

# Treatment of Chronic Urticaria with Levocetirizine

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## Abstract

Urticaria, a complex inflammatory skin disorder, impacts up to 20% of the global population. It is characterized by mast cell activation, histamine release, and subsequent sensory nerve stimulation, leading to itchy wheals and angioedema. Chronic urticaria (CU) has erratic prevalence across regions, with females being the most affected. It is also highly prevalent in individuals older than 30 years. Comorbidities such as anxiety and depression often accompany CU, worsening its impact on daily life and imposing substantial direct and indirect burdens. Antihistamines, particularly second-generation histamine H1 receptor antagonists like levocetirizine, are pivotal in managing urticaria. Levocetirizine, the active R-enantiomer of cetirizine, offers improved treatment outcomes and quality of life for CU patients. Recent studies report its efficacy, and it surpasses other antihistamines in terms of duration of effect. Levocetirizine emerges as a valuable addition to the management regime against CU, promising relief for patients who previously showed poor response to treatment. Its prolonged duration of effect and favorable safety profile make it a valuable addition to the treatment armamentarium for CU, enhancing patients' quality of life.

**Key words:** Antihistamines, Chronic urticaria, Comorbidities, Histamine, Levocetirizine, Mast cells, Quality of life, Second-generation, Urticaria

## INTRODUCTION

Urticaria is a common and complex inflammatory skin disorder with a lifetime prevalence of up to 20% worldwide.<sup>[1]</sup> The activation and degranulation of cutaneous mast cells cause the condition, which is followed by the release of histamine and other mediators that stimulate sensory nerves, widen blood vessels, extravagate plasma, and attract cells. The disease-defining signs and symptoms that emerge as a result of this process are itchy wheals (hives), angioedema, or both of these.<sup>[1]</sup>

The prevalence of chronic urticaria (CU) varies by geographical location. According to the findings of a recent systematic review and meta-analysis, the point prevalence of CU is higher in Asian studies (1.4%) than in European (0.5%) and Northern American studies (0.1%),

with females having higher rates than males.<sup>[2]</sup> Particularly, women over the age of thirty have the highest prevalence of CU, particularly chronic spontaneous urticaria (CSU).<sup>[1]</sup> In children, the frequency of CU is less than 1%.<sup>[2]</sup> There is no substantial difference between males and females among youngsters under the age of 15 years.<sup>[2]</sup> Table 1 depicts the classification of urticaria.

Patients with CSU are frequently difficult to treat. Comorbidities, such as anxiety and depression, have been observed in more than 30% of CSU patients, resulting in a longer duration and severity of the condition.<sup>[2]</sup> Sleep disruptions, sexual dysfunction, and impairments in daily work, personal life, leisure, and sports activities can have a negative impact on the family, social, and professional life.<sup>[2]</sup> As a result, the condition imposes a large direct (medical cost) and indirect (non-productivity and lost job cost) burden.<sup>[2]</sup>

Antihistamines are used to treat a variety of allergic disorders, including allergic rhinitis and urticaria, due to the crucial role of histamine in allergic reactions. Levocetirizine is an effective second-generation histamine receptor antagonist. According to reports, it efficiently combats CU in children to improve their quality of life.<sup>[3]</sup>

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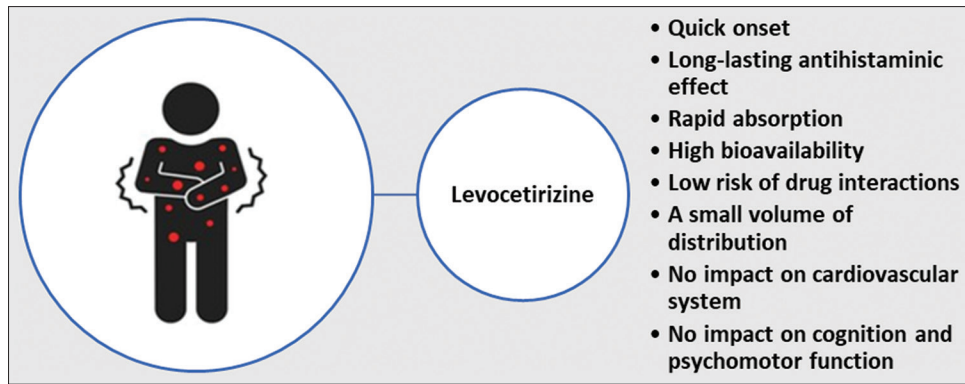


Figure 1: Benefits of levocetirizine

### Table 1: Classification of urticaria

On the basis of duration	
Acute urticaria	Wheals and/or angioedema for <6 weeks
Chronic urticaria	Wheals and/or angioedema for ≥6 weeks
On the basis of triggers or pathophysiology	
Chronic spontaneous urticaria (CSU)	Trigger not known
Chronic inducible urticaria (CindU)	Cold, delayed pressure, heat, sun exposure, demographic, exercise-induced, aquagenic, and contact

## CLINICAL ROLE OF LEVOCETIRIZINE

Non-sedating (second generation) histamine H1 receptor antagonists are considered the primary treatment for allergic diseases.<sup>[3]</sup> The active R-enantiomer of cetirizine is levocetirizine, a second generation, long-acting, and selective peripheral histamine H1 receptor antagonist.<sup>[3]</sup> The antihistaminic properties of racemic cetirizine are found in the R-enantiomer rather than the S-enantiomer. Figure 1 depicts the benefits of levocetirizine.

