

## HYGIENIC INFORMATION ABOUT ALLERGIES

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**Abstract:** Allergies mainly occur when the immune system reacts incorrectly. Your immune system is designed to protect you from allergens, but the immune system's response often causes malfunctions or malfunctions within your body's complex system.

Remember, allergens are substances that are not in or around the human body. Therefore, we cannot really blame our body for not knowing how to deal with allergens and the allergies they cause. Therefore, when you come into contact with an allergen, your body may have an allergic reaction.

Because allergies can develop and worsen within minutes, medical attention is always recommended for all but the most minor and localized symptoms.

Call your healthcare provider if your reaction symptoms get worse within a few days or if they don't improve with recommended allergy treatments and allergen removal.

**Keywords:** allergy, immunity, allergen, organism, plants, nature, drugs, sneezing, nose, eye, lung, skin.

### INTRODUCTION

An allergic reaction is the body's way of responding to an allergen.

If you have allergies, the first time you encounter a particular allergen, your body responds by making immunoglobulin E (IgE). Your immune system produces antibodies to make IgE.

IgE antibodies are mast cells (allergy cells) that live on the skin, in the respiratory tract (airways), and in the mucous membranes in the hollow organs that connect from the mouth to the anus (the gastrointestinal tract). is connected with

Antibodies find allergens in your body and help remove them by carrying them to a mast cell (allergy cell) attached to a special receptor. This causes the allergy cell to release histamine. Histamine is what causes your allergy symptoms.

These allergens can enter our body in several ways:

Gets into the nose and lungs. For example: airborne pollen from certain trees, grasses and grasses; dust stream particles, cat and dog dust, house dust.

Some allergens cannot be avoided. You can't live a normal life and completely avoid dust and some other common allergy triggers. Most allergy sufferers use medications such as

natural allergy treatment products, antihistamines, and steroid nasal sprays to control allergy symptoms, and most of these medications are very effective. For people with very severe symptoms and those unable to take allergy medications, immunotherapy is an alternative.

Anything can be an allergen. Common dust, plants, medications, certain foods, insect venom, viruses, or bacteria are examples of allergens.

Reactions can be localized, such as itchy skin or itchy eyes, or all over the body, as in a rash.

A reaction may include one or more symptoms.

In rare cases, an allergic reaction can be life-threatening. Each year, more than 400 people die from allergic reactions to penicillin, and more than 50 people die from allergic reactions to wasps and fire ants.

Allergies can be dangerous. Sudden, severe, widespread reactions require emergency evaluation by a healthcare professional. Call 911 if you or someone around you has an allergic reaction to any of the following:

Sudden, severe, rapidly worsening symptoms;

Diagnosing an allergen that has caused severe or bad reactions in the past;

Swelling of the lip, tongue or joint;

Darkened eyes;

Chest tightness, wheezing, or difficulty breathing

Confusion, sweating, weakness or vomiting;

To faint.

There are generally three areas where a health care professional can help treat allergies. First, doctors advise the allergy sufferer on ways to avoid the allergens that cause the allergic reaction. Second, doctors recommend natural allergy treatment products or prescribe medications to relieve the systems, and finally, doctors prescribe a number of allergy medications to allergy sufferers.

There are several types of medications available to treat allergies. Which medicine your doctor recommends depends on the type and severity of your symptoms, your age, and your general health.

Diseases caused by allergies (such as asthma, hay fever, eczema) may also require other treatments.

Allergies can affect anyone. You are more likely to have or develop allergies if your biological parents have allergies.

Food allergies develop when your body produces specific antibodies to a particular food. An allergic reaction occurs within minutes of eating the food, and symptoms can be severe. Symptoms may include:

Itching all over your body (generalized itching).

Itching in only one part of the body (local itching).

Nausea and vomiting.

Swelling around the mouth, including the throat, tongue, or face.

If you have an IgE-mediated food allergy, symptoms may include anaphylaxis. This may manifest as one or a combination of the above symptoms. This usually happens within 30 minutes of eating the food you're allergic to.

## **METHODS**

Seasonal allergies include pollen. Pollen is the microspores of trees, grasses, or weeds that appear as fine dust on surfaces or float in the air. Tree pollen usually appears in the spring and weeds in the fall.

