

# Urticaria: A Hypersensitivity Reaction

Dr. Niva Goti<sup>1</sup>, Dr. Rajesh Sanja<sup>2</sup> MD (Hom)

<sup>1</sup>PG Scholar, <sup>2</sup>HOD and Professor, Department of Homeopathic Materia Medica,

<sup>1,2</sup>Rajkot Homeopathic Medical College, Rajkot, Gujarat, India

## INTRODUCTION

- The term urticaria originates from the Latin word urtica, meaning stinging hair or “nettle”.
- Urticaria, also known as hives, is a common skin disorder that causes raised, itchy wheals (hives) and angioedema

## DEFINITION

- Urticaria is defined as a skin lesion consisting of wheal and flare reaction in which localized intracutaneous edema (wheal) is surrounded by an area of redness (erythema) that is typically pruritic.
- They're usually red, pink, or flesh colored on lighter skin and may be flesh colored or slightly lighter or darker than your skin tone on brown or black skin.
- The patches of rash may appear on different body parts with variable duration from minutes to days, and does not leave any long-lasting skin change.

## CLASSIFICATION:

Urticaria is classified according to its duration as acute or chronic.

- **Acute urticaria** is defined as the occurrence of wheals, angioedema, or both for 6 weeks or less.
- **Chronic urticaria** is defined as the occurrence of wheals, angioedema, or both for more than 6 weeks.

## ETIOLOGY

Main etiological factors in urticaria are reported as following

1. Physical Urticaria
  - a. Dermographism
  - b. Pressure urticaria
  - c. Cold Urticaria
  - d. Cholinergic Urticaria
  - e. Local Heat Urticaria
  - f. Solar urticaria
  - g. Contact Urticaria
2. Autoimmune Urticaria
3. Infection
4. Drugs
5. Infestation
6. Inhalant
7. Ingestion
8. Insect bites
9. Implant
10. Other

## PATHOGENESIS

- When cutaneous mast cells get activated, they release a variety of mediators, including

**How to cite this paper:** Dr. Niva Goti | Dr. Rajesh Sanja "Urticaria: A Hypersensitivity Reaction" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-9 | Issue-2, April 2025, pp.1398-1400, [www.ijtsrd.com/papers/ijtsrd79832.pdf](http://www.ijtsrd.com/papers/ijtsrd79832.pdf) URL: [www.ijtsrd.com/papers/ijtsrd79832.pdf](http://www.ijtsrd.com/papers/ijtsrd79832.pdf)



IJTSRD79832

Copyright © 2025 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



histamine, which increases capillary and venule permeability and causes urticaria. The concept is supported by the way antihistamines treat urticaria clinically.

- It is possible for allergic or non-allergic pathways to activate mast cells. The binding of two nearby high affinity subunits, such as penicillin, results in allergic mast cell activation. Proteases, prostaglandin D2, LT4, interleukin 4 (IL-4), IL-8, preformed histamines, and tumour necrosis factor (TNF-a) are released as a result. Many chemicals, including neuropeptides (substance P), medications such as morphine, codeine, and vancomycin, radio contrast media, and certain foods, including strawberries, can activate non-allergic mast cells.
- Because sensory afferent nerves are located close to the mast cells, histamine can cause them to release substance P. This increases the whealing response by promoting the release of more histamine from mast cells and the production of

different adhesion molecules like P and E selectin.

- Bradykinin and complement, two mediators generated from plasma, are not involved in chronic urticaria. On the other hand, angio-oedema is caused partly by bradykinin. Complement activation is seen in immunological complex urticaria and urticarial vasculitis. Numerous cytokines that can strengthen or prolong the immune response can also be released by lymphocytes, neutrophils, and eosinophils. They are found in the venous effluent of physical urticarias such as cholinergic, sun, and cold urticarias, which demonstrates this process.

## CLINICAL FEATURES

- Urticaria is the term for circumscribed, elevated, erythematous, typically itchy, evanescent patches of oedema involving the superficial layer of the dermis; angioedema is the term used when the oedematous process spreads into the deep dermis and/or subcutaneous and submucosal layers.
- Every episode begins with an itch. After that, there are transient erythematous macules and wheals that go away in a few hours to a maximum of twenty-four hours. The size of the wheals might range from a few millimetres to several centimetres. The wheals can occur anywhere on the body and have a possible connection to angio-oedema. The skin lesions disappear completely.
- Angioedema and urticaria can appear separately or simultaneously in any place. Angioedema typically affects one or both hands, can be pain but not itchy, and may last for a few days. Although angioedema commonly affects the lips, cheeks, and periorbital regions, it can also affect the tongue, pharynx, or larynx.
- Individual urticaria lesions can occur rapidly, rarely last more than 24 to 48 hours, and sometimes repeat indefinitely. They have severe pruritus.
- Despite intense itching, urticaria patients rarely leave scratch marks on their skin since they tend to rub their skin. Periodically, urticaria may be associated to a few systemic symptoms, including nausea, vomiting, diarrhoea, lethargy, headaches, and infrequently, anaphylaxis.
- **INVESTIGATION**
- CBC- for differential blood count analysis.
- Serum IgE and absolute eosinophil count.
- ESR and CRP for diagnosing intention.
- Autologous serum skin test for diagnosing auto

reactive urticaria.