In a recent study by Sarkar *et al.*, 120 patients with CU who had not responded to 5 mg levocetirizine were randomly assigned to receive either levocetirizine 10 mg or levocetirizine 5 mg plus montelukast 10 mg for 4 weeks.<sup>[4]</sup> Urticaria Activity Score (UAS) and Urticaria Total Severity Score (TSS) were noted. UAS and TSS decreased considerably in both treatment groups and score reductions were equivalent ( $P = 0.628$ ,  $P = 0.824$ , respectively). The levocetirizine 5 mg + montelukast 10 mg group showed a significantly improved quality of life ( $P = 0.031$ ).<sup>[4]</sup> In a study by Huang *et al.*, (2019), the treatment of CSU with high-dose levocetirizine was proven to be successful.<sup>[5]</sup>

Compared to other antihistamines, levocetirizine had a longer duration of effect. In allergy challenge chamber studies, levocetirizine may be more effective than desloratadine, fexofenadine, or loratadine. Levocetirizine

is a great addition to the group of oral H1 receptor antagonists that are used to treat CU as first-line treatment.<sup>[6]</sup>

## CONCLUSION

CU is not a life-threatening disease but it sure has many severe impacts on the quality of life of patients. Levocetirizine is known to have a longer duration of effect with higher safety and lower sedation profile. It can be safely up dosed in patients with non-responsive CU.

## ACKNOWLEDGMENT

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**Dr. Anubhav Garg**  
**M.D. (D.V.L.)**  
**Gwalior, Madhya Pradesh**

Levocetirizine works nicely in controlling urticaria, other allergies, and other dermatological conditions. I have observed that it has better efficacy than Fexofenadine and Bilastine. According to me, Levocetirizine provides an improved level of 24-h-long-lasting relief as compared to Bilastine, however, Fexofenadine is less effective than the former drugs. As per the latest guidelines, 2<sup>nd</sup> generation H1-antihistamines are strongly recommended for all patients with urticaria; regular use of these is suggested for chronic urticaria. Before considering any other treatment, a 4-fold up dosing of 2<sup>nd</sup> generation H1-antihistamines is recommended. Current guidelines oppose the simultaneous use of multiple antihistamines. Updosing of 2<sup>nd</sup> generation antihistamines is recommended in cases who do not respond to routine doses. Overall, clinical experience with Levocetirizine is very good, as it also improves the quality of life.

**Dr. Deepthi Prasad**  
**M.B.B.S., M.D. (D.V.L.)**  
**Karimnagar, Telangana**

As per my experience, levocetirizine shows excellent efficacy in urticaria and other dermatological allergic conditions with superiority over other antihistamines. Levocetirizine is far more efficient in providing 24-h-long-lasting relief when compared to bilastine and fexofenadine. The use of second-generation H1-antihistamines is strongly advised for all patients with urticaria, and frequent usage is advised for those with chronic urticaria, according to the most recent guidelines. Second-line treatment is advised to start with a 4-fold up dosing of second-generation H1-antihistamines before considering any other options. Multiple antihistamines taken at once are discouraged by current guideline recommendations. Up dosing of second-generation antihistamines is recommended in patients with chronic urticaria. Levocetirizine is the best drug in its class and is effective in all allergic conditions.

**Dr. Dimple Doda**  
**M.B.B.S., M.D. (Skin)**  
**Ulhasnagar, Maharashtra**

As per my experience, Levocetirizine has excellent efficacy and is more effective and affordable than other antihistamines in the treatment of urticaria and dermatological allergic conditions. I would rank levocetirizine the highest for providing 24-h-long-lasting relief, whereas fexofenadine and bilastine cannot be rated equally. According to the most recent recommendations, before pursuing any other options, second-line treatment is advised to begin with a 4-fold up dosing of second-generation H1-antihistamines. In my opinion, levocetirizine is a safe drug with mild sedation and I have had a favorable clinical experience with this drug.

**Dr. A. Farook**  
**M.B.B.S., D.D.**  
**Chennai, Tamil Nadu**

I would grade levocetirizine as a very effective and safe treatment option for urticaria and other dermatological allergies and conditions. It is better than other antihistamines. I think fexofenadine and bilastine are not as effective in treating symptoms as levocetirizine. Levocetirizine, in my opinion, provides better 24-h-long-lasting comfort than bilastine; however, fexofenadine is less effective than the prior medications. According to the most recent guidelines, second-generation H1-antihistamines are strongly recommended for all patients with urticaria, with frequent use indicated for chronic urticaria. Before considering any other treatment, a 4-fold increase in the dose of second-generation H1-antihistamines is advised. Up dosing is

recommended in patients with chronic idiopathic urticaria which poorly responds to conventional dosing. Although levocetirizine is mildly sedative, it may impact the quality of life due to higher sedation in some patients. The overall clinical experience has been satisfactory with levocetirizine.

