

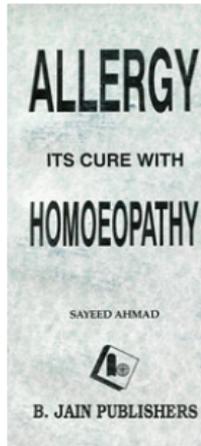
# Sayeed Ahmad Allergy and its Cure

Reading excerpt

[Allergy and its Cure](#)

of [Sayeed Ahmad](#)

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## **WHAT IS ALLERGY?**

The word "Allergic" is much abused. In our day-to-day ordinary conversation we mean this word for dislike or intolerance such as I am allergic to girls with gloomy face. However, in medical term, it has a restricted meaning.

Allergy can be described as a disorder in which the body becomes hypersensitive to particular allergens, which excite characteristic symptoms in allergic persons when they eat, inhale or touch the allergens.

### **WHAT IS ALLERGEN**

An agent or substance capable of producing a state or manifestation of allergy.

### **WHAT IS ANTIGEN**

Any substance which under favourable conditions can stimulate the production of antibodies.

### **WHAT IS ANTIBODY**

The specific substance produced in the blood of an allergic person as a reaction to an antigen.

## **DIASEASES CAUSED BY ALLERGY**

### **1. ASTHMA (BRONCHIAL)**

The person suffering from this disease has repeated attacks of breathlessness and wheezing (Whistling sounds made by the breath). The wheezy attack can be identified by breathlessness with difficulty to breath out, noisy breathing, tight feeling in the chest, cough, slight fever. Wheezing is caused by:

- a. Allergy
- b. Heredity

- c. Infection
- d. Emotion

Wheezing is often accompanied by coughing and bluish lips. The patient may be perspiring and gasping for fresh air.

The breathing difficulty in the patient is caused by the constriction of bronchi as well as when these are full of secretions. Due to this, patient's breath has a wheezing sound in it while exhaling.

The persons who are suffering from asthma, it is very difficult for them to tolerate smoke, strong fumes, smell of fresh paints, white washing, house-dust from old books and files or from dusty almirahs, perfumes etc.

## TYPES OF ASTHMA

There are two types of bronchial asthma, *i.e.* :

*a. Extrinsic Asthma :*

This kind of asthma occurs due to allergy in the early period of life. In this patient develops asthma when he is exposed to allergic substances like pollens, house dust, etc. Due to allergy, patient also develops incessant sneezing (rhinitis) and eczema.

*b. Intrinsic Asthma :*

This type of asthma occurs in the later period of *life*. This kind of asthma is not allergic but is caused by some preexisting lungs diseases due to infections or chronic bronchitis.

## SYMPTOMS OF ASTHMA

The following symptoms indicate the possibility of being an asthmatic patient:

- a. History of asthma in the family.
- b. Coughing at the change of season.
- c. Incessant sneezing at the change of season.
- d. Running nose.
- e. Throat infection occurs quite often.
- f. Breathlessness after exertion.

## HOMOEOPATHIC TREATMENT

### 1. ASTHMA (Bronchial):

**Med.** — It is an intercurrent remedy when other well indicated remedies fail to act or give relief. Choking cough. Larynx feels sore. Much oppression of breathing. Better lying on stomach. Dyspnoea. Wants to be fanned. Worse by wet damp draught and thunderstorms. Worse from day light to sunset. Better at the seashore.

**Syph.** — Asthma returning every summer. Wheezing and rattling. Worse at night. Aggravation from sundown to sunrise. Better during day, moving about slowly.

**Thuja** — When asthma follows vaccination. Dry cough in the afternoon. Face pallid, waxy and shiny. Warts off and on. Asthma in children. Worse at night from heat of bed, at 3 a.m. and 3 p.m., from cold, damp air and after breakfast. It should be given intercurrently when well selected remedies fail.

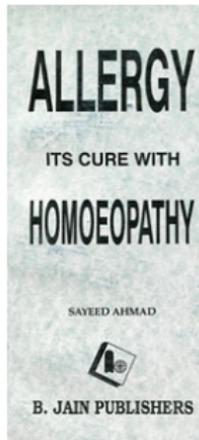
**Tub.** — Shortness of breath. Sensation of suffocation, even with plenty of fresh air. Cough prevents sleeping in evening. Cough with viscid mucus. Worse motion, music, before a storm, standing, dampness, from draught, early morning and after sleep. Better in open air.

Attacks during wet weather or in rainy season. Attacks early in the morning. Dyspnoea. Must hold chest when coughing. Humid asthma, rattling in chest at 4 and 5 a.m. Cough with thick ropy, greenish expectoration; chest feels all gone. Constant desire to take deep, long breath. Asthma in children, as a constitutional remedy. Every fresh cold brings on attack of asthma. If this remedy fails to give relief, give *Medorrhinum* as an intercurrent remedy. Worse lying on left side, dampness of basement, damp weather. Better, dry weather, pressure, changing position.

Respiration short, panting, difficulty; feeling of a plug in larynx. Cough abates after eating or drinking specially warm drinks. Bronchial catarrh, with wheezing asthmatic cough, worse cold air, with profuse expectoration and suffocation; worse lying with head low and in hot room. Worse ascending, wind, before midnight. Better descending, resting in horizontal position.

Humid asthma. Bubbling rales and muco-purulent expectoration. Oppression. Catarrhal dyspnoea. Worse night and early morning; cold air.

Spasmodic form of asthma with great weight on the chest with wheezing, anxiety, suffocation shortness of breath.



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