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HOMEOPATHIC PERSPECTIVE ON URTICARIA: A REVIEW

Yogendra Bhadoriya*¹

¹*Homeopathic Practitioner, Dr. Shyog Hair and Skin Advanced Centre, Indore, India.

ABSTRACT

Urticaria is a condition related to hives which something triggered from outside the body. Urticaria involves appearance of erythematous rashes on skin which may be sometimes associated with inflammation and allergy. The modern science offers symptomatic relief up to some extent and patient may have to take medicine for longer period of time. The longer duration of modern therapy in Urticaria may cause some side effects. Homoeopathy recommended for the management of Urticaria which can provide permanent cure from disease. This article focuses on causes, types, symptoms and treatment of Urticaria by homoeopathic medications.

KEYWORDS

Homeopathy, Urticaria, Remedy and Treatment.

Author for Correspondence:

Yogendra Bhadoriya,
Homeopathic Practitioner,
Dr. Shyog Hair and Skin Advanced Centre,
Indore, India.

Email: gkssws@gmail.com

INTRODUCTION

The term urticaria is from the latin word which means nettle, also known as hives; is a kind of disease involving skin rashes with red and itchy bumps. Urticaria typically not associated with long term or serious complication. The condition may persisted itching and burning sensation lasts for few days and do not leave any long lasting skin changes. It was observed that only 5-7% cases of urticaria last for more than six weeks. Approximately 20% of the population experiences suffering of urticaria. The etiological prevalence of disease mentioned in Figure No.1.

The general sign and symptoms are raised skin patches with itching, the size of hives change rapidly or may sometimes disappears from one place and

reappears at another places. The environmental factors such as; heat, cold and sunlight may also produces hives directly many times, others causes of disease described in Table No.1.

Sign and Symptoms

- Red coloured welts on skin.
- Itching.
- Painful swelling of the lips and eyelids.
- Burning sensation.

Patho-physiology

Classification of Urticaria According to the duration

1. Acute urticaria: This occurs only for few days.
2. Chronic urticaria: This occurs at least for two months and some time for years.

Classification of Urticaria According to the etiological factors

Immunologic (Allergic)

- Autoimmune urticaria
- Serum sickness

- Systemic disease
- Reaction to blood

Non immunologic

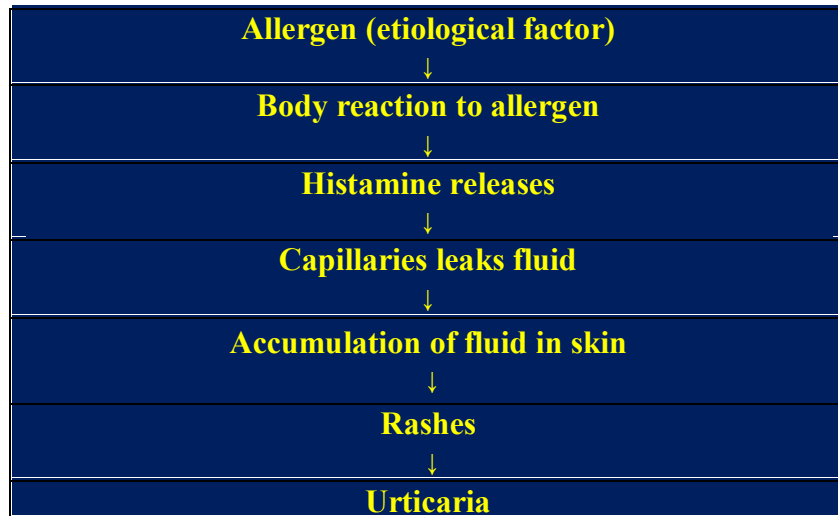
- Physical
- Heat
- Cold
- Pressure
- Solar

Homeopathic Management of Urticaria

The vital principles of homoeopathy offer effective management of urticaria. As per homeopathy urticaria should not considered as local skin disease since it is mainly related to derangement and disharmony of internal forces hence should be treated with internal medicine. A clear understanding of the causes of disease helps the physician to cure the patient from severe complication of urticaria.

