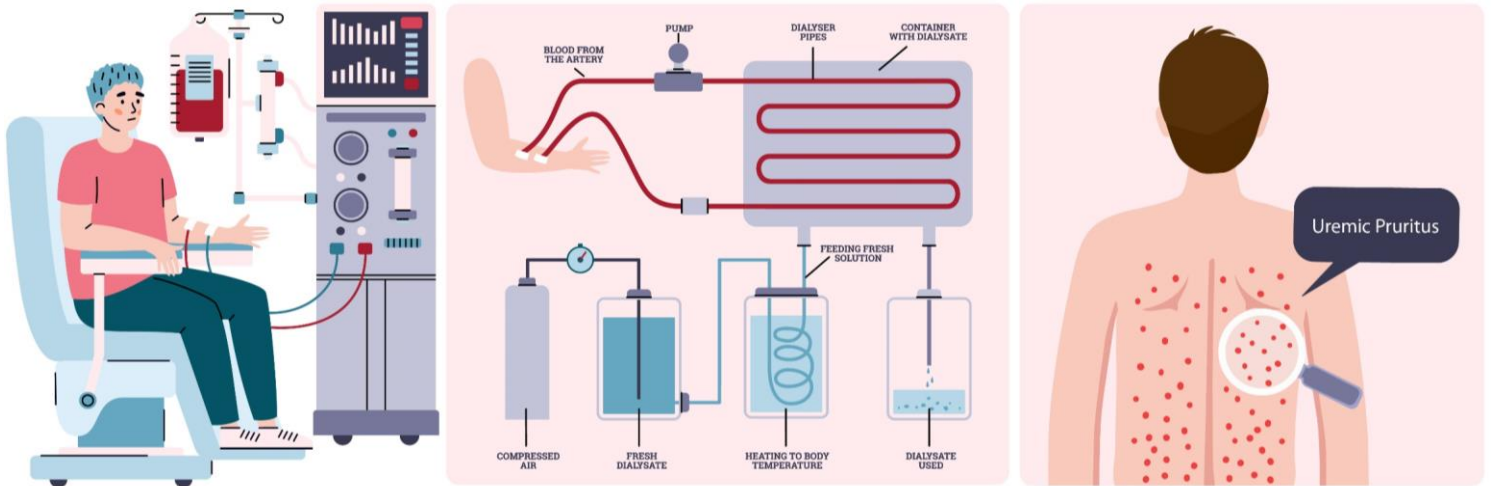


Uremic Pruritus in Hemodialysis Patient



Hydroxyzine significantly decreases uremic pruritus in hemodialysis patients, affirms a crossover randomized clinical trial report

Researchers conducted a crossover randomized clinical trial to compare the effects of hydroxyzine, avena sativa, and diluted vinegar for managing uremic pruritus in hemodialysis patients. The study involved 23 hemodialysis patients who were randomly divided into 3 groups. The first group was treated with avena sativa lotion, twice a day, for as long as 2 weeks; the second group received diluted vinegar; and the third group took hydroxyzine tablets for the same time span. After 3-days, the therapeutic methods of all the three groups were crossed over. Data collected from pruritus scale and a visual analogue scale, before and after the crossover interventions, indicated that hydroxyzine efficiently decreases all the scores of uremic pruritus including the intensity, consequences, verbal descriptor, and the frequency of pruritus along with the pruritic surface. Based on the trial findings, the researchers suggested to use diluted vinegar and avena sativa lotion as a complement to hydroxyzine, which is itself most commonly utilized pharmaceutical therapy.

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Reference: Nakhaee S, Nasiri A, Waghei Y, Morshedi J. Comparison of Avena sativa, vinegar, and hydroxyzine for uremic pruritus of hemodialysis patients: a crossover randomized clinical trial. *Iran J Kidney Dis.* 2015 Jul;9(4):316-22. PMID: 26174460.

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