

Expert Narratives on Hydroxyzine 50mg SR in the Management of Chronic Itch

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Abstract

Pruritus or itching significantly impacts individuals' well-being, prompting dermatological care seeking. Hydroxyzine's efficacy is supported by real-world studies, showcasing its substantial improvement in quality of life and pruritus scores. Comparative studies highlight its superiority over other neuroleptic drugs in addressing histamine-induced pruritus. This manuscript explores hydroxyzine hydrochloride's potential in managing chronic pruritus, emphasizing its mechanism of action as a competitive antagonist of histamine H1-receptors and its versatile role as a sedative and anxiolytic agent.

Key words: Dermatological care, Efficacy, Hydroxyzine, Itching, Pruritus scores, Pruritus, Quality of life

INTRODUCTION

Itching or pruritus is an uncomfortable sensation prompting a desire to scratch, impacting mental and physical well-being. It is a prevalent symptom of various skin conditions, ranging from mild to severe, often leading individuals to seek dermatological care.^[1] Acute pruritus impacts 8.4% of the general population, while 13.5% experience chronic pruritus. Notably, more than one in five individuals will experience persistent itching at some point.^[2]

Pruritus has been known to negatively affect the psychological and physical aspects of life.^[3] It is often associated with nocturnal exacerbations, disturbed sleep patterns and quality, depression, anxiety, attention issues, and sexual as well as social function.^[3-5] Pruritus stands out as the most prevalent symptom in dermatology and occurs in either acute or chronic forms (lasting for over 6 weeks).^[6]

In the initial stage of managing chronic pruritus, symptomatic therapy options include the use of H1 antihistamines and topical corticosteroids.^[7] Sedating first-generation antihistamines, like hydroxyzine hydrochloride, effectively manage chronic pruritus in conditions such as chronic urticaria, atopic dermatitis, contact dermatoses, and histamine-mediated pruritus. *In vivo*, studies recognize hydroxyzine hydrochloride as the most potent antihistamine for chronic pruritus [Table 1].^[8]

MECHANISM OF ACTION: HYDROXYZINE

Histamine, released from basophilic and mast cells in response to allergens, binds to H1 receptors, triggering the release of proinflammatory cytokines and aggravating the inflammatory response, playing a crucial role in pruritus.^[9,10]

Hydroxyzine functions as a competitive antagonist of histamine H1 receptors, inhibiting histamine production and blocking H1 receptors, thereby diminishing receptor activity and function [Figure 1]. Its off-target effects also make it suitable for use as a sedative and anxiolytic agent. With a rapid onset of action within 15–60 min, hydroxyzine remains effective for 4–6 h.^[1,9]

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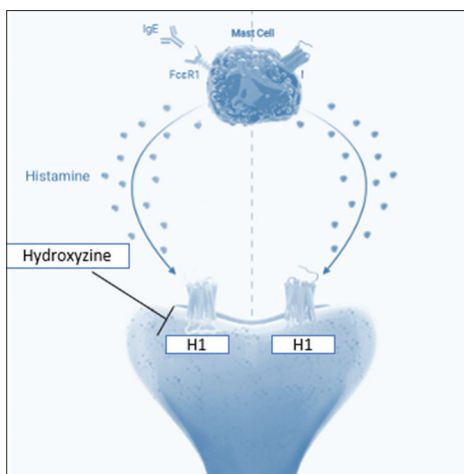


Figure 1: Mechanism of action-Hydroxyzine. (Adapted from Sutaria N, *et al. J Am Acad Dermatol.* 2022; 86(1):17–34.)^[11]

CLINICAL EVIDENCE: HYDROXYZINE IN THE TREATMENT OF PRURITUS

A real-world study on hydroxyzine for chronic pruritus in Indian patients showed significant improvement in quality of life and pruritus scores with well-tolerated treatment.^[8] Another study in healthy adults demonstrated hydroxyzine hydrochloride’s superior efficacy in treating histamine-induced pruritus compared to other neuroleptic drugs.^[12]

Despite a decade of clinical use for pruritus and chronic itch, hydroxyzine lacks sufficient real-world studies to prove its efficacy. This expert opinion aims to gather views on hydroxyzine’s benefits over other antihistamines in treating chronic itch based on practical patient use.

CONCLUSION

Chronic itch patients usually suffer from disrupted sleep patterns, anxiety, depression, and exacerbated itching. Thus, treating chronic itch requires effective action on both the central and peripheral pathways. Hydroxyzine, a molecule with antipruritic and anxiolytic benefits, is a preferred treatment option for chronic itch by the majority of experts. Hydroxyzine 50 mg SR formulation is often used in severe cases of acute and chronic pruritus. It is known to provide assured relief and 24-h symptom control with an OD dose.

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EXPERT OPINION

Based on the expert opinion, all the experts believed that central and peripheral pathways are important for treating chronic itch, and thus, hydroxyzine has been their preferred choice of treatment due to its anti-pruritic and anxiolytic benefits [Figures 2 and 3].

What percentage of Chronic Itch patients suffer from deranged sleep patterns, mood disturbances (anxiety or depression), and exacerbated itching?