There are different types of allergy tests. The most common allergy tests are skin tests and blood tests.

Skin prick (scratch) tests can identify allergens that cause allergy symptoms. The allergist pierces the skin with various allergens using a thin needle. Then it checks whether your skin reacts to the allergen or not.

Blood tests (IgE) can also detect allergies. However, they are not as sensitive as skin tests. Blood tests measure the IgE antibodies your immune system produces against a specific protein.

Respiratory allergies are substances in the air that you inhale (breathe). They include allergens that can affect you throughout the year (perennial allergens) and seasonal allergens.

The most common food allergies in adults are:

Dairy products.

Egg.

Wheat.

Shadow.

Walnut.

Tree nuts.

Crustaceans.

The most common food allergies in children are:

Dairy products.

Egg.

Wheat.

Shadow.

Walnut

Tree nuts.

Symptoms of an allergy to inhalants include:

The nose is blocked.

Itchy nose.

To sneeze.

Itching of the eyes.

Watery eyes.

If you have asthma, allergies to inhalants can also trigger or worsen your symptoms, including wheezing and shortness of breath.

Avoidance of allergens is an important treatment. However, it often cannot completely stop allergic reactions. Over-the-counter and prescription allergy medications are also solutions for managing your allergies.

Nasal steroid sprays are usually the most effective medication for people with allergic rhinitis symptoms. Antihistamines block some of the effects of histamine and may provide additional benefits. Immunotherapy can help build tolerance to allergens and improve many of the symptoms associated with inhalant allergies.

Remember, your body is unique. What over-the-counter or prescription drugs work for one person may not work as well for you.

The best way to prevent allergies is to avoid allergens. You may also take antihistamines or other medications daily to control your symptoms and reduce the allergic reaction.

If you are allergic to animals, avoid petting, hugging or kissing animals. Don't let them be in your bedroom or on your furniture.

Regular vacuuming of carpets, rugs, and other surfaces helps remove dust, animal dander, pollen, and other allergens.

High efficiency particulate air filters can also help. These air purifiers remove airborne allergens from your surroundings

## RESULTS

Nettle tincture is useful in allergic cases. Put a tablespoon of fresh nettle (or dry) flowers in a glass of boiling water. Wrap it in a thick cloth and let it stand for half an hour. Then float on gauze and drink half a glass 4-5 times a day or a glass 3 times in a warm state. The tincture is made fresh every time. It is healing, removes itching and protects you from allergens.

Do not forget that if you are prone to allergies, it is better not to eat allergenic products (such as fish, caviar, shrimp, citrus fruits, red berries, honey, chocolate, coffee). Also, beware of wasp, bee and wasp stings. Do not spray perfumes with strong odors that attract winged insects. Consult an allergist-doctor before using any medicine.

Sometimes, if you don't like food (for example, legumes and legumes, as well as synthetically prepared, very fatty, spicy and salty foods), the body throws up an ass. Ancient doctors treated the disease with the help of walnut oil. This oil is applied to the swollen and itchy places for several days and tied with a silk cloth.

Peanut oil can be prepared at home. To do this, heat the walnut kernel well and grind it in a mortar or meat grinder. Fill the synthetic fiber fabric (kapron) with crushed walnuts (because it does not absorb oil, so you can use your old socks of this type) and close the mouth tightly. Then carefully twist it. Do not forget to put a container under it. Finally, yellow-green oil starts to flow from it. You can use the oil easily by emptying the bag completely. By the way, this oil softens the skin of the hands, face and neck, heals burns, and heals chronic wounds.

Medicinal properties of celery were known to many even in the centuries before Christ. From ancient times to today, doctors have used celery to heal skin wounds quickly, to give energy to the body, to relieve shortness of breath (asthma) and chest pains, and to treat rashes on the body due to allergies.

To eliminate allergic conditions, add a tablespoon of crushed celery root to a glass of cold water. It should stand for two hours. Drink 1/3 cup once a day before meals.

Also, squeezing celery juice and drinking two teaspoons three times a day before meals can cure allergies.

