

# 알레르기 질환의 약물요법

## Pharmacologic Therapy of Common Allergic Diseases

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### Abstract

Allergic diseases such as asthma, rhinitis, and atopic dermatitis are one of the rising public health problems in this country as well as in other parts of the world. In this article we summarized the commonly prescribed anti - allergic drugs based on evidence - based medicine and controlled clinical trials. The potential role of newer antihistamines in the amelioration of both localized and systemic symptoms of allergic diseases is an area of active investigation. Second - generation anti - histamines can be recommended in allergic rhinitis, atopic dermatitis, and urticaria as well and its application can be extended to asthma with an increase of anti - allergic potency. Among the anti - asthma drugs, long - acting beta2 - adrenergic agonists can be used as a controller as well as a symptom reliever for the long - term management of asthma. Theophylline still has been used widely but requires knowledge for its safe and effective use. Leukotriene modifiers are considered as a safe, effective oral medication for the management of asthma and rhinitis. With the recognition that airway inflammation is the common pathophysiology in both asthma and rhinitis, it is recommended that glucocorticoid, the most powerful anti - inflammatory agent, is recommended first by inhalation and nasal routes and can be used orally when indicated in a wide range of allergic diseases.

**Keywords :** Antihistamine; Beta2 agonist; Leukotriene antagonist; Topical steroid

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1.

1		
Chlorpheniramine (Peniramin)	Tablet 4 mg Parenteral sol 4 mg/2Ml	Adult : 8~12 mg bid Pediatric : 0.35 mg/kg/24 hr
Hydroxyzine (Ucerax)	Tablet 10, 25, 50 mg Syrub 2 mg/Ml	Adult : 25~50 mg tid Pediatric : 2 mg/kg/24 hr
Cyproheptadine (Prohechine)	Tablet 4 mg	Adult : 4 mg tid
2		
Cetirizine (Zyrtec)	Tablet 10 mg Syrub 1 mg/Ml	Adult : 5~10 mg qd Pediatric : 5~10 mg qd (6~11 ) 5 mg qd (6 ~5 )
Loratadine (Clarityne)	Tablet 10 mg Syrub 1 mg/Ml	Adult : 10 mg qd Pediatric : 5 mg qd (2~9 )
Fexofenadine (Allegra)	Tablet 120, 180, 30 mg	Adult & Pediatric (12 ) : 60 mg bid or 120, 180 mg qd
Azelastine (Azeptin)	Tablet 1 mg	Adult : 2~4 mg bid
Ebastine (Ebastel)	Tablet 10 mg	Adult : 10~20 mg qd Pediatric : 5 mg qd (6~12 ) 2.5 mg qd (2~5 )
Mizolastine (Mizollen)	Tablet 10 mg	Adult : 10 mg
Azelastine (Azeptin)	Nasal spray	Adult & Pediatric (12 ) : 1 spray/nostril bid
Levocabastine (Livostin)	Nasal spray	Adult : 2 sprays/nostril bid - qid

가 , ,

2.

pseudoephedrine

ceti-

가 cetirizine, fexofenadine rizine 10 mg, loratadine 10 mg

. Lo-

ratadine 가 , , , 2

가 montelukast ,

loratadine montelukast

가 . .

2. 2

	Albuterol, Terbutaline	Formoterol	Salmeterol

3.

가

1 2

(bronchodilator)

1 2 가 가

hydroxyzine cyproheptadine “ 2

1 2 ( (short acting beta2 agonist)”

cetirizine, hydroxyzine) “ 2 (long acting beta2 agonist)”

가 2 가 , 2 ( : bam-

buterol)

H1 H2 2 ( : formoterol, salmeterol)가

. H2

, CYP450

H1 가

가 . cimetidine 600 mg ( :

2 ranitidine 150 mg 2 symptom reliever), 2

3~4 ( : controller),

. formoterol

가 2 ,

4.

Hydroxyzine 1 ,

, 가 가 . 2

, 2 cetirizine lorata- 10~12

dine 가 ,

. (combination therapy) ,

GINA 3 - (mo- 5  $\mu\text{g}/\text{Ml}$  , 15  $\mu\text{g}/\text{Ml}$   
 derate persistent asthma) 1 가 5~12  $\mu\text{g}/\text{Ml}$   
 . , , , , ,  
 (2  
 )  
 (desensitization) ,  
 가  
 2 ,  
 , , ,  
 가  
 . , ,  
 , , 가,  
 60 (zileuton)  
 phosphodiesterase (montelukast, zafirlukast, pranlukast)  
 cAMP 가  
 , , phospholipase A2  
 , , 가 가  
 . adenosine . GINA  
 가 , 가  
 .  
 . cime-  
 tidine, ciprofloxacin, erythromycin, allopurinol .  
 가 , phenobarbital, phenytoin,  
 rifampicin  
 . ( ) ,  
 .

## 3. 5 - lipoxygenase pathway

Leukotriene - receptor antagonist

Montelukast (Singulair)	Tablet 10 mg	Adult : 10 mg qd
	Chew tablet 4, 5 mg	Pediatric : 4 mg qd (2~5 ) 5 mg qd (6~14 )
Pranlukast (Onon)	Capsule 112.5 mg	Adult : 225 mg bid
Zafirlukast (Accolate)	Tablet 20 mg	Adult : 20 mg bid

5 - Lipoxygenase inhibitor

Zileuton	Adult : 600 mg qid
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## 4.

Budesonide (Pulmicort) 200 µg/puff	200~600 µg	600~1,000 µg	>1,000 µg
Fluticasone (Flixotide) MDI : 25, 50, 250 µg/puff DPI : 100, 250 µg/dose	100~250 µg	250~500 µg	> 500 µg

Fluticasone (Flixonase) 50 µg/spray	2 spray/nostril qd
Mometasone (Nasonex) 50 µg/spray	2 spray/nostril qd
Triamcinolone (Nasacort) 55 µg/spray	2 spray/nostril qd

가

57 ~ 75%

Prednisolone methyl-  
prednisolone 가 ,  
prednisolone transcortin,  
, glycoprotein  
methylprednisolone  
transcortin

methylpredni-  
solone

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