

Effectiveness and Safety of Levocetirizine for the Management of Urticaria

Sanjeev S. Patil¹, Punkesh Kumar², Tushar Shinde³, Savita Agarwal⁴, G Revanth⁵

¹Skin Shine Clinic, Bijapur, Karnataka, India, ²Advance Skin Clinic, Patna, Bihar, India, ³Dr. Shinde Skin Clinic, Pune, Maharashtra, India, ⁴SA Skin Care, Jaipur, Rajasthan, India, ⁵Heera Skin and Hair Clinic, Hyderabad, Telangana, India

Abstract

Urticaria, commonly referred to as hives, is a skin condition characterized by itchy, raised welts that can vary in size and shape, often triggered by the release of histamine and inflammatory mediators. It can be acute, lasting <6 weeks or chronic, lasting longer. Treatment options include antihistamines, corticosteroids, and immunotherapy. Antihistamines, such as levocetirizine, effectively block the action of histamine and have been shown to alleviate symptoms in chronic urticaria. Clinical studies have reported improved efficacy of levocetirizine in chronic idiopathic urticaria and highlighted its potency compared to other antihistamines. Furthermore, levocetirizine has also demonstrated improved quality of life and symptom reduction in patients with chronic urticaria. This paper discusses the role of levocetirizine in optimizing urticaria treatment and the clinical expertise of different physicians on levocetirizine use in chronic urticaria patients.

Key words: Acute urticaria, Allergic responses, Antihistamines, Chronic urticaria, Immunotherapy, Levocetirizine, Levocetirizine, Urticaria

URTICARIA AND THE GLOBAL PREVALENCE

Urticaria, commonly known as hives, is a dermatological condition characterized by the sudden appearance of itchy, raised welts on the skin, often accompanied by redness. These wheals can vary in size and shape and may merge to form larger areas of swelling.^[1] These symptoms can last for <24 h (wheals) to 72 h (angioedema).^[2] Urticaria is frequently triggered by the release of histamine and other inflammatory mediators in response to allergens, infections, medications, or other factors.^[3]

Urticaria can be acute or chronic. Acute urticaria usually lasts <6 weeks, while chronic urticaria lasts for >6 weeks. Severe urticaria is a type of chronic urticaria that is characterized by large, itchy hives that can last for several days or weeks.^[2] Urticaria is a widespread condition, affecting people of all ages and backgrounds. According

to Godse *et al.*, chronic urticaria (CU) affects approximately 0.5–1% of the world population. It is more common in young people and middle-aged women, and also in the case of 25–75% of patients, the duration is >1 year.^[2]

TREATMENT OPTIONS IN URTICARIA

The current standard treatments for severe urticaria include antihistamines, corticosteroids, and immunotherapy. Among these, corticosteroids have better effectiveness than antihistamines. They are typically used to treat severe urticaria that does not respond to antihistamines alone. Immunotherapy is done when the patient does not respond to conventional treatments such as antihistamines.^[1] Antihistamines are the first-line treatment for urticaria. They work by blocking the effects of histamine, a chemical that is released by the body in response to an allergic reaction. Antihistamines such as cetirizine and levocetirizine are H1-receptor antagonists that counteract the effects of histamine.^[4]

MECHANISM OF ACTION OF ANTIHISTAMINES AND CLINICAL EVIDENCE

Levocetirizine, an enantiomer of cetirizine, selectively inhibits the H1 histamine receptor, blocking the action of

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Corresponding Author: Dr. Priyanka Misra, MBBS, MD (DVL), Kothari Medical Center, West Bengal, India.

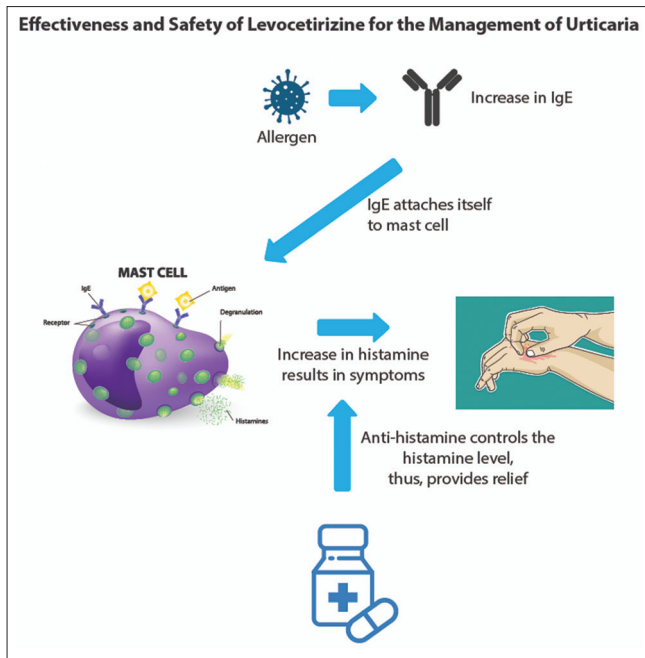


Figure 1: Mechanism of action of antihistamine

histamine, a key mediator of allergic responses [Figure 1]. This action reduces symptoms such as itching, sneezing, and nasal congestion.^[5]

