

Ayurvedic Treatment of Allergies

 planetayurveda.com/library/allergy/

Introduction

About Allergies

Allergies generally occur when the immune system of our body's stops reacting to any foreign body. These foreign bodies can be found pollen, bee venom as well as pet dander. People with low immunity are prone to various types of allergies.

The immune system of our body produces antibodies, which protect us from foreign invaders that may cause allergic reactions.

The symptoms of the allergy depend on the type of foreign body responsible for it. Allergies may harm respiratory tract, skin, sinuses, nasal passages, and other parts of the body.

The reactions due to these allergens can range from mild to severe. Sometimes, allergies can trigger a life threatening reaction such as anaphylaxis.

Different types of Allergies along with their Symptoms

Allergic Rhinitis:

This type of allergy is also known as Hay fever.

The common symptoms of this allergy are listed below:

- Sneezing.
- Running nose.
- Itching on the nose, eyes as well as on the roof of the mouth.
- Conjunctivitis- Redness and swelling in the eyes.

Food allergy:

As the name indicates, this type of allergy occurs due to food.

The symptoms are:

- Swelling in the lips, tongue as well as on the face
- Hives
- Tingling mouth
- Anaphylaxis
- Throat swelling

Insect sting allergy:

This type of allergy occurs due to insect sting.

The symptoms of such type of allergy are listed below:

- Swelling on the sting site.
- Itching all over the body.
- Hives.
- Cough and chest tightness
- Anaphylaxis
- Wheezing or shortness of breath.

Drug allergy:

This type allergy occurs due to drugs or medications.

The symptoms are:

- Hives.
- Itching all over the skin.
- Rash as well as redness.
- Swelling on the face.
- Shortness of breath.
- Anaphylaxis

Skin Allergy:

It is a type of skin allergy.

The symptoms are listed below:

- Itching
- Redness
- Rashes
- Flake or peel of skin

Causes of Allergies

When a person is exposed to any allergen, the antibodies produced by the immune system will release chemicals like histamine which in turn causes allergy symptoms.

Few more causes of allergies are well explained below:

- **Airborne allergens:** They may include Pollen, dust mites, animal dander and mold.
- **Certain foods:** Are tree nuts, wheat, soy, peanuts, fish, shellfish, eggs and milk.
- **Insect stings:** This type of allergy trigger include bee stings or wasp stings.
- **Medicines:** Medicines such as penicillin or penicillin-based antibiotics may also cause allergy.

- **Latex** as well as some other substances may cause allergic skin reactions on touching.

Risk Factors of Allergy

Following are the risk factors that pose a person at higher risk of developing allergy:

- A person having a family history of asthma or other allergies is at higher risk of getting any type of allergy problem.
- Children are at higher risk of developing several allergies as compared to adults. But sometimes, they outgrow these allergies when they get older.
- If a person is suffering from asthma, then he is also at higher risk of getting such allergies.
- If a person is suffering from weak immune system, then they are at higher risk of getting such allergies.

Herbal Remedies for Allergies by Planet Ayurveda

Ayurveda says all the three doshas the pitta, vata and kapha are imbalanced. The disturbance leads to weakening of immunity which makes the body more prone to allergies.

Planet Ayurveda offers best combination of effective herbal remedies in a form of pack named Allergy Care Pack for ayurvedic treatment of allergies. These herbal remedies are prepared by using best quality of herbs and strictly follow the principles of Ayurveda. All these herbal remedies of Planet Ayurveda are 100 percent pure, natural and vegetarian. These are free from chemicals, additives and preservatives. These are safe to use as these are free from side effects.

DOSAGE

1. **Tulsi Capsules:** 2 Capsule, twice daily with warm water after meals.
2. **Praanrakshak Churna:** 1 teaspoonful, twice daily with warm water after meals.
3. **Aller-G Care:** 2 Capsules, twice daily with warm water after meals.
4. **Curcumin Capsules:** 2 Capsule, twice daily with warm water after meals.

Products Description

1. Tulsi Capsules

Tulsi or Holy Basil is an effective herb for viral flu, influenza, cough and immunological disorders like allergies and asthma. Tulsi capsules contain 100% standardized extract of herb Tulsi (*Ocimum tenuiflorum*).

