

# 만성 두드러기의 병인과 치료

## Etiology and Treatment of Chronic Urticaria

16 - 5

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### Abstract

Chronic urticaria is a well - known disease entity, characterized by the rapid appearance of frequently occurring, short - lived wheals, surrounded by a bright - red flare, and often accompanied by angioedema. Any pattern of recurrent urticaria occurring at least twice a week for 6 weeks is called chronic. The cause of chronic urticaria is undefined and its diagnosis requires exclusion of other conditions with somewhat similar symptoms. Degranulation of mast cells with release of histamine is central to the development of wheals. About 26~50% of patients with idiopathic urticaria have histamine - releasing autoantibodies in their blood. Urticaria has a profound impact on the quality of life. It is essential to avoid substances likely to trigger or intensify episodes. Treatment is directed at eliminating or at least substantially reducing symptoms. The most important pharmacotherapy is non - sedating H1 antihistamines. They have proved to be effective in double - blind controlled studies. However, alternative therapies may be required because of different urticaria subtypes and individual variations. Immunosuppressive drugs such as cyclosporin A and corticosteroids should not be used as a long - term management due to undesirable side effects.

**Keywords :** Urticaria; Autoantibody; Antihistamine

; 가 ;

( , urticaria) 가 가

(wheal) 가  
(swelling)  
가 (burning) ,  
1 ~ 24 (fleeting nature) .  
(angioedema)  
(swelling), 가  
(72 )가  
(1).  
6  
2 6  
(2).  
15 ~ 20%가 1

1. ,

1.	(spontaneous)	
1)		< 6
2)		> 6
-		
-		
2.		
1)		(mechanical shearing forces)
2)		(vertical pressure)
3)		/ 가 /
4)		(localized heat)
5)		UV, ,
6)	/	( , )
3.		
1)		
2)		
3)	(contact urticaria, allergic or pseudoallergic)	
4)	(Aquagenic urticaria)	
4.		
1)	(urticaria pigmentosa, mastocytosis)	
2)	(urticarial vasculitis)	
3) 가	(familial cold urticaria)	

3 ~ 35% . (7 ~ 12).

2 20 ~

40 , 20 ~ 60 (3, 4).

0.1 ~ 3% (5).

,

가

74% 1

(1).

, 6 40%

가 10 (6).

가 2

(1).

가 가

가 ,

	가
0	
1	( < 20 / 24 )
2	( 21 ~ 50 / 24 )
3	( > 50 / 24 , , , , , , )
	: ( 0 ~ 6 )

가 . IgE

가

가 ,  
(protease) .  
(LTC4, D4, E4), (platelet  
activating factor), PGD4 .  
TNF - .

가 1.

35%    5%,  
가    가 1 ~ 2%    (2).

transfer) (immunoglobulin serum factor)가 가 가 (passive

## 2. 가

가  
IgE - ( subunit of high affinity  
IgE receptor, Fc RI ) 가 IgE 가  
, opiates, (13~16). 가  
(neuropeptides), stem cell factor(c-kit ligand), 가 (autoimmune chro-  
nic urticaria, AICU)  
C3a, C5a, IgE , 가  
(2). Substance P, , mor- (chronic idiopathic urticaria)  
phine, codeine, (2, 17). 30~40%가