A randomized, double-blind, placebo-controlled study by Nettis et al. in the *British Journal of Dermatology* showed that levocetirizine effectively reduced the symptoms of chronic idiopathic urticaria, underscoring its antihistamine properties.^[5] Another study that was published in *Annals of Allergy, Asthma, and Immunology* back in 2002 reported levocetirizine as more potent and consistent in comparison to other anti-histamines such as ebastine, fexofenadine, loratadine, and mizolastine.^[6] Similarly, a study conducted by Kapp and Werner concluded the rapid and sustained effectiveness of levocetirizine in treating chronic idiopathic urticaria. In this study, levocetirizine significantly reduced pruritus severity, and wheals, and improved quality of life (QoL) along with increased productivity at work, without unexpected adverse events.^[7]

The above findings from multiple studies highlighted the efficacy of levocetirizine in effectively reducing symptoms of chronic idiopathic urticaria and emphasizing its superior antihistamine properties compared to other commonly used antihistamines.

CONCLUSION

Urticaria poses a significant global dermatological challenge with its sudden onset of itchy, raised welts where effective management becomes crucial for symptom relief and

improved QoL. Levocetirizine, well-known for its efficacy, stands out as a first-line therapy, surpassing alternatives such as fexofenadine and bilastine by targeting histamine receptors. As clinical evidence supports the efficacy of levocetirizine in reducing symptoms and improving overall well-being, thus, there is a need to gather expert opinions from health-care professionals in formulating guidelines for the use of levocetirizine in urticaria management.

EXPERT OPINION

Dr. Priyankar MISRA, MBBS, MD (DVL), Kothari Medical Center, Contai, West Bengal

Levocetirizine, in my opinion, stands out as an effective treatment for urticaria and various dermatological allergic conditions, surpassing other antihistamines in terms of efficacy. It demonstrates superior results when compared to alternatives such as fexofenadine and bilastine, requiring lower doses and shorter durations for effective relief. I rate it (5/5) for 24-h relief, while fexofenadine scores 2/5 and bilastine scores 1/5. Moreover, I follow the latest guidelines that recommend levocetirizine as a first-line treatment for urticaria, with up dosing for unresponsive cases. It has proven effective in my clinical experience, initially causing sedation that improves over time, positively impacting the QoL, especially for chronic induced urticaria unresponsive to standard doses. Overall, levocetirizine is the preferred choice.

Dr. Bornali Deka, MBBS, MD, FAM, Dispur Hospital Pvt Ltd., Guwahati, Assam

Levocetirizine is an effective first-line treatment for urticaria and other dermatological allergic conditions, offering superior efficacy compared to other antihistamines such as fexofenadine and bilastine. It provides commendable 24-h long-lasting relief, earning a 4 out of 5 rating. In addition, it adheres to treatment guidelines, including recommendations for up-dosing in chronic urticaria, and promotes patient compliance. While it may cause sedation in some individuals, levocetirizine remains a generally satisfactory choice in clinical practice, particularly for those unresponsive to conventional doses of other antihistamines.

Dr. Sanjeev S Patil, MBBS, DVD, Skin Shine Clinic, Bijapur, Karnataka

In my clinical experience, levocetirizine has been shown to offer good efficacy in the management of urticaria and dermatological allergic conditions. It demonstrates superior efficacy compared to other antihistamines such as fexofenadine and bilastine and I will rate it 5/5 for providing 24-h long-lasting relief. It aligns with the latest guidelines, making it the preferred choice for treatment, particularly in

chronic urticaria. Levocetirizine also significantly improves the QoL in patients, and overall clinical experience with this medication has been very positive.

Dr. K Mohammed Musthafa, MBBS, MD, MM Clinic, Coimbatore, Tamil Nadu

Levocetirizine excels in efficacy for urticaria and dermatological allergies, surpassing fexofenadine and bilastine. In terms of 24-h relief, levocetirizine offers the best action (5/5) compared to the rate of fexofenadine and bilastine (1/5). It improves QoL and aligns with the latest guidelines favoring second-generation H1 antihistamines as a first-line treatment option for urticaria, with support for up dosing in chronic cases. As per clinical experience, levocetirizine improves the QoL, particularly in chronic urticaria patients.

