

Original Research

A Clinical Study on Allergy Pattern in Chronic Idiopathic Urticaria at North West Region of Rajasthan

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ABSTRACT:

Introduction: Urticaria is a frequent disease with lots of different clinical presentations. Urticaria is conventionally 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. **Materials and methods:** In this study total 100 patients with chronic idiopathic urticaria were included and allergy test was done using chemiluminescence method. **Conclusion:** We conclude that Allergy test are useful diagnostics tool in the management of chronic idiopathic urticaria.

Key words: Allergy test, chronic idiopathic urticaria.

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INTRODUCTION:

Urticaria is a frequent disease with many different clinical presentations. The etiology remains unknown. Urticaria is conventionally classified into acute and ¹chronic urticaria with acute off time of 6 weeks. In chronic urticaria, in spite of ² extensive investigations, in identifying the cause of chronic idiopathic urticaria, allergen detection is a crucial step. Allergy test for Ige is easy and noninvasive method for screening of allergens in chronic idiopathic urticaria.

AIMS AND OBJECTIVES:

To recognize the different allergen pattern in chronic idiopathic urticaria using IgE based Chemiluminescence method.

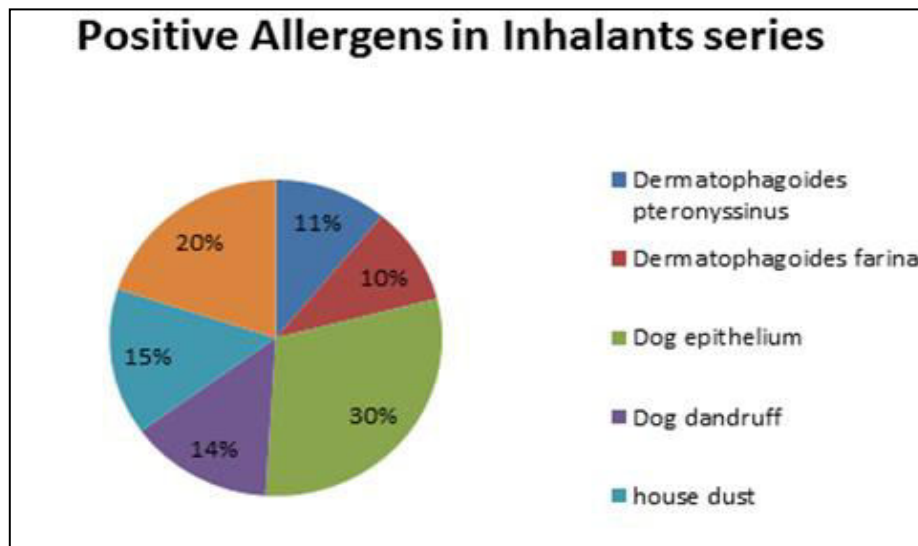
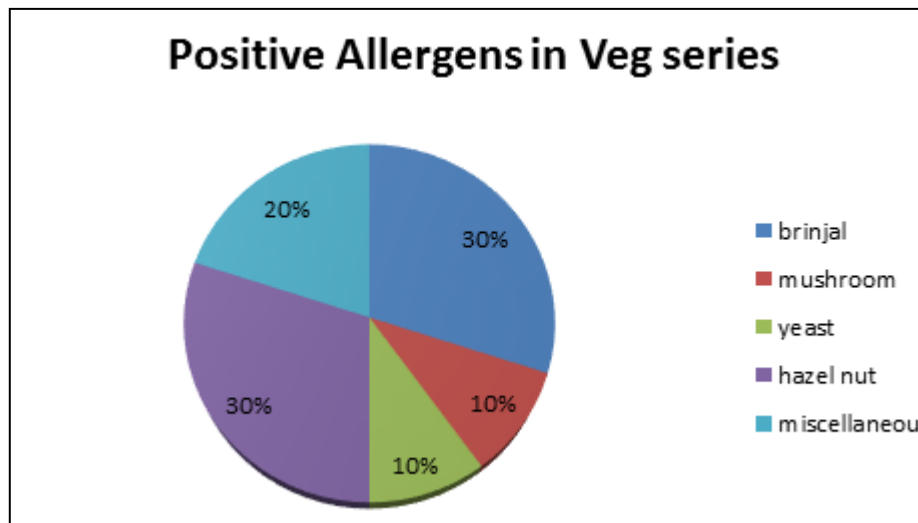
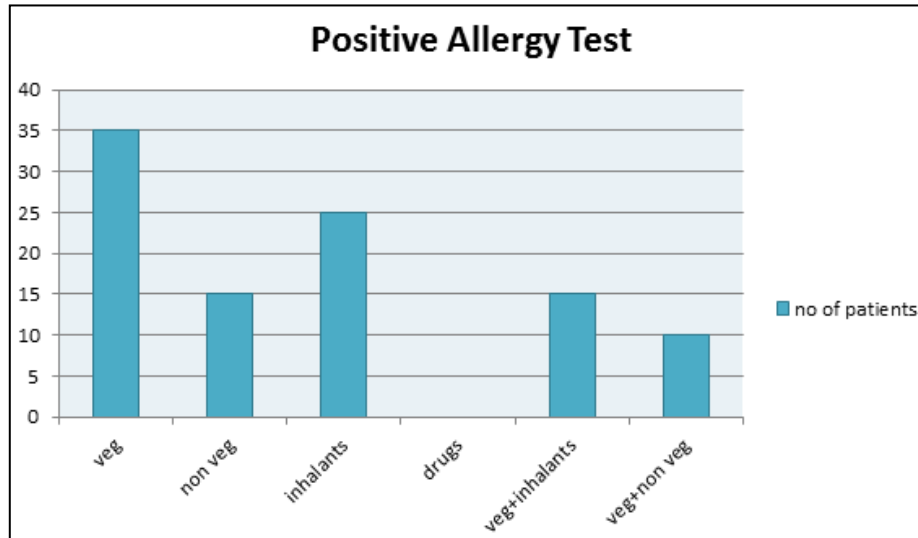
MATERIAL AND METHODS:

We included total 100 patients with chronic idiopathic Urticaria for the study. A complete history was taken from all patients. Patients on antihistamines and

immunosuppressive therapy were excluded from the study. The test for Allergy was done using chemiluminescence method. Subsequent four panels Vegetarian/ non-vegetarian/ Inhalants/ drugs were included in the study. Serum IgE levels was also measured for all patients.

RESULTS:

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. 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. 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 who were positive allergy test should be correlated clinically with a detailed clinical history. Patients should also be evaluating 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:

A detailed clinical history is very important in finding out the cause. Immunoassays for allergens IgE should only be used to verify the suspected clinical diagnosis of allergic disease and should not be eagerly regarded as diagnostic tests. 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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