



## ***Editorial Note***

# **Asthma and allergy in humans life**

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## **EDITORIAL**

Asthma is a long-term inflammatory disease of the airways of the lungs. Allergies, also known as allergic diseases, are a number of conditions caused by hypersensitivity of the immune system to typically harmless substances in the environment.

Allergy is characterized by variable and recurrent symptoms, reversible flow obstruction, and simply triggered bronchospasms. These diseases embody pollinosis, food allergies, atopic eczema, allergic asthma attack, and hypersensitivity reaction. Symptoms could embody red eyes, associated unquiet rash, sneezing, a liquid nose, shortness of breath, or swelling. Food intolerances and sickness are unit separate conditions. Common allergens embody spore and sure foods. Metals and alternative substances may additionally cause issues. Food, insect stings and medications are unit common causes of severe reactions. Their development is thanks to each genetic and environmental factor.

Asthma symptoms embrace episodes of asthmatic, coughing, chest tightness, and shortness of breath. Here might occur many times each day or many times per week. Reckoning on the person, respiratory disease symptoms might deteriorate at the hours of darkness or with exercise. Asthma is thought to be caused by a combination of genetic and environmental factors. Environmental factors include exposure to air pollution and allergens. Other potential triggers include medications such as aspirin and beta blockers. Diagnosis is usually based on the pattern of symptoms, response to therapy over time, and spirometry lung function testing.

The underlying mechanism involves immunoglobulin E antibodies, part of the body's immune system, binding to an allergen and then to a receptor on mast cells or basophils where it triggers the release of inflammatory chemicals such as histamine. Diagnosis is typically based on a person's medical history. Further testing of the skin or blood may be useful in certain cases. Positive tests, however, may not mean there is a significant allergy to the substance in question. Early exposure to potential allergens may be protective. Treatments for allergies include the avoidance of known allergens and the use of medications such as steroids and antihistamines. In severe reactions injectable adrenaline (epinephrine) is recommended.

Asthma is classified according to the frequency of symptoms, forced expiratory volume in one second and peak expiratory flow rate. It may also be classified as atopic or non-atopic, where atopy refers to a predisposition toward developing a type 1 hypersensitivity reaction. There is no cure for asthma. Symptoms can be prevented by avoiding triggers, such as allergens and irritants, and by the use of inhaled corticosteroids.