2. Praanrakshak Churna

It is a useful combination of anti-allergy herbs like Bharangi (*Clerodandrum serratum*), Kantakari (*Solanum xanthocarpum*), Shirish (*Albezzia lebbock*), Vaasa (*Adhatoda vasica*), Anantmool (*Tylophora asthmatica*), Mulethi (*Glycyrrhiza glabra*), and Dalchini (*Cinnamomum zeylanica*) which shows anti-histaminic action. This combination gives excellent results in Asthma, Common Cough and other Allergies.

3. Aller-G Care

It is a classical combination of special anti-allergy herbs like Haridra (*Curcuma longa*), Neem (*Azadirachta indica*), Shirish (*Albezzia lebbock*), and Ashwagandha (*Withania somnifera*). It is very effective for all types of allergy and also helps in Asthma, Sneezing, Rhinitis, Sinusitis, Pollen allergy, Dust Allergy and all types of skin allergies.

4. Curcumin Capsules

These capsules contain turmeric which is anti-inflammatory and is very effective in allergies and skin diseases. Curcumin capsules contain 100% standardized herb extract of herb Haridra (*Curcuma longa*).

To buy Allergy Care Pack, please visit store.planetayurveda.com/products/allergy-care-pack

FAQs

What are the most common Allergies?

The People who have food allergies, a tiny exposure to the allergic food multiplies problems. Many people allergic to cow's milk, eggs, tree nuts, peanuts, shellfish, wheat, soy and fish. There are other foods that one can get allergic to like linseed, sesame seed, peach, banana, avocado, kiwi fruit, passion fruit, celery, garlic, mustard seeds, aniseed and chamomile. Most of the allergies happen during childhood manifested as asthma, food allergy and allergic rhinitis. 20% children had asthma, 18% had allergic rhinoconjunctivitis (hay fever) and 16% had eczema, according to a recent survey. Of all these kids 47% had 2 co-existing conditions like eczema and asthma.

What are the different types of Allergy?

There are billions of people who are allergic to something, whether it is pollen, pet dander or peanuts. All allergies are not the same. Today we will discuss the most common allergies. Swelling and inflammation in the nasal passages is called rhinitis allergy.

- **Sinusitis** : An infection of the sinuses sometimes is associated with allergic rhinitis or asthma. However, at least half of all chronic sinusitis is not caused by any other allergies.

- **Asthma** : Inflammation of the lungs and respiratory passage and constriction of the bronchial tubes stimulated by many of the same allergies as allergic rhinitis which result in wheezing, shortness of breath, chest tightness and cough
- **Food allergies** : Symptoms like rash, vomiting, diarrhea, coughing, wheezing, facial swelling, hives, and others triggered by some specific foods or allergic foods in a few people. Food allergies, such as lactose intolerance, are more common, but they are not said to be allergies because they do not involve an allergic reaction.
- **Bee sting allergy (insect venom allergy)** : A very dangerous allergic reactions, is caused by bee stings. It causes swelling and inflammation around the site of the sting.

All these are different types of allergies.

Will allergy medicine help a sinus headache?

Your blocked sinuses can make you feel the pain and pressure above your nose or between your eyes. First of all you need to diagnose yourself that this pain is a sinus headache. The medicines for headache are easily available from all chemists without any prescriptions. These medicines help in opening blocked sinus cavities. They curb the swelling and help in liquifying the congested mucus from your nasal passages.

Don't use nasal sprays for more than 3 days continuously. Never use decongestants for more than 7 days. If you take a pain reliever, better make sure that it doesn't have a decongestant simultaneously, Follow the prescriptions strictly. In some cases your doctor might prescribe certain sprays and drugs to lower your pain and congestion.

How long will it take for my Allergies to go away?

A lot depends on your allergic response to a few factors. Some other reactions to the medicines you take might not be technically allergies. The second factor can be how long the medicine you are consuming stays in your body. Some of the medicines stay in your body for some hours and some stay a little longer. The initial symptoms go away within a few hours after the allergy is dealt with, some take 1 or 2 days to leave. If the rashes appear on your arms and legs, it means you are attacked by an allergy. You better consult an allergy expert. Physicians can prescribe the best medicines for your allergy so that you heal completely.

Can Allergies Be Cured?

