



Dr. Bakshi's
Advance
Diagnostics

Your Path to Informed Health Decisions

Histamine: Overview and Importance

Histamine is a naturally occurring organic nitrogenous compound derived from the amino acid histidine. It plays a vital role in various physiological processes, particularly in immune responses, digestion, and the nervous system. Histamine is primarily stored in mast cells and basophils—types of immune cells—and is released in response to specific triggers, such as allergens or tissue injury.

While histamine is essential for health, disruptions in its regulation or impaired breakdown can lead to its accumulation, resulting in uncomfortable symptoms—a condition known as Histamine Intolerance. This imbalance can contribute to allergic reactions and other health issues. Understanding and managing histamine levels can significantly improve overall health and well-being, especially for individuals with sensitivities or allergies.

Histamine Intolerance (HIT)

Histamine Intolerance is a non-IgE-mediated adverse reaction caused by an imbalance between dietary histamine intake and the body's capacity to degrade it. The primary enzyme responsible for breaking down histamine in the gut is Diamine Oxidase (DAO).

When DAO activity is reduced—due to genetic factors, medications, or pathological conditions—ingested histamine may accumulate, leading to a wide range of symptoms:



Gastrointestinal Symptoms:

- Bloating
- Abdominal cramps
- Diarrhea
- Nausea

Dermatological Symptoms:

- Flushing
- Itching
- Eczema
- Urticaria (hives)

Neurological / General Symptoms:

- Headache / Migraine
- Fatigue
- Dizziness
- Sleep disturbances

Respiratory & Cardiovascular Symptoms:

- Nasal congestion
- Palpitations
- Low blood pressure

Unlike classical food allergies, histamine intolerance often presents with nonspecific and multisystemic symptoms, making diagnosis challenging without specific testing.



How the DAO Blood Test Works

DBAD offers a blood-based Diamine Oxidase (DAO) enzyme test to evaluate the body's capacity for histamine degradation.

Methodology:

- Enzyme activity is measured from a serum sample.
- Results are reported quantitatively in U/mL.
- Interpretation is based on established international reference ranges.

Clinical Utility:

- Supports the differential diagnosis of unexplained gastrointestinal, dermatological, and neurological symptoms.
- Helps distinguish histamine intolerance from food allergies, mast cell activation syndromes, or other food intolerances.
- Guides personalized dietary and therapeutic interventions aimed at reducing histamine load or enhancing enzyme activity.

Benefits of DAO Testing



Objective Diagnosis

Provides biochemical evidence of impaired histamine degradation capacity.



Differential Clarity

Helps differentiate histamine intolerance from IgE-mediated allergies or other conditions.



Personalized Care

Enables physicians to recommend targeted dietary modifications or enzyme supplementation.



Improved Patient Outcomes

Facilitates symptom resolution and better adherence to treatment plans based on measurable data.



Histamine Intolerance Test is Proprietary of R-Biopharm, Germany and the tests are performed at CTL Laboratory in Germany.

Brought to India by



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