

ABSTRACT

Title : A Randomized Prospective Open Label Comparative Study Of Olopatadine With Sodium Cromoglycate In Allergic Conjunctivitis

Background:

Allergic conjunctivitis is the second most common cause of ocular morbidity in India and it accounts about 20% of cases attending ophthalmology clinics. Ocular itching and nasal symptoms adversely affect the quality of life of patients.

Aim

To compare the efficacy and tolerability of 0.2% olopatadine hydrochloride once daily with 2% sodium cromoglycate four times daily in allergic conjunctivitis

Materials and Method

After obtaining written informed consent, 120 patients who satisfy the eligibility criteria were enrolled into the study. Participants were randomly allocated into 2 groups; one receiving olopatadine hydrochloride 0.2% ophthalmic solution OD and the other sodium cromoglycate 2% ophthalmic solution QID for 4 weeks. Patient's ocular signs and symptoms assessment were done by a 4-point scale at the end of 2nd, 3rd and 4th week. Adverse events, if any will be noted during the study and patients will be followed up to two weeks.

Results :

Change from baseline itching score were 2.5 in olopatadine group compared to 2.2 in sodium cromoglycate group(P value-0.006) during 4th week. Change from baseline redness score were 2.36 in olopatadine group compared to sodium cromoglycate group is 1.96(P value0.002) during 4th week. Both treatments show reduction of signs and symptoms scores(p value<0.001). No treatment related adverse effects noted during study.

Conclusion :

Both 0.2%olopatadine and 2% sodium cromoglycate are effective in treating allergic conjunctivitis. 0.2%olopatadine once daily shows better reduction of itching and redness score during 4th week than 2% sodium cromoglycate. Both drugs are safe and well tolerated.

Key Words: Olopatadine, Sodium Cromoglycate. Allergic Conjunctivitis.