

# DESLORATADINE IN A MODERN ORAL DRUG DELIVERY SYSTEM: A VALUABLE CHOICE FOR THE PROPER TREATMENT OF ALLERGIC DISEASES

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**Abstract.** Allergic diseases are widespread and their diverse symptoms cause a lot of suffering for patients. The pathogenetic mechanisms that lead to such symptoms as vasodilation, increased vascular permeability, tissue edema and redness, smooth muscle contraction, stimulation of sensory nerves (causing itching or mild pain), and mucus production, are caused mainly by the effects of the mediator histamine. Since 1937, the first half century of research and development of anti-allergy medications has led to the emergence of first-generation antihistamines with an unacceptable safety profile, that were toxic to the central nervous and cardiovascular systems. Non-sedating second-generation antihistamines and their metabolites are now available in clinical practice, among which desloratadine has got most appealing efficacy/safety and cost/effectiveness profiles. Desloratadine is the drug of choice for all forms of allergic rhinitis, conjunctivitis, and urticaria in adults and children. Desloratadine therapy provides rapid, effective and sustained relief of symptoms in allergic diseases and exhibits additive anti-inflammatory activity. Desloratadine provides a good safety and tolerability profile without its pharmacokinetics being significantly affected by food and drugs or interactions with cytochrome P 450 3A, has no anticholinergic activity, no sedative effect, and does not cause cognitive or psychomotor impairment. Thus, desloratadine meets all the criteria for efficacy, safety and cost-effectiveness of antihistamines. Easy to use and affordable desloratadine in the form of orodispersible tablets is a sensible choice for the appropriate treatment of allergic diseases, especially in pediatric practice.

**Key words:** allergic disorders, histamine, H1-antihistamine(s), allergic rhinitis, allergic conjunctivitis, urticaria, desloratadine, orodispersible tablets, efficacy, safety.