



## Risk and Effects of Pollen Allergy on Humans

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### DESCRIPTION

Pollen grains are essential for plant growth, but it can cause unpleasant symptoms in people with pollen allergies. During the growing seasons, pollen spreads through the air and fertilizes plants. When people with allergies inhale this pollen, their bodies identify it as a threat, possibly triggering an allergic reaction. The symptoms of pollen allergies are sneezing, itching, and watery eyes. Some treatment options and home remedies that help with pain of allergy.

### Types

There are different types of pollen, which is reason for person's allergy symptoms may be severe while the plant is in bloom, and another person may have worse symptoms while the grass is growing. People can be allergic to the following types of pollen:

- Grass;
- Trees, such as birch, cedar, and oak;
- Weeds, such as ragweed and wormwood.

According to the Asthma and Allergy Foundation of America, grasses are the most common pollen allergens. If a person is not sure what pollen they are allergic to, they can see an allergist. These specialists are called allergists and immunologists. Allergists and immunologists can perform tests to determine which pollen a person is sensitive to. This information is useful because each plant grows at different times of the year. Knowing what pollen a person is allergic to can help them decide when to start taking the medication and the best time to avoid it outdoors. Some people with pollen allergies find that they are also sensitive to certain foods. For example, people who are allergic to birch pollen may also be allergic to raw apples or hazelnuts. Indeed, birch pollen is similar to the proteins found in these foods. A person should talk to their allergist about how a pollen allergy can affect what they eat.

### Symptom

Allergy to STA pollens can cause a runny or stuffy nose. A pollen allergy causes a person to experience many of the following symptoms:

- Itchy or watery eyes;
- Sore throat;
- Have a runny nose;
- Sneezing;
- Stuffy nose;
- Wheeze.

Some people with asthma may also find that pollen allergies make their existing asthma symptoms critical, which can include wheezing and coughing. When a person breathes in pollen, the pollen releases water-soluble proteins on the lining of the respiratory tract. These proteins are usually harmless, but sometimes a person's body recognizes them as harmful substances. The body responds to this perceived threat by creating and releasing substances known as IgE antibodies. These IgE antibodies attach to mast cells in the body, which release histamine. Histamine is the main cause of pollen allergy symptoms.

### Treatment

Nasal sprays can reduce the symptoms of pollen allergies. Medical treatment, home remedies, and lifestyle changes can help ease pollen allergy symptoms.

Treatment for pollen allergies includes:

- Over the counter antihistamines, such as cetirizine (Zyrtec) or loratadine (Claritin). A person should start taking these medications a few weeks before the onset of allergy season;
- Immune tablets or injections to desensitize the body to pollen;
- Nasal sprays are designed to relieve itching and congestion. These include decongestants, which are only a short-term solution to the swelling. Corticosteroid nasal sprays are effective in reducing inflammation and related symptoms in

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the nasal passages. Most treatments only help control allergy symptoms instead of curing;

- Immunotherapy can be helpful in long-term control of allergic diseases, but it can take several years.

### Home remedies

There are many home treatments and preventative measures a person can take to reduce their allergy symptoms. Here are some examples:

Close windows when pollen counts are high. Using a special HEPA filter in the vents of the central air conditioner can help filter pollen from the air system. Change your clothes every time you come home from outside to limit your exposure to pollen. Shower or bathe every night before bed to remove pollen that has accumulated on the skin and hair. Wash bedding in hot, soapy water at least once a week. Many home allergy treatments are available, but research has yet to prove their effectiveness. An example of a home remedy is eating local honey or raw honey. Some natural food experts suggest that consuming local honey can help reduce pollen allergies in the same way as allergy shots.

However, the American College of Allergy, Asthma & Immunology found no studies to confirm that consuming local honey helps reduce allergy symptoms.

### Other home remedies that may help fight pollen allergies

Drinking herbal tea makes from ginkgo, milk thistle, red clover, nettle, or yarrow. These herbal preparations may have anti-inflammatory effects, which may reduce allergy symptoms. Use saline nasal irrigation devices, such as Neti bottles, to clear the nasal passages, using warm water and salt. Take an herbal capsule, such as *Allium cepa* or *Euphrasia*. The home treatments above are not scientifically proven to work, but anecdotal evidence suggests they may help some people.

A pollen allergy is a common but irritating condition. A person may be allergic to certain types of pollen or multiple pollens. An allergist can help them determine which pollens affect them most. Medication and at home treatments are available to reduce symptoms until the pollen season subsides.