

An Observational Prospective Study on Effectiveness of Homoeopathic Management in Food Allergy - A Symptomatological Approach

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ABSTRACT

Background: A food allergy is an unfavorable reaction with an immunological basis that develops after exposure to a particular food on a regular basis. When the immune system is unable to develop or maintain oral tolerance to specific dietary proteins, food allergies develop.

Objectives: To study the effectiveness of homoeopathic management in food allergies.

Methods: An Observational Prospective Study is conducted at Alva's Homoeopathic medical college and Hospital, Mangalore during the year 2022-2023. 30 patients were selected based on purposive sampling based on inclusion and exclusion criteria. Erlangen symptom score was taken as assessment scale in which all symptoms of the patients were collected before and after the treatment. Dr. J.T. Kent's repertorization was used to calculate totality. The improvement following therapy was evaluated using a paired t test based on the assessment scale.

Results: All sorts of food allergies can be treated safely, gently, and effectively with homoeopathy's symptomatological approach. After treatment, this study's use of the Erlangen symptom score revealed a considerable change. After receiving symptomatic homoeopathic treatment, the patient improved.

Conclusion: It is determined that the homoeopathic symptomatological method is highly efficient in treating food allergies.

Keywords: Erlangen symptom score, Idiosyncrasies, Miasm

INTRODUCTION

Food allergies are described by the National Institute of Food Allergy and Infectious Disease (NIAID) as "adverse health effect arising from specific immune response that occurs reproducibly on exposure to given food"¹. Even a small amount of the food that causes the allergy can induce symptoms, and in some people, a food allergy can result in severe symptoms or even a potentially fatal reaction known as anaphylaxis.¹

The prevalence of food allergies has increased. Its prevalence has been rising along with income growth and lifestyle modifications. Despite the fact that food allergies are more common among youngsters, they can occur at any time. According to the WHO, between 220-550 million people worldwide have food allergies. India has a 4.5% prevalence of adult food allergies. Urbanized areas tend to have more of it than rural areas do¹.

Food intolerance and food allergy are distinct conditions. Food intolerance is the inability of the body to properly digest consumed food or the possibility that a specific food may aggravate the digestive tract. There are only digestive system-specific symptoms. Food allergies can presently not be entirely cured, despite promising prevention and therapy measures being developed. The best way to avoid

major health effects from food allergies is to identify them early and learn how to manage them, including which foods to avoid.

People are more likely to develop IgE-mediated allergies, including food allergies, if they have certain genetic and physiological characteristics. True food allergies involving an aberrant immune response to one or more particular foods are IgE-mediated food allergies. These hypersensitive reflexes are immediate. Food sensitization is more likely to happen in infancy or early childhood, although it can and can happen to vulnerable people at any time in their lives, those consumed early in life and those high in protein are more likely to cause sensitization.¹ IgE Activation on eating foods like eggs, milk, peanuts, fish, soy, shellfish, and wheat can help identify food allergies, affects about 65% of individuals with clinically proven allergies.^{10, 20, 11, 12}

Relation of Organon of Medicine in Allergy

In the aphorism 117 Master Hahnemann states that, “To the latter category belong the so-called idiosyncrasies by which are meant peculiar corporeal constitutions which, although otherwise healthy, possess a disposition to be brought into a more or less morbid state by certain things which seem produce no impression and no change in many other individuals. But this inability to make an impression on everyone is only apparent. The obvious derangements of health in the so-called idiosyncrasies cannot be laid to the account of these peculiar constitutions alone, but they must also be attributed to these things that produce them, since two things are required for the production of these as well as all other morbid alterations in the health of man, namely, the inherent power of the influencing substance, and the capability of the vital force that animates the organism to be influenced by it. It must have the ability to have the same effects on all human bodies while doing so in a way that only a tiny percentage of people with healthy

constitutions tend to allow themselves to be brought into such a clearly sick condition by them. The fact that when used as remedies, these agents effectively treat all sick people for morbid symptoms similar to those they seem to only be capable of producing in so-called idiosyncratic individuals demonstrates that they actually have this effect on every healthy body.^{16, 17}

