

# MODERN METHODS OF ALLERGY SYMPTOMS REDUCTION

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## *Summary*

The research was aimed at studying the effectiveness of Gistaphen in patients with allergic rhinitis, atopic dermatitis and urticaria. We observed 80 patients at the age of 18–55 years old. All patients were divided into 3 groups: I group (30) — patients with urticaria, II group (20) — patients with atopic dermatitis, III group (30) — patients with allergic rhinitis. All patients were administered Gistaphen (Olainfarm, Latvia) 100 mg (2 tablets) twice a day for 20 days. Patients with allergic rhinitis also received topic cromones as a therapy treatment, patients with atopic dermatitis — local hydration and alleviation therapy, patients with urticaria — therapy designed for concomitant gastro-intestinal tract pathology. In patients with atopic dermatitis and urticaria hystamine level in blood serum was examined before and after the treatment course. Hystamine level in serum blood doubles both at atopic dermatitis and urticaria but it is more intensive at urticaria. Serotonin level doubles both at atopic dermatitis and urticaria but it is more apparent at atopic dermatitis. Gistaphen which blocks histamine and serotonin is the agent of choice in treatment of patients with allergic skin diseases.

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