Dr. Yuvaraj Kumar, MBBS, DVD, Sri Sai Clinic, Chennai, Tamil Nadu

Levocetirizine is the top choice for all age groups, providing better relief (5/5) compared to fexofenadine and bilastine (4/5). It aligns with the latest guidelines, excels in refractory urticaria and severe cases, and may induce mild drowsiness, yet it generally demonstrates higher efficacy for dermatological conditions and significantly enhances the QoL.

Dr. Punkesh, MBBS, MD (Skin), Advance Skin Clinic, Patna, Bihar

Levocetirizine has shown good efficacy with the least side effects in managing urticaria and other dermatological allergic conditions. I prefer it for the treatment of urticaria, especially among antihistamines such as fexofenadine and bilastine. I would rate it 4/5 for its 24-h long-lasting relief. Levocetirizine is also aligned with the latest guidelines, promoting patient compliance, and offering a positive impact on QoL. My clinical experience with levocetirizine has been consistently good, particularly in the age group of 25–50 years.

Dr. C V Padmanandan, MBBS, DDVL, Sethu Skin & Laser Clinic, Pattukkottai, Tamil Nadu

Levocetirizine is the most preferred choice in treating urticaria and dermatological allergic conditions as it provides better 24-h long-lasting relief surpassing other antihistamines such as fexofenadine and bilastine. Levocetirizine also aligns with the latest guidelines that recommend second-generation H1 antihistamines as the primary choice for the treatment of urticaria. I have a better clinical experience with levocetirizine, particularly in patients with chronic idiopathic urticaria in improving their QoL.

Dr. Tushar Shinde, MBBS, DDV, Dr. Shinde Skin Clinic, Pune, Maharashtra

I prefer levocetirizine over any other non-sedative antihistamines such as fexofenadine and bilastine in

managing urticaria and other dermatological allergic conditions. In terms of efficacy with 24-h long-lasting relief, it outperforms fexofenadine and bilastine. The latest guidelines for the treatment of dermatological disorders also favor the use of levocetirizine, making it a preferred choice for urticaria, eczema, psoriasis, and other pruritic conditions. It significantly improves the QoL among patients. To conclude, I have a positive clinical experience with levocetirizine.

Dr. Anisha Joseph, MBBS, MD (DVL), S. H. Medical Centre, Kottayam, Kerala

Levocetirizine is effective for rapid symptom control in urticaria and dermatological conditions, with a helpful sedating effect compared to non-sedating options. Its 24-h relief rate with a rating of 3/5 is similar to bilastine. Levocetirizine aligns with current guidelines, is recommended for chronic and acute urticaria, and positively impacts the QoL among patients, reflecting good clinical experience.

Dr. Savita Agarwal, MBBS, MD (SKIN & VD), SA Skin Care, Jaipur, Rajasthan

Levocetirizine shows high efficacy in treating urticaria and other skin issues with lower sedative effects compared to other antihistamines. It provides a 24-h relief rated at 4/5, similar to bilastine (4/5) and slightly better than fexofenadine (3/5). Levocetirizine enhances QoL and aligns with guidelines, recommended as the first-line treatment for urticaria. It supports up dosing in chronic urticaria as a second-line option. It is the preferred choice for chronic dermatological conditions in clinical practice.

Dr. M Manoharan, MBBS, MD, DD, Velachery Medical Centre, Chennai, Tamil Nadu

Levocetirizine, an excellent molecule for the management of acute and chronic urticaria as well as respiratory allergies, outperforms other antihistamines such as fexofenadine and bilastine, although occasional sedation may be a concern. It provides 24-h long-lasting relief comparable to fexofenadine and bilastine, receiving a rating of 4/5. Levocetirizine aligns with the latest guidelines, advocating for its regular use in chronic urticaria patients. Preferred for patients with chronic urticaria, levocetirizine is best if administered at bedtime, significantly improving the QoL. In my clinical experiences, it proved to be efficacious in managing dermatological allergic conditions.

Dr. Sunil B Deshmukh, MBBS, DVD, Sparsh Clinic, Nanded, Maharashtra

Levocetirizine is highly effective in managing urticaria and dermatological conditions compared to other antihistamines. It offers 24-h relief (rated 5/5) and is also a first-line treatment with potential up dosing for chronic

urticaria according to the latest guidelines. Levocetirizine is shown to improve QoL. In addition, my clinical experience with levocetirizine has been consistently good, making it the preferred choice for chronic urticaria patients.

