

Understanding and Treating Urticaria: Homeopathic Approaches to Permanent Relief

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Abstract: *Urticaria is a condition related to hives which something triggered from outside the body. It is a reaction pattern consisting of erythematous, transient, itchy swellings (wheals) on the 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

1. Introduction

Urticaria is derived from the word "Urtica" (in Latin = Stinging Nettle), also known as hives; is a kind of disease involving skin rashes with red and itchy swelling 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

Causes

Exogenous

Endogenous

Physical

Emotional stress

Idiopathic

Exogenous causes

Inhalants: pollens, house dust, fungi, dander. Ingestants:

Foods: fish, egg, brinjal, food additives, dyes, preservatives.

Drugs: penicillin, NSAIDs, sulfonamides. Contactants: beestings, insect bites, plants.

Endogenous causes

Infections: Gastrointestinal, respiratory, urinary tract infections Bacterial, protozoal, helminthic, viral (CMV, EBV, HSV),

Systemic diseases: Hashimoto's Thyroiditis

Systemic Lupus Erythematosus

Chronic active hepatitis

Malignancies

Physical Cause Urticaria

Cold Urticaria

Affects hands, ear, nose and lateral thighs

Cholinergic Urticaria

Fever

Hot baths

Exercise - Induced Urticaria

Solar Urticaria (Sun induced)

Pressure

Tight clothing

Soles of foot and other weight bearing points

Dermographism

Any thing under the sun can lead to Urticaria

Causes of Urticaria

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

Types of urticaria by duration:

Acute Urticaria (present hours to weeks)

Idiopathic in 75% of cases

Chronic Urticaria (persistent beyond 6 weeks)

Idiopathic in 95% of cases

May be related to autoantibody to IgE

Clinical features:

Symptoms

Pruritus

Signs

Characteristics

Hives or wheals

Spreads with scratching and coalesce to form large patch

Course of Lesions

Lesions last 90 minutes to 24 hours

Pathogenesis

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.

Homeopathic approach of Urticaria

The vital principles of homoeopathy offer effective management of urticaria. As per homeopathy urticaria

The following pattern should be observed before treating the patient

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

Some Important Homoeopathic Medicine Used for Urticaria

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

2. 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.

References

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