



URTICARIA, ANGIOEDEMA

SUBCUTANEOUS AUTO SERUM THERAPY IN CHRONIC SPONTANEOUS URTICARIA

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Introduction: Urticaria is difficult to treat disease. Everyone can not afford biologics and cyclosporine in developing countries where patient need to pay for the therapy. Subcutaneous autoserum therapy is poor person's biologic.

Aim: To evaluate the effectiveness of subcutaneous autologous serum therapy (AST) in Chronic spontaneous urticaria (CSU) patients.

Methods: This was a single blind, placebo-controlled parallel group, randomized, controlled study. Inclusion criteria were age between 18 and 75 years, cumulative Urticaria Activity Score (UAS) over past 1 week >14 at baseline, and informed written consent. Exclusion criteria were pregnancy or breastfeeding, uncontrolled diabetes mellitus, physical urticaria, and therapy with anticoagulants, for example, warfarin and aspirin. Twenty-four patients with CSU (11 M: 13 F) were given subcutaneous AST, and seventeen patients (7 M: 10 F) were given subcutaneous injection normal saline (placebo), along with levocetirizine in an on-demand basis in both groups. Age group was 19–54 years with mean age of 29.7 years. Duration of urticaria was varying from 6 months to 80 months (average duration 18 months).

We started this therapy in the study patients by giving weekly (9 weeks), subcutaneous injections of patients' own serum or saline in the skin over the abdomen in doses of 0.05 ml/kg body weight. Urticaria activity score and dermatology life quality index was used every visit.

Results: UAS came down within few weeks from 35.74 to 7 at the end of 9 weeks, and the patients' requirement of antihistamines also reduced remarkably from 5.8 to 1.7/week in the serum group. Subcutaneous saline group did not show statistically significant fall in UAS. Saline group showed UAS 32.8 at 0 week to 22.1 at the end of 9 weeks. Dermatology Life Quality Index (DLQI) showed significant fall in serum group.

Conclusions: Summarizing subcutaneous AST is a suitable alternative for urticaria treatment.