Allergy can be cured but it all depends on the severity of your allergy and what type of allergy you have. If you have a severe allergy that interferes in your daily routine then it becomes vital for you to visit the doctor who can first diagnose the things you get allergic to and then prescribe certain medicines, which should be taken as the doctor prescribed. If your allergy is not severe, but just annoying you, you know how to take care of it yourself. A pharmacist can diagnose your symptoms and prescribe some medicines.

Do Allergic reactions go away on their own?

Your immune system produces enzymes that fight the foreign substances which enter your body and create havoc. It butchers them so that you don't fall sick. Sometimes its mistaken identity crisis as a substance is thought to be harmful, but it isn't. When such a thing happens, it's called an allergic reaction. These substances come via food, medicines or are present in our environment.

When your body comes in contact with these allergens, they bring in some changes in your body like skin itching, sneezing or watery eyes. In some cases allergies can lead to anaphylaxis. Anaphylaxis is a dangerous condition that can prove to be fatal if not taken care of properly. All of a sudden your blood pressure drops, making breathing difficult. This can further lead to respiratory failure or cardiac arrest. Immediately call your emergency hospital number and get admitted.

How do I know if I have an Allergy?

Most people believe in the classical symptoms like runny nose, sneezing, sore throat and watery eyes. There are plenty of other symptoms that are overlooked by us. The congestion of mucus invites the bacteria to come and linger on that makes your life miserable. If you feel any of the following symptom it can be due to allergy:

- Chronic fatigue
- Asthma
- Upper respiratory infection
- Bronchitis
- Sinus infection (sinusitis)
- Depression
- Sleeping troubles
- Difficulty in concentrating
- Lack of exercise endurance

It is a well known fact, even healthcare professionals can fail to identify these lesser known allergy symptoms. Resulting in misdiagnosis which can delay treatment and further weaken an already under pressure immune system.

How can I stop itching all over my body?

Itchy skin is a small nuisance, a mild annoyance. It can create trouble for your skin and become a distraction. You wonder how to reduce or finish it right at home. You can add oatmeal powder to your diet that will relieve your itching. You can also add Aloe Vera gel, high quality moisturizer, antihistamines, hydrocortisone, antidepressants and stop scratching.

What foods trigger Allergies?

Food allergies are usually happening to 5% in kids and 8% in adults. This number is growing every year. An allergy can be caused by any food item, but most of the time these are triggered by foods such as cow' milk, fish, soy, wheat, shellfish, peanuts, tree

nuts and eggs. Many foods don't get digested properly and are mistaken to be a food allergy. Still this undigested food never interferes with the immune system. These can put a severe effect on the quality of your life, but are not life threatening.

How can we prevent an Allergy?

Many permanent cures can be found at home only. You can give them a try:

- **Wash** :- Whenever you walk back into your home, you do bring in something from the outside world. Take a shower and wash away your clothes. Leave your shoes at the door.
- **Mask** :- Better wear a sanitized mask on your nose to save yourself from any attack by the allergens.
- Kids who eat fresh and seasonal veggies, fruits and nuts particularly apples, grapes, oranges and tomatoes have less allergy symptoms. Research is still going on in this process. But it is a well known fact that a healthy diet is good for your whole body. Better add a fresh fruit or vegetable in your meals daily.
- Rinse out the mucus from your nose. If you are feeling stuffy drink more water, juices and soups and stay away from alcoholic drinks. One of the best ways to avoid allergies is to keep your house neat & clean.

What are the signs of a severe Allergic reaction?

There are various signs that develop during an allergy attack. These can begin the moment the allergen attacks your body. These can be runny nose, sneezing, watery eyes, itchy ears or mouth, breathing difficulties, hives and rashes appear on the skin nausea, diarrhea and vomiting, chest tightness, swelling on lips and tongue, redness around your eyes and mouth, low blood pressure, When this thing happens rush to the nearest hospital and get treatment done at the earliest, otherwise it can prove to be fatal.

Does drinking water help with Allergic reactions?

Drinking lots of water not only flushes your system, it enhances elimination of foreign matter, including allergens, that enter in your body system. Drinking water is the basic need of the body, which keeps it hydrated. Consume some extra fluids that help liquify the mucus in your nasal passages and drive it out. Many fluids are available that can liquify the mucus, but there are many that have high sugar and caffeine levels, these should be avoided. The body needs at least 8 glasses of water every day. Drink a little more than that.

