

# Contents

## SECTION 1: IMMUNE-PATHOPHYSIOLOGY

- 1. Development of Human Immune System** 3  
*Saibal Moitra, Shambo S Samajdar, Swapna Chaudhuri*
- 2. Innate and Adaptive Immune System** 8  
*Mahak Masoodi, Afaq H Beigh, Roohi Rasool, Taha Ashraf Quraishi,  
Shahid M Baba, Fizalah Kawoosa, Ayaz Gull, Tabasum Shafi, Gowhar Malik*
- 3. Immune Effector Mechanisms** 18  
*Sanjoy Podder, Arghya Laha, Saibal Moitra*
- 4. Inborn Errors of Immunity** 31  
*Swati Bhayana, Manas Kalra, Anupam Sachdeva*
- 5. Allergy Evolution** 41  
*Richa Thukral*
- 6. Allergy Pathophysiology** 54  
*Fizalah Kawoosa, Ayaz Gull, Gowhar ul Haq, Tabasum Shafi, Roohi Rasool*
- 7. Microbiota and Allergy** 81  
*Ta Le Duc Huy, Bee Wah Lee, Hugo Van Bever*
- 8. Allergic March** 90  
*Hugo Van Bever*

## SECTION 2: CLINICAL AEROBIOLOGY

- 9. Terminology and Clinical Relevance** 99  
*Saibal Moitra, Kavitha B*
- 10. Principles of Aerobiology** 101  
*Divya Verma*
- 11. Sampling Techniques** 105  
*Divya Verma*
- 12. Pollen Grains** 114  
*Divya Verma*

<b>13. Fungal Spores</b>	<b>142</b>
<i>Jacob N Abraham</i>	
<b>14. Eco-floristic Surveys and Pollen Calendar</b>	<b>150</b>
<i>Divya Verma</i>	
<b>15. House Dust Mite</b>	<b>156</b>
<i>Dhanesh Volvoikar</i>	
<b>16. Cockroach</b>	<b>163</b>
<i>Nayan Mani Deka</i>	
<b>17. Animal Dander</b>	<b>168</b>
<i>Nayan Mani Deka</i>	
<b>18. Preparation and Standardization of Allergenic Extracts</b>	<b>174</b>
<i>AB Singh, Pawan Kumar Gaba</i>	

### SECTION 3: RESPIRATORY ALLERGIES

<b>19. Anatomy and Physiology of Nose and Paranasal Sinuses</b>	<b>181</b>
<i>Gayatri S Pandit</i>	
<b>20. Rhinitis</b>	<b>185</b>
<i>Gayatri S Pandit</i>	
<b>21. Sinusitis</b>	<b>193</b>
<i>Gayatri S Pandit</i>	
<b>22. Tonsillitis</b>	<b>206</b>
<i>Shweta Gogia</i>	
<b>23. Otitis Media</b>	<b>213</b>
<i>Shweta Gogia</i>	
<b>24. Under-5 Wheeze</b>	<b>222</b>
<i>Hema Mittal</i>	
<b>25. Asthma Pathophysiology</b>	<b>228</b>
<i>Hema Mittal</i>	
<b>26. Asthma: When to Suspect and How to Diagnose?</b>	<b>234</b>
<i>Parmarth Chandane, Atul Rane</i>	
<b>27. Management of Chronic Asthma</b>	<b>242</b>
<i>Mahesh Babu</i>	

<b>28. Difficult and Severe Asthma</b>	<b>248</b>
<i>Andrew Bush</i>	
<b>29. Exercise-induced Bronchoconstriction</b>	<b>257</b>
<i>Sarika Gupta</i>	
<b>30. Allergic Bronchopulmonary Aspergillosis</b>	<b>259</b>
<i>Meenu Singh</i>	
<b>31. Asthma–Chronic Obstructive Pulmonary Disease Overlap</b>	<b>267</b>
<i>Amit Dhamija, Abhinav Guliani</i>	
<b>32. Occupational Asthma</b>	<b>271</b>
<i>Barnali Bhattacharya</i>	
<b>33. Hypersensitivity Pneumonitis</b>	<b>277</b>
<i>Ilin Kinimi, Supriya Shinde</i>	

