

Allergens and its Types

Allergens

A substance that causes an allergic reaction.

Treatment of Allergens

1) Quercetin: a natural derived compound helps to stabilize mast cells and prevents them from release of histamine source: citrus fruits, onions, apples, tomato etc

2) stinging nettle: treat allergies but without unwanted side effects of dry mouth and drowsiness . inhibits body's ability to produce histamine

3) neti pots and saline rinse

4) Butter bur

Skin Testing

Allergy skin test are used to find out which substances cause a person to have an allergic reaction

1/. SKIN PRICK TEST 2/. SKIN INJECTION TEST 3/. PATCH TEST

Types of Allergens:

1. **Inhalant Allergens** : Inhalant' allergies caused by environmental factors such as pollen, pets, house dust mites and moulds. Such allergies are a reaction by the immune system to a normally harmless substance. This is because the immune system is designed to fight off foreign bodies. When it can't find infection to fight, it looks for something else such as an allergy to react against

Causes of four common 'inhalant' allergies are

- a. MOULD SPORES
- b. DUST MITES
- c. HAY FEVER

2. **Ingestant Allergens** :A substance that is or may be taken into the body by mouth or through the digestive system. Food allergens ordinarily cause

gastrointestinal symptoms, but they may also cause skin rash, puffed lips and tongue, migraine, rhinitis, or other more serious effects, such as bronchial asthma. Severe cases of eczema of the hands have been caused by allergenic foods.

3. Contactant Allergens :Any allergens they produce manifestations of hypersensitivity at the site of skin or other mucous.” For Example: Substances you come in contact with that irritate the skin such as poison , cosmetics , detergents , fabrics and dyes cause poison dermatitis.

4. Injectants Allergens:The injectants (injectable preparations and insects) cause allergy in a hypersensitive person, allergic conditions is known injectant allergy

5. Infectant Allergens:The bacterial metabolic waste s are considered as infectant allergens

Numerous living organisms may cause allergy through the products they release during their metabolism in the human body

Bronchietasis: an example of infectant allergy

The chronic bacterial infection of the bronchioles, where in the constant presence of bacterial wastes may sensitize the allergic individual is the of the example.

6. Infestant Allergens:In a manner somewhat similar to the infectants, parasitic organisms may sensitize the human body

Invasions of hookworms, tapeworms, pinworms, threadworms, dermatophytes and other forms have caused allergic response in susceptible individuals.

Growth products and metabolic wastes of these parasites are constantly present in the body and referred to as infestant allergens.

Reference

<https://www.slideshare.net/NishaAkhtar/allergens-56518632>