

POSSES ANTI ALLERGIC PROPERTIES

Those with allergy problems should gulp down copious amounts of sappan wood water. Studies have shown that the compounds in sappan wood, especially sappan chalcone has powerful anti-allergic properties.

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An allergy is an immune system response to a foreign substance that's not typically harmful to your body. These foreign substances are called allergens. They can include certain foods, pollen, or pet dander.

Your immune system's job is to keep you healthy by fighting harmful pathogens. It does this by attacking anything it thinks could put your body in danger. Depending on the allergen, this response may involve inflammation, sneezing, or a host of other symptoms.

Your immune system normally adjusts to your environment. For example, when your body encounters something like pet dander, it should realize it's harmless. In people with dander allergies, the immune system perceives it as an outside invader threatening the body and attacks it.

Allergies are common.

Some studies suggest that the dichloromethane extract of the roots and heartwood of *Caesalpinia sappan* exhibited potent inhibitory activity against β -hexosaminidase release as marker of degranulation in eukaryotic basophilic leukemic (RBL-2H3) cells, with inhibition of 98.7% and 87.5% at concentration of 100 μ g/ml, respectively.

The investigations in this experiment suggests that sappanchalcone possessed the most potent effect against allergic reaction in RBL-2H3 cells with an inhibitory concentration (IC50) value of 7.6 μ M, followed by 3-deoxysappanchalcone (1, IC50 = 15.3 μ M).

It has been seen that because of vicinal hydroxylation at B-ring of chalcone conferred higher activity than one hydroxylation and for homoisoflavone, the hydroxyl groups at C-3 and C-4 positions decreased the activity. This is the first report of *C. sappan* for anti-allergic activity.

Thus , this experimental studies have shown a relationship between chalcones present in sappan wood and its anti allergic properties . Consumption of sappan wood drink on prolonged periods can help to prevent allergies .

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