

## Pollen Calendar

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- Department of Community Medicine and School of Public Health, Post Graduation Institute of Medical Education and Research (PGIMER), Chandigarh examined the seasonal periodicities of airborne pollen spectrum and developed the first Pollen Calendar for Chandigarh city.
- It can identify potential allergy triggers and provide a clear understanding for clinicians as well as allergy sufferers about their causes to help limit their exposure during high pollen loads.
- About 20-30% of the population suffers from allergic rhinitis/hay fever in India, and approximately 15% develop asthma. Pollens are considered major outdoor airborne allergens responsible for allergic rhinitis, asthma, and atopic dermatitis in humans.
- Pollen calendars represent the time dynamics of airborne pollen taxa in graphical form in a particular geographical area. They yield readily accessible visual details about various airborne pollen taxa present throughout the year, with their seasonality in a single picture. Pollen calendars are location-specific, with concentrations closely related to locally distributed flora.

