Allergic respiratory disorders contribute primarily to death as well as serious hampering of body’s normal function.

Respiratory allergic diseases in children are major challenges in general practice, as physician gives antihistamines and steroids which have sedative as well as deleterious effect on health of child.

INTRODUCTION

Respiratory tract allergies are one of the commonest forms of illnesses affecting children, adolescents and even adults. The term ‘allergy’ was originally coined by Von Pirquet in 1906. The term ‘allos’ means altered and ‘eargen’ means reaction. Hence allergy means altered reaction. Allergy is caused by hyper-responsiveness of the immune system leading to a misdirected immune response. Immunity is the sum of all naturally occurring defense mechanisms that protect humans from infectious diseases.

GLOBAL BURDEN OF THESE DISORDERS:

Millions of children suffer from allergic illnesses. About 12 per cent of them below age seven are allergic to certain foods. Allergies are one of the leading causes of chronic illnesses. They also account for 8-10 per cent of all hostile reactions to conventional medications — including penicillin. Sixty years ago, allergies such as hay fever (allergic rhinitis), or other allergic responses, were uncommon. Today, schools stock conventional anti-allergic medications to treat children at the drop of a sneeze.

Allergic diseases in children have increased significantly in recent years and now affect up to 35% of children.

MECHANISM BY WHICH ALLERGIES DEVELOP

- There is a genetic tendency of these disorders, and the exposure to environmental allergens, irritants and infections that will determine the response to different dietary and inhalant allergens.
- Hence the best approach to treat these disorders is to rectify this faulty system of the individual which produces a tendency of the body to respond excessively to the allergens and develop various allergies. Many children are born with allergic conditions. Some develop sinusitis and asthma, when their symptoms are suppressed by conventional medicines. For caring parents, such unpleasant consequences are annoying. Children love pets, such as dogs and cats. Some children are extremely allergic to pets: so, parents would do well to trim their pet’s hair. Homoeopathy has an effective medicine to treat this allergic response too.
- Any child may become allergic, but children from families with a history of allergy are more likely to be allergic. Children may inherit the tendency to become allergic from their parents, but only some of them will develop an active allergic disease.

CHILDREN’S ALLERGIES CAN SHOW UP IN DIFFERENT WAYS:

- There is a big list of allergic respiratory diseases. Among these most important are Allergic croup i.e. seasonal allergic cough, Nasal congestion, Allergic Ear infections, Allergic Rhinitis, Allergic Asthma, Allergic Sinusitis, Allergic bronchitis, Tropical Eosinophilia and Allergic Broncho Pulmonary Aspergillosis etc..
HOMOEOPATHY AND ALLERGIES:

- There is a special mention about allergic diseases in Homoeopathic literatures under the heading IDIOSYNCRASY.
- Idiosyncrasies are same as allergies. Both are hypersensitive reaction.
- Successful Homoeopathic prescribing demands a detailed case taking to find out the evolution of disease, relation with life situation, also to find out characteristic symptoms.
- In homoeopathy the objective of treatment is to improve the tendency of the person which has gone bad and it has to be brought to the normal range. It has been proved, verified and confirmed that if a proper indicated homoeopathic treatment is given to the child for sometime, it improves this tendency of the person to excessively respond to allergic factors. In due course, the attacks become lesser in frequency and severity.
- By such a complete, holistic approach we can prevent the recurrence of the complaint to a very large extent. The suitable homoeopathic remedies can remove genetic block obtained from the familial background, past illnesses of the patient.
- Acute flare-ups can be tackled very well by homoeopathic medicines.
- Some of the important Homoeopathic remedies used in various Naso-respiratory allergies are as follows:
  - Allium Cepa, Antimonium Tartaricum, Arsenicum Album, Calcarea Carb, Chamomilla, Drosera, Hepar Sulph, Ipecac, Kali Bich, Natrum Sulph, Nux Vomica, Phosphorus, Pulsatilla, Sambucus etc.