

CLINIC TOPIC: HOMEOPATHY FOR ALLERGIES.

Homeopathy for Allergies:

Many people are genetically predisposed to allergies – this is known as atopy and you often see allergies such as eczema, asthma and hay fever running in families. Atopy is becoming more common and the reasons for this are not entirely clear. One theory is that people have much better health these days and the body's immune system doesn't have a lot to cope with, so goes into "overdrive" in response to normally harmless substances.

There is some evidence to suggest that those who have grown up with lots of brothers and sisters are likely to have had numerous infections in childhood which their immune systems have had to fight off and so have simultaneously built up resistance to allergens; so perhaps the trend towards smaller families is a factor. Other possible contributing factors include increased pollution in the atmosphere and the use of chemicals in food, medicine and household products. Whatever the cause, more and more people are becoming susceptible; an estimated three million people in England alone now consult their GP each year about an allergy-related condition.

What is an allergy?

Allergy is a heightened or altered reactivity of the immune system to external substances. Conditions that are caused by an external agent or "allergen" include eczema, allergic asthma, urticaria (hives), hay fever and perennial rhinitis (all year round hay fever-like symptoms). The most common allergens are house dust mites, pollen from trees and grasses, cats, dogs, milk and eggs. An allergic person's immune system believes allergens to be damaging and so produces a special type of antibody (IgE) to attack the invading material. This leads other blood cells to release further chemicals (including histamine) which together cause the symptoms of an allergic reaction. A reaction can be caused by inhalation, swallowing, injection, or contact with the skin, eyes or airways. In mild cases there may be slight itchiness or reddening of the affected area. In serious cases anaphylactic shock can occur, where the body's immune response is so extreme that it causes low blood pressure and constriction of breathing and related problems.

Treatment

Conventional medicine often involves taking antihistamines or steroids to manage symptoms. A huge range of products is also available over the counter. These may be useful but can also have unwanted side-effects like drowsiness, need to be used continuously and are not effective in all patients. By contrast, homeopathic medicine stimulates the body's own defence system to cope with exposure to allergens, rather than suppressing the allergic symptoms. Often, treatment doesn't have to be taken continually – for example, a homeopathic medicine taken before the start of the hay fever season can protect the patient through the whole season, reducing the need for antihistamines. There are a number of ways in which homeopathy can be used to help allergy sufferers.

Local prescribing: Medicines are prescribed based on the patient's actual allergic symptoms, for example runny nose, itchy eyes, sore throat. This is known as "local" treatment and can be achieved in a standard GP appointment or even through self-prescribing, although it's probably best to visit a homeopathic doctor to get the correct medicine, as you are less likely to pick the right one off the shelf first time.

Constitutional prescribing: Constitutional treatment in homeopathy is slightly different. It is based on a more in-depth consultation which takes into account not only the allergic symptoms but also the patient's individual way of coping with the disease. This may involve looking at aspects of the patient's lifestyle, eating habits, medical history and state of mind to achieve a complete picture of the individual.

Allergy Symptoms and some helpful Homeopathic Medicines for Allergies

One of the common homeopathic medicines for respiratory allergies is **Allium cepa** (the common onion). Because onions are known to cause tearing of the eyes and running of the nose, it is wonderfully effective in treating such symptoms when given in homeopathic microdoses. Specifically, people who will benefit from **Allium cepa** experience a profuse, fluent, burning nasal discharge which is worse in a warm room and better in the open air. They have a profuse, bland (non-burning) tearing from the eyes with reddened eyes, and will desire to rub their eyes frequently. They experience a raw feeling in the nose with a tingling

