



A STUDY OF ALLERGY PATTERN IN CHRONIC IDIOPATHIC URTICARIA

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ABSTRACT

Introduction: Urticaria is a common disease with many different clinical presentations. Urticaria is traditionally classified into acute and chronic urticaria with acute off time of 6 weeks. The aim of study is to find the common allergens involved in chronic idiopathic urticaria.

Aim of the study: To find common allergens involved in patients of Chronic Idiopathic Urticaria.

Materials and methods: A total of 100 patients with chronic idiopathic urticaria were included in the study and allergy test was done using chemiluminescence method.

Conclusion: Allergy test are useful diagnostics test in the management of chronic idiopathic urticaria.

KEYWORDS : Allergy test, Chronic idiopathic urticaria

INTRODUCTION:

Urticaria is a common disease with many different clinical presentations. Urticaria is traditionally classified into acute and chronic urticaria with acute off time of 6 weeks¹. In chronic urticaria, in spite of 2 extensive investigations, the etiology remains unknown. In identifying the cause of chronic idiopathic urticaria, allergen detection is a crucial step. IgE based allergy test is a easy and noninvasive method for screening of allergens in chronic idiopathic urticaria.

AIMS OF THE STUDY:

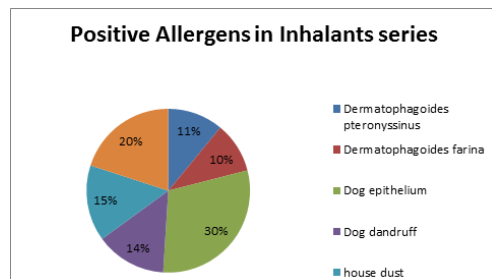
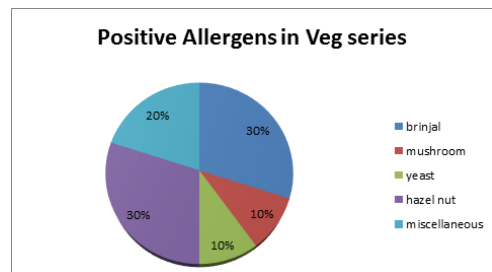
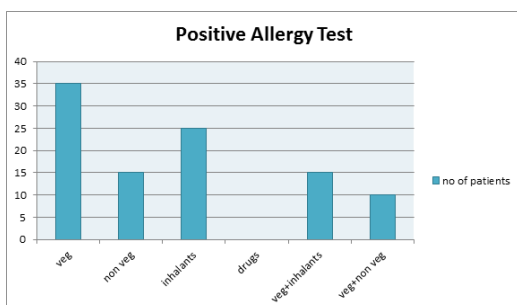
To identify the various allergen pattern in Chronic idiopathic urticaria using IgE based Chemiluminescence method.

MATERIALS AND METHODS:

A total of 100 patients with Chronic idiopathic Urticaria were selected for the study. A detailed history was taken from all patients. Patients on antihistamines and immunosuppressive were excluded from the study. Allergy testing was done using chemiluminescence method. Following four panels Vegetarian/ non-vegetarian/ Inhalants/ drugs were included in the study. Serum IgE levels was also measured for all patients.

OBSERVATION:

The mean age of CU patients was 40 yrs and range of duration of disease was 8 weeks to 5 years. Serum IgE levels ranged from 1.5 to >2000 IU/ml. The mean serum IgE level was 320 IU/ml. A total 35 patients had positive allergens in Veg series followed by 25 patients in Inhalants series. A total of 15 and 10 patients had positive allergens in veg/inhalants and veg/non- veg series respectively. Among the veg series common allergens were brinjal and hazelnut at 30% respectively. Allergy to yeast and mushroom was present in 10% of the cases. In the Inhalants series Dog epithelium was the commonest allergen in 30% of cases followed by Dermatophagoides Farina in 20% of cases.



DISCUSSION:

Patients with a positive allergy test should be correlated clinically with a detailed clinical history. Patients should also be evaluated for cross reactivity to positive antigens. Patients with a low cut off value of allergens should also be considered clinically as some allergens can have clinical symptoms in low titre^{2,3,4}.

CONCLUSION:

Immunoassays for allergen sIgE should only be used to confirm the suspected clinical diagnosis of allergic disease and should not be readily regarded as diagnostic tests. A detailed clinical history is very important in finding out the cause. Allergy tests and its interpretation of results must always be guided and viewed within the context of the patient's clinical history.

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