How can Allergy tests help in your treatment?

Looks like you are allergic to something. If the test is done by an expert, he/she can surely tell you what triggers your symptoms and what doesn't. For example if your cat has mold and is responsible for your wet eyes and makes you sneeze quite frequently, now

you will know how to maintain distance from your cat. Once you become aware exactly about what you are allergic to, you and your doctor will be able to make a treatment plan to reduce or eradicate your allergy symptoms completely.

Does an Allergy test hurt?

Usually these tests don't hurt, but can cause mild pain in patients who have positive allergic reactions. Some people's skin is very sensitive and they can feel the itching and red bumps after exposure to particular substance they are allergic to which disappear within a few days. It happens very rarely, that there is a possibility of asthma attacks during allergy testing.

Why does my whole body itch at night?

Your body's natural circadian rhythms or daily cycles do influence your skin texture like temperature regulation and fluid balance

These functions alter at night time like your body temperature and blood flow enhances in the evening, and gives a warning to your skin. A rise in body temperature can cause itching. Your body flushes out some substances during the day. During the night time your body throws out cytokines, which enhance inflammation. Meanwhile the manufacture of natural steroids in the body slows, which are responsible for reducing inflammation.

Another reason for skin itching is the skin loses more water during the night. As you must have noticed that during winter months parched skin itches more.

During day time you don't pay much heed to all these annoying sensations. During the night time you are doing nothing and feel the itching become more severe.

What can you eat to reduce Allergies?

No food has proven to be completely safe in allergies. Eating fresh fruits and veggies are good for your body. All of them have nutrients that keeps your body healthy. These also prevents you from seasonal allergies. You can try some of these like onions, berries, peppers and parsley which have quercetin, a natural plant chemical that reduces the histamine reactions. Try eating kiwi which is rich in vitamin C. It also reduces histamine reactions. Vitamin C can be found in some other fruits like oranges and other citrus fruits. Eat pineapple that has an enzyme called bromelain which helps a lot in asthma. Salmon, tuna, mackerel have lots of omega-3 fatty acids that reduce the allergic symptoms. Try a yogurt drink called kefir, that kills all the bacteria in your gut. Better look for yogurts that have written on their labels 'live active cultures'. Kimchi and sauerkraut are also good sources.

If you take a small amount of the honey early in the season, you may develop a tolerance toward pollen in your area. It's not a definite thing, but try and see if it works for you.

Is there a natural cure for Allergies?

Don't worry you are not all alone, especially during spring and summer. Allergies do make your life very uncomfortable.

Apple cider vinegar is also a superb natural allergy remedy, as it can help reduce mucous production and cleans your lymphatic system. The best way is to consume a teaspoon directly. Or there is another way to add a teaspoon to a cup of hot water, add a little bit of honey, to sweeten its taste. The last thing you want to do, when you are feeling crummy, is exercise. But research has found that it relieves the allergy symptoms in 30 minutes when exercise is done in an intense manner. If pollen count is high, better opt for an indoor exercise that reduces re-exposure.

Can Allergies be cured permanently?

The net has all the information about any kind of allergies that can be cured permanently. People do try these home remedies and cure the people who have shown allergic symptoms, without holding any license. Eating local honey is given to drive away a number of allergies. These natural remedies are easily available all over the globe, despite the fact that scientific evidence dispels the efficacy of these options. If you are trying to find an allergy treatment then these do exist. The use of neti pot has proved it, as has saline wash, both these healing procedures are endorsed by the medical teams.

Can seasonal Allergies go away on their own?

The people who have allergies first develop them during their childhood, but when they grow up, most of them leave their allergies behind. No one knows exactly why, but many allergies disappear automatically. Some people carry their allergies along, even feel the symptoms when they become adults.

And the severity differs in every season. Once you become prone to acquiring an allergy, you have one allergy and the others might catch you. Doctors do know what causes allergic reactions, but know nothing about their disappearance. Some theorize that the person gets accustomed to these allergies, thus lowering the immune system sensitivity.

Where do Allergy rashes appear?

Allergy rashes appear on the skin. Mysterious rashes send billions to visit the doctor annually. Allergic contact dermatitis causes skin symptoms. Allergic contact dermatitis is the term used for when your skin becomes itchy and rashes appear. It happens because the allergens, substances that the immune system reacts to, thinking them to be foreign, touch your skin. In adults its percentage is 3.

