



Efficacy and safety of Levocetirizine- Montelukast combination therapy in combined allergic rhinitis and asthma syndrome: a systematic review and meta-analysis

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- The purpose of this meta-analysis is to evaluate the safety and efficacy of Levocetirizine with Montelukast in treating allergic rhinitis in patients with asthma. For clinical use, it also aims to provide objective, practical, and evidence-based medical information.
- The eligibility criteria were used to filter search results from six publications that included 2,950 patients with asthma and allergic rhinitis.
- According to a meta-analysis of controlled studies, the standardized mean difference (SMD) of nasal symptoms score (NSS) in the group taking Levocetirizine and Montelukast together was -2.56 (95%CI: -2.77 to -2.35).
- The outcome showed that the combination of Levocetirizine and Montelukast considerably reduced the symptoms of allergic rhinitis as compared to the control group.

Meta-analysis indicates that the combination of Levocetirizine with Montelukast is more effective in improving symptoms of allergic rhinitis than monotherapy and has good safety in the treatment of nasal symptoms in allergic rhinitis with asthma.