Dr. Chandrashekhar Kiswe, MBBS, DVD, Tulsi Clinic, Nanded, Maharashtra

In my opinion, levocetirizine is highly effective for urticaria and dermatological allergic conditions, outperforming antihistamines such as fexofenadine and bilastine. It offers 24-h relief (rated 5/5), similar to fexofenadine but better than bilastine (rated 2/5). Levocetirizine positively impacts QoL, especially when given at night. The latest guidelines recommend it as a first-line urticaria treatment and suggest up-dosing for chronic urticaria unresponsive to standard doses. Levocetirizine is preferred in various age groups for chronic urticaria and proves to be clinically effective.

Dr. K B Kavitha, MBBS, DDVL, Skin Trust Clinic, Karur, Tamil Nadu

Levocetirizine is the top choice for managing urticaria and dermatological allergic conditions, surpassing newer alternatives in efficacy. It has mild sedative properties, providing relief for sleep-induced urticaria if administered at bedtime. Levocetirizine earns a top rating of 5/5 for its 24-h long-lasting relief, outperforming fexofenadine (3/5) and bilastine (4/5). It aligns with recent guidelines recommending second-generation H1 antihistamines as first-line treatment, including up-dosing in chronic urticaria. Levocetirizine is preferred for non-responsive patients. Overall, my clinical experience with levocetirizine has been excellent.

Dr. Varsha Jain, MBBS, MD, Skin and Hair Clinic, Ahmedabad, Gujarat

Levocetirizine, a second-generation H1 antihistamine, is effective in various dermatological allergic conditions, offering 24-h long-lasting relief with a similar rating to fexofenadine but proves to be better than bilastine. It is particularly suitable for urticaria treatment and aligns with guidelines, allowing for potential up-dosing in cases of chronic urticaria unresponsive to standard doses. Although levocetirizine may impact QoL due to its sedative properties, my overall clinical experience has been positive.

Dr. Gaytree Rajesh, MBBS, DDVL, Dr. Gayathri Skin & Sugar Clinic, Chennai, Tamil Nadu

For me, levocetirizine is the top choice for managing urticaria and dermatological conditions due to its superior efficacy compared to other antihistamines such as fexofenadine and bilastine. It provides 24-h relief, with a rating of 5/5, whereas others are rated 4/5. It aligns with the latest guidelines as a first-line treatment, and it is suitable for patients unresponsive to standard doses and even those on steroids. However, it

may cause mild sedation and dry mouth, slightly affecting the QoL. My clinical experience with levocetirizine has been excellent, particularly for urticaria.

Dr. Rajeev Khullar, MBBS, MD (SKIN & VD), Jodhpur, Rajasthan

Levocetirizine is a safe and effective choice, rating higher in efficacy (5/5) than fexofenadine (3/5) and comparable to bilastine. It aligns with the latest guidelines for dermatological issues, serving as a recommended first-line treatment for urticaria, with the option for up-dosing in chronic cases. Although it exhibits mild sedative properties, its overall impact on QoL is still good. In my clinical experience, levocetirizine has shown excellent outcomes in managing allergic conditions, especially chronic urticaria.

Dr. Pranavsinh Jaysinh Raj, MBBS, DVD, Raj Skin Care & Cosmetics Clinic, Bharuch, Gujarat

Levocetirizine stands out with excellent efficacy in managing urticaria and dermatological allergic conditions, providing a remarkable 24-h relief (rated 5/5) compared to fexofenadine and bilastine (rated 3/5). It aligns with guidelines as a first-line urticaria treatment, with potential up-dosing for chronic cases. Its positive impact on compliance and QoL, especially when taken at bedtime, makes it a highly effective and trusted choice as per my clinical experience.

Dr. Ramesh Chandra, MBBS, MD, DVD, Ramesh Chandra Clinic, Chittorgarh, Rajasthan

Levocetirizine is a highly effective treatment for urticaria and dermatological conditions, recommended for its superior 24-h relief (rated 5/5) compared to fexofenadine and bilastine (rated 3/5). It aligns with guidelines as a first-line choice for urticaria and can be administered in higher doses for chronic cases. Levocetirizine significantly improves QoL, offering quick and sustained relief. It is a reliable option for symptom management in urticaria, enhancing overall QoL.

Dr. Kamal Das, MBBS, MD, Chhabi Medicals, Agartala, Tripura

Levocetirizine is highly effective for urticaria and dermatological allergies, offering superior efficacy but with some sedation compared to fexofenadine and bilastine. In the context of providing 24-h relief, it can be rated as 4 out of 5. Guidelines recommend it as the first-line treatment and suggest up-dosing for chronic urticaria unresponsive to standard doses. Levocetirizine is preferred for patients not responding to conventional doses, although some may experience sedation. Overall, I have had a satisfactory clinical experience with levocetirizine.

