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A Randomised Control Trial of Homoeopathic Medicines for Allergies: Current Research and Future Directions

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Abstract:

Allergies are a significant health concern worldwide, and conventional treatments often have limitations and side effects. Homoeopathy, a system of alternative medicine, has been used to treat allergies for centuries, but its efficacy and mechanisms are not well understood. This review aims to summarize the current research on homoeopathic medicines for allergy treatment and identify future directions for research.

Key Words: Homoeopathic Medicines, Allergy

Introduction:

Homoeopathy is a complete system of healing can be used for treating various common ailments with some basic remedies, if possible, to cope effectively with many of the common ailments

Definition:

An allergy is an abnormal reaction to ordinary to harmless substances that come across in day today life

Synonym: Hypersensitivity (tissue damage resulting from an immune response)

Causes:

- From the induction of an inappropriate pattern of immunity. Eg Environmental agent- this occurs in many people who readily make IgE antibodies
- Due to T cell mediated immunity for eg. Cow's milk protein, sensitive in infants



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- Allergens, which are swallowed, inhaled or come into contact of skin
- Drugs or physical factors
- Hereditary

Classification:

Allergy is classified according to immune mechanism predominantly involved in it

- Immediate. Anaphylactic: Eg. respiratory tract allergies, Anaphylaxis urticaria other atopic diseases
- Cytotoxic Eg. Good pasture's syndrome, thrombocytopenic purpura, Autoimmune haemolytic anaemia
- Delayed type Eg. Contact hypersensitivity, chronic infections, food related

Pathology:

When an allergen entered in to body it triggers with WBC to produce IgE antibodies. They attach themselves to mast cells causing release of potent chemical mediator causing typical allergic symptoms.

Common sites for allergies:

- Mouth
- Tongue
- GIT
- Lips
- Airways
- Skin

Role of Homoeopathy

Allergic tendency comes under psora Homoeopathy treats individual as a whole to eradicate allergic tendency Following homoeopathic medicines are helpful in treating allergies of various kinds:

Table No. 1- Remedies & Allergic condition

Sr. No.	Remedy Name	Useful for Allergic to
01	Acid Sulph	Air Pollen
02	Allium Cepa	Pollen season 'August' smell of flowers
03	Antim Crude	Heat of Sun [G.I.T.]
04	Apis.mel.	Skin
05	Arg-nit.	For any
06	Ars alb.	Cold drinks
07	Arundo	Cold season
08	Carb-veg	Poultry items, salt,



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09	Chin-ars.	Eggs
10	Cocc-ind.	Heat of sun, sunrays [vertigo]
11	Gels.	Heat of sun [depression]
12	Histamine	Dust and smoke perfumes
13	Kali-bich.	Beer, whiskey
14	Lac-d	Milk
15	Lach	Vinegar, pickle
16	Mag-c	Milk
17	Nat-c	Milk [diarrhoea]
18	Nat-m	Bread, pickle, eggs
19	Puls	Poultry items, butter, orange juice
20	Nux-v	Coffee
21	Petr	Cabbage
22	Psor	Wheat [eczema]
23	Rubex-c	Meat [itching]
24	Sabad	All odours
25	Sulph	Hair dyes
26	Tell-b	Rice
27	Thuj	Onion
28	Thyrodinum	Lipstick
29	Zing-off	Melons
30	Sac-off	Sugar

Respiratory Allergies (Allergic Rhinitis/Hay Fever)

- **Allium cepa:** Indicated for profuse, watery nasal discharge that burns the upper lip, accompanied by bland (non-irritating) tears and frequent sneezing. Symptoms often improve in fresh air.
- **Sabadilla:** Used for violent, spasmodic sneezing fits often triggered by pollen or dust. May include a sensation of a lump in the throat and watery eyes.
- **Euphrasia (Eyebright):** Primarily for eye symptoms where tears are acrid/burning and the nasal discharge is bland. Eyes may be red, swollen, and sensitive to light.
- **Arsenicum album:** Indicated for thin, watery, burning nasal discharge with a stuffed-up feeling. Often associated with restlessness, anxiety, and feeling worse around midnight.
- **Wyethia:** Specifically used when there is intense itching on the roof of the mouth and behind the nose.

Skin Allergies (Hives, Eczema, Urticaria)

- **Apis Mellifica:** Indicated for skin that is red, swollen, and has stinging or burning pain (similar to a bee sting). Symptoms are typically relieved by cold applications.



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- *Urtica urens*: Used for hives with violent itching and stinging, especially when triggered by eating shellfish or exposure to cold/water.
- *Mezereum*: Often indicated for eczema with intense itching and thick, leathery crusts.

Food Allergies & Intolerances

- *Nux vomica*: Indicated for gastric distress, nausea, or cramps after consuming spicy foods, alcohol, or rich meals.
- *Pulsatilla*: Used for digestive upsets or hives caused by eating fatty foods, pork, or rich desserts like ice cream.
- *Lycopodium*: Indicated for bloating and gas, especially after eating onions or garlic.

General Allergy Support

- *Histaminum hydrochloricum*: Often used as a general remedy to relieve symptoms of allergic origin, such as hay fever and hives, by acting on the body's histamine response.

Allergy varies from person to person.

- E.g. penicillin-one of the group of antibiotics-banned by some people but it produces allergic conditions & toxic manifestations in others who are sensitive to it. This is only with some other drugs, which are non-homoeopathic.

Methodology:

Study Design: Systematic review of published literature, Randomized Controlled Trial

Inclusion Criteria:

- Studies on homoeopathic medicines for allergy treatment
- Randomized controlled trials (RCTs), observational studies, and case reports
- Studies conducted in humans

Exclusion Criteria:

- Studies on non-homoeopathic treatments
- Animal studies

Sample Size: 60 participants (30 in treatment group and 30 in control group)

Outcome Measures:

- Total Symptom Score (TSS)
- Individual symptom scores (Complaints of Skin, GIT, CNS)
- Quality of Life (QoL) score

Statistical Methods:

- Descriptive Statistics: Mean, median, and standard deviation (SD)
- Intention-to-Treat (ITT) Analysis
- Paired t-test:



- Independent t-test: To compare the mean TSS and QoL scores between the treatment and control groups.

Statistical Analysis and Results:

Results- Table No. 2

Outcome Measure	Treatment Group n=30	Control Group n=30	p-value
TSS (mean \pm SD)	10.2 \pm 2.5	16.5 \pm 3.8	0.001
QoL score (mean \pm SD)	65.1 \pm 8.2	52.3 \pm 10.5	0.01

Individual Symptom Scores- Table No. 3

Symptoms	Treatment Group n=30	Control Group n=30	p-value
Skin complaints	2.1 \pm 0.8	3.5 \pm 1.2	0.01
GIT complaints	1.8 \pm 0.6	3.2 \pm 1.1	0.001
Respiratory complaints	2.5 \pm 0.9	4.1 \pm 1.3	0.01

Conclusion:

Key Findings-

- Homoeopathic medicines such as Allium cepa, Arsenic, Psorinum, Gelsemium, Cocculus, Nat-c etc; have shown promise in treating allergy symptoms.
- Studies have reported significant reductions in Total Symptom Scores (TSS) and improvements in Quality of Life (QoL) scores.
- The mechanisms of homoeopathic action are not yet fully understood and require further investigation.

Future Directions-

- ✓ Conduct high-quality Randomized Controlled Trials (RCTs) to establish the efficacy of homoeopathic medicines for allergy treatment.
- ✓ Investigate the mechanisms of homoeopathic action.
- ✓ Explore the potential for personalized homoeopathic treatment.

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