**Dr. Avik Panigrahi**  
**M.B.B.S., M.D. (D.V.L.)**  
**Kolkata, West Bengal**

Levocetirizine is an efficacious and safe option for treating allergies and dermatological disorders as well as urticaria. I found that it worked more effectively than other antihistamines. Levocetirizine, in my opinion, offers the finest 24-h-long-lasting relief; whereas, fexofenadine and bilastine are less efficient. The use of second-generation H1-antihistamines is strongly recommended for all patients with urticaria, and frequent usage is advised for those with chronic urticaria, according to the most recent guidelines. Second-line treatment is advised to be initiated with a 4-fold up dosing of second-generation H1-antihistamines before considering any other options. Multiple antihistamines taken at once are discouraged by current recommendations. In circumstances where normal doses do not work, it is advisable to increase the dose of second-generation antihistamines. Overall, the clinical experience with levocetirizine has been quite positive, since it enhances quality of life. I have had a good clinical experience with levocetirizine.

**Dr. Rik Goswami**  
**M.B.B.S., M.D.**  
**Kolkata, West Bengal**

Levocetirizine, in my experience, has better efficacy than other antihistamines in the treatment of urticaria and dermatological allergic disorders. I would give fexofenadine the highest rating for delivering 24-h-long-lasting relief, but levocetirizine and bilastine are present on the same level. According to the most recent recommendations, second-line treatment should begin with a 4-fold increase in the dose of second-generation H1-antihistamines before investigating any other options. When standard doses do not work, it is best to increase the dose of second-generation antihistamines. Levocetirizine, in my opinion, is a safe medicine with little sedation, and I have had a good clinical experience with it.

**Dr. Tamal Chakraborty**  
**M.B.B.S., M.D. (D.V.D.)**  
**Kolkata, West Bengal**

Unlike other antihistamines, I feel levocetirizine has remarkable efficacy in the treatment of urticaria and other dermatological allergies. When compared to other compounds such as bilastine and fexofenadine, levocetirizine

is more effective at providing 24-h-long-lasting relief. Before considering any other choices, second-line treatment should begin with a 4-fold increase in the dose of second-generation H1-antihistamines. Updosing of antihistamines is recommended in chronic persistent urticaria. Levocetirizine improves quality of life and is a very good drug.

**Dr. Haridaran Anand**  
**M.B.B.S., M.D. (Dermatology)**  
**Coimbatore, Tamil Nadu**

Levocetirizine is my first choice of antihistamine in urticaria. It is more effective than fexofenadine and bilastine in the treatment of urticaria and pruritus. Levocetirizine and bilastine in my opinion, provide better 24-h-long-lasting comfort than Fexofenadine. According to the most recent guidelines, second-generation H1-antihistamines are strongly recommended for all patients with urticaria, with frequent use indicated for chronic urticaria. Before considering any other treatment, a 4-fold increase in the dose of 2<sup>nd</sup> generation H1-antihistamines is advised. Current standards advise against taking numerous antihistamines at the same time. In circumstances where normal doses do not work, it is advisable to increase the dose of second-generation antihistamines. Levocetirizine improves the quality of life of patients suffering from urticaria. It is effective in controlling urticarial symptoms and relieving pruritus.

**Dr. Jitendra Singh**  
**M.B.B.S., M.D. (Dermatologist)**  
**Muzaffarpur, Bihar**

Levocetirizine is good for urticaria and is also very effective for allergic dermatological conditions. It has very good efficacy as compared to other antihistamines such as fexofenadine and bilastine. Levocetirizine, in my opinion, provides better 24-h long-lasting comfort than bilastine, however, fexofenadine is less effective than the prior medications. According to the most recent guidelines, second-generation H1-antihistamines are strongly advised for all patients with urticaria, with frequent use advised for chronic urticaria. Updosing second-generation antihistamines are advised in urticaria. It has an excellent impact on quality of life and provides a very good clinical experience.

**Dr. Jatinder Kumar Sadana**  
**M.D.**  
**Patiala, Punjab**

Levocetirizine is an excellent treatment option for urticaria and other dermatological allergies. It works better than other antihistamines. However, I would say that levocetirizine and bilastine equally provide 24-h-long-lasting relief,

whereas fexofenadine has slightly lower efficacy. The use of second-generation H1-antihistamines is strongly advised for all patients with urticaria, and frequent use is advised for those with chronic urticaria, according to the most recent guidelines. Updosing of second-generation antihistamines is recommended in chronic patients and has a very good impact on life. My overall clinical experience has been satisfactory.

