

COMMENTARY

Histamine intolerance in chronic urticaria

In this issue of the JEADV, N. Wagner¹ & al report about patients with chronic spontaneous urticaria, suffering for at least 3 months, on a low histamine diet.

There was a significant reduction in activity ($P < 0.004$) in all patients, an improvement in urticaria activity was seen in 42 of 56 (75%) patients. In nine patients, no change was seen, and in five, symptoms worsened.

The average reduction in antihistamine intake was one tablet per day.

The measurement of DAO remained roughly spoken stable. Histamine was not measured.

Comment: As histamine is the most responsible mediator of urticaria, it makes sense and is logical to reduce the histamine intake by foods and beverages. The positive result is shown by this study and should be standard for this disease in future.

It has no disadvantage that no double-blind design was chosen.

A disadvantage however is that histamine, which is the major cause of urticaria, was not measured.

A decrease of histamine in patients being on a low histamine diet is seen after 2 weeks, and typically, patients reach normal levels then. The DAO then increases by time. As the measurements of DAO have been taken by the end of the study, no relevant interpretation can be taken then.

Still, it is a good study and the results should encourage dermatologists being confronted with chronic spontaneous urticaria to add a low histamine-free diet in their treatment armamentarium.

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Reference

- 1 Wagner N, Dirk D, Peveling-Oberhag A et al. A popular myth – low-histamine diet improves chronic spontaneous urticarial – fact or fiction *J Eur Acad Dermatol Venereol* 2017; **31**: 650–655.

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