



Topical anesthetics such as pramoxine hydrochloride significantly improves uremic pruritus, asserts an evidence-based novel review article

In a recently published evidence-based review article, a group of scholars have highlighted various existing as well as emerging therapeutic options for the management of uremic pruritus (UP). The article outlines efficacy of available treatments like topical therapy, systemic therapy, and phototherapy along with the emerging data on therapies that are targeting novel pruritus pathways including the cannabinoid and opioid pathways. Amidst existing therapies, the scholars stressed that topical anesthetics such as pramoxine hydrochloride – a morphine derivative with anesthetic properties – demonstrate beneficial results in the treatment of pruritus. Evidences demonstrate that 1% pramoxine hydrochloride lotion applied twice daily for 4 weeks showed statistically significant effectiveness when tested in a single-center, randomized, double-blind study of patients on Hemodialysis (HD). However, of all therapies analyzed, neuromodulators, in particular gabapentin, appear to have the most robust data in the treatment of UP.

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Reference: Westby, Erin P. MDa; Purdy, Kerri S. MD, FRCPc; Tennankore, Karthik K. MD, SM, FRCPc, A review of the management of uremic pruritus: current perspectives and future directions, *Itch*: July-September 2020 - Volume 5 - Issue 3 - p e38 doi: 10.1097/itx.0000000000000038

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