**Dr. Kanchan Srivastava**  
**M.B.B.S., M.D., D.C.D., P.G.D.P.D.**  
**Lucknow, Uttar Pradesh**

In my experience, levocetirizine has provided an excellent response in the treatment of urticaria and dermatological allergic conditions. It has similar and superior efficacy as fexofenadine and bilastine, respectively. It provides the best 24-h-long-lasting relief, whereas fexofenadine and bilastine provide slightly lower relief. The most recent guidelines recommend second-generation H1-antihistamines for all individuals with urticaria, with frequent usage recommended for chronic urticaria. A 4-fold increase in the dose of second-generation H1-antihistamines is recommended before considering any other treatment. The concurrent use of several antihistamines is currently discouraged by current standards. Updosing of antihistamines is recommended in urticarial cases. Levocetirizine improves the quality of life providing an excellent clinical experience.

**Dr. Swaroop Sathyan**  
**M.B.B.S., D.D.V.L.**  
**Manjeri, Kerala**

Levocetirizine is an excellent drug of choice in the treatment of urticaria and dermatological allergies. In terms of giving 24-h long-lasting relief, it is more efficacious than fexofenadine and bilastine. The most recent guidelines strongly recommend that a second-generation H1 antihistamine should be used as the first-line treatment for all types of urticaria. I believe levocetirizine delivers superior 24-h long-lasting comfort than Bilastine; nonetheless, fexofenadine is less effective than the previous drugs. The most recent guidelines support second-generation of H1-antihistamines for all patients with urticaria, with frequent usage indicated for chronic urticaria. A 4-fold increase in the dose of second-generation H1-antihistamines is recommended before contemplating any other treatment. Except for the drowsiness, the clinical experience with this drug has been excellent.

**Dr. M. S. Gowtham**  
**M.D. (D.V.L.)**  
**Salem, Tamil Nadu**

Levocetirizine is very effective in most dermatological conditions. It provides very good 24-long-lasting relief



when compared with fexofenadine and bilastine. The latest guidelines strongly recommend a second-generation H1-antihistamine as the first-line treatment for all types of urticaria. Increasing the dose of these antihistamines is advised in patients with urticaria. Levocetirizine is better tolerated and improves the quality of life. Overall, it has provided a good clinical experience for me.

**Dr. Harikishan Kumar Y.**  
**M.D. DVL**  
**Bangalore, Karnataka**

Levocetirizine is an excellent first-line option for many dermatological conditions and better symptomatic improvement. When compared to fexofenadine and bilastine, it delivers very effective 24-h relief. The most recent guidelines strongly suggest that a second-generation H1-antihistamine should be used as the first-line treatment for all kinds of urticaria. Before considering any other choices, second-line treatment should begin with a 4-fold increase in the dose of second-generation H1-antihistamines. It can be used to treat a vast number of dermatological conditions successfully.

**Dr. Manisha Andhale**  
**M.B.B.S., D.D.V.**  
**Sinnar, Maharashtra**

Levocetirizine works more efficaciously in controlling urticaria, other allergies, and dermatological conditions. I have observed that it has better efficacy than fexofenadine and bilastine. According to me, levocetirizine and fexofenadine both provide equal levels of 24-h-long lasting relief compared to bilastine. As per the latest guidelines, second-generation H1-antihistamines are strongly recommended for all patients with urticaria; regular use of these is suggested for chronic urticaria. Before considering any other treatment, a 4-fold up dosing of second-generation H1-antihistamines is recommended. Current guidelines oppose the simultaneous use of multiple antihistamines. Up dosing of second-generation antihistamines is recommended in cases who do not respond to routine doses. There is no major improvement in the quality of life and it is a mild sedative. I am happy with the clinical experience due to higher patient compliance.

**Dr. Nevil Bharat Lalwala**  
**M.B.B.S., D.D.V.L.**  
**Surat, Gujarat**

It is the best drug for treating urticaria and other itchy disorders. The mode of action is better than comparative drugs. Some patients have issues with sedation. Levocetirizine provides superior 24-h-long lasting relief,

whereas, fexofenadine and bilastine provide moderate relief. Second-line treatment is advised to start with a 4-fold up dosing of second-generation H1-antihistamines before considering any other options. In cases with chronic spontaneous urticaria, atopic dermatitis, and tinea infections, it is recommended to increase the dosage. Levocetirizine helps in achieving a better quality of life, provides a very good clinical experience, and is the best drug for itch conditions.

**Dr. P. Surendran**  
**M.D. (Dermatologist)**  
**Coimbatore, Tamil Nadu**

Levocetirizine is very effective in urticaria and other dermatological allergic conditions. It is highly efficacious concerning efficacy compared with Fexofenadine. Levocetirizine provides the best 24-long-lasting relief when compared to Fexofenadine and Bilastine. The most recent guidelines support second-generation H1-antihistamines for all patients with urticaria, with frequent usage indicated for chronic urticaria. A 4-fold increase in the dose of second-generation H1-antihistamines is recommended before contemplating any other treatment. Current guidelines warn against taking multiple antihistamines at once. In urticaria not responding to regular doses of antihistamines, I would prefer up dosing of levocetirizine. Quality of life is improved with levocetirizine in itchy disorders. I have had excellent clinical experience with this drug.

