

# Holistic healing – Homoeopathy for Allergies

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**Abstract:** Urticaria, commonly known as hives, is a dermatological condition characterized by transient, pruritic, erythematous wheals resulting from histamine release. Urticaria is consider as an allergic condition mainly classified as acute or chronic and it is the hypersensitivity of a person to the various etiological factors like foods, drugs, physical agent, infections, etc.

**Keywords:** Allergy, Erythematous wheals, Histamine, Hypersensitivity, Urticaria

## INTRODUCTION

Urticaria is a type I hypersensitivity reaction to a variety of internal and external allergens. A sudden but transient pruritic eruptions round or oval pale color papules is diagnostic. Hypersensitivity reactions are indications of psoric and pseudo psoric miasm

## CASE PRESENTATION

DATE: 08/08/2024

### PERSONAL DATA

Name of the patient – Patient 1

Age - 22 years

Sex – Male

Nationality – Indian

Occupation -student

Famly size -4

Address -Rajkot

### PRESENT COMPLAINTS

Location and Extention	Sensation / characteristics & pathology	Modalities & A/F	Concomitant s / Associated Symptoms with Duration
Skn (general)	Reddish eruptions Vesicle formation itching	<after perspiration <sup>3</sup> <exertion <sup>3</sup> <after shaving	-

		<summer	
		<hot sun	

### H/O PRESENT ILLNESS:

Urticaria since 2 years, since yesterday the episode again come, gradual progress stays for 15 min

### PAST HISTORY:

No history suggesting of any major illness.

### FAMILY HISTORY:

Paternal-Mother: OA

Father: Bronchial asthma Maternal- Mother:

Father:

### PERSONAL HISTORY:

Appetite – 3 meals/day, adequate

Desire – Potatoes<sup>2</sup>, sweets<sup>2</sup>, vegetables<sup>3</sup>

Thirst – 1 lit/day, satisfactory

Mouth – Aphthae since 3 days Stool – Once in a day

Sleep- 7 to 8 hours, Sound

Perspiration- Profuse more on face and axilla

Addiction - no addiction

Vaccination - done as per govt. schedule

Thermally – Hot patient

### MENTAL:

Brooding of past events

Suppressed emotions

Gets angry very fast

Reserved

### GENERAL EXAMINATION:

Built - Adequate

Teeth-White

Nutrition – good

Tongue - Mapped, striped along edges

Sclera -Whitish

Neck Gland-Not Enlarged

Conjunctivitis - pink Neck veins - Not Engorged

Lips-Pink

Nails- Pink Gums – pink

#### VITAL DATA:

Pulse –72/min Temperature- Afebrile BP- 140/80 mmHg Respiration- 18/min

#### SYSTEMIC EXAMINATION:

R.S: Vesicular breath sound  
G.I.T: Bowel sounds normoactive  
C.N.S: Alert and oriented

PROVISIONAL DIAGNOSIS- Urticaria

MIASM- Psora

#### CLASSIFICATION OF SYMPTOMS:

Mental generals: Gets angry very fast  
Brooding for past events Suppressed emotions  
Reserved

Physical generals: More perspiration on face and axilla

Craving for potatoes, sweets and vegetables

Physical particular: Reddish eruptions vesicle formation on skin in  
General Itching on skin

#### TOTALITY OF SYMPTOMS:

Gets angry very fast

Brooding for past events

Suppressed emotions

Reserved

More perspiration on face and axilla

Reddish eruptions vesicle formation on skin in general

Itching on skin

Craving for potatoes , sweets and vegetables

< after perspiration , exertion , after shaving , summer , hot sun

#### REPERTORIZATION

1 MIND - ANGER - trifles; at	×
2 MIND - BROODING	×
3 MIND - EMOTIONS - suppressed	×
4 MIND - RESERVED	×
PERSPIRATION	
5 PERSPIRATION - PROFUSE	×
SKIN	
6 SKIN - ERUPTIONS - vesicular	×
7 SKIN - ITCHING	×
GENERALS	
8 GENERALS - FOOD and DRINKS desire	×
9 GENERALS - FOOD and DRINKS desire	×
10 GENERALS - FOOD and DRINK desire	×
11 GENERALS - SUN - exposure to the sun	×
Remedies	ΣSym ΣDeg Symptoms
nat-m.	10 21 1, 2, 3, 4, 5, 6, 7, 8, 9, 11
sulph.	10 18 1, 2, 4, 5, 6, 7, 8, 9, 10, 11

PRESCRIPTION: RX,

Nat mur 200 1 dose

SL 4 pills BD for 15 days

FOLLOW UP:

DATE	SYMPTOMS	PRESCRIPTION
23/08/2024	Itching decrease 40% Eruption decrease 40%	RX, SL 4 pills BD for 10 days
02/09/2024	Eruption decreased 70% Itching decreased 70%	Rx, SL 4 pills BD for 15 days