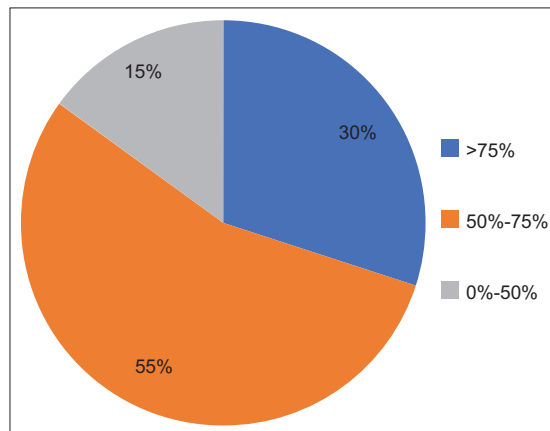


Figure 2a: Percentage of Chronic Itch patients suffer from deranged sleep patterns, mood disturbances (anxiety or depression), and exacerbated itching

Around 55% of the doctors reported that 50–75% of the chronic itch patients experience deranged sleep, mood disturbances such as anxiety or depression, and exacerbated itching.

What is your dosage recommendation for Hydroxyzine 50 mg SR in Chronic Itching?

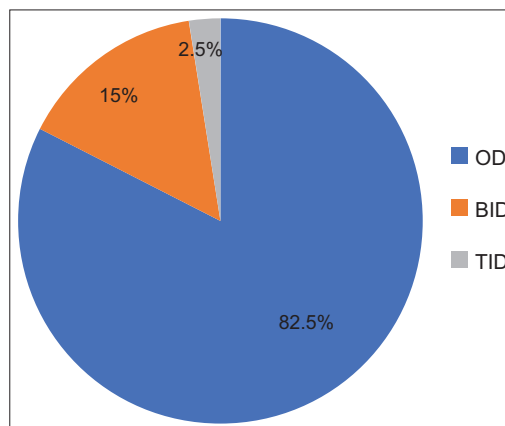


Figure 2b: Dosage recommendation for Hydroxyzine 50 mg SR in Chronic Itching

Most doctors, that is 82.50%, recommend an OD dosage of Hydroxyzine 50 mg SR in chronic itch treatment.

What is your current treatment approach for chronic itch?

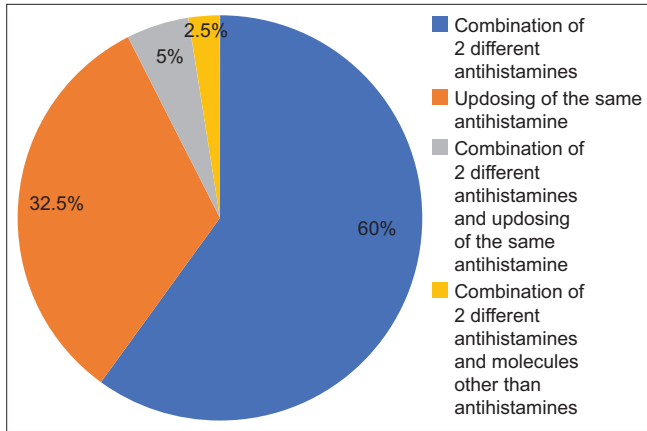


Figure 2c: Current treatment approach for chronic itch

Around 60% of the doctors reported that they use a combination of two different antihistamines to treat chronic itch. Additional 5% and 2.5% of the doctors also reported the preference for the same strategy along with the consideration of up-dosing the same antihistamine and molecules other than antihistamines, respectively, to treat chronic itch.

Is Hydroxyzine 50 mg SR more effective and less sedative too?

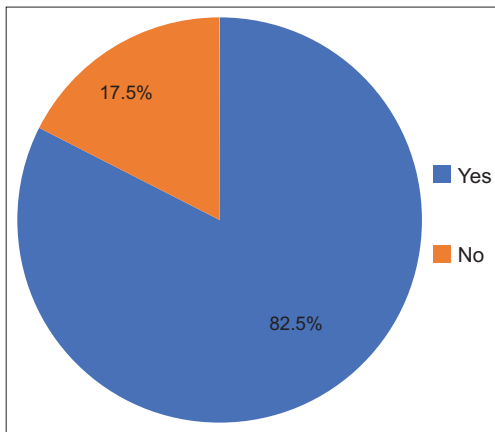


Figure 2d: Expert opinion on more effective and less sedative properties of Hydroxyzine 50 mg SR

Around 82.5% of the doctors responded that hydroxyzine 50 mg SR is more effective as well as less sedative.

Which efficacy parameter of Hydroxyzine 50 mg SR would you rate the best?

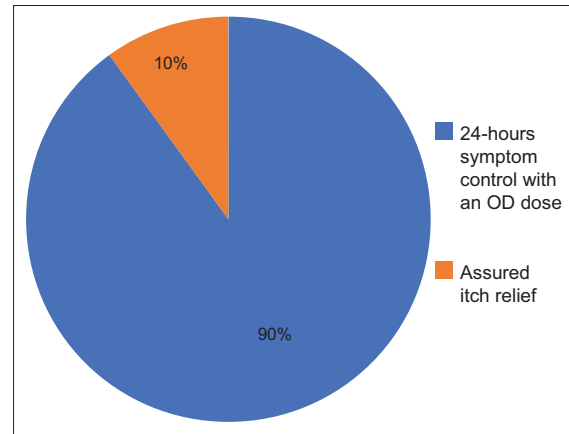


Figure 2e: Best rated efficacy parameter of Hydroxyzine 50 mg SR

About 90% of the doctors rated 24-h symptom control with an OD dose as the best efficacy parameter of Hydroxyzine 50 mg SR.