Idiosyncrasies are oversensitivity to one or a small number of items, *according to Kent* in his lectures. Chronic idiosyncrasy resulting from chronic miasm and acute idiosyncrasy resulting from acute miasm are both possible. In some ways, this oversensitivity explains why if the susceptibility to the remedy is absent, the patient won't be receptive enough to be healed. There are people who are oversensitive to high potencies, oversensitive in taste, and many other things. They are sensitive to everything, not just a select few or one thing. The patient was born into this constitutional state. There are certain people whose sensitivity will only become apparent when you go from the nutritional plane to the dynamic plane. It does not apply to patients with weak constitutions who are generally more susceptible and easily moved by minor irritations. An extremely significant vulnerability is generated if there is something missing or if there are imbalances brought on by morphological abnormality or hormonal disease. Because of their strong susceptibility to one or more things that are violently aggregated under the influence of a small amount of perfect homeopathic medicine or a medicine that also produced the same oversensitivity to that specific thing during the proving, some chronic idiosyncratic patients suffer from their illnesses until they pass away. Inborn and learned idiosyncrasies are the two categories into which idiosyncrasy is further divided. The most challenging kinds, according to Kent, are those that are congenital and those that result from poisoning. Psora, according to him, is what causes these peculiarities.^{14, 17}

According to Stuart Close, an idiosyncrasy is a habit or characteristic that is unique to an individual's organism. A hereditary or acquired quirk of the constitution renders the person morbidly susceptible to some agent or influence that would not have such an impact on others. Some individuals exhibit a morbid sensitivity to substances and influences that are not considered to be therapeutic. For instance, some people are unable to consume milk, butter, lipids, peaches, apples, and potatoes. "The fundamental cause of every idiosyncrasy is morphological unbalance; this is an organic state in which excess and defect in development lead to excess and defect in function, with a corresponding degree of hyper excitability or non-excitability," according to the definition given by the World Health Organization. Idiosyncrasy is frequently the solution to a challenging issue for a homeopathic physician. They can be considered modalities or even generic expressions of the patient's peculiarity, such as aggravations from onions.^{18, 17}

According to JH allen: Idiosyncrasy can be brought on by specific foods or beverages. For instance, eating particular sea foods or shellfish might trigger urticaria. Other examples include strawberries, asparagus, and oatmeal. Honey frequently caused urinary and renal problems. He claims that idiosyncrasy and propensity are inextricably linked and difficult to distinguish from one another.¹⁷

According to J.N. Kanjilal defines idiosyncrasy as a peculiar mix of a corporeal constitution that is normally entirely healthy but is astonishingly and occasionally harmfully highly sensitive to some particular stimuli. It's important to distinguish between the term's "susceptibility" and "idiosyncrasy" from "hypersensitivity". All living things have sensitivity as a fundamental and universal characteristic. Hypersensitivity is the term used to describe any overuse of this faculty, regardless of the source of the stimuli or any distinct and definite kind of reaction.¹⁷

Aim and Objectives of The Study:

- To study the effectiveness of homoeopathic management in food allergies
- To understand the symptomatology of various Homoeopathic drugs used in this study.
- To understand which potency acts more effectively in treating food allergy
- To understand different types of food allergies

MATERIALS & METHODS

30 patients have been collected from Alvas Homoeopathic Medical College, Hospital, Mijar's Peripheral Centers, Rural Health Camps, and Medical Camps.

Inclusion Criteria

- Cases of known food allergies
- Any age ranges
- All sexes

Exclusion Criteria

- Patients receiving homoeopathic treatment for other illnesses
- People who currently receive treatment for food allergies
- Patients enduring anaphylaxis

Selection of tools

Case taking, physical examination, and necessary investigation are completed; assessment criteria are used to determine the case's prognosis; study type is prospective observational study; sample size is 30 cases. Purposive sampling was used as the sample technique and as the sample design, according to the inclusion and exclusion criteria.

