

ALLERGY TESTS

Allergy testing is done to determine what substance, or allergen, may trigger an allergic response in a person. Allergens cause reactions such as sneezing, itching, swelling, running nose (hay fever), and, sometimes, Asthma attacks. Once one or more allergies are identified, a person can take steps to avoid or can limit exposure to the substance or take allergy shots to control the allergic response.

Allergies are commonly detected through skin or blood tests. Either type of test can be used to determine what causes an allergic response by exposing a person to suspected allergens and seeing if a reaction usually occurs. Skin tests are usually done because they are rapid, reliable, and generally less expensive than blood testing.



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Asthma In Adults

Definition

- ❖ Asthma is a long-lasting inflammatory lung disease, characterized by constriction of the airways in the lungs, swelling of the lining of the bronchial tubes in the lungs, and secretion of excessive amounts of thick mucus.
- ❖ This inflammation is activated by irritants or allergens, called triggers.
- ❖ This inflammation may cause difficulty breathing, shortness of breath, wheezing and coughing.
- ❖ Sometimes symptoms are severe enough to warrant treatment in an emergency room.
- ❖ Asthma usually begins in childhood, although onset in adulthood is not uncommon.
- ❖ There is no known cure for asthma. In most people, symptoms get less severe as they get older. It can be a complication for older adults who develop other respiratory problems, such as emphysema.



What are the Common Allergens?

Some of the common allergens can be pollen, molds, house dust, animal dander (skin shed by dogs, cats etc.) food products like milk, eggs, fish, chocolates, groundnuts etc., low grade cosmetics, plants, artificial jewellery, footwear, perfumes, cement and metals like nickel, cobalt.

ONE IS GENERALLY ALLERGIC TO THINGS WHICH ARE USED FOR LONG TIME PERIODS.

What are the Common Allergic Diseases?

High fever: Allergy to pollen, grass or weeds, patient develops bouts of sneezing, itching and weeping eyes, Running nose.

Allergic Rhinitis: Presents as recurrent nose blocks, sneezing and a running nose.

Asthma: Characterized by cough, wheezing and difficulty in breathing.

Urticaria: Characterized by severely itchy raised reddish patches which lasts for a few hours and subsides within 24 hrs without leaving any residual mark on the skin.

Eczema or Contact Dermatitis: Skin rash that appears as a consequence of direct contact with things as cosmetics, plants, artificial jewellery, footwear, perfumes, cement, metals like nickel, cobalt.

TREATMENT FOCUSES ON:

↑ 'Rescue,' usually by means of an inhaler when symptoms are severe enough to cause difficulty breathing.

↑ Prevention of symptoms, by a combination of managing triggers (eliminating dust, for example) and medications.



ALLERGY BLOOD TEST :

Available at **HEALTHCARE MEDICAL CENTRE - MUMBAI** Test called radioallergosorbent testing (RAST) may be done instead of or along with a skin test. The RAST test can be used to measure antibodies for individual allergens or allergen groups, such as a food panel. RAST is used to measure the blood level of a type of antibody (called immunoglobulin E, or IgE) that the body may produce in response to particular allergens. IgE levels are often higher in people who have allergies or asthma. RAST may be used for people who cannot have skin tests, such as people who are taking certain medications (particularly some antidepressants) that can suppress skin test results.

The blood sample will be placed on specially treated paper and sent to a lab to determine whether antibodies to any of the allergens being tested are present. If specific antibodies are detected, it may mean you are allergic to a certain allergen.



RESULTS & INTERPRETATION:

Results of RAST are usually available in about 7 days. Radioallergosorbent testing (RAST)

Normal:

Antibody (immunoglobulin E, or IgE) levels are the same as in a person who does not have allergies. Normal test results are called negative.

Abnormal:

Immunoglobulin E (IgE) antibodies for a particular allergen or group of allergens are 4 times the normal level. Abnormal test results are called positive.