Where will you use Hydroxyzine 10 mg IR, 25 mg IR, and 50 mg SR?

Table 1: Use of Hydroxyzine formulations in different conditions

Hydroxyzine 10 mg IR	Hydroxyzine 25 mg IR	Hydroxyzine 50 mg SR
Mild and moderate itching	Moderate and chronic itching	Intractable itching
Mild pruritus	Moderate and severe pruritus	Severe and chronic pruritus
Children/Paediatric cases	Senile chronic itch	Severe chronic itch
Allergic dermatitis	Adults with mild-to-moderate itch	Adults with severe itch
Chronic itch	Adult urticarial	Disturbed sleep and quality of life
Mild urticaria	Old age	Psoriasis
	Itch dermatitis	Chronic urticaria
	Eczema	

Highest choice of molecule in treating chronic itch.

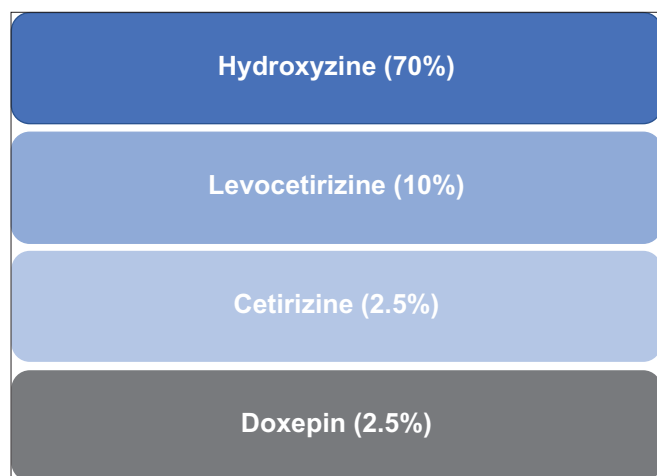


Figure 3: Highest preferred molecules in treating chronic itch

1. Dr. Sandip Akolkar, MBBS, DVD

Skin Clinic, Vadodara

Sleep patterns and mood disturbances can be severely debilitating, affecting >75% (including exacerbated itching) of chronic itch patients. For chronic itch, my preferred treatment is a combination of two antihistamines. I prescribe 10 mg IR hydroxyzine for mild itching, 25 mg IR for moderate cases, and 50 mg SR (once daily) for chronic itching, providing 24-h symptom control with less sedation. Hydroxyzine 50 mg SR is a superior alternative to levocetirizine, offering enhanced effectiveness for chronic itch conditions.

2. Dr. Sunil Trivedi, MBBS, DVD

Trivedi Skin Clinic, Surat

Sleep patterns and mood disturbances can be moderately debilitating for chronic itch patients. I follow-up dosing of the same antihistamines as my treatment approach for these patients. Hydroxyzine provides enhanced effectivity and a less sedative effect with 24-h symptom control with an OD dose. I prefer hydroxyzine over levocetirizine, bilastine, and loratadine for treating chronic itch. The prescription is 10 mg IR for mild pruritus, 25 mg IR hydroxyzine for moderate pruritus, and 50 mg SR OD hydroxyzine for severe and chronic pruritus, along with acute pruritus.

3. Dr. Jaydev Patel, Dermatologist

Sarvagna skin clinic, Himatnagar

Sleep patterns and mood disturbances can be moderately debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Combination therapy with two antihistamines is my current treatment approach for chronic itch patients. Hydroxyzine offers enhanced effectivity, and less sedation with 24-h symptom control with

OD dose. I prefer hydroxyzine over levocetirizine, bilastine, and loratadine for treating patients with chronic itch.

4. Dr. Mitesh Thakkar, MD skin

Navnidhi Skin Care Clinic, Patan

Sleep patterns and mood disturbances can be severely debilitating, affecting >75% (including exacerbated itching) of chronic itch patients. Combination therapy with two antihistamines is my current treatment approach for chronic itch patients. Hydroxyzine offers more efficacy and less sedation with 24-h symptom control at OD dose.

5. Dr. Nitin Bhalme, MBBS, DVD

Bhalme Nursing Home, Wardha

Sleep patterns and mood disturbances can be moderately debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR is effective for severe and chronic pruritus with a recommended TID dose. My preferred sequence is Cetirizine, Loratadine, Hydroxyzine, and Bilastine with Hydroxyzine 50 mg SR as the second-highest preference. I consider it a superior alternative. I prefer a combination of two different antihistamines, wherein Hydroxyzine 50 mg SR stands out for its enhanced efficacy and less sedative properties, ensuring 24-h symptom control with an OD dose.

