

**Dear Readers,**

Allergy may present as allergic rhinitis, hay fever, skin rash, allergic dermatitis, bronchitis, asthma, food allergy, anaphylaxis or even as multi system presentation. The common factor in all these presentations is hypersensitive immunological response. There is a global increase in the incidence of allergic disorders. Studies also point towards an increase in worsening of symptoms in previously sensitized individuals, and increase in sensitization in atopic individuals.

Epidemiological evidence shows that allergic disorders are more on a rise in urban areas where there is more exposure to exhaust fumes and industrial pollution. Today's lifestyle shows a trend of more time spent indoors where there is greater exposure to house dust mite, mould, animal dander etc. The exposure to pure and fresh air as in a garden or near woods is almost nil for people living in cities. So by default what we inhale is polluted. Our bodies don't get to see or experience what is pure or free from pollution or adulteration.

In the last 25 years, individuals are being exposed to unprecedented levels of synthetic chemicals from various sources in use in day to day life like cosmetic, domestic, horticultural, technological and construction products which are ingested through food or inhaled through various sources.

The effect of stress as a cause of inflammation has been considered in clinical application of allergy. It

has been shown that stress will exacerbate symptoms of asthma in atopic individuals as reported in a paper by Montoro J et al, in Journal Investigative Allergic Clinical Immunology.

All these trends indicate that we need to correct our environment before it's too late. Homeopathy also has an important role to play in treating allergic disorders. Allergy is all about an hypersensitive immune system and homeopathic medicines can bring the immune system to a balanced level and thus prevent various allergic reactions. The literature review by Dr Nidhi in the present issue is a compilation of research studies which demonstrate a positive role of homeopathy in allergic dermatitis. Homeopathy needs more such researches which are done on a bigger platform and done with methodologies which give an unbiased result. Dr Nilesh Mulay's article also discusses two interesting cases doing well on constitutional line of treatment. April issue cannot go without celebrating Dr Hahnemann's birthday. We celebrate master's birth anniversary by publishing two of his cases available in literature. We hope you like the present issue and look forward to receiving your feedback and your experience for further topics. The list of topics for coming months is detailed below.

**Dr Geeta Rani Arora**  
Editor  
geeta@bjain.com

<b>Unbolt Yourself</b>			
<b>Month</b>	<b>Topics</b>	<b>Submission Starts</b>	<b>Last Date of Submission</b>
May 2013	Boennighausen Method of Repertorisation	September 1, 2012	March 20, 2013
June 2013	Calcarea Group	February 7, 2012	April 20, 2013
July 2013	Role of Homeopathy in Psychiatric Disorders	February 7, 2012	May 20, 2013
August 2013	Different Methods of Homeopathic Practice	February 7, 2012	June 20, 2013
September 2013	Importance of Organon in Today's Perspective	February 7, 2012	July 20, 2013
October 2013	Homeopathy and Immunity	February 7, 2012	August 20, 2013
November 2013	Drug Proving in Homeopathy	February 7, 2012	September 20, 2013
December 2013	The Benefits of Repertory Tool in Homeopathy	February 7, 2012	October 20, 2013

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