to our bodies and potentially cause cholinergic urticaria.”

Cholinergic urticaria, also known as heat hives or heat bumps, is a type of chronic inducible urticaria characterized by the presence of short-lived, transient hives (itchy bumps) that appear due to stimuli that induce sweating. These hives typically present as small, raised wheals (1-4 mm) that last for about 15-30 minutes. The condition is often triggered by factors such as exercise, high temperatures, spicy foods, and emotional stress.

The exact cause of cholinergic urticaria is not fully understood, but it is believed to involve the cholinergic nervous system. When the body temperature rises and sweating occurs, the nervous system releases cholinergic chemicals (acetylcholine) from nerve endings near the skin's surface, causing an allergic reaction that leads to hives and swelling.

Symptoms of cholinergic urticaria include small, itchy wheals that may coalesce to form larger swellings. These lesions generally appear on the trunk and neck and spread to the limbs and face, but they almost never occur on the palms, soles, or axillae. In rare cases, the condition can be associated with systemic responses such as hypotension, bronchospasm, angioedema, headaches, wheezing, shortness of breath, abdominal cramps, and diarrhea.

Treatment options for cholinergic urticaria include antihistamines and other medications that can ease itchiness and swelling. In some cases, sweat therapy, which involves forced perspiration through excessive body warming (sauna, hot bath, or exercise), may help reduce symptoms.

CHOLINERGIC URTICARIA :

The main symptom of cholinergic urticaria (CholU), a form of chronic inducible urticaria, is itching and/or stinging, unpleasant papular wheals that appear concurrently with perspiration. Duke originally defined cholinergic urticaria (CholU) in 1924. It is characterized by pinpoint, extremely itchy, or frequently painful wheals with surrounding erythema. Usually, the symptoms go away quickly—within an hour.

Although the general pathophysiology of CholU is still unclear, the etiology of each subtype is being steadily clarified. Each subtype of CholU has a distinct origin, and the pathophysiology includes acetylcholine (ACh), poral blockage, cholinergic/Ach receptor M3 (CHRM3), sweat allergy, serum factors, and dyshidrosis. Based on the pathophysiology and clinical features of CholU, there are four subtypes of the condition: 1) Allergy to Sweat 2) Hypersensitivity to Sweat 3) Traditional Cholinergic 4) Anhidrosis with Cholinergic Urticaria

Symptoms of Cholinergic Urticaria

Primary Symptoms

1. Small, Itchy Hives: These hives are usually 1-4 mm in diameter, with greater erythema (redness) patches surrounding them.
2. Burning Sensation: The hives may be accompanied with a burning sensation in addition to itching.
3. Sweating: In extreme situations, excessive perspiration may happen.
4. Flushing: The skin, especially the face and neck, becomes noticeably red or flushed.

Secondary Symptoms

1. Angioedema: Swelling of the skin's deeper layers, usually around the lips and eyes.
2. Headache: A hive outbreak may occasionally be accompanied by headaches.
3. Fainting: Although uncommon, some people may experience dizziness or fainting.

Causes of Cholinergic Urticaria

1. Autonomic Nervous System: The autonomic nervous system may be dysregulated in part.
2. Histamine Release: Heat or stress may cause histamine to be released, which could be connected to the disease.
3. Genetics: Since cholinergic urticaria can run in families, there may be a genetic predisposition.

Types of Cholinergic Urticaria

Different forms of cholinergic urticaria can be distinguished by their presentation and underlying cause:

1. Type 1: Sweat Allergy: People who have this type of allergy are allergic to their own perspiration. Sweat that becomes trapped behind the skin causes hives.
2. Type 2: Sweat Hypersensitivity: This type is distinguished by an excessive reaction to normal sweat production, which leads to hives.
3. Type 3: Classic Cholinergic Urticaria: The most prevalent kind, this one is brought on by a rise in body temperature at the core. Spicy foods, hot showers, and exercise are frequently linked to it.
4. Type 4: Cholinergic Urticaria with Anhidrosis: This uncommon kind is ironically brought on by a lack of perspiration. Sweat gland problems may be underlying in people with this kind.

Treatment

Apis Mellifica

It is especially effective when urticaria is triggered by heat or the warmth of the bed, as well as in warm weather conditions. After heat exposure, red wheals appear on the skin, accompanied by intense burning, stinging, and severe itching, particularly at night. Relief is often found in open air, and the wheals may be painful and tender to the touch.

Natrum Mur – For Urticaria After Physical Activity

This remedy is highly effective for urticaria that arises after exercise. Large bumps may develop over the entire body, causing violent itching and a burning, stinging sensation.

Rhus Tox – For Urticaria Triggered by Sweating

Rhus Tox is an excellent remedy for urticaria caused by sweating. Wheals appear with intense itching, which worsens with rubbing. It is also valuable for cases of urticaria during fever, where dark red, circular, elevated wheals cover the body, and the surrounding skin may swell.

Urtica Urens – For Exercise-Induced Urticaria

Similar to Natrum Mur, Urtica Urens is useful for exercise-induced urticaria. Red, raised bumps appear on the skin after physical activity, accompanied by severe itching and a burning sensation. Formication, the feeling of insects crawling under the skin, is also prominent, and stinging sensations may be felt in some areas.

Pulsatilla – For Summer Urticaria

Pulsatilla is very effective for treating urticaria that occurs during summer. Wheals appear on the skin with itching in hot weather, which worsens at night.

Sulphur – For Urticaria During Fever

Sulphur is suitable for managing hives triggered during fever. Wheals may appear on the arms, legs, face, and neck, causing intense itching and a burning sensation.

Chloralum – For Hives from Alcohol Consumption

Chloralum is the best remedy for hives triggered by alcoholic drinks. It is also indicated for hives from hot liquids, causing large patches of red wheals on the neck, back, abdomen, and limbs, along with violent stinging and itching.

Conium – For Hives from Overheating

Conium is very effective for hives caused by the body overheating, especially after intense exercise. Itching in the wheals worsens with scratching, and burning and pain may also be felt.

Precautions for Cholinergic Urticaria

Before Exposure

1. Identify Triggers: Understand what triggers your cholinergic urticaria, such as exercise, hot showers, spicy foods, or emotional stress, etc.
2. Avoid Known Triggers: Try to avoid situations that can cause your body temperature to rise and induce sweating.
3. Stay Cool: Keep your environment cool, especially during hot weather. Use fans or air conditioning to maintain a comfortable temperature.
4. Wear Loose Clothing: Opt for loose, breathable clothing to minimize sweating and irritation.
5. Hydrate: Drink plenty of water to stay hydrated and help regulate your body temperature.

After Exposure

1. **Cool Down:** If you experience symptoms, move to a cooler environment and use cold compresses to reduce itching and swelling.
2. **Avoid Scratching:** Refrain from scratching the affected areas to prevent further irritation and potential infection.
3. **Monitor Symptoms:** Keep an eye on your symptoms and seek medical attention if they worsen or if you experience severe reactions like angioedema or difficulty breathing.
4. **Rest:** Allow your body to rest and recover after an episode to prevent further stress and potential flare-ups.

CONCLUSION :

Homeopathy has gained popularity for its holistic approach to treating various ailments. It offers positive results with minimal side effects, making it a preferred choice for many. Homeopathy is effective in reducing blemishes and emphasizes preventive care by addressing the root causes of health issues. This personalized treatment approach considers the whole person, including their physical, emotional, and mental well-being, leading to a more balanced state of health. Adopting homeopathic treatments often encourages positive lifestyle changes, contributing to overall healthier living.

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