

## Book Review 'Allergies and Health Problems'

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### Introduction

Written by Puan Amina Haji Noor, this book provides guidance for people wishing to overcome allergic disorders in their body. Keeping sacred food and no side effects on your body is very important. Because of the food being meat blood and the formation of strong body structure. If the food consists of halal material and does not bring harm to physical growth then all soul and body will feel peace. A clean environment as well as an object that does not cause an allergy to a person is also a major factor in preventing allergic. If all the aspects that can cause health problems can be avoided, then between the spiritual development and the growth of the body is balanced. Identify allergic and allergic causes that can interfere with optimum health. The mechanisms associated with allergic are not easy to understand. What we know today is the result of knowledge that grew over 100 years ago, though there is still much to learn. The modern basis of allergic knowledge begins with a thoughtful deduction made by a Manchester physicist named Charles Harrison Blackley towards the end of the 19th century.

As often happens, Charles Blackley's relationship to this subject stems from the fact that he himself has an allergic rash and asthma and he makes himself a test piece. He found himself beginning to sneeze and grabbed him when he walked into his reading room where there was fresh grass in the pot. We understand more about allergic as a result of the research of another physician, Heinz Kusmer who is also suffering from an allergic illness. He's allergic to fish. His lips and tongue will become swollen if he eats fish. He and his colleague, Carl Prausnitz in the 1920s, investigated the matter further. The main proteins present in blood and tissue fluids are called antibodies protecting us from destructive organisms have been identified and recognized. It consists of three main groups, called immunoglobulin C (IgC) immunoglobulin M (IgM) and immunoglobulin A (IgA). However none of these antibodies may transfer allergic to non-allergic people in the manner described by Prausnitz and Kustner. The

next big contribution to our understanding of allergic is made by the Japanese. About 20 years ago, Dr. Ishizaka, working in the United States, discovered a delicate mark of the fourth group of immunoglobins in the blood that could allergic move. This antibody group is now called immunoglobulin E (IgE). Basically, such as another immunoglobulin, one end of the protein molecule will be specifically and exclusively affiliated with a type of protein found in the allergenic material in contact with it. IgW however is found to be slightly different from other immunoglobulin groups because it has an excessive portion of the opposite end which causes it to attach strongly to two interlinked cells, one in the blood called basophil, and the other on the surface layer body called mast cells. The cell was first discovered in the late 19th century by a German physician Paul Ehrlich. He explains the main properties of this cell that is covered by granules as we know that these granules contain strong chemicals, especially histamine.

Histamine was first discovered in 1910 by an Oxford scientist Henry Dale. He shows that this material shrinks certain muscles on the body but relaxes the other. It has no effect on the muscle we use to move our limbs, but will shrink the gastrointestinal tract muscles and around the air cavity in the lungs. Muscle contractions around the lung air cavity will narrow the air cavity and cause asthma attacks. Histamine is found to have an opposite effect on the muscle that forms the blood vessel wall; when injected into human skin it causes the enlargement of the blood vessels and can be seen as growing red sputum. It arises with white bubbles called the bumps caused by the fluid passage through the wall of the leaked blood vessels due to histamine. Histamine is not the only chemical released from the mast cell, it contains other substances that have a strong effect on the wall of the blood vessels, the muscles in the lungs and the withdrawal of cells into the parts that have an allergic reaction [1].

### References

1. Pn. Amina Haji Noor. Allergic & Health Problems. Batu Caves: Ilmi Library. 2000.