How Do I Know If It's Allergy or a Cold?

Both seasonal allergies and cold share the same symptoms, and it makes it hard to tell the two apart. In both conditions you get a runny nose, sneezing and congestion of the mucus. But both possess certain differences. In colds usually coughing, sore throat, and

Itchy eyes along with these symptoms means you have an allergy, while eyes remain normal in colds.

Both seem similar in many ways, but it's the duration and chronicity of symptoms that helps in finding what it is.

What is a food Allergy?

Dip into spicy Indian food or hot salsa and you find your nose starts running. Beans cause gas or a glass of wine gives you a headache. If you are affected by lactose intolerance, you get diarrhea the moment you eat milk or cheese.

Different people react to different foods But mostly they are food sensitivities or intolerance. It has nothing to do with your immune system.

Food allergies are a little bit different. Your body thinks some substance to be harmful that will make you sick. While you are eating some food, your immune system defends you. You might feel a sensation in your skin, a skin rash might appear or your eyes become itchy or you can have a harder reaction that leaves you gasping for breath. Food allergies are a serious matter, but you will be able to manage them. One of the things you can do is better avoid those foods that bring you an allergy.

What is the difference between food Allergy and food intolerance?

Physical reactions to some foods can be the same, but most of them are caused by food intolerance and not by food allergy. Food intolerance creates some of the same signs that would be caused by food allergy. Thus both get confused.

A food allergy causes an immune system reaction that leaves its effect on a number of organs of the body. It has a number of symptoms, it can also cause severe reactions that for you can prove to be life threatening.

In food intolerance the symptoms are less serious and mostly cause digestive troubles. If you have food intolerance, you might be able to eat the foods that are triggering symptoms in small amounts without much trouble. You also may be capable of handling a reaction. For example if you have lactose intolerance, you may be able to drink lactose-free milk or consume a lactose enzyme pill to support digestion.

What is wheat Allergy?

Wheat allergy usually happens to the kids who have to attain the age of three. Mostly it gets all over by the time when they grow past 12 years. About 65% are believed to

- Often wheat allergy doesn't have a cure and you have to control your diet. Most of the kids outgrow food allergies. Usually wheat allergy affects toddlers.

- There are certain ways that are not approved but still tried and tested. Small doses of wheat are supplied initially, which are increased day by day. Then there is another way by injecting small doses of wheat into your body. Another version is to hold a small amount of wheat under your tongue for 1 or 2 minutes and then swallow to make its immunity wake up. These techniques are showing some positive responses.

What is the difference between wheat Allergy and gluten Allergy?

Both allergies have similar symptoms that ask us to avoid certain foods that disturb our health. Celiac disease (CD) and gluten sensitivity (NCGS) have many of the same symptoms, whereas in the wheat allergy, the symptoms are unique. Possible symptoms of CD and NCGS have gastrointestinal symptoms like cramping, constipation or diarrhea. It also has symptoms like joint pain, headaches or fatigue are some of them. outgrow this allergy. Many consider wheat allergy to be a challenge of the top of food allergies because 75% foods are made with the help of wheat flour.

How can wheat Allergy be cured?

Symptoms for wheat allergy can be hives, itching or anaphylaxis, a life threatening reaction.

What is a seasonal Allergy?

Runny nose, watery red eyes, coughing, sneezing all these symptoms after coming in contact with certain allergen mean spring is in the air. Millions of people suffer from seasonal allergies that are spread by airborne pollen, not just on the onset of spring, but summer and fall too. A recent study tells us that this number will keep increasing after every season changes. The evidence might be primarily, but a confluence of factors suggest longer seasons for growing weeds and other plants that spread seasonal allergies and asthma.

How does Ayurveda consider the Allergy?

A hypersensitivity reaction of the body towards a harmless substance is called an allergy. In an allergy, causes are predictable. The response that comes from the immune system ranges from a mild irritation to a fatal anaphylaxis.

Ayurveda sees allergy as malfunctioning of physical moods (doshas), particularly the Vata. It disturbs the Kapha. This leads to various disturbances in the body. Weakened Vata and Pitta cause rashes, and fever. All the 3 doshas get aggravated and cause hives and dizziness. Aggravated Vata and Pitta cause blockages in the bronchi, excessive secretion of mucus. The main reason for all these disturbances is our diet and changing lifestyle.

