

Modern approaches to research and treatment of chronic idiopathic urticaria

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Abstract: As is known, the 21-st century is the century of allergies. Chronik Idiopathic urticaria is an important pathology among allergic diseases. The pathology has no direct cause and last for six weeks or more. It's also called chronic spontaneous urticaria (CSU).Chronic hives are itchy, raised red bumps or welts ,that appear on skin at least twice per week.These welts also called wheals.

Hives (urticaria) and angioedema (swelling) can occur together. Hives are raised red bumps or splotches on skin. Angioedema may occur in deep layers of tissue. This swelling can affect face, lips, throat, hand, feet and genitals.



Disease can be found in any age group and in representatives of both sexes. Pathogenically ,it can be caused by autoimmune antibodies, immediate reactions caused by IgE, immune complexes.

Not all CIU triggers are related to our body. They can also be mental ,or psychological,like stress and anxiety.

CIU could be triggered by a :

- Bacterial infection
- Viral infection
- Parasitic infection
- Fungal infection
- Medication or food
- Chronic deseases: diabetes, kidney failure, deseases of the thyroid gland etc.

There are some types of urticaria:

1.Cholinergic urticaria or heat urticaria is caused by raised body temperature and sweating.activities,that cause you to sweat, such as being outside on hot days or vigorous exercise,can bring on a flare.

2. Solar urticaria is caused by exposure to sun or ultraviolet light.

The hives appear within a few minutes of being in the sun.

3. Cold urticaria is caused by sudden cold temperatures. Many people experience cold urticaria in the winted, but even some summer activities can trigger hives in people with this condition.These include a swimming in a cold pool,experiencing a sudden cold breeze. Sometime weather and activities can cause chronic hives to flare in many people.They can notice rashes after sweating,spending time in the sunshine,or being exposed to pollen

How are chronic hives diagnosed: Do

- An Allergy test to see ,if allergen is causing a reaction.
- Blood test to check for high lewels of antibodies.
- Urine test to check for high lewels of antibodies.
- Urine test to look for bacterial infections.
- Skin biopsy procedure to confirm the diagnosis.
- „D ‘vitamin level tested.

Ways to manage hives.

.Reduce stress. Stress can cause hives to flare up.Meditation getting enough rest and making time for favorite activities can help lower stress levels.

- Take vitamin „D’’.While further study is needed ,there are may be a link between low vitamin „D,, levels and chronic hives. (A 2018 review of studies found ,that people with chronic spontaneous urticaria had significantly lower than average vitamin„D’’ levels.
- Take antihistamines. About 50 percent of people with hives can get relief by taking antihistamine. According to the American Academy of Allergy, asthma and Immunology,If antihistamines don’t relieve hives,you might need another type of medication.
- Omalizumab (Xolair) is approved by the Food and Drug Administration to treat chronic idiopathic urticaria.(A 2013 study found it was effective in some people with urticaria for whom antihistamines didn’t work.)
 - Immunosuppresants like cyclosporine
 - Corticosteroids

Conclusion: *Thus , idiopathic urticaria is one of the serious pathology,that proceed with allergic rash and edema.It is necessary to eliminate and control risk-factors,make appropriate treatment.*

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ქრონიკული იდიოპათიური ურტიკარიის კვლევისა და მკურნალობის თანამედროვე მეთოდები. ქ. უკლება, ირენე აგნუს

რეზიუმე

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