CLINICAL INSIGHTS

EXCEL Division of Blue Cross Laboratories

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Chlorpheniramine and Phenylephrine in the Management of Common Cold and Allergic Rhinitis in Pediatric Patients

Jog P et.al; Int J Sci Stud 2025;12(11):1-7.

- Allergic rhinitis is a nasal condition characterized by symptoms triggered by IgE-mediated hypersensitivity reactions to allergens. Its cardinal symptoms include watery rhinorrhea, nasal congestion, nasal itching, and sneezing, sore or scratchy throat, headaches, myalgia, and fever.
- Children are particularly vulnerable due to their lack of developed immunity to numerous viruses, suboptimal personal hygiene practices, and frequent interaction with other children who may harbor viral infections.
- Chlorpheniramine maleate (CPM), a first-generation antihistamine, competitively binds to H1 receptors in the vascular tunica media of the nasal mucosa, inhibiting histamine-induced vasoactive responses along with phenylephrine which is a nasal decongestant. This blocks histamine action at nasal H1 receptors, thereby preventing allergic responses and providing anti-allergic and anti-inflammatory effects in the nasal mucosa.
- The anti-allergic and anti-inflammatory properties are complemented by its anticholinergic effects which help reduce infectious nasal discharges. The FDC of CPM and phenylephrine includes side effects like sedation and drowsiness. However, recent restrictions in India limit the use of FDC of CPM and phenylephrine in children under 4 years.

The fixed-dose combination of CPM and phenylephrine is an effective and well-tolerated treatment for common cold and allergic rhinitis in pediatric patients.

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