Dr. Susmit Haldar, MBBS, MD, DNB, Calcutta Skin Institute, Kolkata, West Bengal

Levocetirizine has shown that it is effective in treating urticaria and dermatological allergic conditions, providing

24-h long-lasting relief (rated 5/5). It is more sedative compared to other antihistamines such as fexofenadine and bilastine. The latest guidelines recommend it as a first-line treatment for urticaria, and it is preferred in patients with urticaria and severe pruritus. However, it may hamper QoL due to drowsiness, especially when updosed. Overall clinical experience with levocetirizine has been positive.

Dr. Sudhakar Granthi, MBBS, DVD, Skin Clinic, Pune, Maharashtra

Levocetirizine is considered a useful and safe option for treating urticaria and other dermatological conditions. It offers comparable efficacy to other antihistamines such as fexofenadine and bilastine. It provides 24-h long-lasting relief, with a rating of 4/5 similar to bilastine, but unlike fexofenadine, which is rated 5/5. Levocetirizine minimally affects patient QoL, with only minimal drowsiness. It is recommended as a first-line treatment for chronic idiopathic urticaria, and in the case of non-responsive chronic urticaria treatment, updosing is considered a second-line treatment before considering other options. Overall, my experience with levocetirizine has been positive.

Dr. G Revanth, MBBS, DDVL, DNB, Heera Skin & Hair Clinic, Hyderabad, Telangana

Levocetirizine excels in urticaria and dermatological allergies, surpassing fexofenadine and bilastine in both efficacy and safety. It provides outstanding 24-h relief (rated 5/5) and aligns with recent guidelines, which recommend second-generation H1 antihistamines as the first-line therapy for urticaria, even advocating its updosing in chronic cases. Levocetirizine significantly improves QoL and is the preferred choice for managing various allergies, particularly in chronic cases.

Dr. Mahesh Shahane, MBBS, DDV, Sparsh Center, Ambernath, Maharashtra

Levocetirizine is a superb molecule, highly efficacious in urticaria and dermatological allergic conditions, surpassing other antihistamines such as fexofenadine and bilastine. It provides excellent 24-h long-lasting relief (rated 5/5), superior to fexofenadine (rated 4/5), and bilastine (rated 3/5). Levocetirizine is recommended for chronic urticaria treatment compliance and follows guidelines for second-line treatment. It has a mild sedative effect, impacting the QoL positively. Overall, it has demonstrated a better efficacy profile in my clinical experience.

Dr. G M Rangwala MBBS, MD, DVD, Rangwala Clinic, Mumbai, Maharashtra

Levocetirizine is considered the gold standard for the treatment of urticaria and various dermatological allergic conditions, offering 50% more efficacy compared to other antihistamines such as fexofenadine and bilastine.

It provides long-lasting relief with a top rating of 5/5 and has a favorable impact on QoL. According to the latest guidelines, it is strongly recommended as a first-line treatment for urticaria, and updosing is suggested for unresponsive cases before considering alternative treatments. Levocetirizine is preferable for patient groups without diabetes and hypertension, and overall clinical experience supports its effectiveness.

Dr. Rajan Mankapure, MBBS, DVD, Kokan Skin Clinic, Dapoli, Maharashtra

Levocetirizine effectively manages acute and chronic urticaria, eczema, contact dermatitis, and psoriasis, with efficacy comparable to fexofenadine and bilastine. It offers a 24-h relief rated at 4/5, similar to fexofenadine. Levocetirizine is recommended as the first-line treatment for urticaria, with possible updosing for unresponsive cases. However, it may cause sedation and dry mouth, impacting the QoL of some patients. Overall, it demonstrates positive clinical outcomes in dermatological conditions such as idiopathic urticaria, eczema, and contact dermatitis.

Dr. Aruna Kothari, MBBS, DVD, Chhindwara, Madhya Pradesh

Levocetirizine is a highly trusted and effective drug, especially for dermatological conditions such as urticaria. It offers superior efficacy, providing 24-h relief (rated 4/5) compared to fexofenadine (rated 3/5) and bilastine (rated 1/5). It aligns with the latest guidelines as a first-line urticaria treatment and can be updosed for chronic cases. Its sedative effect positively impacts QoL, and it enjoys broad trust among professionals like us and patients alike, making it the preferred choice for chronic urticaria.

Dr. S Vijay Kumar, MBBS, MD, DVL, Vijay Skin & Laser Clinic, Khamman, Telangana

In my opinion, levocetirizine demonstrates excellent efficacy, particularly in urticaria when compared to other antihistamines such as fexofenadine and bilastine, with a notable 24-h long-lasting relief rating of 5/5. Furthermore, the impact of levocetirizine on the QoL is positive. The latest guidelines recommend its use as a first-line treatment for various dermatological allergic conditions, and I prefer to prescribe it to patients, considering the need for increasing the dose, especially in chronic cases of urticaria. Overall, levocetirizine remains the preferred choice for urticaria patients seeking effective, long-lasting relief and improved QoL as per my clinical expertise.