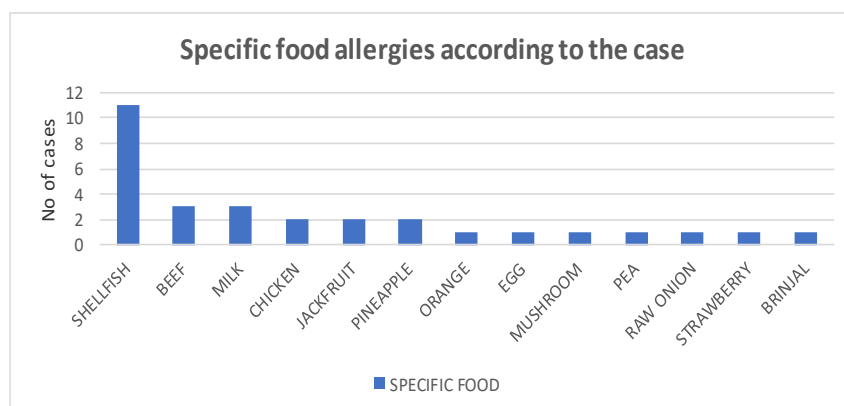
Brief of procedure: According to inclusion and exclusion criteria, 30 participants are chosen who have any known food allergies. Before taking the oral challenge test, respondents gave their consent. The oral challenge test is regarded as the gold standard for determining food allergies that are both IgE-mediated and non-IgE-mediated. This benefits in both detecting and keeping track of food allergies. A little

amount of a suspected meal was administered, and the presence of food allergy symptoms and indicators were monitored. The physician recorded all signs and symptoms after administering the potential food allergen. Subjects received a larger dose of the same food if there were no noticeable symptoms. The observation phase took three to four hours. The food challenge was terminated as soon as an adverse reaction became apparent. The majority of responses were benign and modest. Homeopathic similimum was prescribed based on the whole range of symptoms. Depending on the requirements of each patient, the oral challenge test was repeated and examined for evidence of reactivity in every follow-up. Every two weeks, all of the patients underwent reviews in which the subjective and objective

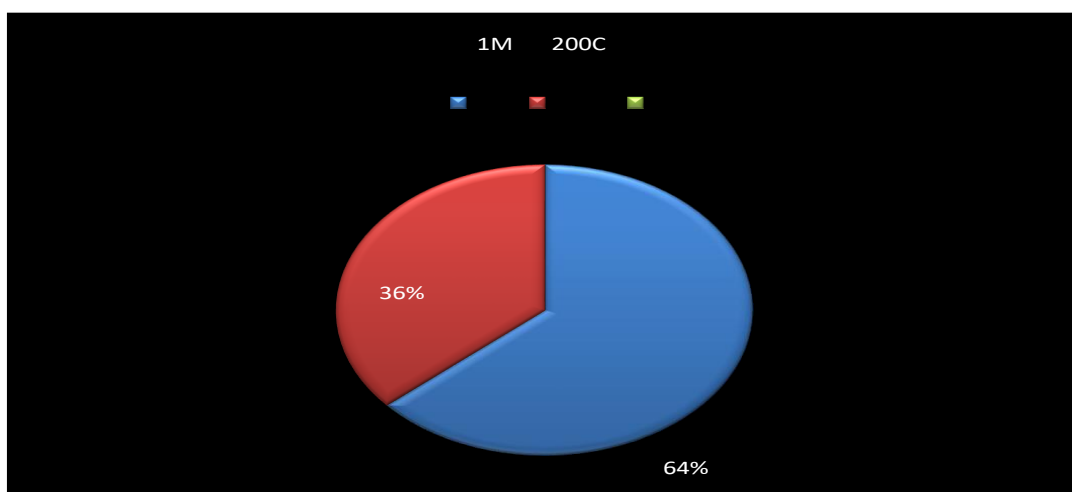
changes were recorded in accordance with the assessment criteria. Paired t-test was the statistical method utilized. At the end of three months, assessment was based on the intensity and severity of symptoms as measured by the Erlangen symptom score.