6. Dr. Mahesh Jadwani, MBBS, DVD

Clinic, Nagpur

Sleep patterns and mood disturbances can be moderately debilitating, affecting ≤50% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR is most useful to treat moderate itch in acute and chronic conditions. It is recommended in BID dosage. Hydroxyzine 50 mg SR is a superior alternative to other antihistamines. I opt for treating chronic itch with the combination of two different antihistamines. Hydroxyzine 50 mg SR can be used for enhanced efficacy and less sedation, ensuring 24-h symptom control with an OD dose.

7. Dr Gaurav Menghani, MBBS, MD, DNB

Dr. Menghani Skin Clinic, Pali

Sleep patterns and mood disturbances can be severely debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. At present, my treatment approach for chronic itch involves up-dosing of the same antihistamines. Hydroxyzine 50 mg SR is useful in severe cases to treat acute and chronic pruritus, and I recommend an OD dose. I rank hydroxyzine as the best, followed by Levocetirizine, Bilastine, and Fexofenadine. Hydroxyzine 50 mg SR can serve as a superior alternative, with high

efficacy, less sedation, and 24-h symptom control with an OD dose.

8. Dr. Neelima Parlapalli, MD, DVL

Aesthetics Skin Clinic, Tirupati

Sleep patterns and mood disturbances can be moderately debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR is recommended for severe cases. My preferred sequence for chronic itch treatment is Levocetirizine, Doxefine, Desloratidine, Montelukast, and hydroxyzine hydrochloride. A combination of two antihistamines is used as current treatment for chronic itch. Hydroxyzine 50 mg SR is highly effective and less sedative. It can be used as: 10 mg IR OD, 25 mg IR HS, and 50 mg SR SOS. Hydroxyzine 50 mg SR exhibits 24-h symptom control with OD dose and can be preferred in chronic conditions.

9. Dr. N. Balasubramaniam, MD, DD

SRM Medical College, Trichi

Sleep patterns and mood disturbances can be severely debilitating, affecting >75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg is most useful in severe chronic itch conditions and is a recommended TID. I opt for a combination of two antihistamines for chronic itch. Hydroxyzine 50 mg SR is more effective and less sedative. Hydroxyzine prescriptions can be 10 mg IR for eczema, 25 mg IR for urticaria, and 50 mg SR OD for severe pruritus. Hydroxyzine 50 mg SR ensures itch relief and is preferred in acute and chronic conditions.

10. Dr. Anil Unde, MBBS, DVD

Shri Krishna Skincare Clinic, Kaporgaon

Sleep patterns and mood disturbances can be moderately debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR proves most beneficial in moderate chronic itch cases. It is recommended OD. I opt for a combination of different antihistamines, with a preference order starting from levocetirizine, cetirizine, hydroxyzine, and desloratidine. Hydroxyzine 50 mg SR can be a superior alternative, offering increased effectiveness and reduced sedation with 24-h symptom control at OD dose. It is preferred for managing acute and chronic conditions.

11. Dr. Navdeep, MBBS, MD

Skin solutions, Patiyala

Sleep patterns and mood disturbances can be moderately debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR proves most

useful in cases of severe Chronic Itch, and I recommend an OD dosage. In my current treatment approach, I prioritize the use of Levocetirizine and Hydroxyzine, favoring a combination of two different antihistamines. Hydroxyzine 50 mg SR can be a superior alternative, offering increased effectiveness with less sedation. It ensures 24-h symptom control at OD dose and can be a preferred choice for managing acute and chronic itch.

12. Dr. Gunvantbhai Mayavanshi, MD Skin

Aarshvi Skin Clinic, Anand

Sleep patterns and mood disturbances can be severely debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR proves most beneficial in cases of severe chronic itch, and I recommend an OD dosage. I prioritize Hydroxyzine, considering it potentially superior to chlorpheniramine. I opt for up-dosing of the same antihistamines. Hydroxyzine 50 mg SR is more effective and less sedative. Hydroxyzine can be prescribed for pediatric use at 10 mg IR, senile chronic itch at 25 mg IR, and severe chronic itch at 50 mg SR. Hydroxyzine 50 mg SR exhibits 24-h symptom control with an OD dose and can be effective in treating chronic conditions.

13. Dr. Pranab Saha, MD DVL

Santi Medical, Siliguri

Sleep patterns and mood disturbances can be severely debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine is the first choice for chronic itch, followed by levocetirizine, bilastine, and desloratidine. Hydroxyzine 50 mg SR is a better alternative for levocetirizine 10 mg, except for the elderly or cardiac patients. I opt for up-dosing the same antihistamines to treat chronic itch. Hydroxyzine 50 mg SR is recommended for severe chronic itch. It exhibits 24-h symptom control at an OD dose. Hydroxyzine can be prescribed as 10 mg IR for acute, 25 mg IR for dual prescriptions, and 50 mg SR for non-responsive chronic cases.