**Dr. Praveen Aggrawal**  
**M.B.B.S., D.V.D.**  
**Delhi**

Levocetirizine is a very good therapy option for urticaria and other allergic skin conditions. It is more effective than other antihistamines. However, I believe that levocetirizine is effective at providing 24-h-long-lasting relief, whereas fexofenadine and bilastine are slightly less effective. According to the most recent guidelines, the use of second-generation H1-antihistamines is strongly encouraged for all patients with urticaria, and frequent usage is advised for those with chronic urticaria. If a patient is not responding to the conventional dosing, then increasing the dosage is advised. Levocetirizine has a fine impact on the quality of life of patients and provides satisfactory clinical experience.

**Dr. R. Shakila**  
**M.B.B.S., D.D.V.L.**  
**Ramananthapuram, Tamil Nadu**

Levocetirizine is the most preferred drug in urticaria and other allergic conditions. It is superior to all other

antihistamines. Levocetirizine provides higher excellent 24-h-long lasting relief when compared with fexofenadine and bilastine. Before considering any other choices, second-line treatment should begin with a 4-fold increase in the dose of second-generation H1-antihistamines. This dosing is advised in patients with refractory urticaria. Levocetirizine is preferred since it is the least sedative antihistamine and does not affect the quality of life. It provides an excellent clinical experience.

**Dr. Rahul Chandra**  
**M.D. (Skin & V.D.)**  
**Veraval, Gujrat**

According to me, Levocetirizine provides an excellent response in the treatment of chronic urticaria and other dermatological allergic conditions. It also demonstrates better efficacy than other antihistamines such as fexofenadine and bilastine. It demonstrates similar 24-h-long lasting relief as bilastine, fexofenadine being the least effective. According to the most recent recommendations, second-line treatment should begin with a 4-fold increase in the dose of second-generation H1-antihistamines before investigating any other options. When standard doses do not work, it is best to increase the dose of second-generation antihistamines. The up dosing is recommended in patients with chronic idiopathic urticaria. Levocetirizine is known to improve the quality of life in patients. In my opinion, it provides excellent clinical experience, however, sedation is an issue with this drug.

**Dr. Rohit Mittal**  
**M.B.B.S., D.D.V.L.**  
**Satna, Madhya Pradesh**

Levocetirizine provides excellent efficacy in the treatment of urticaria and other dermatological allergic conditions. When compared with other antihistamines, I found that Levocetirizine provides better results with single dosing in a day. It provides the best 24-h-long-lasting relief when compared to fexofenadine and bilastine. The most recent guidelines support second-generation H1-antihistamines for all patients with urticaria, with frequent usage indicated for chronic urticaria. A 4-fold increase in the dose of 2<sup>nd</sup> generation H1-antihistamines is recommended before contemplating any other treatment. Current guidelines warn against taking multiple antihistamines at once. When standard doses do not work, it is best to increase the dose of second-generation antihistamines. I recommend up dosing of antihistamines in all conditions such as urticaria and eczema. levocetirizine is known to improve the quality of life in patients with urticaria. I believe levocetirizine is very safe and effective in all classes of patients.

**Dr. Rohith Kumar**  
**M.D., D.V.L.**  
**Kumbakonam, Tamil Nadu**

In my opinion, Levocetirizine is very effective and has 24-h-long lasting relief. It has better efficacy than fexofenadine and bilastine. The most recent guidelines recommend second-generation H1-antihistamines for all patients with urticaria, with frequent use advised for chronic urticaria. Before considering any other treatment, a 4-fold increase in the dose of second-generation H1-antihistamines is recommended. When conventional doses of second-generation antihistamines do not work, it is preferable to increase the amount. Up dosing of antihistamines is recommended in patients with chronic urticaria and hives. I feel the only issue with levocetirizine is mild sedation seen in a few patients. Overall, I have had a good clinical experience with levocetirizine.

**Dr. S. K. Kashyap**  
**M.B.B.S., M.D. (Skin)**  
**Delhi**

Levocetirizine, in my opinion, has remarkable efficacy in the treatment of urticaria and other dermatological allergic disorders. When compared to fexofenadine and bilastine, it delivers the best 24-h long-lasting relief. The most recent guidelines recommend second-generation H1-antihistamines for all urticaria patients, with frequent use recommended for chronic urticaria. Before considering any other treatment, a 4-fold increase in the dose of second-generation H1-antihistamines is recommended. Current recommendations advise against taking numerous antihistamines at the same time. When conventional doses of second-generation antihistamines do not work, it is preferable to increase the amount. In such cases, I propose increasing the dose of the antihistamine. Levocetirizine is reported to improve the quality of life in all skin conditions. I feel levocetirizine is excellent and effective in all patient populations.

