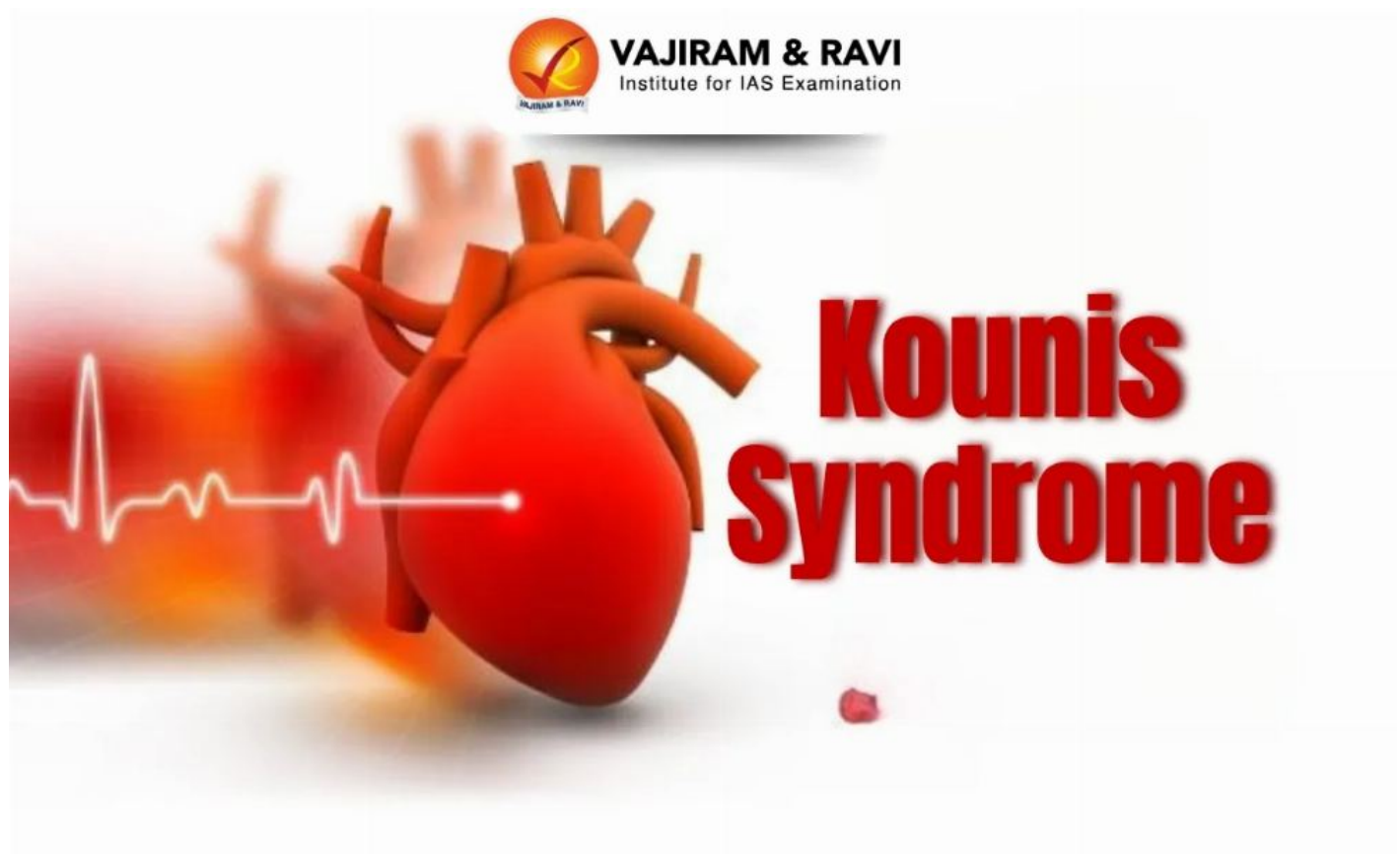


Kounis Syndrome

June 23, 2025 • vajiramandravi.com



Kounis Syndrome Latest News

Recently, a prominent Indian industrialist died due to bee sting which raised questions about rare allergic reactions named Kounis Syndrome and sudden heart attacks in healthy adults.

About Kounis Syndrome

- It is a rare medical condition where an **allergic reaction triggers a heart problem.**
- It is classified as a form of **acute coronary syndrome (ACS)**—a term typically used for conditions like heart attacks—brought on by an allergic or hypersensitivity response.
- It is sometimes referred to as **allergic angina or allergic myocardial infarction.**
- It occurs when a person is exposed to a trigger—such as an **insect sting, drug, or food**—the body's immune system **activates mast cells**, which release chemicals including **histamine and cytokines.**
- These substances cause sudden spasm or tightening of coronary arteries, may rupture or erode existing plaque, worsening any blockages and reduce blood flow to the heart, **leading to ischemia** (lack of oxygen) or infarction (tissue death).

- **Symptoms:** Chest pain, Rash, hives, or swelling (angioedema), shortness of breath or wheezing, low blood pressure, ECG changes such as ST-segment elevation or depression

Types of Kounis Syndrome

- **Type I:** Occurs in individuals with **normal coronary arteries**. The allergic reaction causes **spasms, reducing blood flow** and potentially leading to a heart attack.
- **Type II:** Affects those with **existing coronary disease**. The allergic reaction **destabilises plaques**, causing rupture and a full heart attack.
- **Type III:** Seen in patients with **coronary stents**. The allergic response may lead to clot formation within the stent.

What can Trigger it?

- **Insect stings** or bites (such as bees and wasps)
- **Certain medications**, particularly antibiotics and NSAIDs (painkillers)
- **Foods**, such as shellfish, nuts, or kiwi
- **Environmental allergens** such as latex or contrast dyes
- **Underlying health conditions** like mastocytosis (a disorder involving excess mast cells)

Treatment for Kounis Syndrome

- **For the allergic reaction:** antihistamines, corticosteroids, and sometimes epinephrine is given
- **For the heart:** standard cardiac care like oxygen, nitrates, and blood thinners

Source: **FE**

Source: <https://vajiramandravi.com/current-affairs/kounis-syndrome/>

© Vajiram & Ravi. For personal use only.