

Review Article

Homoeopathic Management of Urticaria

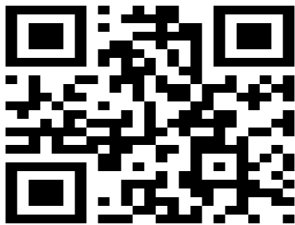
Vaibhavi Deepak Sawant and Farooque Zaveria

Guru Mishri Homoeopathic Medical College and PG Institute, Shelgaon, Jalna, India (MS)

ABSTRACT

Urticaria is a kind of skin complaint with red, raised and itchy bumps. Urticaria frequently occurs after an infection or as a result of an allergic response to some medication, insect bites or food. Psychological stress, exposure to cold or vibration may also trigger urticaria. Urticaria occurs with a lifetime prevalence of around 20%. In around 30% patients of urticaria, attacks often recur for months or years.

Keywords: Urticaria, Homoeopathy, treatment



Address for Correspondence:

Dr. Vaibhavi Deepak Sawant

Guru Mishri Homoeopathic Medical College
and PG Institute,
Shelgaon, Jalna, India (MS)

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INTRODUCTION

Urticaria, commonly known as hives, is a skin condition characterized by the sudden appearance of itchy, raised welts or bumps on the skin. These welts can vary in size and shape, and they often appear reddish or pale. Urticaria can be either acute or chronic, depending on how long the symptoms last.

Acute urticaria typically lasts for a few hours to several weeks and is often caused by an allergic reaction to certain foods, medications, insect bites or stings, or exposure to environmental triggers like pollen or pet dander. Other factors such as stress, infections, or temperature changes can also contribute to acute urticaria.

Chronic urticaria, on the other hand, lasts for more than six weeks or recurs frequently over months or even years. It is often caused by underlying conditions such as autoimmune disorders, thyroid disease, or chronic infections. The welts can appear and disappear rapidly in different areas of the body, making it a dynamic and unpredictable condition. In some cases, swelling of the lips, eyelids, or throat may occur, leading to potential breathing difficulties, which require immediate medical attention.

Causes of Urticaria

- Insect Bites
- Sunlight exposure
- Allergy
- Medications
- Dust mites

Symptoms of Urticaria

- Itching
- Swelling
- Raised itchy bumps
- Irregular Swelling

Homeopathic medicines for hives or Urticaria

1. Apis Mellifica -best homeopathy medicine for urticaria with burning and stinging
2. Astacus Fluviatilis – best homeopathic medicine for hives with liver symptoms
3. Dulcamara – best homeopathy treatment for urticaria aggravated by cold
4. Ledum Pal – one of the best homeopathic medicines for urticaria on legs
5. Natrum Mur- best homeopathic remedy for hives triggered by sun

Homeopathy Treatment for Urticaria

Homeopathy Treatment is an effective approach that aims to restore balance in the body and not just treat the symptoms of urticaria. Homeopathic

treatment involves considering other factors such as stress, dietary patterns, lifestyle habits, and overall well-being to support the body's healing process. Homeopathic Treatment is based on the characteristics of the hives, such as their color, size, shape, and associated symptoms like itching, burning, or stinging. The treatment is safe and effective and causes no side effects to the individual.

These medicines are entirely safe to use as these are prepared from naturally occurring substances and have zero side effects. They help magnificently in healing the wheals. Along with this any itching, burning, stinging sensation is well controlled with these medicines. After acutely managing the condition, homeopathic medicines work gradually to overcome the tendency of recurrence of this type of Urticaria. For this, homeopathic treatment has to be continued for a few months depending on duration and intensity of case. Homeopathic medicines are selected for every individual case based on the symptom presentation so homeopathic prescription varies from case to case.

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