**Dr. S Kiruthika**  
**M.B.B.S., D.D.V.L.**  
**Karur, Tamil Nadu**

Levocetirizine relieves the symptoms and provides results in patients with urticaria and other dermatological allergic conditions. It is very fast and provides better 24-h-long-lasting relief than fexofenadine and bilastine. The most recent guidelines prescribe second-generation H1-antihistamines for all urticaria patients, with chronic urticaria patients requiring frequent treatment. A 4-fold increase in the dose of second-generation H1-antihistamines is recommended before contemplating any other treatment. Current guidelines warn against taking multiple antihistamines at the same time. It is recommended to increase the dosage

of second-generation antihistamines when conventional doses do not work. Increasing the dose of antihistamines is recommended in chronic idiopathic urticaria. It improves the quality of life in patients by reducing their symptoms.

**Dr. Saleem A Jamadar**  
**M.B.B.S., M.D. (Dermatology)**  
**Gadag, Karnataka**

According to me, Levocetirizine is a first-line drug for the treatment of urticaria and other dermatological allergic conditions. It is better than most of the antihistamines. It provides maximum 24-h-long-lasting relief, whereas, fexofenadine and bilastine provide mild and moderate relief. According to the most recent recommendations, second-line treatment should begin with a 4-fold increase in the dose of second-generation H1-antihistamines before investigating any other options. I suggest that patients who do not respond to regular dosing must be given a higher dose of second-generation antihistamines. In my opinion, Levocetirizine is a drug with very good efficacy and safety with minimal side effects.

**Dr. Sandip Sahebrao Arsad**  
**M.B.B.S., D.V.D.**  
**Akola, Maharashtra**

Levocetirizine is non-sedative and highly effective in the management of urticaria and pruritus. It is tried and tested and is more economical and effective than Fexofenadine and Bilastine. Levocetirizine and Bilastine provide equally high 24-h-long-lasting relief, however, Fexofenadine provides lower relief. According to the most recent guidelines, second-generation H1-antihistamines should be used as first-line treatments for all urticaria patients, with repeated use recommended for chronic urticaria. A 4-fold increase in the dose of second-generation H1-antihistamines is recommended before contemplating any other treatment. Current guidelines discourage the use of several antihistamines at the same time. Updosing of second-generation antihistamines is recommended in patients with chronic urticaria and even in some patients with acute urticaria. Patients are happy to continue taking Levocetirizine at night or even on alternate nights. Levocetirizine is a potent, economical, and user-friendly, second-generation antihistamine. I am satisfied with the use of this drug for a long time, except for some patients complaining of mild sedation.

**Dr. Sanjay Kumar Gupta**  
**M.B.B.S., D.V.D., M.C.C.P.**  
**Hyderabad, Telangana**

In my opinion, levocetirizine has good efficacy in the treatment of urticaria or other dermatological allergic conditions. It has better efficacy than other antihistamines such as Fexofenadine and bilastine. Levocetirizine provides

the best 24-h-long-lasting relief, while bilastine is rated slightly lower in terms of relief and Fexofenadine is the lowest. The most recent guidelines propose that second-generation H1-antihistamines could be used as first-line therapies for all urticaria patients, with repeated use advised for chronic urticaria. Before considering any other treatment, a 4-fold increase in the dose of second-generation H1-antihistamines is recommended. Current recommendations discourage the use of several antihistamines at the same time. The dose of second-generation antihistamines must be increased in patients with urticaria. Levocetirizine shows favorable safety and tolerability. I have had the best clinical outcomes with levocetirizine.

**Dr. Sanjeev Patil**  
**M.B.B.S., D.V.D.**  
**Bijapur, Karnataka**

Levocetirizine, in my opinion, has good efficacy in the treatment of urticaria or other dermatological allergic conditions. It has better efficacy than fexofenadine and bilastine. Levocetirizine provides the best relief, whereas bilastine and fexofenadine are slightly less effective. Before considering any other treatment, a 4-fold increase in the dose of second-generation H1-antihistamines is recommended. Although levocetirizine does not have a huge impact on the quality of life of patients, I have had a very good clinical experience with it.

**Dr. Shatrughan Sahay**  
**M.B.B.S., M.D.**  
**Lucknow, Uttar Pradesh**

In urticaria or other dermatological allergic conditions, levocetirizine is the most potent and effective molecule. As compared to other antihistamines (fexofenadine and bilastine), levocetirizine is effective and has higher occupancy of receptors for inhibition. In terms of providing 24-h-long-lasting relief, Levocetirizine is rated to be the best, bilastine is moderately good and Fexofenadine provides the lowest relief. The updosing of levocetirizine is recommended if the condition of the patient is severe/chronic and does not respond to a conventional dose. Levocetirizine improves the quality of life of patients because of one-time dosing and its potency is higher than other antihistamines. Levocetirizine has greater occupancy on receptors, one-time dosing, and higher reduction in wheals and hives. It is better than other antihistamines.