Which yoga asanas help in Allergy?

There are 3 asanas that can be practiced and make you outgrow your allergy.

- Try fish pose, this gentle asan opens your throats and lungs.
- Try a supported shoulder stand to open your nasal passages and enhance drainage.
- Try Pranayama , which helps in enhancing lung capacity and provides an overworking immune system a humble rest. Do the practice of various asanas in an alert way, especially if you don't have an experienced and trained teacher.

What foods help with Allergy?

No food is good enough to totally put off an allergy. Eating fresh fruits and veggies helps in keeping your body fit & fine. They also saves you from seasonal allergies.

Onions, berries, parsley and peppers have quercetin, a natural plant chemical that reduces histamine reactions.

Kiwi, oranges and citrus fruits are rich in vitamin C that cuts down histamine.

Pineapple has an enzyme called bromelain that reduces irritation.

Tuna, salmon, and mackerel have lots of Omega-3 fatty acids. Omega-3 can help lower inflammation. Better eat two servings of fish every week.

Kefir is a yogurt drink that contains probiotics. These are good-for-you bacteria that lingers in your gut. They may help prevent and even treat seasonal allergies Honey:- The research is mixed on whether honey helps you head off allergies. It's not a definite thing, but try it and see if it works for you.

What home remedies help to manage Allergy at home?

Apple cider vinegar is also a superb natural allergy remedy, as it can help lower mucous secretion and cleans your lymphatic system.

While exercising you produce an anti-inflammatory effect in your nasal passages, helping to naturally relieve allergy symptoms.

If pollen counts are at its peak, an indoor workout will most likely be more beneficial as it will lower re-exposure.

Bees create their honey from what's around, flowers and fruits. Thus, their honey contains rich amounts of pollen that could be making you feel sick.

While a tablespoon of honey won't immediately relieve your allergy symptoms, it can help naturally lower your allergy symptoms with time.

With a neti pot, you can use saline to flush your nasal passages, making the air flow clear and relieve your allergy symptoms.

Acupuncture done by a professional reduces the allergy symptoms.

Can milk and milk products cause Allergies?

An abnormal response by the body's immune system to milk and its product is milk allergy. In small children it's one of the most common food allergies. The usual allergy of milk is to cow's milk. But milk from buffalo, sheep, goats and other mammals also can cause an allergic symptom.

An allergic reaction usually happens, the moment you or your child drinks milk. Signs and symptoms of milk allergy range from mild to severe and can include wheezing, hives, vomiting and digestive troubles. Milk allergy can cause anaphylaxis, an acute, life-threatening reaction.

Ignoring milk and milk products is the best treatment for milk allergy. Fortunately, most kids outgrow milk allergy. Those who don't, they need to continue to avoid milk products.

What is the difference between lactose intolerance & milk Allergy?

Both lactose intolerance and milk allergy could cause you to ignore dairy products, but still they are not the same. Here's how to find out the difference between the two, and how to consume a balanced diet.

Lactose intolerance appears due to not having enough of the enzyme lactase, which is required to break down lactose, the sugar present in milk and other dairy products. Milk allergy in fact is a true food allergy, which is caused by an allergic reaction to the protein in milk.

Both are very different entities, milk allergy often appears early in life. Lactose intolerance is more regular, takes time to develop, and can happen at any time of life.

Is Allergy genetic or not?

Everybody in his/her life has suffered from one allergy or another or he/she may have been friendly with someone who has suffered from an allergy. Its symptoms have an irritating effect that ranges from mere skin rash to life threatening respiratory troubles. Some people believe that environmental factors or some food that we had eaten during our childhood are responsible for causing allergies, while others believe genetic factors are responsible for causing allergies. Many did research on twins, and found nothing common. If both twins reacted the same way to a particular food, then it was a fact that allergies are genetic.

Can Allergies be cured without medications?

You do require a remedy that opens your stuffy nose, runny nose, watery eyes and headache in a natural way. Natural remedies can never be replaced by the medicines, but can help alongside. From supplements to acupuncture there are things that help you in breathing easily. You can't stop pollen from spreading its wings, but you are able to

control it. Keep all the doors and windows closed when you know that pollen is in the air. Turn on the AC, change and wash your clothes daily. Keep your house neat & clean. You can leave your shoes at the door and take a shower.

