

Allergy

Q. 1. What is allergy ?

Ans. Allergy is a malfunction of the human immune system causing a violent reaction against normally harmless substances in our natural environment.

Q. 2. What are the general symptoms of allergy ?

Ans. The general symptoms of allergy are itching, fever, feeling of drowsiness, eczema, asthma, etc.

Q.3. In this story who suffers from allergy ?

Ans. In this story Prem Shankar suffers from allergy. One day when he got up he experienced an itching sensation of pain all over his body.

Q.4. What are allergens ?

Ans. Allergens are substances which can produce allergy. 'Pollens' mold spores, dust, smoke, dust mites, animal hair, cockroaches are allergens.

Q.5. When and how did we understand about allergy ?

Ans. Our basic understanding of allergy has evolved from the discovery in 1967 of a previously unknown antibody, Immunoglobulin E or (IgE), by scientists in Uppsala and Baltimore.

Q. 6. How can asthma be treated ?

Ans. For effective asthma medication, one needs to look beyond the obvious symptoms antihistamines, for example, may provide temporary relief by masking the symptoms but have virtually no effect on the underlying inflammation. By using a diagnostic test developed by Padia ECP can be detected in body fluids then it can be cured.

Q.7. Which type of common allergic disease are generally found in children of 0-6 years of age ?

Ans. In children of 0-6 years of age generally it is found that they are very uncomfortable with strangers, sometimes with strange surroundings, they develop dislikes for certain food items, they weep a lot in certain situations, sometimes some inflammatory wounds and itching is also caused.

Q.8. What is allergy march ? Explain.

Ans. Allergies which start as eczema or gastrointestinal problems, many evolve into asthma, frequently involving respiratory symptoms such as hyperreactivity and obstruction of the airways. This direct path of development is widely referred to as “the allergy march”.

Q. 9. What are the symptoms that tell you that you are suffering from any allergic disease? What precautions would you take to overcome it ? Or, What is allergy? How can allergic diseases be treated ?

Ans. The symptoms which indicate that a person is suffering from a disease are hay fever, eczema, asthma, etc. These symptoms are known as allergic. Allergic symptoms develop after exposure to an allergen for some time. Allergic diseases can be treated by avoidance of the allergen, medication to relieve symptoms and allergy shots. A person suffering from an allergic disease must avoid the allergen which causes it.

Q.10. Can allergic reactions be life-threatening ? Name a few of such instances of allergy.

Ans. Yes, sometimes allergic reactions can be life-threatening. Once I saw a man who had some allergy from the cactus plants. By mistake he came at a place where there were many cactus plants. He started feeling very uncomfortable. His body started itching and suddenly his body temperature also increased. Not only this but also he started having breathing problems. It seemed that he won't survive but he was soon taken to hospital where he survived due to the great efforts of the doctors.

Q.11. Some particular diseases which are caused due to changing of weather. Also mention its remedial measures.

Ans. Generally people suffer from heavy fever due to certain flowers or plants. It happens with the changing seasons. Its remedies are as follows;

- Avoid going near such flowers or plants,
- Avoid keeping them in house.
- Wear mask if coming near them.
- Use medicines for calming the symptoms.

Q.12. Suggest a few possible ways to avoid allergy. Or, How can we avoid allergy.

Ans. Suggestions to avoid allergy-

- Wear a pollen mask when moving the grass or house cleaning,

- Stay indoors in the morning (when the pollen count is at its highest) and on windy days.
- Read and understand food labels (for people with food allergy).
- Keep windows and doors closed during heavy pollination seasons.
- Rid the home of indoor plants and other sources of mildew.
- Don't allow danger-producing animals in the house.
- Change feather pillows, woolen blankets and clothing of cotton or synthetic materials.
- Wash sheets, mattress pad and blankets weekly in hot water (at least 130° F).