14. Dr. Aakash, MD, DNB

Leelawanti skin and laser institute

Over 75% of chronic itch patients experience deranged sleep patterns, anxiety, depression, and exacerbated itching that can be severely debilitating. Hydroxyzine 50 mg SR is most useful in severe chronic itch cases with a recommended OD dosage. I prioritize hydroxyzine, followed by ebastine and cetirizine. Hydroxyzine 50 mg SR can be a better alternative to levocetirizine. I opt for using dual antihistamines to treat chronic itch. Hydroxyzine

50 mg SR is more effective and less sedative with 24-h symptom control with an OD dose and is preferred for chronic conditions.

15. Dr. Nishant Makhija, MBBS, MD

Makhija Skin Clinic, Raipur

Severely debilitating sleep patterns and mood disturbances affect over 75% (including exacerbated itching incidence) of chronic itch patients. Hydroxyzine 50 mg SR, recommended at OD dosage, excels in severe cases. It exhibits more efficacy and less sedative effect. Preference in the molecule order is Hydroxyzine, Fexofenadine, Bilastine, and Desloratadine. Hydroxyzine 50 mg SR is a superior alternative, surpassing Fexofenadine. Hydroxyzine prescriptions can be 10 mg IR for children, 25 mg IR for mild-to-moderate itch in adults, and 50 mg SR for severe itch. Hydroxyzine 50 mg SR ensures 24-h symptom control, and it is a preferred choice for acute and chronic conditions.

16. Dr. Preetha Nagarajan, MBBS, DDVL

Abhi Shri Skin Clinic, Rasipuram

Up to 50% of chronic itch patients experience mildly debilitating, deranged sleep patterns, anxiety, depression, and exacerbated itching. Hydroxyzine 50 mg SR, recommended OD for severe itch, outperforms levocetirizine 5 mg and 10 mg. It is more effective and less sedative. My treatment sequence is hydroxyzine, desloratadine, levocetirizine, and bilastine. I prefer up-dosing of the same antihistamine. Hydroxyzine 50 mg SR for enhanced efficacy and less sedation. For hydroxyzine, I prescribe 10 mg IR for mild urticaria (pediatric and adult), 25 mg IR for adult urticaria, and 50 mg SR for urticaria with sleep disturbances in adults. Hydroxyzine 50 mg SR ensures assured itch relief. It is suitable for acute and chronic itch conditions.

17. Dr. Saleem A Jamadar, MD, DVC

Dr. Jamadar's skin care clinic, Gadag

Moderately debilitating sleep patterns, mood disturbances, and exacerbated itching are experienced by up to 50% of the chronic itch patients. Hydroxyzine 50 mg SR is most useful in treating moderate-and-severe chronic itch, with a recommendation of OD dosage. The treatment molecule of choice for the chronic itch is hydroxyzine, followed by Fexofenadine, and Bilastine. Hydroxyzine 50 mg SR is a better alternative to fexofenadine and bilastine. 24-h symptom control with OD dose is the best-rated parameter for Hydroxyzine 50 mg SR, which can be preferred in chronic itch conditions.

18. Dr. S. Kiran, MBBS, DDVL, DNB

Kiran advanced skin, hair, and laser clinic, Hyderabad

Around 50–75% of chronic itch patients experience severely debilitating deranged sleep patterns, anxiety, and depression, as well as exacerbated itching. Hydroxyzine 50 mg SR is most useful in severe Chronic Itch with recommended OD dosage. When ranking preferred molecules, I prioritize hydroxyzine, followed by levocetirizine, bilastine, and loratadine. Hydroxyzine 50 mg SR is a better alternative to levocetirizine. For hydroxyzine, I use 10 mg IR in pediatric patients, 25 mg IR in adult urticaria, and 50 mg SR in adult chronic pruritus. Hydroxyzine 50 mg SR is highly effective and provides 24-h symptom control with an OD dose. It is preferred in acute and chronic conditions.

19. Dr. Venkata Surya Haranath Palivela, MD

Bhavya Skin Clinic, Rajahmundry

Over 75% of chronic itch patients experience deranged sleep patterns, anxiety, depression, and exacerbated itching. Hydroxyzine 50 mg SR, recommended once daily, is most effective for severe chronic itch, offering 24-h symptom control with less sedation and high efficacy. The preferred order of molecules in treating chronic itch is Hydroxyzine, Desloratadine, Fexofenadine, and Levocetirizine. Hydroxyzine 50 mg SR is not a better alternative to any of these molecules. My current treatment approach for chronic itch is a combination of two antihistamines. I prescribe 10 mg Hydroxyzine IR for mild itch, 25 mg IR for moderate itch, and 50 mg SR for chronic and uncontrollable itch. Hydroxyzine 50 mg SR can be used for acute and chronic itch.

20. Dr. Kirthi Sampath, MD DVL

Cutis skin and laser centre, Vijayawada

Severely debilitating sleep patterns, anxiety, and depression, along with exacerbated itching, affects 50–75% of chronic itch patients. Hydroxyzine 50 mg SR, recommended OD or BID, is ideal for severe cases, offering 24-h symptom control. I use a combination of two antihistamines and consider up-dosing when necessary, prioritizing Hydroxyzine, followed by Levocetirizine, Levocetirizine + Montelukast, and Fexofenadine. Hydroxyzine 50 mg SR is not an alternative to these options but stands out for its efficacy in treating chronic itch. Hydroxyzine prescriptions can be 10 mg IR for acute, 25 mg IR for moderate, and 50 mg SR for chronic itch. Hydroxyzine 50 mg SR can be preferred for treating chronic itch.