sensation and violent sneezing. A frontal congestive headache may be concurrent with their allergy symptoms. These symptoms tend to exacerbate after damp winds. People who need **Euphrasia** (eyebright, an herb) have the opposite symptoms as those who need **Allium cepa**: they have profuse burning tears from the eyes and a bland nasal discharge. Their eyes water so much the person looks awash in tears. The whites of the eye and the cheeks become reddened from the burning tears. The eye symptoms are worse in the open air. The profuse bland nasal discharge is worse at night, while lying down, and in windy weather. Burning tears and nasal discharge which are often worse on the right side characterise the symptoms related to **Arsenicum album** (arsenic, the mineral). These people's symptoms are worse at and after midnight. They toss and turn in bed and become very anxious, frightened, and restless during breathing difficulties. They are very chilly and feel better in general in a warm room. They usually have a great thirst but only take sips at a time. These people are sensitive to light, have violent sneezing, and may develop asthmatic breathing.

When an allergy sufferer is particularly irritable and chilly and has a fluent nasal discharge during the day and congestion at night, **Nux vomica** (poison nut, a seed from a tree) should be their remedy. Their symptoms tend to be worse indoors and better in the open air. They are sensitive to the cold and to being uncovered. Frequent sneezing may be experienced. Their symptoms sometimes begin after being irritated, vexed, or fatigued.

A common remedy of both women and children is **Pulsatilla** (windflower, an herb). These people have a nasal discharge during the day and congestion at night (just like people who need **Nux vomica**). People who need **Pulsatilla** are quite different from people who need **Nux vomica**: they are usually gentle, mild, yielding, impressionable, and emotional people who seek attention and sympathy, rather than the argument and conflict in which **Nux vomica** people indulge. People who need **Pulsatilla** have congestion is worse in a warm room, hot weather, or while lying down, and is relieved in cool rooms, open air, or with cool applications. They tend to have itching at the roof of their mouth at night. They tend to be without thirst. There are numerous other remedies to consider, including **Histaminium, Kali bic, Natrum mur, Sabadilla, Solidago and Wyethia**.

How can our Homeopathic consultation and remedies help with your allergies?

To start with, the homeopathic enquiry is a very profound one and very often during a consultation various factors come to light, which may be creating the problem in the the patient's life. A discussion as to how they may be overcome, removed or mitigated, can often be very helpful.

Discussion itself can be extremely therapeutic. In many cases the patient is anxious or worried because nobody has taken time to talk to them. The homeopathic physician spends a lot of time with patients.

Having carefully assessed the patient, taking into account not only his illness and how he is reacting to it, but his whole make-up, the homeopathic physician then tries to work out the patient's constitutional remedy. If he succeeds in selecting the right remedy, the patient's wellbeing, resistance, resilience, general health and ability to cope are enhanced and many allergy problems can be helped. There are a number of polychrests (medicines of many uses) often prescribed constitutionally, which are particularly appropriate for different sorts of allergies.

I have many options for getting the right remedy and a good response to your symptoms. After a detailed consultation we would look initially at some of the above remedies, (supplied by the **Royal Family's homeopathic pharmacy, Ainsworths**. We are recognised by **Aviva Insurance and others**, (so your consultation is potentially reimbursable.) Homeopathy is safe and can be used by the elderly, children and even babies as there are no side effects. It is non-invasive, non-addictive and simple to use. It can be used with other types of medicines and it's even safe to use in pregnancy. It's a holistic treatment that stimulates **the body's own healing power by identifying and addressing the cause rather than suppressing the symptoms**.

I have been treating patients for over 27 years and I am confident I can make a real difference with a holistic approach to your wellbeing. Please contact me for a no obligation free mini consultation, available 24x7 and at my regular health clinics every week, at either **Cranleigh Pharmacy or The Godalming Pharmacy**.

Disclaimer: I would not advise people to discontinue any treatment prescribed by their doctor, instead I strongly advocate an integrated approach to healthcare, where complementary and conventional medicines are used responsibly together to provide the best care for the patient. Dr. Michael F Perez MD MARH is an allopathic doctor not registered with the General Medical Council, I dedicate my practice to homeopathy. Any views or advice in this article should not be taken as a substitute for medical advice or treatment, especially if you know you have a specific health complaint. Copyright 2015.