Does pollution also cause Allergies?

Urbanization with its huge levels of vehicle emissions and westernised lifestyle results in the increase in respiratory allergy in most industrialized countries, and people who stay in urban areas are more affected by the disease than those who live in rural areas. Exposure to air pollution enhances airway responsiveness to aero-allergens. By mushrooming to the surface of these airborne allergenic agents, air pollutants could modify their antigenic properties.

What is the role of the immune system in Allergy?

Both the inborn and adaptive immune systems play a role in allergy, which occurs as a result of sensitization to substances that are harmless in the environment (e.g. dust and pollen), and hypersensitive reactions upon consistent exposure to these particles. The inborn, also called non-specific, immune system acts in response to all foreign particles entering the body. The immune system that can be further divided into innate or adaptive sections, is the body's key mechanism of protection against infection, but also the system is responsible for pathological allergic reactions to substances, which are totally harmless.

What type of medicines help to treat Allergy?

Generally, there is no medication available that can find a cure for allergies, but there are many types of medications that are available, both over the counter and are prescribed to help ease and heal annoying symptoms like congestion and runny nose. These drugs which helps to treat the allergies include antihistamines, decongestants, combination drugs, corticosteroids and many others.

Immunotherapy is a kind of allergy shots or pills under the tongue that gradually increase your ability to tolerate the allergens, are also available.

Can Allergy cause breathlessness?

Shortness of breath is the distressing sensation in which breathing becomes more difficult than usual. People who go through such an experience shortness of breath, also called dyspnea, they do describe the sensation as tightening of the chest, so called "air hunger," and, at its worst, you just panic and suffocation is inevitable. Breathing difficulties may be a sign of an underlying chronic condition, like heart, lung disease

Breathing difficulties are quite common and can be a part of daily routine for some active people. A quarter of the population experiences dyspnea, and this being the reasons why people visit a hospital emergency room more frequently.

Signs of acute breathing difficulty plays a key role in rapid respiratory rate and heart rate also increases, gasping, wheezing, rib retractions, nasal flaring, and cyanosis, where the feet and hands turn bluish because of lack of oxygen.

Which doshas are involved in Allergy?

According to Ayurveda, an allergy is the result of a particular substance, mostly it is the allergens aggravating dosha: Vata, Pitta, or Kapha. Ayurveda therefore classifies allergies according to dosha, depending on which one(s) are triggered in each separate case. And yes, it's also possible for more than one dosha to be involved. Most of the time, allergic responses are reflective of our constitutions. In other words, a pitta-predominant individual is more likely to develop a Pitta type of allergy while a Kapha-predominant individual is more likely to have a Kapha type of allergy. This is a fact that nobody can deny when our predominant doshas are aggravated, an allergy gets activated. However, there is another possibility to develop allergies, which do not correlate with our constitutions. For example, a Vata-predominant person with aggravated Pitta, might get a purely Pitta type of allergy. Whatever the case, an allergy comes to the fore, when a dosha gets disturbed.

Can Allergies be contagious?

People who are familiar with food allergies may laugh at the question, and yet it is an undeniably common one: are food allergies contagious?

Fortunately, food allergies can't be spread like the common cold spreads and is considered infectious. Your child can sneeze and infect his classmates with a cold

However, there is one thing that is odd and extremely rare, a way in which a food allergy can be passed from one person to another, that is if you donate your blood to another person.

How does weather affect Allergies?

During dry and windy days. wind scatters pollen into the air, causing hay fever. If you have pollen allergies, shut the windows and the doors, stay indoors on windy days.

Rainy or humid days bring moisture and make mold grow, both in-doors and out-door. Dust mites also multiply in humid air. But if you have an allergy to pollen, humid or damp days are good for you. The moisture weighs down the pollen, keeping it on the ground.

Cold air will make many people with allergic asthma find that cold air is enhancing the problems, especially if they exercise outside. It can trigger a coughing that keeps happening very frequently.

Air pollution is at its worst on a hot summer day. Ozone and smog can be a serious concern for people who have allergic asthma.

The change of seasons has a huge effect on allergies.