21. Dr. P V Krishna Rao, MD

Skin and Cosmetology Clinic, Visakhapatnam

Sleep patterns and mood disturbances are severely debilitating issues among chronic itch patients with an over 75% prevalence of deranged sleep patterns, anxiety, depression,

and exacerbated itching in these patients. In treating chronic itch, I opt for a combination of two antihistamines. Hydroxyzine 50 mg SR is most useful for severe chronic itch and is recommended OD. Ranking preferences include hydroxyzine, levocetirizine, desloratadine, and fexofenadine. Hydroxyzine 50 mg SR offers high efficacy, 24-h symptom control with OD dosing, and lower sedation. Prescription for hydroxyzine can be 10 mg IR for mild itch, 25 mg IR for moderate itch, and 50 mg SR for chronic itch. Hydroxyzine 50 mg SR can be preferred for acute and chronic conditions.

22. Dr. Anukul Chandra, MBBS, MD, Consultant skin and VD
Shri Ram Medical, Phurbi

Sleep patterns and mood disturbances can be severely debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. The current treatment approach involves a combination of two antihistamines. Hydroxyzine 50 mg SR is most useful in severe Chronic Itch, recommended at an OD dosage. When ranking preferred molecules, I prioritize hydroxyzine, followed by levocetirizine, bilastine, and fexofenadine. Hydroxyzine 50 mg SR is a better alternative to levocetirizine for treating chronic itch. It is more effective, less sedative, and provides 24-h symptom control with an OD dose. It is preferred to treat chronic itch conditions.

23. Dr. Era Sharma, MD Dermatology
Guru Nanak Hospital, Ludhiana

Sleep patterns and mood disturbances can be moderately debilitating, affecting >75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR, recommended OD, is effective in severe cases. The preferred molecule order is Hydroxyzine, Ebastine, Doxepin, and Levocetirizine, with Hydroxyzine 50 mg SR considered a superior alternative over doxepin, offering enhanced efficacy and less sedation. Current treatment involves up-dosing of the same antihistamines, with Hydroxyzine prescribed as 10 mg IR for allergic dermatitis, 25 mg IR for urticaria, and 50 mg SR for chronic pruritus. Hydroxyzine 50 mg SR exhibits 24-h symptom control with an OD dose and is the preferred choice for chronic conditions.

24. Dr. B K Sinha, MBBS, DVL
Skin clinic, Chapra

Sleep patterns and mood disturbances can be moderately debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR is effective in severe cases; recommended OD. In the hierarchy of preferred molecules, Hydroxyzine 50 mg SR holds the second position. Current treatment involves

up-dosing of the same antihistamines. While potent and effective, Hydroxyzine 50 mg SR may not be less sedative; however, it offers 24-h symptom control with an OD dose and is suitable for acute and chronic conditions.

25. Dr. Asma Tabassum, Senior Skin Specialist, MBBS, DDVL
Asma clinic, Thumkur

Chronic itch moderately affects quality of life with sleep and mood disturbances and exacerbates itching in 50–75% of patients. My approach involves a dual antihistamine combination and up-dosing when needed. Hydroxyzine 50 mg SR is crucial for severe cases and is recommended at OD dosage. The preferred order of molecules is Hydroxyzine, Levocetirizine, Olopatadine, and Bilastine, with Hydroxyzine 50 mg SR as a superior alternative—more effective, less sedative, and providing 24-h symptom control. Hydroxyzine 10 mg IR, 25 mg IR, and 50 mg SR are used for mild chronic itching, moderate chronic itching, and severe chronic itching, respectively. Hydroxyzine 50 mg SR is preferred for chronic itch treatment.

26. Dr. Partha Sarathi Nayak, MBBS, MD
Medical College, Kolkata

Sleep patterns and mood disturbances can be severely debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. I up-dose the same antihistamine for chronic itch treatment. Hydroxyzine 50 mg SR is recommended for OD and preferred for severe cases. It is more effective, less sedative, and exhibits 24-h symptom control with an OD dose. The ranking of molecules for chronic itch treatment is Hydroxyzine, followed by Levocetirizine, Bilastine, and Fexofenadine. The hydroxyzine dosage varies 10 mg IR for pediatric, 25 mg IR for mild, and 50 mg SR for severe-to-moderate chronic itch. Hydroxyzine 50 mg SR is preferred for acute and chronic conditions.

27. Dr. Uttam Kumar Lenka, MD (Derma)
Dr. Uttam Lenka's skin, hair, and laser clinic, Kolkata

Sleep patterns and mood disturbances have a severe impact on the quality of life for Chronic Itch patients, affecting around 50–75% of individuals. I up-dose the same antihistamine for chronic itch treatment. Hydroxyzine 50 mg SR is most effective in severe cases and is recommended at OD dosage. The preferred order of treatment molecules is hydroxyzine, fluoxetine, and amitriptyline. Hydroxyzine 10 mg IR, 25 mg IR, and 50 mg SR are used for children, adults, and severe chronic itch in adult patients respectively. Hydroxyzine 50 mg SR is not less sedative; it is more effective and exhibits 24-h symptom control with an OD dose. It is preferred for chronic itch treatment.

