



HISTADELIA

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ABSTRACT **Introduction-** More common in Males, characterized by elevated levels of Histamine. High level of this Neuro-transmitter associated with Anxiety or Panic attack. It increases Vasodilatation causing symptoms such as Hypotension and Bradycardia. Signs and Symptoms include low pain threshold with regular headache, having seasonal allergies, abnormal fears etc. Investigation include tests for Histamine, Copper and Folic acid level. Prevention include avoid foods rich in Histamine, fermented foods and left overs in fridge. Supplementation of Vit. C, Vit. B6 and Zinc is the treatment regime.

Histadelia (Histamine high)- Overview

KEYWORDS :**INTRODUCTION-**

More common in males characterised by elevated blood levels of histamine. Histamine containing foods can contribute to high histamine levels in the body. High level of this essential neurotransmitter are associated with anxiety or panic attacks.

Schizophrenia symptoms can arise from a histamine imbalance influencing brain functioning.

Histamine Fact File-

- (i) Concentrated in mast cells and when released causes itching, increases in the permeability of blood vessels and produces swelling and skin reddening.
 - (ii) Neurotransmitter having important role in immune response.
 - (iii) Regulatory role in muscle contraction and gastric acid secretion.
 - (iv) Increases vasodilation causing symptoms such as hypotension (decreased BP) and tachycardia (increased pulse rate) and causes contribution of the bronchi in the Lungs.
 - (v) Made from Histidine, an amino acid or protein fragment.
 - (vi) Intolerance is due to excess of Histamine.
- Which results in variety of symptoms.

SIGNS & SYMPTOMS

- (a) Cry easily
- (b) Hear their pulse in their head on the pillow at night
- (c) Itch and scratch a lot
- (d) Have seasonal allergies
- (e) Have a low pain threshold with regular headaches and other aches and pains
- (f) Produce excessive mucous
- (g) Feel nauseous easily
- (h) Have a high sex drive and easy orgasm
- (i) Experience inner tension or 'driven' feelings
- (j) Have episodes of 'black mind'
- (k) Suffer with depression and sometimes suicidal thoughts
- (l) Have abnormal fears, compulsions, rituals
- (m) Be a light sleeper or experience severe insomnia
- (n) Appear to tolerate a lot of alcohol or drugs
- (o) Have a fast metabolism with high body temperature
- (p) Be of lean build with little body hair
- (q) Have a large nose or ears, long fingers and toes (and often a longer second toe than the first)
- (r) Have excellent teeth

Laboratory Testing

Test for Histamine level
Test for Copper level
Test for Folic acid
Test for Manganese
Test for Zinc

TREATMENT & PREVENTION

The treatment of histadelia requires great patience because 6 to 10 weeks are often needed before the beginning of significant improvement.

The treatment usually takes 12 months to complete.

Vitamin C is a natural anti-histaminic, so supplementing 2000mg/day may be beneficial.

Vitamin B6 (Pyridoxine) 50mg/ day may be beneficial.

Zinc 15mg/day is recommended.

Folic acid is not recommended as it produces excess of histamine.

How To Reduce Histamine Load

Histamine is present in most foods, so it is better to avoid such foods or eaten less often.

- Avoid eating overripe fruits and vegetables as histamine level rises as these food ripen.
- Throw out the left-overs in the fridge and ensure your food is as fresh as possible as histamine is formed from the bacterial action that takes place as food starts to rot.
- Increasing water intake to prevent constipation. Food can start to ferment in the gut also add to the histamine burden in the body.
- Cut down additives which can contribute to histamine being released in the body leading to pseudo allergic reaction.
- Avoid fermented foods such as Cheese, Vinegar, Wine, fermented sausages, soy sauce as these naturally contains high level of histamine.

CONCLUSION

Supplementation of Vit. B6, Zinc, Vit. C shows improvement in a week. Fatigue and exercise intolerance are reduced. Anxiety, Depression and OCD tendencies are markedly reduced. Histadelia could instead be Schizophrenia. 15-20% of Schizophrenic patients are in fact suffering from Histadelia which shows similar symptoms and can be misdiagnosed.

REFERENCES

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