3.		
1.	Differential blood count ESR (as indication of severe systemic disease) Omission of suspected drugs (e.g., NSAID), Possibly ; autologous serum skin test. Gastroscopy, test for <i>Helicobacter pylori</i> ANA, stool for worm eggs/parasites, Skin tests, specific IgE, Thyroid hormones and autoantibodies, Pseudoallergic-free diet for 3 wk	가  C5a가 가 (20). C5a  (14). 가  (auto- logous serum skin test reaction)
2.		
1)	Elicit dermographism	
	Differential blood count and ESR	
2)	Pressure test (0.2~0.4 kg/cm <sup>2</sup> for 10 to 20 min)	
3)	Cold provocation test (ice cube, cold water)	Fc RI 가 가
	Exposure to cold wind (ventilator)	가 .
	Cryoglobulin, differential blood count and ESR	
4)	Warm arm bath (42 °C)	
5)	UV and visible light of different wave lengths	.
3.		가
	Exercise or hot bath according to patient history	가 (auto-
4.		
	Biopsy, differential blood count, ESR, ANA, UA	immune throid disease) (21). (Hashimo-
	Fc RI 가 , 5~10% IgE to thyroiditis) antimicrobial anti-	
가	. 가 bodies antithyroglobulin antibodies,	
	,	가 anti - thyroid - stimulating
가 가	가 가 hormone receptor antibodies	
	(18). Fc RI (22). anti-	
가	Fc RI thyroglobulin antibody antimicrobial antibody	
		27%
	가 가 IgG1 19% (23).	
IgG3		가 가
가	. 가 Fc RI . anti - thyroid peroxidase IgE	
	가 , antibodies가	
	(19). 가 .	

3.

*Helicobacter pylori*

IL - 4, IL - 5 T 가  
(29). IFN -

(24).

가

가

가

가

가

가

가

CLA(skin homing receptor)가 CD4<sup>+</sup> T

%가 (25)

CLA<sup>+</sup> T

가

(anxiety)

24

가

가

가

(2, 4, 30).

(26).

가

(31).

50~60%

가

40%

T

40%

(T - cell receptor) IL - 2

, 20%

p21Ras

(26).

(27).

가

가

T

30~2

4~24

가

(nonnecrotizing perivascular

infiltrate)

(28). T

가

가

가

Th1 Th2

IFN -

tis),  
forme), (cellulites) (17).  
가  
10  
( ) (patch test)  
37% 가  
(32). 10~30 가 (Gotttron's  
2 papules),  
(pigmentation) (des-  
quamation)  
(aquagenic urticaria) 가  
(small popular wheal) , 가  
(tenderness),  
(solar  
urticaria)  
4 (1).  
가 (connective tis-  
sue disorder) (systemic lupus erythematosus), Sjogren syndrome  
가  
(nonnecrotizing vasculopathy)  
(leukocytoclastic vasculitis) 가  
1% 가  
(aller-  
gic contact dermatitis), (dermatomyosi-

4.

				가 ,
				가
<b>H1</b>				.
1				.
Hydroxyzine	Ucerax	10 mg, 4 times/day		.
Cyproheptadine	Prohechine	4 mg, 4 times/day		
Chlorpheniramine	Peniramine	2 mg, 4 times/day	가	.
Clemastine	Masjil	1 mg, 3 times/day		
Mequitazine	Primalan	5 mg, twice/day	( , ,	,
Piprinhydrinate	Plokon	3 mg, 3 times/day	, )가	
2				,
Fexofenadine	Allerga	180 mg/day	,	
Ebastine	Ebastel	10 mg/day	가	
Loratadine	Clarityne	10 mg/day	.	
Cetirizine	Zyrtec	10 mg/day	.	
Azelastine	Azeptin	1 mg, twice/day		가
Ketotifen	Zaditen	1 mg, twice/day	.	가
Mizolastine	Mistaline	10 mg/day		
Emedastine	Remicut	1 mg, twice/day		
<b>H2</b>				,
Cimetidine	Tagamet	400 mg, twice/day	가	가
Ranitidine	Zantac	150 mg, twice/day		
Famotidine	Gaster	20 mg, twice/day	.	
<b>H1 - H2</b>				
Doxepin	Sinequan	10 mg, 4 times/day		
Zafirlukast	Accolate	20 mg, twice/day		,
Montelukast	Singulair	10 mg/day		
Pranlukast	Onon	225 mg twice/day		