28. Dr. Ramkrishna Joshi, MBBS, DVD

Dermatologist, Latur

Approximately 50–75% of chronic itch patients experience moderately debilitating disrupted sleep patterns, anxiety, depression, and intensified itching. Hydroxyzine 50 mg SR is preferred in severe cases and recommended OD. Preferred chronic itch treatment molecules are Hydroxyzine, followed by Levocetirizine, Bilastine, and Desloratadine. Hydroxyzine 50 mg SR is a superior alternative. I up-dose the same antihistamine for chronic itch treatment. Hydroxyzine 50 mg SR is more effective, less sedative, and exhibits 24-h symptom control with OD dose. It is preferred for acute and chronic conditions. Hydroxyzine prescriptions can be 10 mg IR for normal itching, 25 mg IR for geriatric patients, and 50 mg SR for severe chronic itch.

29. Dr. Syed Mubashir, Md FRGUHS

Cosmoderma and GMC bla, Srinagar

In chronic itch patients, sleep patterns and mood disturbances can severely affect the quality of life with 50–75% of patients experiencing sleep disturbance, anxiety, depression, and exacerbated itching. Hydroxyzine 50 mg SR is used for severe cases and its recommended dosage is BID. It is a preferred molecule in treating chronic itch, offering assured relief. The current approach to treat chronic itch involves dual antihistamines; Hydroxyzine 50 mg SR is more effective and less sedative. The hydroxyzine prescription is 10 mg IR for chronic itching, 25 mg IR for itch dermatitis, and 50 mg SR for disrupted quality of life. Hydroxyzine 50 mg SR is used to treat acute and chronic itch conditions.

30. Dr. Narashimman, MBBS, MD, DVL

Bhavani skin and cosmetology clinic, Dharmapuri

Chronic itch moderately affects sleep and mood in up to 50% (including exacerbated itching incidences) of patients. Hydroxyzine 50 mg SR, recommended OD, is preferred for severe cases. The sequence is Hydroxyzine, Levocetirizine with Montelukast, Bilastine, and Loratadine, with Hydroxyzine 50 mg SR as a superior alternative. My current chronic itch treatment approach combines two antihistamines. Hydroxyzine 50 mg SR offers higher efficacy, lower sedation, and 24-h symptom control with an OD dose. Hydroxyzine prescriptions are 10 mg IR for urticaria, 25 mg IR for eczema, and 50 mg SR for psoriasis and pruritus. Hydroxyzine 50 mg SR suits acute and chronic conditions.

31. Dr. Shameem Beegum, MD, DVD

Kim's wellness clinic, Trivandrum

Chronic itch severely impacts sleep and mood, affecting 50–75% of patients (including exacerbated itching incidences). I employ a dual antihistamine approach to treat chronic itch. Hydroxyzine 50 mg SR is effective for severe cases at the OD dosage. Treatment preferences are Hydroxyzine, Levocetirizine, Fexofenadine, and Desloratadine, with Hydroxyzine 50 mg SR surpassing levocetirizine. Hydroxyzine 50 mg SR offers superior efficacy and less sedation, providing 24-h symptom control. Typical hydroxyzine prescriptions are 10 mg IR TID for moderate itching, 25 mg IR at night for moderate itching, and 50 mg SR at night for severe itching. Hydroxyzine 50 mg SR is a preferred choice for acute and chronic conditions.

32. Dr. Rajeev Agarwal, MBBS, MD (Dermatology)

Skincare and Beauty Clinic, Lucknow

Around 50–75% of chronic itch patients experience moderately debilitating, deranged sleep patterns, anxiety, depression, and exacerbated itching. Hydroxyzine 50 mg SR is effective in severe cases; recommended OD. In treating chronic itch, Hydroxyzine can be the top-preferred molecule, surpassing Levocetirizine, Bilastine, and Desloratadine. Hydroxyzine 50 mg SR is a better alternative to these molecules. The current approach involves a combination of two antihistamines, where Hydroxyzine 50 mg SR stands out for being more effective and less sedative with 24-h symptom control at OD dose. Hydroxyzine 10 mg IR is recommended for daytime use, 25 mg IR for specific cases, and 50 mg SR for nighttime use. Hydroxyzine 50 mg SR is suitable for acute and chronic itch.

33. Dr. Rishi Raj Singh, MBBS, DVD

R and R skin and hair clinic, Saharanpur

Up to 50% of chronic itch patients experience moderately debilitating, deranged sleep patterns, anxiety, depression, and exacerbated itching. Hydroxyzine 50 mg SR is useful in moderate cases, with a recommended OD dosage that provides 24-h symptom control. Hydroxyzine has the highest preference for treating chronic itch, followed by Levocetirizine, Fexofenadine, and Bilastine. Hydroxyzine 50 mg SR can be a better alternative to these molecules and is preferred to treat chronic itch. The current treatment approach involves a combination of two different antihistamines, where Hydroxyzine 50 mg SR is more effective and less sedative. Hydroxyzine 10 mg IR is recommended for acute cases, 25 mg IR for less severe situations, and 50 mg SR for moderate cases.