The following method can be used at home to treat allergic skin rash (dermatitis):

From 200 grams, you will get a glass of freshly squeezed juice of carrots, beets and radishes. Then a glass of pure honey and a liter of medical alcohol (adding water to 40%) are mixed. Put it in a glass container, close the lid and store it in a dark and cool place. Starting in the morning, 20-30 grams of this tincture is taken three times a day half an hour before meals. In the first days, one tablespoon is drunk, after a week, two tablespoons. After two or three weeks, you can take 20 grams a day without a tincture.

Do not forget that if you are prone to allergies, it is better not to eat allergenic products (such as fish, caviar, shrimp, citrus fruits, red berries, honey, chocolate, coffee).

Beware of wasp, bee and wasp stings. Do not spray perfumes with strong odors that attract winged insects.

Cervitamin nutrition is also important in the treatment of skin rashes caused by allergies. For example, it is necessary to eat wet fruits and vegetables, mushrooms, and figs.

## **DISCUSSION**

Anaphylactic shock is a severe allergic reaction that begins quickly. Anaphylactic shock can be life-threatening and should be treated as a medical emergency.

This type of allergic reaction reflects several different symptoms that can appear within minutes of exposure to the allergen. If the allergen directly affects the blood, the onset of an allergic reaction is usually from 5 to 30 minutes. A reaction to a food allergen takes longer.

All parts of the body, redness and itching are observed. Damaged tissues also swell (angiodystrophy). Some people may experience a burning sensation on the skin. Swelling of the tongue and throat is observed in about 20% of cases. If the skin has a strange blue color, it can be a sign of hypoxia (lack of oxygen).

Some patients may have a stuffy nose. The mucous membrane covering the front of the eyes and the inside of the eyelids (conjunctiva) can become inflamed.

Coronary artery spasm is a sudden (temporary) contraction of the muscle in the artery wall caused by histamine-releasing cells in the heart. This can lead to myocardial infarction, dysrhythmia (abnormal heart rhythm) or heart attack.

Low blood pressure can cause your heart to beat faster. Dizziness occurs due to a sudden drop in arterial blood pressure. Some may lose consciousness. In some cases, the only sign of anaphylaxis may be low blood pressure.

The human immune system responds to the allergen as a pathogen (external harmful substance) and tries to destroy it, like a foreign bacteria, virus, fungus or toxin.

However, the allergen is not harmful. It's just that the immune system has become very sensitive to this substance.

When the immune system reacts to an allergy, it releases immunoglobulin E (IgE), a type of antibody, to destroy the allergen. It produces chemicals in the body that cause an allergic reaction.

One of these chemicals is called histamine. Histamine causes muscle contractions, including those in the walls of blood vessels and airways. Histamine also helps clear mucus from the nose.

An allergy sufferer blames allergy symptoms on an allergen—a friend's pet, plant dust, or dust. However, they are wrong. The problem is not the allergen, but the allergic person's immune system.

In medicine, risk factors are understood as factors that worsen the disease or the patient's condition. This risk can be caused by what a person does. For example, smoking is a risk factor for lung disease.

Below are some of the risk factors associated with allergies:

Having a person with asthma in the family - if your parents, grandparents or great-grandfather had asthma, you also have a risk of developing allergies;

Having a person with allergies in the family - if a close relative is allergic, there is a possibility that you will also develop allergies;

Children have more allergies than adults. On the plus side, many children outgrow their allergies as they get older;

Having asthma - people with asthma are more likely to develop allergies;

Insufficient exposure to sunlight - scientists from the European Center for Environmental Protection and Human Health and researchers from various Australian centers found that children living in areas with little sunlight have a high rate of developing allergies.

There are several ways to identify allergies. The doctor asks the patient questions about the origin of the allergy, when it appears, and the symptoms of the allergy. In addition, it is asked if other family members have allergies.

There are a number of tests for allergies. Here are some examples:

A blood test measures the level of IgE antibodies produced by the immune system. This test is sometimes called a radioallergen sorbent test (RAST).

A skin prick test is also known as a test before taking various antibiotics. The skin is scratched with the tip of the syringe, and a little less allergen is applied to this place. If there is a skin reaction - itching, redness and swelling may indicate the presence of an allergy

Patch test is used in patients with dermatitis (eczema). The required amount of suspected allergen was placed on special metal discs and attached to the belt. The doctor checks the skin reaction after 48 hours.

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