

HISTAMINE IN WHOLE BLOOD

Histamine is a chemical messenger that mediates a wide range of cellular responses, including allergic and inflammatory reactions, gastric acid secretion and possibly neurotransmission in parts of the brain. Histamine is a powerful vasodilator. It is formed of histidine and secreted by mast cells as a result of allergic reactions or trauma.¹

Pfeiffer has identified three main biotypes among schizophrenic patients around the histamine axis with biochemical abnormalities which are also seen among the population at large:^{3,4,5}

- Patients with low blood histamin (histapenia; about 50%): these paranoid and hallucinatory patients are low in serum folate and high in creatine phosphokinase (CPK), serum copper and ceruloplasmin. The patients sensitive to wheat gluten represent a special group of the histapenic patients.
- The high histamine group (histadelia; about 20%) has suicidal depression. The blood histamine is contained in the basophils, so they frequently have high basophil counts. Their serum copper is low or normal.
- The persons with pyroluria (30-40%) are normal in histamine and normal in trace elements except for those who are low in serum zinc. The mauve factor in their urine depletes them of zinc and pyridoxine (B6). Their insight and affect are usually better than of other schizophrenic types

Low histamine and high histamine are not necessarily pathological conditions but help define the three main biotypes outlined above, which may be associated with conditions amenable to dietary or other treatment.

TEST INDICATIONS

- Allergy
- Paranoia and hallucination
- Suicidal depression
- Schizophrenia
- Stress

COMPLEMENTARY TESTS

- Kryptopyrrol (Mauve factor) in urine:
- Vitamins in blood
- Elements/toxical elements in blood
- Amino acids in urine (esp methionine and histidine).
- Food allergy IgE/IgG4 panel

LITERATURE

1. Pamala C. Champe, Ph.D and Richard A. Harvey, PhD: Lippincott's Illustrated Reviews: Biochemistry 2nd edition. J.B. Lippincott Company, Philadelphia, 1987.
2. Pfeiffer C.C., Braverman E.R: Folic acid and vitamin B12 therapy for the low-histamine, high-copper biotype or schizophrenia. Folic acid in psychiatry and internal medicine, p.43. Raven Press, New York 1979.
3. Pfeiffer C.C. Blood histamine, basophil counts and trace elements in the schizophrenias. Rev. Can. Biol. vol 31 suppl. printemps 1972, p.73-76.
4. Pfeiffer C.C., Mental and elemental nutrients. A Brain Bio Book. Keats Publishing, inc. New Canaan, Connecticut, 1975.

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