FOOD (Veg & Non Veg)

खीराक / भातस	खीराक / भातस	खीराक / भातस
ALMOND	आटा / आटा	GARLIC
ANISEED	सोफ / वरीसामी	GINGER
APPLE	सेब / सेब	GRAPES
ARECA NUT	मुसुरी / सोभा	GROUNDNUT
BAJARI	बाजरी / बाजरी	JAGGERY
BANANA	केला / केला	KATHA
BAJARI	जौ / जौ	LADY'S FINGER
BAY LEAVES	तेज पत्र / आमासुव	LEMON
BLACK PAPPER	काजी मिर्च / मिरी	MAIZE
BRINJAL	बेंगल / बींगल	MANGO
CABBAGE	पत्ता गोभी / गोभी	MELON
CARDIMUM	इंग्लिशजी / सेलेजी	MILK
CARROT	गाजर / गाजर	MUSTARD
CASHEWNUIT	काजू / काजू	MUTTON
CELERY	पाला पात्री / भुनाभाजू	NUTMEG
CHEESE	चीज / चीज	OAT
CHICKEN	मुर्गी / चिकन	ONION
CHILLY	मिर्च / मिर्च	ORANGE
CINNAMON	दाल चीनी / लस	PAPAYA
CLOVE	लस / लस	PEAS
COCOA	कोका (कोकोरट) / ओडोरेट	PINEAPPLE
COCONUT	नारीचेल (काकास) / काशीकेल	PISTA
COFFEE	काफी / केफी	POTATO
CORIANDER	धनिया / धनिया	PRAWN
COTTON SEED	कपास बीज / अमरीश	RICE
CUCUMBER	ककरी / अंडी	RAISIN
CUMIN	जीरा / जीरा	SAUNTH
CURD	दही / दही	SESAME
DAL ARHAR	आरहर / गुवारसुव	SHRIMP
DAL CHANA	चना दाल / मसूरसुव	SOYABEAN
DAL MASOOR	मसूर दाल / मसूरसुव	SPINACH
DAL MOONG	मूंग दाल / मसूरसुव	STRAWBERRY
DAL RAJMA	राजमा दाल / मसूरसुव	TAMARIND
DAL URAD	उदद दाल / मसूरसुव	TEA
EGGS	अंडा / अंडा	TOMATOES
FISH	मछली / मछली	WALNUT
FRENCH BEAN	सेब / सोभा	WHEAT
		YEAST

INHALANTS (CONTACTS ALLERGY)

ACAGIA ARABICA	बाबुल / आमुस	ANT	चिंटी / डीपी
AMARANTHUS	चोलाई काटेवाली /	ASPERGILLUS FLAVUS	फुग / फुग
SPINOSUS	शंडामाणे ताळणे	ASPERGILLUS FUMIGATUS	फुग / फुग
ARGEMON MEXICANA	पीली काटेरी / धुडी	ASPERGILLUS NIGER	फुग / फुग
ARTEMISIA SCOPARIA	चेंबर बाना / रंगत	ASPERGILLUS TAMARI	फुग / फुग
AZADIRUCHTA INDICA	नीम / लीमो	BAJARI DUST	बाजरी धुस / बाजरी धुस
ACETONE	अॅसिटोन / अॅसिटोन	BAKERY DUST	नंदू धुस / अंडी धुस
AGERATUM CONYZOIDES	बाब / बाब	BARN DUST	अनाज गोदास धुस / अनाज गोदास धुस

INHALANTS (CONTACTS ALLERGY)