가

NSAID

30%가

가

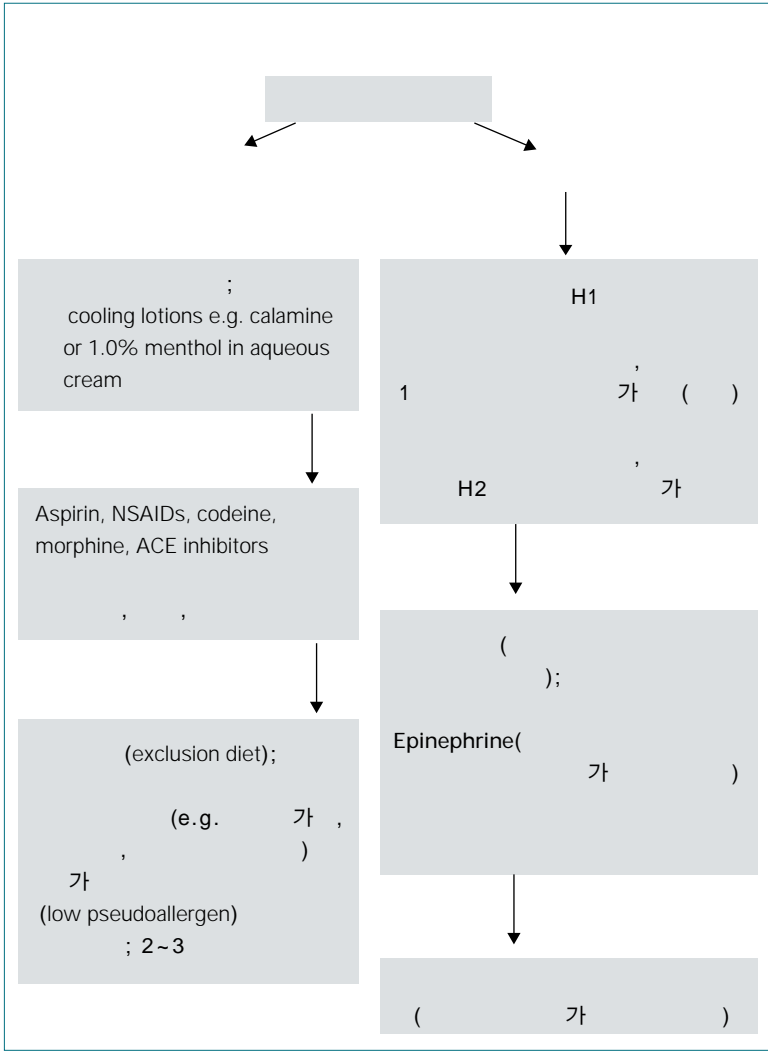
opiates

(ACE

inhibitor) 가

가

30%가



1.

가 , 가  
가 .  
borreliosis, measles, varicella, ,  
 , HIV 20~50%

, natural salicylates 가  
(pseudoallergen) 가

가 가  
가

2

0.5~1.0% menthol

1.

가  
60% 50~

가  
가

1

가 2  
(31).

가 가

. 1980

1

가

2



가 . CYP450  
 astemisole terfenadine hydroxyzine H1  
 (33). cimetidine 600 mg 1 2 , ranitidine 150 mg 1  
 2 H1 3~4  
 . 2 cetirizine 가 .  
 85%가 H1 15%가 H2  
 . Fexofenadine, loratadine, ebastine - . H1 H2  
 , - 가 가 가 가 H2  
 가 . 가가 .  
 가 (34) 가 가 .  
 diphenhydramine 가  
 2  
 chlorpheniramine, hydroxyzine, diphenhy-  
 dramine 1  
 . 1 2.  
 1 2  
 가  
 . 가 ,  
 .  
 , ,  
 (31).  
 ( first trimester) 가 가 가  
 .  
 chlorpheniramine (35).  
 H1 H2  
 H2 가 (4,  
 . H2 26).  
 . sufasalazine

colchicine, hydroxy-  
chloroquine, dapsone, indome-thacin  
sulfasalazine, hy-droxychlorquine, dap-  
sone

가  
(leukotriene antagonist)  
가  
(36~38) H1, H2

가 가

3. ( )  
가 ,

cyclosporine(2.5~5 mg/kg/day)  
가 . Cyclosporine 8  
65% 가  
(39).  
(plasmapheresis), IV immunoglo-  
bulin(2 g over 5 days) (40, 41).  
가 azathioprine, me-  
thotrexate, mycophenolate mofetil



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7 ( )

1.

6.
2.

7.
3.

8.
4.

9.
5.

10.