#### SECTION 4: GASTROINTESTINAL ALLERGIES

<b>34. Adverse Reactions to Foods</b>	<b>285</b>
<i>Sowmya Nagarajan</i>	
<b>35. Milk Allergy</b>	<b>292</b>
<i>Sai R Nimmagadda, Shruti Sehgal, Ruchi S Gupta</i>	
<b>36. Cracking the Egg: An Insight into Egg Allergy</b>	<b>302</b>
<i>Sai R Nimmagadda, Shruti Sehgal, Ruchi S Gupta</i>	
<b>37. Peanut Allergy</b>	<b>312</b>
<i>Mala Raman</i>	
<b>38. Our Current Understanding of Tree Nut Allergies</b>	<b>330</b>
<i>Varun Shankavarum, Ruchi S Gupta, Sai R Nimmagadda</i>	
<b>39. Fish and Shellfish Allergy</b>	<b>339</b>
<i>Priyanka Dadha, Shruti Sehgal, Ruchi S Gupta, Sai R Nimmagadda</i>	
<b>40. Oral Allergy Syndrome</b>	<b>351</b>
<i>Sowmya Nagarajan</i>	
<b>41. Effects of Food Processing and Food Additives</b>	<b>354</b>
<i>Sowmya Nagarajan</i>	
<b>42. Eosinophilic Gastrointestinal Disorders</b>	<b>358</b>
<i>Suresh Natarajan, Vinay Mehta</i>	

**SECTION 5: DERMATOLOGICAL ALLERGIES**

- 43. Atopic Dermatitis** **365**  
*Shirin Bakshi, Shilpa Garg*
- 44. Chronic Dermatitis** **373**  
*Arunachalam Narayanan, Neetu Bhari*
- 45. Chronic Urticaria and Angioedema** **378**  
*Vinay Mehta, Suresh Natarajan*

**SECTION 6: EXTENDED ALLERGY SPECTRUM**

- 46. Adverse Drug Reactions** **387**  
*Saad Alshareef, Mohamed Omar, Mamidipudi Thirumala Krishna*
- 47. Insect Venom Hypersensitivity** **396**  
*S Narmada Ashok*
- 48. Ocular Allergies** **408**  
*Faye Yu Ci Ng, Chris Hong Long Lim, Ray Manotosh*
- 49. Latex Allergy** **416**  
*Kavita Yadav, Neeraj Gupta*
- 50. Silk Allergy** **422**  
*Vikram Patra*
- 51. Mast Cell Disorders** **429**  
*Saibal Moitra, Dipan Saha, Shambo S Samajdar*

**SECTION 7: ALLERGY DIAGNOSTICS**

- 52. Clinical Assessment** **435**  
*Krishna Mohan R, Sinchana Bhat*
- 53. In Vitro Tests** **440**  
*Shambo S Samajdar, Saibal Moitra*
- 54. Allergy In Vivo Skin Tests** **444**  
*Arunachalam Narayanan, Neetu Bhari, Dinesh Naik*
- 55. Provocation Tests** **462**  
*Sowmya Nagarajan*

<b>56. Structural Assessment</b>	<b>466</b>
<i>KR Bharath Kumar Reddy, Nagarjun N</i>	
<b>57. Functional Assessment</b>	<b>475</b>
<i>Parmarth Chandane, Atul Rane, Alpa Bhosale</i>	
<b>58. Radiological Assessment</b>	<b>500</b>
<i>Shelly Sharma, KK Saxena, Swapnil Sheth, Aastha Kushwaha, Saumya Gupta, Samarjit Ghuman, TBS Buxi</i>	
<b>59. Inflammatory Assessment</b>	<b>516</b>
<i>Neha Rao, Balachandra BV</i>	
<b>60. Polysomnography</b>	<b>519</b>
<i>KR Bharath Kumar Reddy, Nagarjun N</i>	

## SECTION 8: ALLERGY PHARMACOTHERAPY

<b>61. Steroids in Allergy Practice</b>	<b>527</b>
<i>Soundarya Mahalingam</i>	
<b>62. Bronchodilators</b>	<b>533</b>
<i>Manisha Bisht, Tina Nirwani Goel</i>	
<b>63. Aerosol Delivery Devices</b>	<b>541</b>
<i>Ritika Goyal</i>	
<b>64. Antihistamines</b>	<b>547</b>
<i>Soundarya Mahalingam</i>	
<b>65. Anticholinergics</b>	<b>552</b>
<i>S Narmada Ashok</i>	
<b>66. Decongestants</b>	<b>556</b>
<i>Tina Nirwani Goel</i>	
<b>67. Nasal Drug Delivery</b>	<b>560</b>
<i>Tina Nirwani Goel</i>	
<b>68. Leukotriene Receptor Antagonists and Mast Cell Stabilizers</b>	<b>566</b>
<i>Tina Nirwani Goel, Manisha Bisht</i>	
<b>69. Biological Therapies</b>	<b>570</b>
<i>Vikram Patra</i>	