Dr. Priyanka Dhanotia, MBBS, MD, Niramaya Clinic, Indore, Madhya Pradesh

In my opinion, levocetirizine has a better efficacy profile in managing urticaria and dermatological allergic conditions, outperforming fexofenadine and bilastine. It provides substantial 24-h relief (rating 4/5) and is recommended as a

first-line treatment in the latest guidelines. It is preferred for non-responsive patients; whereas some patients experience drowsiness, most do not. Overall, levocetirizine offers positive clinical outcomes, with occasional post-dosing drowsiness as a concern.

Dr. D Nithya, MBBS, MD (DVL), Nithya Skin Clinic, Erode, Tamil Nadu

In my clinical experience, levocetirizine excels in controlling itch in various dermatological conditions and surpasses other antihistamines. In the context of 24-h relief, I would rate it as 5/5, compared to 4/5 for fexofenadine and bilastine. Levocetirizine aligns with guidelines, offering excellent compliance in treating chronic urticaria and atopic dermatitis, significantly improving QoL among patients. I recommend daily use until symptoms disappear for effective relief.

Dr. A Santhiya Vadhana, MBBS, MD, DVL, Divine Skin Clinic, Thoothukudi, Tamil Nadu

Levocetirizine excels in efficacy, outperforming fexofenadine and bilastine for mild and chronic urticaria, providing excellent 24-h relief (rated 5/5), and improving QoL. It is strongly recommended in guidelines as a first-line treatment and, when needed, for up dosing in chronic urticaria. Levocetirizine has been the preferred choice for managing chronic conditions among second-generation antihistamines in my clinical practice.

Dr. Prerna Asawale, MBBS, MD (SKIN & VD), Goyal Hospital & Research Centre, Jodhpur, Rajasthan

Levocetirizine, in my opinion, offers first clearance and sustained response in dermatological allergic conditions such as urticaria, surpassing the efficacy of other antihistamines such as fexofenadine and bilastine. It provides a commendable 24-h long-lasting relief (rated at 4/5) compared to fexofenadine (rated at 3/5). Levocetirizine aligns with the latest guidelines, ensuring treatment compliance, and is particularly beneficial for non-responsive patients at standard doses. While 20–30% of patients may experience mild-to-moderate sedation, still the overall impact on QoL is positive. My clinical experience with levocetirizine has been good.

Dr. K Vishnu Bhat, MBBS, DVD, Clinic, Kasaragod, Kerala

In my opinion, levocetirizine demonstrates good efficacy in managing urticaria and other dermatological allergic conditions. When compared to other antihistamines such as fexofenadine and bilastine, levocetirizine is notably more effective. It provides a 24-h long-lasting relief rated at 5/5, outperforming fexofenadine (rated at 2/5) and bilastine (rated at 3/5). Moreover, levocetirizine positively impacts the QoL of patients and is well received in clinical practice. Current guidelines recommend its use, particularly

in unresponsive cases of chronic urticaria, making it a preferred choice for treatment.

Dr. Vivek Aggrawal, MBBS, DVD, Vivek Skin Clinic, Kurukshetra, Haryana

Levocetirizine is considered efficacious in treating urticaria and other dermatological allergic conditions. Its efficacy is comparable to other antihistamines such as fexofenadine and bilastine, offering 24-h long-lasting relief. Levocetirizine is recommended by the latest guidelines for the treatment of chronic urticaria. It is preferred in patients with chronic idiopathic urticaria. However, its impact on QoL may vary, as some patients experience sedation, whereas others do not. Overall, clinical experience with levocetirizine is positive; however, limitations may exist due to its sedative properties.

Dr. Yasodhara Puvvada, MBBS, MD, DVL, Pragna Skin & Laser Clinic, Guntur, Andhra Pradesh

Levocetirizine demonstrates higher efficacy in providing immediate relief for urticaria and dermatological allergic conditions, outperforming fexofenadine and bilastine, especially when combined with montelukast. It delivers a 24-h relief rated at 4/5, in contrast to fexofenadine and bilastine, which score 2/5. Levocetirizine is recommended for non-responsive cases with occasional up dosing in chronic cases. The latest guidelines favor levocetirizine as the first-line treatment for urticaria. However, concerns related to sedation still exist.

