Allergen Sensitization Pattern In Childhood Asthma In Kathmandu

Mahesh Kumar Gautam

1National Asthma Allergy Center, Lazimpat, Nepal

The Global Health Network

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The prevalence of allergic diseases are increasing globally. With various factors like westernized lifestyle, industrialization, increase cesarean section delivery, unnecessary use of antibiotics in early infancy, poor breast feeding rates etc allergic diseases in children in on the rise in developing country like Nepal. But very rarely we find mention for prevention, proper diagnostic approach and management of allergic diseases in government protocols or guidelines. In fact pediatric society of Nepal has not yet put forward any recommendations in this regard. We did a prospective study of children diagnosed as Bronchial Asthma with allergen sensitization tests performed at National Asthma Allergy Center, Lazimpat, Kathmandu from 1st Jan 2021 to 30th December 2021. A total of 85 children met the criteria (50 males 35 female). Indoor allergens(85%) were predominant allergen in all children irrespective of age, sex and economical background. House Dust Mite (Farinae) was the commonest allergen causing sensitization followed cockroaches, alteneria tenius and artemesia scoparia. Very few children with childhood asthma had food allergen sensitization. Among them egg white and almond were the commonest one showing sensitization. Childhood asthma is predominantly associated with allergen sensitization. House Dust Mite sensitization is the commonest one. Inclusion of environment avoidance measures for House Dust Mite will have huge benefits in controlling childhood asthma. If needed, these children may also be suitable candidate for immunotherapy to stop disease progression. More epidemiological studies in different regions of Nepal (Mountains, Hills and Terai) are required to formulate standard guidelines.