



Homeopathic Approach to Food Allergy

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ABSTRACT

An adverse reaction with an immunological basis that arises from frequent exposure to a specific food is known as a food allergy. Food allergies arise when the immune system is unable to develop or maintain an oral intolerance to particular dairy proteins. This article focuses on how effectively homeopathic treatment works for food allergies.

Keyword- food allergy, homeopathy, homeopathic medicine and treatment

Introduction^[1,2]

The term derived from Greek word which means **ALLOS** –other and **ERGON-** activity and this term was given by **Clemens von pirquet** and **Dr. Bela Schick**.

Allergy is characterized as a condition when the immune systems of certain individuals respond to non-toxic substances. An overreaction of the immune system and inflammation results in hypersensitivity reactions. Formally known as type 1 (or immediate) hypersensitivity, allergy is one of four or more types of hypersensitivity that can appear in a number of ways, including food allergies, atopic eczema, allergic urticaria, allergic rhinitis (hay fever), and asthma. All of these conditions involve the release of antibodies against the soluble antigen through the action of immunoglobulin E (IgE)

Prevalence of Indian food aversion?^[3]

The Journal of Evolution of Medical and Dental Sciences published a study of over 6,000 Indian patients in March 2019 and found that the prevalence of food-related symptoms and underlying causes in India is different from that in Western countries. In India, over 9.25 percent of people have food allergies, compared to 3–7 percent in other countries. In India, cocoa now has the highest rate at 28.21%. Cashewnuts, seafood, legumes, and soybeans are among the foods that can trigger allergies. It is remarkable that the positive rates for several allergy categories were similar in adults and children.

Aetiology^[4]

Mast cell release in the majority of food allergies is limited to certain body areas, such as the skin, lungs, throat, nose, or gastrointestinal system. Non-IgE-mediated food allergies are another kind of food allergy that takes 48 hours to manifest allergic symptoms and are brought on by various immune system cells.

Foods

1. In children, the food that most commonly cause an allergic reaction are:

- Eggs
- Milk
- Wheat
- Peanuts

2. In adults, the food that most commonly cause an allergic reaction are-

- Peanuts
- Fish

- Shellfish- crab, mollusc.
 - Tree nuts such as walnuts, cashew, almonds.
3. **However, some people have an allergic reaction to:**
- Mustard
 - Sesame seeds
 - Meat
 - Pine nuts (a type of seeds)

Clinical features of food allergy ^[5]

- Rashes in the body
- A tingling mouth
- Swelling of the lips, tongue ,face
- Itching and flushed skin
- Low blood pressure
- Diarrhoea,nausea,stomach pain and vomiting

Diagnosis of food allergy ^[6]

- Physical examination and proper case taking that consider the symptom of food allergy.
- Skin prick test
- Serum IgE evaluation for specific food
- Oral food challenge

Treatment ^[7]

- Epinephrine is always the first line of treatment for anaphylaxis. Anaphylaxis may occur, rapidly decrease, and even be fatal within seconds of exposure to the allergen.
- Second-line drugs, such as albuterol or antihistamines, do not directly affect mast cells or basophils like adrenaline does.

Role and scope of homeopathy ^[8, 9]

In the history of medicine, homeopathy is one of the latest and most modern medical sciences. Homeopathy may even help boost immune responses in conditions that include ne neoplasm to allergies. One of the essential homeopathic therapeutic areas that has attracted very little interest from doctors is food allergies.

Dr. Samuel Hahnemann has suggested dietary control for both chronic and acute illnesses. Avoiding foods that interfere with or change the way homeopathic medication and illness work is explicitly advised by his organon of medicine. He states in aphorism 260 that "accordingly, the careful examination of such barriers to cure is so much more necessary in the case of patients affected by chronic diseases, as their diseases are usually aggravated by such noxious influences and other disease-causing errors in the diet and regimen, which often go unnoticed."

It has been confirmed in several types of clinical settings that homeopathic remedies can treat a variety of allergy disorders. Homeopathic literature discusses a wide range of ailments related to particular foods and their unique healing properties. When the prescriptions are based on "uncommon peculiar characteristic symptoms" and "key note prescriptions," the homeopathic concept is helpful.

Aggravation from food items and possible homeopathic medicine ^[10, 11]

1. **Ale** – gambogia, spongia tosta, sulphur.
2. **Beans and peas** – bryonia alba, calcarea carb, colocynthis, lycopodium clavatum, petroleum

3. **Bread-** antimonium crudum, baryta carbonica, bryonia alba, hydrastis canadensis, lycopodium clavatum , natrum muriaticum, nitric acid, nux vomica, pulsatilla nigricans, , rhus toxicodendron, sarsaparilla officinalis, sepia succus, sulphur, veratum album, zincum metallicum.
4. **Butter-** carbo vegetabilis, ferrum metallicum, phosphorus, sepia succus, taraxcum officinale
5. **Cabbage-** Bryonia alba, China officinalis, Lycopodium clavatum, Magnesia carbonica, Natrum Sulphuricum, petroleum.
6. **Carrots-** lycopodium clavatum.
7. **Chocolate** – borax veneta, lithium carbonicum, pulsatilla nigricans
8. **Cucumber-** allium cepa, ignatia amara, natrum muriaticum, rhus toxicodendron.
9. **Eggs** – cocculus indicus, ferrum metallicum, pulsatilla nigricans, sulphur.
10. **Fish-** floridum acidum, kali sulphuricum, plumbum metallicum, pulsatilla nigricans.
11. **Fruit-** Aloe socotrana, antimonium crudum, arsenic album, borax veneta, bryonia alba, calcarea carb, carbo veg, causticum, colocynth, croton tiglium, ferrum metallicum, ipecac, lycopodium clavatum, magnesium muriaticum, natrum carbonicum, psorinum, veratum album.
12. **Garlic-** Phosphorus
13. **Meat-** bryonia alba, calcarea carbonicum, colchicum, ferrum metallicum, kali carbonicum, lecithinum, lyssin, pulsatilla, rumex.
14. **Oil** – carbo veg, ferrum met, natrum mur, pulsatilla.
15. **Onions** – bryonia alba, pulsatilla, sulphur
16. **Oranges-** oleander
17. **Pears-** veratum album
18. **Potatoes-** alumina, bryonia alba, colocynth, natrum sulph, veratum album.
19. **Rice-**ignatia
20. **Salads** –calcarea carb, pulsatilla
21. **Shell fish-** colocynth, lycopodium clavatum, urtica urens
22. **Sweets-** antimonium crudum, argentum nitricum, graphites, ipecac, natrum phos, sulphur
23. **Turnips** – bryonia alba, lycopodium clavatum, pulsatilla.
24. **Vinegar-** aconite, belladonna, carbo veg, ferrum met, graphites, pulsatilla, sepia succus, sulphur
25. **Wine-** alumina, arnica montana, arsenic album, borax, calcarea carb, coffea cruda, fluoric acid, glonine, Lachesis, natrum mur, opium, selenium, zincum met.

Conclusion

The prevalence of food allergies is rising in almost every country. Whatever the disease, homeopathic remedies can help patients not feel as uncomfortable. Homeopathy is a specialized medical approach that treats the patient holistically rather than just the disease. Food allergies can now be safely and effectively treated with homeopathy.

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