RESULT

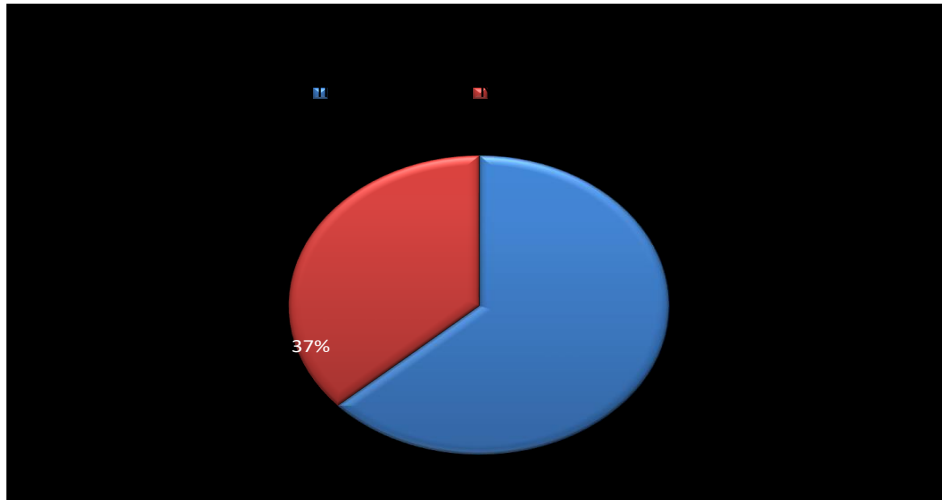
The study was conducted on 30 patients with food allergy enrolled from the OPD, IPD mijar, Moodbidri conducted by Alva's homoeopathic medical college with prior ethical clearance from the institution, based on the totality of symptoms including physical and mental generals, a homoeopathic remedy was being selected. Erlangen symptom score was used to assess the improvement among patients. After prescription it was noticed that majority of the patients have shown good prognosis.



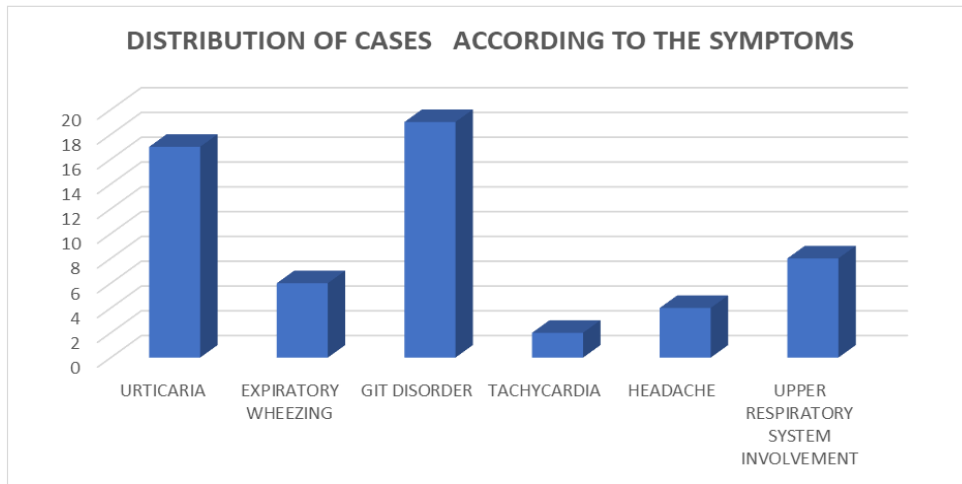
Out of 30 cases studied ,13 types of food allergies were observed with highest being shellfish allergy with 11 cases (36%)