34. Dr. Tarandeep Kaur, MBBS, DVD

Personal clinic, Faridabad

Sleep patterns and mood disturbances can be severely debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR is used for severe cases; this is recommended OD. It tops the molecule hierarchy for chronic itch, followed by Ebastine, Levocetirizine, and Fexofenadine. Hydroxyzine 50 mg SR is a better alternative to Ebastine and is preferred for acute and chronic conditions. It is more effective, less sedative, and provides 24-h symptom control with OD dosing. I prefer up-dosing the same antihistamines for chronic itch. Hydroxyzine at 10 mg IR is suitable for mild urticaria and children, 25 mg IR for severe pruritus, and 50 mg SR for chronic urticaria.

35. Dr. Parimalam Kumar, MG DNB

Washerman Pet, Chennai

Sleep patterns and mood disturbances can be moderately debilitating, affecting 50–75% (including exacerbated itching) of chronic itch patients. Hydroxyzine 50 mg SR, preferred for severe cases: Is the recommended OD. The hierarchy is Hydroxyzine, Chlorpheniramine, Cetirizine, and Levocetirizine, with Hydroxyzine 50 mg SR as a better alternative to Chlorpheniramine. Current treatment involves combining two antihistamines, where Hydroxyzine 50 mg SR is noted for being more effective and less sedative with 24-h symptom control at OD dosage. It is preferred for acute and chronic conditions. Hydroxyzine 10 mg IR is recommended for mild-to-moderate itching, 25 mg IR for moderate-to-severe itching, and 50 mg SR for severe itching.

36. Dr. Dilip Kumar, DVDL

Skin Care Clinic, Ramgarh

In chronic itch patients, sleep patterns, and mood disturbances can be moderately debilitating, impacting 50–75% of individuals (along with exacerbated itching). Hydroxyzine 50 mg SR, recommended OD, is preferred for severe cases. In ranking molecule preferences, Hydroxyzine leads, followed by Levocetirizine, Cetirizine, and Fexofenadine. Hydroxyzine 50 mg SR is a preferred alternative over Prutrax SR 50. Current treatment involves up-dosing the same antihistamines. Hydroxyzine 50 mg SR is noted for being highly effective and less sedative, with 24-h symptom control at OD dosage. It is the preferred choice for chronic conditions.

37. Dr. Tulika Rai, MD

Banaras Hindu University, Varanasi

Around 50–75% of chronic itch patients experience moderately debilitating, deranged sleep patterns, anxiety,

depression, and exacerbate itching. Hydroxyzine 50 mg SR is useful for moderate cases and is recommended for OD. In the molecule preference ranking, Levocetirizine leads, followed by Fexofenadine and Hydroxyzine. Hydroxyzine 50 mg SR is a better alternative to these molecules. Current treatment involves up-dosing the same antihistamines. Hydroxyzine 50 mg SR is more effective and less sedative with 24-h symptom control at OD dosage. It is a preferred choice for acute and chronic conditions.

38. Dr. Devesh Agarwal, DVD

Radiance Skin and Laser Clinic, Satna

Approximately 75% of chronic itch patients suffer from severe disrupted sleep, anxiety, depression, and heightened itching. Hydroxyzine 50 mg SR is recommended for BID and preferred for severe cases. Preference ranking of treatment molecules is Dopexin, Hydroxyzine hydrochloride, and Dexchlorpheniramine SR—with Hydroxyzine 50 mg SR a superior alternative to Dexchlorpheniramine SR. Hydroxyzine prescriptions range from 10 mg IR for mild itching, 25 mg IR for moderate cases, and 50 mg SR for severe itching. The current approach involves dual antihistamines and up-dosing. Hydroxyzine 50 mg SR offers assured itch relief. It is suitable for acute and chronic itch.

39. Dr. Piyush Gupta, MBBS, DDVL

Gupta dental and skin care, Rajasthan

Severely debilitating sleep patterns and mood disturbances affect over 75% of chronic itch patients, along with exacerbated itching. Hydroxyzine 50 mg SR is usually preferred to treat severe and chronic itch cases with a recommended OD dosage. I rank Hydroxyzine as the first choice for treating chronic itch, followed by cetirizine, levocetirizine, and desloratadine, respectively. Hydroxyzine 50 mg SR is a better alternative to cetirizine. 24-h symptom control with an OD dose is the best-rated efficacy parameter of hydroxyzine 50 mg SR.

40. Dr. Neha Tyagi, MBBS, MD

Dr. Neha Tyagi Clinic, Jodhpur

Severely debilitating sleep patterns and mood disturbances affect over 75% of chronic itch patients, along with exacerbated itching. Hydroxyzine 50 mg SR is usually preferred to treat moderate, acute, and chronic itch cases with a recommended BID dosage. I rank Hydroxyzine as the first choice for treating chronic itch. 24-h symptom control with an OD dose is the best-rated efficacy parameter of hydroxyzine 50 mg SR. Further, it is a less sedative and more effective treatment option for chronic itch.

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