

Class-VII Subject: Biology
Chapter-7 Allergy
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Good Morning Children! This lesson is of Class-VII for the subject of Biology, Chapter-7, Allergy of your textbook Concise Biology, Selina Publishers. It is being submitted to you on 23.12.2024

In the last topic, we discussed about concept of allergy, entry routes of allergens and symptoms of allergies.

Today, we are going to discuss about common allergic reactions and precautions taken to avoid allergic reactions.

Some Common Allergic Reactions:-

- 1.7 Hay fever: It is usually caused by a reaction to pollen, and is therefore particularly common when flowers are open. Many people suffer from it. The lining of the nasal cavity becomes sensitive and inflamed. The eyes become itchy, sore and weepy.

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- 2.) Asthma: The muscles in the walls of the bronchioles contract, so the tubes get narrower. This makes it difficult for a person to breathe because of which he/she wheezes. Asthma can be treated with drugs which make the bronchial muscles relax, so the tubes widen allowing air to be breathed in and out of the lungs more easily.
- 3.) Hives:- It is an outbreak of swollen, pale red bumps or patches on the skin that appear suddenly due to an allergic reaction to certain allergens like medicines or food.
- 4.) Anaphylaxis: It is a serious life-threatening allergic reaction. The airways like trachea and bronchi narrow down, the throat swells, which can lead to stoppage of breathing. These reactions occur very fast. The symptoms can get severe within a few minutes.

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to an hour of exposure to the allergen.

• Precautions to be taken by a person prone to allergies

1.7 Avoidance of allergen: The most effective way to prevent an allergy is to avoid the allergen that causes the reaction, if possible. One should avoid dust mites, prevent pet allergies, mould allergies, food allergies and pollen allergies.

2.7 Medicines: A number of medicines are available, which help to control the symptoms of allergic reactions. Antihistamines, decongestants, moisturising creams and steroid medications should be used.

Now students, I am going to ask you few fill ups on what you have learnt today.

1.7 _____ of an allergen is the best way to prevent allergy.

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2.) _____ help in clearing a blocked nose.

3.) Pollen grains cause _____ fever.

4.) _____ is a serious life-threatening allergic reaction.

The answers to above fill ups are:-

1.) Avoidance 2.) Nasal spray/decongestants
3.) hay 4.) Anaphylaxis.

With this, I am ending today's lesson.
You must go through the same
topic from your textbook from
page 68 to 69.

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