- Anti-Nuclear Antibody (ANA) to rule out Systemic lupus erythematosus and other autoimmune pathology.
- Thyroid peroxidase antibody to rule out autoimmune thyroid disorder.

## HOMEOPATHIC APPROACH <sup>(15)</sup>

- Homeopathy means to cure a patient with those drugs that produce similar symptoms to the sufferings of the patient". It is based on the law "Similia Similibus Curentur" that means "let likes be cured by likes". The homeopathic physician tries to find out the uniqueness in the sufferings of that particular individual in comparison with the other individuals.
- Individualization has become the integrated and compulsory basic rule of homeopathy. The concept of individualization is to understand an individual's reaction to any stimulus either in health or in disease. Dr.Hahnemann was the first person to recognize the importance of individualization in treating the sick. No two persons are alike, or no two substances are alike.
- Each individual is different in his physical, mental, and behavioral patterns. Consciously or unconsciously, each and every individual is trying to express his ideas in his own way. Manifestations of disease are always in the form of signs and symptoms.
- The development of the signs and symptoms primarily depend upon the cause of the disease and secondarily on the constitution of the patient. So on basis of individualization concept, we prescribe constitutional deep acting medicine to cure the patient.
- Homeopathy offers a wide range of remedies for the treatment of urticaria. However, the selection of the appropriate remedy depends on the individual symptoms and the understanding of the patient's personality, medical history, and lifestyle.
- There are so many medicines for urticaria. The following few medicines which can be used during acute exacerbations of urticaria.
- **Apis Mellifica:** Acts on cellular tissues causing edema of skin and mucous membranes. Ailments from bee stings. Swelling or puffing up of various parts, edema, red rosy hue, stinging pains, soreness, intolerance of heat, and slightest touch, and afternoon aggravation are general guiding symptoms of apis

- **Antim Crud:** Excessive irritability and fretfulness together with a thickly coated white tongue are truly guiding symptoms of Antim Crud. It is indicated for Urticaria in which itching when warm in bed. Skin symptoms with Gastric derangements. Skin is sensitive to cold bath. < heat & cold bathing, evening, acids. > open air
- **Arsenic Album:** Debility, exhaustion & restlessness with nighty aggravation are most important theme of this remedy. Useful for Urticaria with itching, burning, swelling, oedema worse by cold & scratching. Urticaria with burning & restlessness. Asthma or Respiratory symptoms alternates with Urticaria. < wet weather, after midnight, from cold, cold drinks, cold food, cold season. > from heat, warm drinks.
- **Astagus Fluviatilis:** Urticaria with nettle rash all over body. There is erysipelas and liver affection with nettle rash all over body. Urticarial symptoms with Liver derangements. Very sensitive to cold air. < uncovering.
- **Dulcamara:** Hot days & cold nights towards the close of summer are especially favorable to the action of Dulcamara. Urticaria in which Diarrhea alternates with skin symptoms. Urticaria from change of weather. There are humid eruption on face, genitals, hands etc. Anasarca. < at night, from cold in general, damp, rainy weather. > from moving about, external warmth.
- **Natrum muriaticum:** Oversensitive to all sort of influences. Useful for urticaria with itching, burning worse by eating salt, at seashore. Urticaria, wheal, Hives itching after exertion. < at seashore, mental exertion, heat. > open air, cold bath
- **Rhus tox:** Urticaria from over exertion, getting wet while perspiring. Urticarial eruption are red, swollen, intense itching < during sleep, cold, wet rainy weather, after rain, at night, during rest, drenching when lying on back. > warm, dry weather
- **Sulphur:** Sulphur is a great Hahnemannian Antipsoric. It is having an elective affinity for skin producing heat & burning with itching < heat of bed. Urticaria with itching, burning < scratching & washing. < warmth, evening, spring time, damp weather. > dry, warm weather
- **Urtica Urens:** Urticaria returns at the same time every year. Violent Itching, blotches, burning heat with Formication. Consequence of suppressed nettle rash. Rheumatism alternates with nettle rash. Urticaria with angioneurotic edema.