Table No.1: Causes of Urticaria

S.No	Common Cause	Less Common Cause
1	Insect biting	Cold and heat
2	Food allergies	Sweat
3	Nuts allergies	Collagen vascular disorder
4	Hepatitis A and B viruses	Malignancy
5	Streptococcal infection	Stress released
6	Drug reaction	Auto immune



The following pattern should be observed before treating the patient

Time of onset of disease	Gastric and intestinal problem
Shape, size and distribution of skin rashes	Use of drug (NSAIDs), injection and hormone
Family and personal history	Relation to menstrual cycle
Previous and current allergies	Smoking habits
Infection and internal disease	Types of professional work
Associated symptoms itching and pain etc.	Stress and quality of life

Table No.2: Some Important Homoeopathic Medicine Used for Urticaria

S.No	Symptoms and condition associated with Urticaria	Homoeopathic remedy for treatment
1	Urticaria with sweat, concomitants-dropsy and intense thirst.	<i>Anthracokali</i>
2	Dirty and unhealthy skin, Urticaria with red areola, itching, concomitants-gastric disorder with white coated tongue.	<i>Antimonium Crud</i>
3	Urticaria chiefly in finger and toes with itching and erythema. Urticaria appears and disappears suddenly and associated with tinnitus.	<i>Antiphrinum</i>
4	Urticaria with fever and burning pain.	<i>Apis Mel</i>
5	Urticaria with burning, restlessness and intense thirst	<i>Arsenic Album</i>
6	Urticaria covers whole body with a disposition of diarrhea.	<i>Bovista</i>
7	Urticaria at night when weather changes from warm to cool. Itching and burning after scratching.	<i>Dulcamara</i>
8	Urticaria characterized by its periodicity, its disappear at day and comes at night associated with emotional excitability and hallucination.	<i>Chloralum Hydratum</i>

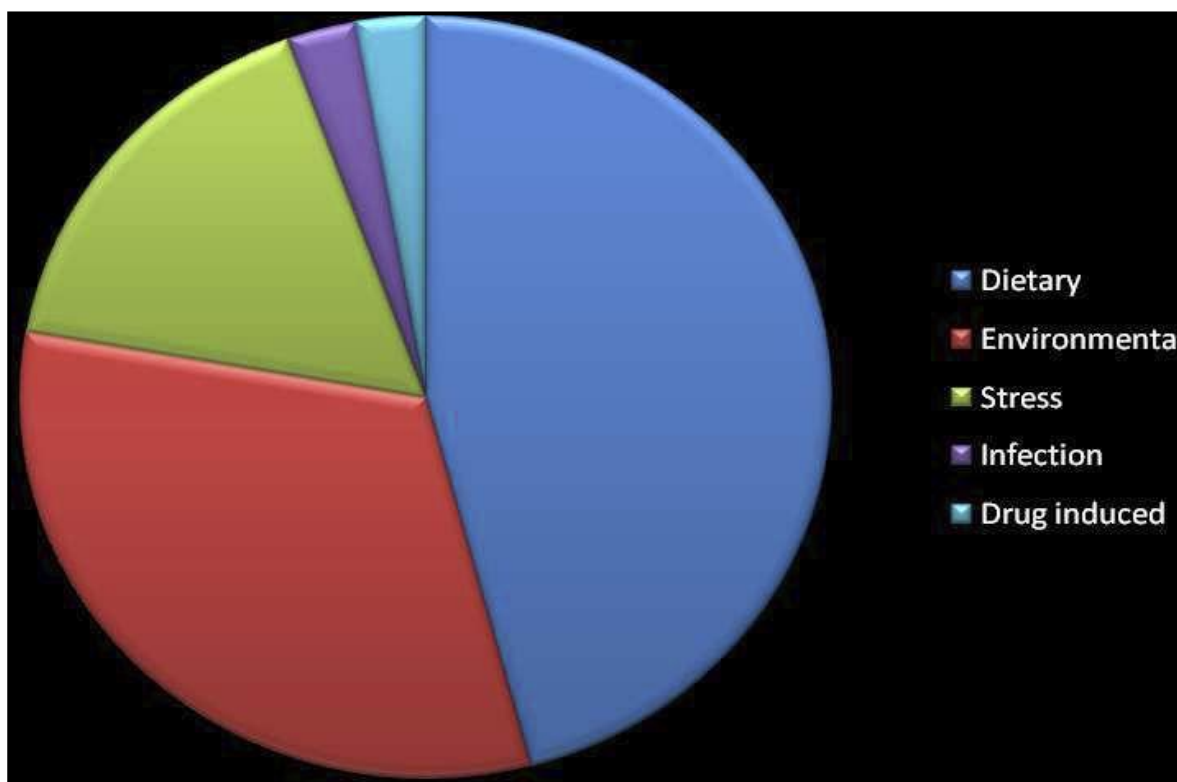


Figure No.1: Prevalence and percentage of involved risk factor of chronic Urticaria

CONCLUSION

Urticaria is a condition of hypersensitivity associated with allergic reaction. Medication, insect bite, foods, stress, cold and change of weather may initiate pathology of urticaria. Large number of global population experienced symptoms of urticaria which may recur sometimes therefore it is very essential to cure disease effectively. Urticaria treated by homoeopathic medicine for a longer period of time with good results. Homoeopathic medicine helps to cure disease permanently with minimal adverse effects.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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