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A homoeopathic approach on urticaria

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Abstract

At some point in their lives, 15 to 20% of the general population will experience urticaria (hives). It is a localised dermal oedema-characterized vascular reaction of the skin that can be triggered by allergies, harsh drugs, and environmental factors. The illness and its homoeopathic treatment are thoroughly examined in this review article on urticaria.

Keywords: Hives, homoeopathy, allergies, rash

Introduction

Urticaria (hives), a vascular reaction of the skin, is characterised by localised dermal oedema^[2], the transient emergence of smooth, slightly elevated papules or plaques (Wheals)¹, that may be red or pale in the centre and surrounded by a red flare^[3], that may coalesce to become giant wheals^[4], and that are frequently accompanied by intense pruritus.

Epidemiology

15 to 20 percent of the general population will have urticaria at least once in their lifetime. Urticaria^[5] can affect people of any age, but it is more common during adolescence and has a higher prevalence in young adults^[4].

Both sexes regularly have acute urticaria in young adults, but women are more likely to experience chronic urticaria, which typically appears in the fourth and fifth decades^[3] of life^[3]. According to a study conducted in India, 37% of the 500 urticaria cases involved physical urticaria^[6].

Risk factors

- Infections and Infestations.
- Drug Hypersensitivity.
- Food Allergy.
- Systemic and Auto-Immune Diseases.
- Environmental Allergens.
- Insects.
- Physical Urticaria.
- Idiopathic Causes.
- Psychogenic Factors.
- Genetic Factors.

Clinical features

Symptoms: Itching is noticeable when wheals are superficial.

Sites: It can appear everywhere on the body.

Morphology: Beginning as erythematous macules, urticarial lesions quickly transform into pale pink, edematous wheals. Large lesions may have a paler centre and be annular or arcuate.

Size and quantity: The size and quantity of wheals vary. Pin-point wheals, both little and large, are a defining feature of cholinergic urticaria. In cold urticaria, wheals are present.

Shape: It might be round, annular, arcuate, or serpiginous in shape. There are linear wheels in demographic urticaria.

Associated Symptoms: Fever and malaise, headache, abdominal discomfort, diarrhoea, vomiting, arthralgia, dizziness, and syncope.

Investigations

- Full Blood Count: Drug or parasite infection-related eosinophilia.
- Raised in situations of allergic reaction is the total eosinophil count.
- Plasma viscosity or the Erythrocyte Sedimentation Rate (ESR) are both increased in vasculitis.
- An underlying systemic illness is shown by tests for urea and electrolytes, thyroid and liver function, and iron levels.
- IGE overall and IGE specific to potential allergens, such as shellfish, peanuts, and home dust mites
- Systemic lupus erythematosus (SLE) and urticarial vasculitis have positive antinuclear factors.
- If urticarial vasculitis is suspected, perform a skin biopsy.
- Challenge Tests: To confirm Urticaria on the body.
- Basophil histamine release activity can be detected by the autologous serum skin test (ASST) 35, which has a sensitivity and specificity of 65-71% and 78-81%, respectively.
- Prick test is used to screen for allergies to dust, mites, fungus, and epithelia^[8] as well as suspected foods and food additives. It is the most practical and affordable way of allergy testing, and the results can be obtained within an hour. Finding type 1 (immunoglobulin E) mediated hypersensitivity particularly is helpful^[9, 10].

Pathophysiology

The skin lesions of urticaria sickness are brought on by an inflammatory reaction in the skin that generates capillary leaks in the dermis and oedema that persists until the interstitial fluid is absorbed by the surrounding cells.

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Management

If triggers can be identified, remove them^[7, 2]. Avoid aspirin, NSAIDs, and codeine^[7]. Depending on the type of physical urticaria that is suspected, stay away from woollen or tight-fitting clothing, water sports, cold meals, drinks, and ice cream^[12]. Refrain from excessive alcohol consumption, excessive weariness, stress, and hot environments.

Homoeopathic management

Apis Mell

Hives are stinging, burning, and itchy. Skin that is sensitive and painful, Pains that sting. Large urticaria that itches intolerably at night and resembles bee stings or other insect stings^[15, 16].

Urtica urens

Urticaria causes intense itching and searing heat. Angioneurotic edoema. Hives after eating seafood and

having pinworms. Raised, itchy red blotches

Pulsatilla nigricans

Heat causes the skin to itch. Urticaria is accompanied by diarrhoea and a rich diet. Urticaria from missed periods is worse while undressed. Summertime urticaria^[15, 16].

Antimonium crudum

Thick, firm scabs of a honey tint. White urticaria with a red areola that itches ferociously. Skin that itches and hurts when scraped^[15, 16].

Rhus tox

Urticaria is brought on by rheumatism after becoming wet. Urticaria is accompanied by fever and chills. Severe red swelling and itching.

Natrum Mur

Persistent episodes of hives with diarrhoea and an olive complexion

Radium bromatum

Body-wide itching and burning as though on fire are both symptoms of itchy skin. Redness and swelling that burn.

Dulcamara

Exposure or a sore stomach might cause urticaria or red patches. Whole-body nettle rash with intense itching.

Arsenicum Album

Asthma symptoms or internal illnesses alternate with skin symptoms. Itching, burning, and oedema swelling.

Antipyrinum

Rash, erythema, or urticaria, mostly between the fingers, with uncomfortable itching. The five-day period of irregular, spherical pimples that were near to one another, confluent in some spots, forming patches, with normal skin between them and a marbling effect. Extensor surfaces are more covered than flexor surfaces in the thickest eruption on the torso and extremities. Eruptions start on the face and arms and end on the legs.

Chloralum hydratum

Urticaria with intense itching aggravated by spirituous liquors, hot drinks, ameliorated by warmth.

Copaiva officinalis

Children with hives, chronic urticaria, a fever, and constipation.

Astacus fluviatilis

A body-wide nettle rash with chronic urticaria that itches.

Fragaria

Body swelling brought on by urticarial.

Belladonna

When there is an urticarial rash, a strong headache and facial redness are also present.

Rubrics related to urticaria^[17]

Eruption-Urticaria-Upperlimbs-White.
Eruption-Urticaria-Shoulder.

Eruption-Urticaria-Upper-Arm-Right.
 Eruption-Urticaria-Elbow.
 Eruption-Urticaria-Forearm-Morning.
 Eruption-Urticaria-Forearm-Evening.
 Eruption-Urticaria-Forearm-Heat during.
 Eruption-Urticaria-Hand-Morning.
 Eruption-Urticaria-Hand-Red after rubbing.
 Eruption-Urticaria-Hand-Back of hands become cool.
 Eruption-Urticaria-Knee.
 Eruption-Urticaria-Knee Hollow.

Conclusion

Urticaria can be effectively treated using homoeopathy. Skin illnesses are not considered local diseases under a holistic approach to the homoeopathic system of medicine. Urticaria treatment is dependent not only on a character but also on periods and condition aggravation, with generals and particulars taken into account. The above therapeutic medications are regularly used to treat urticaria with the best results. Other personalised homoeopathic remedies can also provide substantial relief for Urticaria.

Conflict of interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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