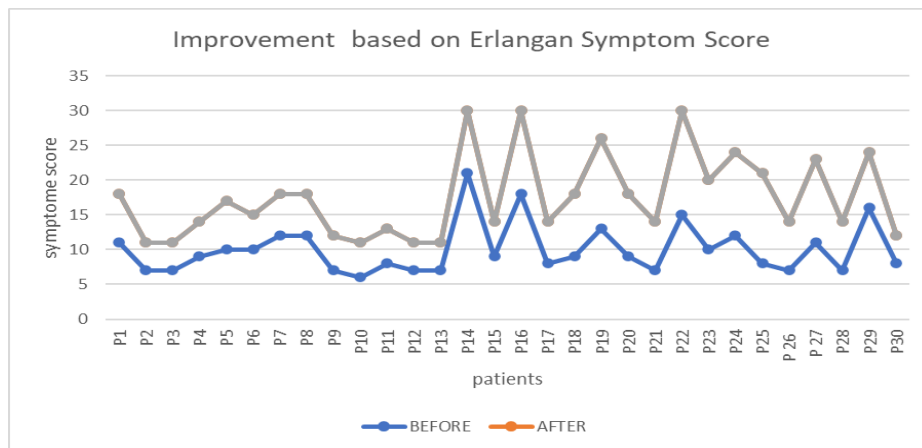
In this study out of 30 cases, 12 cases were improved with 1M potency (64%) and 7 were improved with 200C potency (36%)



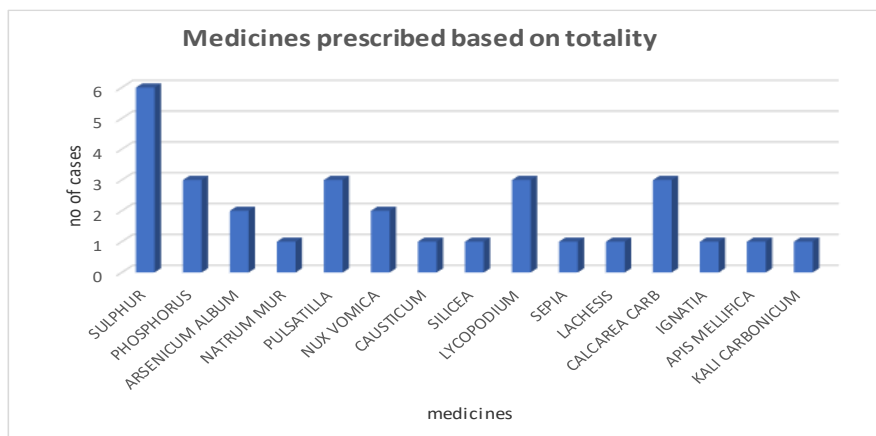
In this study, out of 30 cases 19 were improved and 11 cases werenot improved



In this study, out of 30 cases different manifestation of food allergies were seen with GIT disorder (39%) being highest



In this study with 30 cases differences in Erlangen symptom score has been shown after treatment. Statistical analysis of Erlangen symptom score shows significant changes after the treatment as P value is less than 0.01. The two – tailed P value equals 0.0002. The calculated T value is 4.3036.



In this study out of 30 cases, different homoeopathic medicines were given with sulphur being highest, 6 cases (20%)

DISCUSSION

The homoeopathic system offers a unique method of treatment. It takes into account the whole individual, not just the disease. One of the guiding concepts of homoeopathy is individualization. In order to perform the study, I chose choices regarding treatment based on the overall severity of the symptoms and their similarities

The majority of cases had concerns including urticaria, GIT problems, headaches, and many others. A homoeopathic treatment was chosen after thorough examination of 30 instances, based on the totality of symptoms, including both physical and mental generals. The Erlangen symptom score was used to assess patient improvement. Following prescription, it was observed that the majority of patients had positive prognoses. Approximately 63% of cases had significant improvements based on the Erlangen symptom score evaluation, while 37% had no changes based on the Erlangen symptom score assessment. After examining 30 cases, discovered that patients' susceptibilities are high and moderate. As a result, the potencies are chosen based on the patients' susceptibility. Susceptibility-based potencies of 1M and 200C were assigned.

CONCLUSION

Homoeopathy acknowledges the uniqueness of every patient or circumstance. The goal

of the entire examination of the patient is to identify not only the general or common aspects but also the unique and specific symptoms that set this case apart from others in its broad class. We have the option to treat food allergies in homoeopathy based on their constitution. According to homoeopathy, allergens are a reflection of the disruption in the patient's healing system, and homoeopathic treatments are chosen based on the patient's symptoms and characteristics.

Declaration by Authors

Ethical Approval: Approved by ethical committee of Alvas homoeopathic medical college.

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