Seasonal allergies during the changing weather

As the weather is changing, it becomes increasingly important to pay attention to seasonal allergies that are prevalent during this transitory period.

**New Delhi, 05th Nov, 2016**: Changing weather, may it be a transition from summer to winter or the opposite, is often synonymous with runny nose, itchy eyes and congestion for some of us. Allergies can be bothersome and if not treated promptly can take potentially more harmful forms.

Allergies are caused by the body’s immune system’s exaggerated response to seemingly harmless substances like dust mites, pollen, animal dander etc. Interaction with these ‘allergens’ can cause widespread histamine release in the body that causes the characteristic inflammatory symptoms of allergies.

Padma Shri Awardee Dr KK Aggarwal – President Heart Care Foundation of India (HCFI) & National President Elect IMA said that, “Allergy symptoms often mimic cold, common signs include itchy eyes, sore throat, runny or stuffy nose; fatigue and fever may accompany the symptoms in some cases. If not treated properly, these mild allergies can manifest into severe health concerns like sinus infection, lymph node infection or worsening or triggering asthma. Knowledge of exactly what you are allergic to can help you lessen or prevent exposure to such allergens and treat your allergic reactions. There are several tests that are employed to pinpoint allergies. Allergy skin testing is the most sensitive testing method and provides rapid results. Some blood tests like the Serum-specific IgE antibody testing can also be done when skin testing fails to provide answers. For allergy sufferers, the best treatment is to avoid the offending allergens as likely as possible. Seasonal allergies can affect any age but, children aged from 6-18 years are the most vulnerable”.

Talking further about allergy treatment, Dr. K.K Aggarwal added, “various over the counter or prescription medicines are available that provide relief from allergies. Antihistamines counter the effects of histamine, nasal steroids are anti-inflammatory sprays that help decrease inflammation, swelling, and mucus formation. Decongestants in general can reduce swelling and
sinus discomfort. Intended for short-term use, they are usually used in combination with antihistamines. As a more extreme measure, Immunotherapy might provide relief for patients who don’t find relief with antihistamines or nasal steroids, however currently its use is limited due to potential side-effects."

Following are some tips to fight seasonal allergies the natural way:

1. Remodel your diet: essential fatty acids derived from natural sources like flax seed are helpful in fighting allergies, try avoiding mucous producing foods like dairy, milk, processed wheat and sugar. Ginger, garlic, honey and Tulsi are known to help with allergies
2. Invest in hypo allergenic bedding if you are allergic dust mites, or fabric dander.
3. Keep your surroundings dust and pollution free.
4. Check your house for mold and pollen often found in humid corners, these are potent allergens.
5. Use steam inhalers to relieve stuffy nose and sinuses.

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About Heart Care Foundation of India
Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

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