Dr. Rashmi K Arora, MBBS, MD, Jiya Hospital and Skin Care Centre, Bhuj, Gujarat

Levocetirizine, a second-generation H1-antihistamine, demonstrates good efficacy in treating urticaria and other dermatological allergic conditions, surpassing other antihistamines such as fexofenadine and bilastine. It provides a commendable 24-h long-lasting relief, rated at 4/5, while fexofenadine rates at 3/5, and bilastine at 2/5. Levocetirizine aligns with the latest guidelines, serving as the first-line treatment for urticaria, with a potential for up dosing in chronic urticaria cases not responding to standard doses. It improves QoL, and overall, my clinical experience is good, particularly for urticaria.

Dr. P Raj Kumar, MBBS, DDVL, RLC Skin Clinic, Hyderabad, Telangana

Levocetirizine demonstrates good efficacy in treating urticaria and other dermatological allergic conditions, comparable to other antihistamines such as fexofenadine and bilastine. It offers a 24-h long-lasting relief rating of 4/5, similar to fexofenadine, and slightly better than bilastine (rating 3/5). Levocetirizine positively impacts the QoL and is recommended as the first-line treatment for urticaria and in patients with dermatological disorders such

as urticaria, eczema, and atopic dermatitis as per the latest guidelines. Overall, I have good clinical experience with levocetirizine as it demonstrates effectiveness and patient compliance, making it a valuable option for managing dermatological conditions.

Dr. A. N. M. Maalik Babu, MBBS, MD, DVL, Maalik's Clinic, Tirunelveli, Tamil Nadu

Levocetirizine demonstrates exceptional efficacy for mild and chronic urticaria, surpassing alternative antihistamines such as fexofenadine and bilastine. It provides 24-h long-lasting relief (rated 5/5), outperforming fexofenadine (rated 3/5) and bilastine (rated 3/5). Following the latest guidelines, levocetirizine is the recommended first-line treatment for all types of urticaria. Updosing of second-generation antihistamines up to four fold is advised for patients with chronic urticaria unresponsive to standard doses. Levocetirizine enhances the QoL for patients and is favored over other second-generation antihistamines, particularly in those with chronic urticaria.

Dr. Adarsh Gowda, MBBS, MD, The Skin, Hair & Laser Clinic, Bangalore, Karnataka

In my opinion, levocetirizine demonstrates excellent efficacy in urticaria and other dermatological allergic conditions, surpassing both fexofenadine and bilastine in effectiveness. It offers a 24-h long-lasting relief, rated at 4/5, superior to fexofenadine (2/5) and bilastine (3/5). In terms of drowsiness, levocetirizine has minimal impact on QoL, and it aligns with the latest guidelines, which strongly recommend it as a first-line treatment for urticaria and support its up dosing in non-responsive patients. My overall clinical experience with levocetirizine has been excellent, particularly in adult patients with urticaria and pityriasis.

Dr. Deepak Singhal, MBBS, DVD, Sai Skin Care, New Delhi, India

Levocetirizine, as a first-line treatment for various dermatological allergic conditions, offers excellent efficacy, surpassing other antihistamines such as fexofenadine and bilastine. It provides 24-h long-lasting relief rated at 5/5, outperforming other treatment options. The use of levocetirizine aligns with the latest guidelines that recommend second-generation H1 antihistamines and advocate dose escalation for chronic urticaria patients who do not achieve the desired results with a 5 mg dose. Notably, levocetirizine positively impacts the QoL in patients and garners favorable clinical experiences, making it a valuable choice as per my clinical experience.

Dr. Jitender Kumar Arora, MBBS, MD, Dr Arora's Skin Clinic, Trikuta Nagar, Jammu UT of J&K

In my opinion, levocetirizine is highly effective for treating urticaria and various dermatological

allergic conditions, surpassing the efficacy of other antihistamines such as fexofenadine and bilastine. It provides a commendable 24-h long-lasting relief, with a rating of 4 on a scale of 5. Levocetirizine is a first-line choice for urticaria treatment, and its favorable impact on the QoL is notable, causing drowsiness only in higher doses. My clinical experience indicates that it is a reasonably priced, safe, and flexible second-generation H1 antihistamine, especially suitable for non-responsive patients.

Dr. Vani Vasanth, MBBS, MD, Skin Science Clinic, Bangalore, Karnataka

In my opinion, levocetirizine demonstrates good efficacy in managing urticaria and dermatological allergic conditions, with better comparative efficacy when compared to other antihistamines such as fexofenadine and bilastine. It offers a 24-h long-lasting relief rated at 4/5, surpassing that of fexofenadine with a rating of 3/5. Levocetirizine is in line with the latest guidelines for treating urticaria, contributing to treatment compliance. It is recommended for non-respondents, and its use improves the QoL in patients, aligning with overall positive clinical experiences.

