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## Effect of Intake of Multivitamins in Allergy on the Body

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### Abstract

The present study was conducted to access the effect of intake of multivitamins in allergy on the body. Intake of multivitamins before and during allergic attacks was observed. The results of the study conclude that intake of multivitamins have positive effects on the body. Study also concludes that allergic attacks can be cured by taking multivitamins before and during allergic attack. Multivitamin syrups have shown better results instead of taking multivitamins tablets because tablets sometimes have bad effects on digestive system.

**Keywords:** allergy, multivitamins, digestive system

### Introduction

Allergy is a condition, often inherited, in which the immune system of the affected person reacts to something that is either eaten, touched or inhaled that doesn't affect most other people. Allergic reactions can express themselves in any age group. Allergies are common (McConnell et al., 2007) the word "allergy" was first used in 1906 by Clemens von Pirquet. These mostly caused by hypersensitivity of the immune system in the environment (National Institute of Allergy and Infectious Diseases. 2015a)

Allergies usually cause little or no problem to most of the people (McConnell et al., 2007) but these allergic diseases have a significant effect on the emotional and social health of patients and their families. These reactions may affect health badly and may lead to affect the mental and learning abilities of the child's (Johansson et al., 2001).

Symptoms of allergy may include sneezing, runny nose, shortness of breath, red eyes (National Institute of Allergy and Infectious Diseases. 2015a), watery eyes, food intolerance, coughing, troubled stomach (Bahra. 2002; National Institute of Allergy and Infectious Diseases. 2016), asthma, anaphylaxis (National Institute of Allergy and Infectious Diseases. 2015b) dermatitis, skin lesions generally referred to as "atopic diseases" (Johansson et al., 2001).

Management of allergies mostly involved care, avoiding what triggers the allergy and medication to improve the symptoms. These allergic reactions mostly cured by using steroids and antihistamines (Allergy Immunotherapy. 2015), glucocorticoids, mast cell stabilizers, antileukotriene (Frieri. 2015) and adrenaline injections are mostly used to treat the allergic reactions (Simons et al., 2009; Tang et al., 2003)

### Material and methods

Study was conducted in the area of Sargodha city in which dust is a major source of air pollution and dust allergic is becoming a common problem in people. Fifty people (age <30) were selected for the purpose of study from which twenty people were mostly suffering from allergic attacks time to time more commonly and twenty people were allergic patients (Suffered) and ten people were mostly suffering from troubled stomach. Multivitamins syrup and tablets was given to patients.

## Results & Discussion

Results of the recent study showed that taking multivitamins before and after allergic attack can be reduced by taking multivitamins with allergic medicines regularly and improves health, mental and learning in the child's. Study also shows that taking multivitamins in the form of syrup have more better effect on the body especially when patient is already suffering from stomach ulcer while overall continuous intake of multivitamins will lead to increase of body weight. Overall patients were more satisfied in taking multivitamins but in the form of syrup instead of tablets.

Earlier studies investigate that healthy people with good nutrition have no need of taking multivitamins (Goran *et al.*, 2012; National institute of health. 2012) while people with poor nutrition or at high risk of macular degeneration have benefits of taking multivitamins (Heang *et al.*, 2006) but mostly people with older age and pregnant women's take additional multivitamins with their diet to maintain their health (Mayo clinic staff. 2014; National health care. 2014). Overdose of multivitamins may also lead to severe complications and cause toxicity, mainly iron which is very dangerous to children's (Cheny *et al.*, 1995) but toxicity of multivitamins is very rare (Linakis *et al.*, 1992).

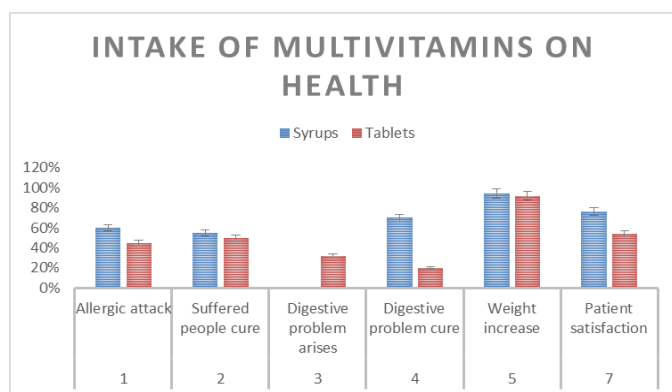


Fig. 1: Intake of multivitamins on health

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