**Dr. Sunil Kothiwala**  
**M.B.B.S., M.D.**  
**Jaipur, Rajasthan**

Levocetirizine is 90% effective in urticaria, and it is more effective than other antihistamines. Levocetirizine

provides the best relief when compared to Fexofenadine being moderate and bilastine is the lowest in ranking. In accordance with the most recent guidelines, all urticaria patients should be treated with second-generation H1-antihistamines, with chronic urticaria patients needing treatment regularly. Before considering any other treatment, a 4-fold increase in the dose of second-generation H1-antihistamines is recommended. Current recommendations advise against taking numerous antihistamines at the same time. When conventional doses of second-generation antihistamines do not work, it is advisable to increase the dosage. I recommend up dosing antihistamines in elderly patients who do not respond to levocetirizine and fexofenadine. The side effect of sedation is nothing compared to the overall efficacy. I have had a good clinical experience with levocetirizine.

**Dr. Suresh Kumar Jain**  
**M.D., (V.D.), (Dermatologist)**  
**Kota, Rajasthan**

As per my experience, levocetirizine is very effective in the treatment of urticaria and other dermatological allergic conditions. It outscores other antihistamines in terms of efficacy and safety. I would rate it the highest in terms of providing 24-h long-lasting relief, bilastine is second and fexofenadine is third. According to the most recent guidelines, the use of second-generation H1-antihistamines is strongly recommended for all patients with urticaria, and frequent use is recommended for those with chronic urticaria. Before considering any other choices, it is recommended that second-line treatment begins with a 4-fold increase in the dose of second-generation H1-antihistamines. Current guidelines discourage the use of several antihistamines at the same time. Up dosing of antihistamines is recommended in patients with chronic urticaria. Levocetirizine improves the quality of life by providing relief from symptoms. The overall clinical experience is good.

**Dr. T. K. Anandhi**  
**M.D. (D.V.L.)**  
**Kanchipuram, Tamil Nadu**

I have achieved very good results with levocetirizine in the treatment of urticaria and other dermatological allergic conditions. Levocetirizine is very fast and provides 24-h efficacy which is not the case with fexofenadine and bilastine. Levocetirizine can be ranked highest in terms of providing 24-h long-lasting relief. The use of second-generation H1-antihistamines is strongly advised for all patients with urticaria, and frequent usage is indicated for individuals with chronic urticaria, according to the most recent guidelines. It is advised that second-line treatment begins with a 4-fold increase in the dose of

second-generation H1-antihistamines before exploring any other options. Current recommendations discourage the use of several antihistamines at the same time. Up dosing of antihistamines is recommended in chronic idiopathic urticaria. Levocetirizine improves the quality of life by resolving symptoms. I have had a very good clinical experience with Levocetirizine.

**Dr. Ravi Raju**  
**M.D. MDERM**  
**Bhimavaram, Andhra Pradesh**

Levocetirizine works very well in the case of dermatological conditions. It is better than other antihistamines. Levocetirizine is rated higher than fexofenadine and bilastine in terms of providing 24-h long-lasting relief. A 4-fold increase in second-generation antihistamines is recommended in patients before switching to other options. I would recommend up dosing in patients with urticarial, pruritus, and allergic dermatological conditions. It is a good molecule and improves the quality of life. I have had a very good experience with levocetirizine.

**Dr. Uday Kulkarni**  
**M.B.B.S., M.D.**  
**Aurangabad, Maharashtra**

Levocetirizine, in my opinion, provides satisfactory, long-lasting, and effective treatment outcomes for urticaria and other dermatological allergic conditions. It shows better and faster efficacy than other antihistamines such as fexofenadine and bilastine. It is rated higher than Fexofenadine and Bilastine in terms of providing 24-h long-lasting relief. According to the most recent guidelines, the use of second-generation H1-antihistamines is strongly recommended for all patients with urticaria, and regular use is encouraged for persons with chronic urticaria. Before pursuing alternative options, it is recommended that second-line treatment begins with a 4-fold increase in the dosage of second-generation H1-antihistamines. Current recommendations discourage the use of several antihistamines at the same time. In unresponsive patients, the dosing must be increased. It also improves the quality of life significantly. In sensitive patients, it causes mild sedation. Apart from this, my clinical experience with levocetirizine has been very satisfactory.

**Dr. Versha Tandon**  
**M.D. (Dermatologist)**  
**Jabalpur, Madhya Pradesh**

Levocetirizine, as per my experience, shows excellent efficacy and has better efficacy than fexofenadine and bilastine. Levocetirizine and bilastine give equal 24-h long-



lasting relief and fexofenadine has the lowest levels of relief. The most recent recommendations highly recommend the use of second-generation H1-antihistamines for all patients with urticaria and suggest regular use for those with chronic urticaria. Before considering alternative options, it is recommended that second-line treatment begins with a 4-fold increase in the dosage of second-generation H1-antihistamines. The use of several antihistamines at the same time is discouraged by current standards. I suggest increasing the dose of second-generation antihistamines in patients with urticaria. Levocetirizine improves the quality of life and has given a satisfactory clinical experience.