BERMUDA GRASS	लेन (घास) / घास	JEERA DUST	जीरा का धुस / फुग धुस
BRASSICA CAMPESTRIS	सरसो की पत्र / सरसुव	JOWER DUST	जुवर की धुस / पुस धुस
BUFFALO DANDER	पैर की रसी / बॅसनी दुवाटी	JULIFLORA PROSOPIS	जुलीफ्लोरा
CANDIDA ALBICANS	फुग / फुग	JUNIPERUS COMMUNIS	जुनाप / जुनाप
CARICA PAPAYA	पपीता के पत्र / पपीता	JUTE DUST	जात धुस / लस रेश
CANNABIS SATIVA	चांग / चांग	KEGELIA PINNATA	काकेर / अंडी धुस
CASSIA FISTULA	अमलतास / अमलतास	LATEX	लस / रेश
CASSIA OCCIDENTALIS	इंडल - फरती / अमलतास	LAWSONIA ENERNI	चेंद्री की पत्र / मंडी
CENHARUS CILLIARIS	अंजल / अंजल धास	LEATHER	चापडू / लसडू
CHENOPODIUM ALBUM	बहुआ / बीडली भाजू	LIQUOR SPP.	राई की पत्र / शडी धास
CHENOPODIUM MURALE	खार बहुआ / बीडली	MOSQUITO	मच्छर / मच्छर
CYNODON DACTYLON	दुव / धम	CYPERUS ROTUNDUS	घास / घास
CAT DANDER	बिल्ली की रसी / बिल्लीनी दुवाटी	NEUROSPORA SP.	फुग / फुग
CEDURS DOEDARA	देवदार की पत्र / देवदार	NYLON FIBRES	नायलॉन रेश
CHALK POWDER	चाक पाडर / ओड भाडर	PUTRANJIVA ROXVURGHII	पुत्रान्जिवा / पुसुखी
CLADOSPORIUM HERB.	फुग / फुग	PROSOPIS JULIFORA	पुसुखी काकेर / धरती भास
COCROACH DUST	चिलचिडू रसी / चंडली रेश	PENNISETUM TYPHOIDES	पेनास / पेनास
COCUS NUCIFERA	नारीचेल की पत्र / लसीकेल धास	PAINTS	पत्र की रेश / रेश
COMM PIGWEED	चिंटी / घास	PAPER DUST	कापड की धुस / अमली धुस
COTTON DUST	कापड धुस / धास	PARTHENIUM	गाजर घास / गाजर धास
COTTON FIBRES	कापड रेश / धास रेश	PERCELLIUM SPP.	फुग / फुग
COW DANDER	गावकी रसी / अमली दुवाटी	PENNISETUM TYPHOIDESL	घास / पेनास धुस
CYNODON DACTYLON	दुव / धम, रेश	PERFUME	अन / लस
CYPERUS ROTUNDUS	घास / बोस, रेश	PHOENIX DACTYLIFERA	खडू की पत्र / खडू धास
DAISY	देवी / बॅसनी तुंग	PLASTIC	प्लास्टिक / प्लास्टिक
DANDELION	बॅंगली फुल / बॅंगली फुल	POLYESTER	पोल्येस्टर काकेर / बोडीरेश रेश
DETERGENT	डीटरजेंट / अमलतास काली लसु	POWDER	पाडर / पाडर (रेश)
DOG DANDER	कुत्ते की रसी / कुत्तानी	RAGWEED	राइ / बॅंगली धास
EDUCALYPTUS	निलगिरी / नीलगिरी	RHIZOPUS NIGRICANS	रुत / फुग
EHRETIA LEAVIS	देगी पापडी / देगीपापडी	RICE DUST	चावल धुस / सोभा धुस
FEATHER DUST	पंख धुस / धास धुस	RICINIM COMMUNIS	अन / अंडी
FLOUR MILL DUST	चककी की धुस / चेंद ली धुस	SILK	सीक रेश / रेश
GOAT DANDERS	बकरी की रसी / अमली दुवाटी	SOAP	साबुन / साबुन
GYNANDROPSIS GYNANDRA	गंधातू / गंधातू	SORGHUM VULGARE	जान की पत्र / पुसानी धास
HAY DUST	सुखी घास धुस / सुख धास	STRAW DUST	सुखी घास / सुख धास
HELIANTHUS ANNUS	सूरजमुखी / सूरजमुखी	SUAEDA FRUCTICOAS	सुई लोपिया / लोमलेक
HOLOPTELEA	पपडी डिग्निक / अणु	TOBACCO	तंबाकू / तंबाकू
INTEGRIFOLIA		TYPHA ANGUSTIFOLIA	जली बाज / बॅंगली बाजरी
HORSE DANDER	घोंडे कि रसी / घोडानी दुवाटी	WHEAT DUST	घोंडे की धुस / धास धुस
HOUSE FLY	घरघु / मसामी	WOOD DUST	लकडी की धुस / धास धुस
HOUSE DUST	घरघु धुस / धास धुस	WOOL MIX	रेश / धास
HOUSE DUST MITE	घरघु धुस / धास धुस	XANTHIUM STRUMARIUM	खुकटा / अंडी
IMPERATA CYLINDERICA	घास / घास	YARN FIBRE	रेश / अंडी रेश
IMPOMOEIA FISTULOSA	घास / घास	ZEA MAYS	काकेर की पत्र / अमली धास