

ABSTRACT

Title: A PROSPECTIVE RANDOMIZED OPEN LABEL COMPARATIVE STUDY OF MONTELUKAST AND RANITIDINE AS AN ADD ON THERAPY TO CETIRIZINE IN CHRONIC URTICARIA

Background:

Chronic urticaria is a highly distressing disease affecting a person's life quality. In most cases, monotherapy fails. Hence, combinations of antihistamines with montelukast, H2blockers, ciclosporin, dapson, omalizumab are used with varying results.

Aim:

To assess the efficacy and safety of the combination therapy of Montelukast and Cetirizine with Ranitidine and Cetirizine in chronic urticaria patients.

Methodology:

Hundred patients were recruited, randomized and medications were given to group A (Cetirizine+ Montelukast) and group B (Cetirizine+Ranitidine). Complete history, clinical examination and laboratory investigations were done at the beginning of the study. Patients were educated to keep a daily record of Urticaria Activity Score(UAS7) over seven consecutive days in a descriptive chart. Review of patient's UAS7 record and clinical examination were done at every weekend. Sum of score at the end of every week for 4 weeks were calculated and recorded.

Results:

The mean weekly UAS in group A were 18.67, 10.07, 4.65, 1.74 and in group B were 27.77, 19.38, 13.68 and 8.04 respectively. Significant difference in symptom reduction between group A and group B was found to be favouring group A. The mean total UAS in group A was 35.13, group B is 68.87 (p< 0.001).

Conclusion:

Montelukast seems to be a promising medication as add-on therapy to Cetirizine both in the aspect of efficacy and safety in patients affected by chronic urticaria.

Keywords: chronic urticaria, cetirizine, montelukast, ranitidine