**Dr. Yamini EO**  
**M.D. (D.V.L.)**  
**Vellore, Tamil Nadu**

Levocetirizine shows good efficacy in the treatment of urticaria and dermatological allergic conditions but causes more drowsiness when compared with fexofenadine. In terms of giving 24-h long-lasting relief, it ranks higher than fexofenadine and bilastine. The use of second-generation H1-antihistamines is strongly recommended for all patients with urticaria, and frequent usage is urged for those with chronic urticaria, according to the most recent guidelines. It is advised that second-line therapy begins with a 4-fold increase in the dose of second-generation H1-antihistamines before considering alternatives. Current guidelines advise against using several antihistamines at the same time. It is recommended to increase the dose of antihistamines in patients with chronic spontaneous urticaria. Mild sedation has an impact on the quality of life of patients. Overall, I have had an excellent clinical experience with levocetirizine.

**Dr. Rustom Chinwalla**  
**D.V.D., D.D.V., D.N.B. (Dermatologist)**  
**Mumbai, Maharashtra**

Levocetirizine is very effective in the treatment of urticaria and dermatological allergies when compared to Fexofenadine. In terms of giving 24-h long-lasting relief, it ranks higher than Fexofenadine and Bilastine. The use of 2<sup>nd</sup> generation H1-antihistamines is strongly recommended for all patients with urticaria, and frequent usage is urged for those with chronic urticaria, according to the most recent guidelines. It is advised that second-line therapy begins with a 4-fold increase in the dose of second-generation H1-antihistamines before considering alternatives. Current guidelines advise against using several antihistamines at the same time. It is recommended to increase the dose of antihistamines in patients with chronic spontaneous urticaria. Overall, it provides a very good clinical experience.

**Dr. Devendra Jain**  
**M.B.B.S, D.V.D.**  
**Virar, Maharashtra**

Levocetirizine is good in the treatment of urticaria and dermatological allergies. In terms of giving 24-h long-lasting relief, it ranks higher than Fexofenadine and Bilastine. The latest guidelines strongly recommend a 2<sup>nd</sup> generation H1 antihistamine as the first-line treatment for all types of urticaria including patients with chronic spontaneous urticaria who did not respond to 2 weeks of treatment with conventional doses of 2<sup>nd</sup> generation antihistamine. Levocetirizine improves the quality of life in patients. It must be used as the first-line antihistamine in urticaria and any dermatoses associated with itching.

**Dr. Anu Cherian Manimala**  
**M.B.B.S., M.D. (Dermatology)**  
**Ponkanum, Kerala**

Levocetirizine is effective in treating urticaria and dermatological allergies. It scores higher than Fexofenadine and Bilastine in terms of providing 24-h long-lasting relief. The most recent guidelines strongly advise using a second-generation H1 antihistamine as the first-line treatment for all kinds of urticaria. Levocetirizine, in my opinion, provides better 24-h-long-lasting comfort than Bilastine; however, Fexofenadine is less effective than the prior medications. According to the most recent guidelines, 2<sup>nd</sup> generation H1-antihistamines are strongly recommended for all patients with urticaria, with frequent use indicated for chronic urticaria. Before considering any other treatment, a 4-fold increase in the dose of 2<sup>nd</sup> generation H1-antihistamines is advised. Current standards advise against taking numerous antihistamines at the same time. In circumstances where normal doses do not work, it is advisable to increase the dose of 2<sup>nd</sup> generation antihistamines. Overall, the clinical experience with this molecule is good except for the drowsiness.

**Dr. Y Madhavi Latha**  
**M.D., DVL**  
**Ananthpur, Andhra Pradesh**

Levocetirizine is an excellent drug of choice in the treatment of urticaria and dermatological allergies. In terms of giving 24-h long-lasting relief, it is more efficacious than fexofenadine and bilastine. The most recent guidelines strongly recommend that a second-generation H1 antihistamine should be used as the first-line treatment for all types of urticaria. I believe levocetirizine delivers superior 24-h long-lasting comfort than Bilastine; nonetheless, fexofenadine is less effective than the previous drugs. The most recent guidelines support second-

generation H1-antihistamines for all patients with urticaria, with frequent usage indicated for chronic urticaria. A 4-fold increase in the dose of second-generation H1-antihistamines is recommended before contemplating any other treatment. Except for drowsiness, the clinical experience with Levocetirizine has been excellent.

**Dr Madhusmita Lahakar**  
**MD (Dermatology)**  
**Guwahati, Assam**

Levocetirizine is very effective in the treatment of urticaria and dermatological allergies. In terms of giving 24-h long-lasting relief, it is more efficacious than fexofenadine and Bilastine. The most recent guidelines strongly recommend that a second-generation H1 antihistamine should be used as the first-line treatment for all types of urticaria. In my opinion, levocetirizine delivers equivalent 24-h long-lasting comfort than Bilastine; nonetheless, fexofenadine is less effective than the previous drugs. A 4-fold increase in the dose of second-generation H1-antihistamines is

recommended before contemplating any other treatment. Its impact on life and drowsiness varies from patient to patient. Levocetirizine is an effective drug and can be combined with other drugs without any side effects.

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