



# Underlying Causes, Pharmacological Treatment and Therapeutic Management of Respiratory Allergies

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## DESCRIPTION

The respiratory system is impacted by respiratory allergies. The two main kinds of respiratory allergies are allergic asthma and allergic rhinitis. In contrast to allergic asthma, allergic rhinitis (commonly known as hay fever) causes nasal symptoms and itchy, watery eyes. Even though an allergen is often harmless, allergies are brought on by the immune system mistakenly classifying it as detrimental to the body. When an allergen is inhaled, the immune system responds (allergic reaction). While the general causes of allergies are not fully known, it is hypothesized that frequent exposure to a specific substance may enhance the probability of a respiratory allergy developing.

If people already have one type of allergy or have asthma, their risk of developing or having a respiratory allergy is enhanced. Respiratory allergies are more common in children, though they can occasionally go away. As the name implies respiratory allergies have an effect on the nasal passages and airways of the respiratory system. Hay fever symptoms include a scratchy nose, mouth, throat, and eyes. Congestion, watery eyes, and sneezing eye bags under the eyes, asthma caused by allergies can cause shortness of breath, coughing (particularly at night), wheezing, and other symptoms like chest constriction.

## Medications to treat respiratory allergies

It is well known that in addition to the fundamental, clear, but occasionally challenging rule of "avoid contact with allergens" recommendations offer a wide range of adult treatment options, and there are tables for disease diagnostic classification and control assessment. However, very occasionally are treatments for

infants and for pregnant and nursing women outlined. There are systemic and topical remedies; they can be both therapeutic and preventative, but are typically symptomatic.

The majority of therapeutic preparations currently available fall into one of the following three categories, with medications for reducing inflammation falling into the second category and medications for restoring immunological balance falling into the other two: preparations for allergen-specific immunotherapy, conventional symptomatic medications, and biological treatments that are anti-IgE.

The answers to several of the aforementioned proposals and requests can be found in the field of pharmacological research. This is particularly valid in regards to advancements in device design, device analytical controls, new biomarkers, and new diagnostic procedures. Other useful solutions can be offered by medical professionals and health authorities. Great, foreseeable advantages could be attained, including greater therapy personalization/efficacy, increased adherence, and improved quality of life. However, it is unlikely that these methods will be the sole ones used to recover from disease.

The existing therapeutic approaches, however, which are symptomatic, curative, and frequently just preventive, show the aforementioned clear limits in terms of efficacy and/or side effects. In fact, only two of the known treatments-SIT and anti-IgE-have been demonstrated to be able to stop the progression of these disorders and prevent the development of new allergy sensitization. Anti-IgE therapy appears to work the best, showing an improvement rate of about 50%. However, because anti-IgE is also the more expensive medication, its prescription is constrained.

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**Received:** 03-Oct-2022, Manuscript No. JAT-22-18635; **Editor assigned:** 06-Oct-2022, Pre QC No. JAT-22-18635 (PQ); **Reviewed:** 20-Oct-2022, QC No. JAT-22-18635; **Revised:** 27-Oct-2022, Manuscript No. JAT-22-18635 (R); **Published:** 04-Nov-2022, DOI: 10.35248/2155-6121.22.13.311.

**Citation:** Lenci B (2022) Underlying Causes, Pharmacological Treatment and Therapeutic Management of Respiratory Allergies. J Allergy Ther. 13:311.

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