Dr. B Mahesh Rao, MBBS, DDVL, Sri Mahesh Skin & Hair Clinic, Vijayawada, Andhra Pradesh

Levocetirizine, when compared to other antihistamines such as fexofenadine and bilastine, has a superior efficacy, particularly in urticaria and dermatological allergic conditions, and also offers a 24-h long-lasting relief rated at 5/5. However, the sedative property of this molecule is a notable concern. Levocetirizine aligns well with the latest guidelines as a first-line treatment for urticaria and is recommended for patients with chronic urticaria who may require up dosing. It is primarily preferred for patients with chronic urticaria, although sedation remains a concern in some patients. Levocetirizine is commonly prescribed in clinical practice due to its overall effectiveness for patients.

Dr. P. S. T. Raja, MBBS, DD, Skin Clinic, Coimbatore, Tamil Nadu

Levocetirizine is highly effective for dermatological allergic conditions, outperforming other antihistamines such as fexofenadine and bilastine in my opinion. It offers a significant 24-h long-lasting relief, with a rating of 4/5, fexofenadine with a score of 2/5, and bilastine 1/5. Levocetirizine is recommended for patients with chronic urticaria as per the latest guidelines. It exhibits a moderate impact on the QoL, and overall clinical experience with levocetirizine is positive, making it a preferred choice for managing chronic urticaria and similar dermatological conditions.

Dr. Kanchan Porwal, MBBS, MD (SKIN & V.D), Vivekananda Hospital, Lucknow, Uttar Pradesh

In my opinion, levocetirizine demonstrates exceptional efficacy in treating urticaria and other dermatological allergic conditions, surpassing other antihistamines such as fexofenadine and bilastine. I will rate levocetirizine with a rating of 5/5 for providing 24-h, long-lasting relief. The latest guidelines strongly recommend its use as a first-line treatment for all urticaria types, and levocetirizine proves to be effective in chronic urticaria cases with higher doses. Levocetirizine significantly enhances patient compliance and QoL, making it my preferred choice among second-generation antihistamines. Based on my clinical experience, it stands out as the superior option, offering better efficacy and relief.

Dr. Rustom Chinwalla MBBS, DVD, DDV, DNB, Soningra Polyclinic, Mumbai, Maharashtra

Levocetirizine is highly effective in managing urticaria and dermatological allergic conditions, surpassing the efficacy of other antihistamines such as fexofenadine and bilastine. It provides excellent 24-h long-lasting relief (rated at 4/5), outperforming fexofenadine (rated at 3/5) and bilastine (rated at 2/5). Moreover, levocetirizine significantly improves QoL and is the preferred choice according to the latest guidelines, especially for patients with urticaria. Overall, my clinical experience with levocetirizine has been very positive, indicating its higher efficacy and positive impact on QoL.

Dr. Devendra Jain MBBS, DVD, Pratham Skin and Hair Care Clinic, Virar, Maharashtra

Levocetirizine, in my opinion, demonstrates good efficacy in urticaria and other dermatological allergic conditions, with a 24-h long-lasting relief rated at 4/5, which is superior to fexofenadine (3/5) and bilastine (3/5). The latest guidelines recommend it as a first-line treatment for urticaria and suggest its use for patients with chronic urticaria. As per my clinical experience, it has been shown to significantly improve the QoL in patients and is the preferred choice as a first-line antihistamine in urticaria and dermatoses associated with itching, particularly in patients with chronic spontaneous urticaria non-responsive to standard dosing of antihistamines.

Anu Cherian Manimal, MBBS, MD, Ponkunnam, Kerala

In my opinion, levocetirizine demonstrates better efficacy in managing urticaria and other dermatological allergic conditions, offering improved relief compared to alternative antihistamines such as fexofenadine and

bilastine. It provides a 24-h long-lasting relief rated at 4 on a scale of 5. Levocetirizine aligns with current guidelines that recommend second-generation H1 antihistamines as first-line treatment for urticaria, especially in non-responsive cases. While it positively impacts QoL, its sedative properties may make it less suitable for working individuals. Overall, levocetirizine is a valuable option whereas its sedative properties can be a concern in a few patients.

Dr. Swaroop Sathyan MBBS, DDVL, Malabar Hospital, Manjeri, Kerala

In my opinion, levocetirizine stands out as an excellent drug of choice for urticaria and dermatological allergic conditions, outperforming other antihistamines such as fexofenadine and bilastine. It provides a top-rated 24-h long-lasting relief (rated at 5/5), slightly superior to fexofenadine (rated at 4/5) and bilastine (rated at 4/5). The latest guidelines strongly advocate its use as the first-line treatment for urticaria, with the option of up-dosing for non-responsive chronic urticaria cases, promoting treatment compliance. While it exhibits mild sedation during the daytime, my overall clinical experience with levocetirizine has been excellent.

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