**SECTION 9: PREVENTIVE AND CURATIVE THERAPY**

- |   |            |
|---|------------|
| <b>70. Preventive Measures for Allergies</b>                  | <b>583</b> |
| <i>Sinchana Bhat</i>  |            |
| <b>71. Immunological Mechanisms of Allergen Immunotherapy</b> | <b>589</b> |
| <i>MV Greeshma, PA Mahesh</i>                                 |            |
| <b>72. Subcutaneous Immunotherapy</b>                         | <b>596</b> |
| <i>Mohammed Kaleem Ullah, PA Mahesh</i>                       |            |
| <b>73. Sublingual Immunotherapy</b>                           | <b>614</b> |
| <i>MV Greeshma, PA Mahesh</i>                                 |            |
| <b>74. Novel Methods of Allergen Immunotherapy</b>            | <b>618</b> |
| <i>Mohammed Kaleem Ullah, PA Mahesh</i>                       |            |

**SECTION 10: COMPLEMENTARY AND ALTERNATIVE MEDICINE**

- |   |            |
|---|------------|
| <b>75. Yoga: A Mind-body Approach</b>         | <b>627</b> |
| <i>Ramesh Chandra</i>                         |            |
| <b>76. Homeopathy Outlook</b>                 | <b>637</b> |
| <i>M Shahid, Kamal Puri, Saurav Arora</i>     |            |
| <b>77. Ayurveda Perspective</b>               | <b>642</b> |
| <i>Kashinath G Metri</i>                      |            |
| <b>78. Acupuncture</b>                        | <b>650</b> |
| <i>Raman Kapur, Sunita Kapur, Sahil Kapur</i> |            |

**SECTION 11: EMERGENCIES IN ALLERGY PRACTICE**

- |                                     |            |
|-------------------------------------|------------|
| <b>79. Anaphylaxis</b>              | <b>663</b> |
| <i>Mala Raman</i>                   |            |
| <b>80. Asthma Exacerbations</b>     | <b>674</b> |
| <i>Mukul Pandey</i>                 |            |
| <b>81. Oxygen Delivery Devices</b>  | <b>684</b> |
| <i>Abdul Rauf KK, Arunima Ashok</i> |            |

- 82. Acute Urticaria** **693**  
*Hima Mathews P*
- 83. Severe Cutaneous Adverse Reactions** **699**  
*Sanjeev Vaishampayan, Nikhita Sawhney, Shivani Bhardwaj*

## SECTION 12: EXPANDING THE ALLERGY HORIZON

- 84. Pollution and Allergies** **707**  
*Barnali Bhattacharya*
- 85. Allergic Diseases in Pregnancy** **716**  
*Neelu Kalra*
- 86. Respiratory Viral Infections and Allergy** **731**  
*Neelu Kalra*
- 87. Genetic Disorders and Allergies** **738**  
*Veronica Arora*
- 88. Other Associations of Allergy** **745**  
*Soundarya Mahalingam*
- 89. Genomic Studies in Allergy** **750**  
*Shambo S Samajdar, Saibal Moitra*
- 90. Vaccination in an Allergic Patient** **757**  
*Neeraj Gupta*

## SECTION 13: CLINICIAN PERSPECTIVE

- 91. Dilemmas in Allergy Practice** **765**  
*Veena Singh Gupta*
- 92. Do's and Dont's in Office** **808**  
*Krishna Mohan R*
- 93. Ethical and Medicolegal Issues** **814**  
*Dhanesh Volvoikar*

**SECTION 14: RESEARCH IN ALLERGY**

- |   |            |
|---|------------|
| <b>94. Basic Research Methodology</b>         | <b>821</b> |
| <i>Manoj Modi</i>                             |            |
| <b>95. Biostatistics at a Glance</b>          | <b>827</b> |
| <i>Bharat Mehra</i>                           |            |
| <b>96. Presentation of Scientific Content</b> | <b>836</b> |
| <i>Vernika Tyagi, Aashima Dabas</i>           |            |

**SECTION 15: MAPPING THE TIME**

- |  |            |
|--|------------|
| <b>97. Status of Allergy in India</b>          | <b>845</b> |
| <i>Pudupakkam K Vedanthan, Krishna Mohan R</i> |            |
| <b>98. Can We Afford Allergy?</b>              | <b>850</b> |
| <i>Neeraj Gupta, Sowmya Nagarajan</i>          |            |
| <b>99. Chronobiology of Allergies</b>          | <b>852</b> |
| <i>Pudupakkam K Vedanthan</i>                  |            |
| <b>100. The Way Forward</b>                    | <b>858</b> |
| <i>Neeraj Gupta</i>                            |            |
| <b>Self-Assessment</b>                         | <b>871</b> |
| <b>Index</b>                                   | <b>887</b> |