About Allergic Conjunctivitis

Conjunctivitis, commonly referred to as "red eye" or "pink eye", is an inflammation of the conjunctiva. It can be classified clinically according to the underlying causes, including viral, bacterial, fungal, parasitic, toxic, chlamydial, chemical, and allergic agents. Allergic conjunctivitis occurs very frequently and is seen commonly in areas with high seasonal allergen and pollen count. It is characterised by acute or sub-acute onset, no pain, and no exposure history, caused by the body's reaction to certain substances to which it is allergic.³ The symptoms of allergic conjunctivitis include redness, itchiness, watery, puffy eyes and burning eyes.²

Allergic Conjunctivitis Classification

- Seasonal allergic conjunctivitis (SAC)
- Perennial allergic conjunctivitis (PAC)
- Vernal keratoconjunctivitis (VKC)
- Atopic keratoconjunctivitis (AKC)
- Giant papillary conjunctivitis (GPC)

Treatment for Allergic Conjunctivitis

Avoidance of the offending antigen is the primary behavioural modification for all types of allergic conjunctivitis. In other respects, pharmacologic intervention may be necessary to help alleviate the symptoms of acute allergic conjunctivitis according to the specific subtype allergic conjunctivitis. It can be treated with a variety of medications, including topical antihistamines, mast cell stabilizers, nonsteroidal anti-inflammatory drugs (NSAIDs) and corticosteroids. Antazoline, as the 1st generation antihistamines competitively and selectively block H₁ receptor. It antagonizes histamine H₁ receptor and prevents the typical allergic symptoms caused by histamine activities on capillaries, skin, mucous membranes, gastrointestinal smooth muscles and bronchial smooth muscles. Tetrahydrozoline, a decongestant with alpha adrenergic activity helps constrict conjunctival blood vessels which subsequently reduces redness and oedema in allergic conjunctivitis.

SHINALLERG EYE DROP
A Combination of Tetrahydrozoline and Antazoline

Antihistamines, which act by blocking the H₁ histamine receptor are highly effective in providing relief of itch but less effective in relieving redness. Thus, the use of products combining an anti-histamine and a decongestant is well established in the symptomatic relief of allergic eye disease.⁴

Product Description:

Ingredient(s):
- Each ml contains:
  - Tetrahydrozoline HCl ................ 0.4mg
  - Antazoline HCl .......................... 0.5mg

Indication(s):
- Temporary relief of the signs and symptoms of allergic conjunctivitis including conjunctival hyperaemia, chemosis and itching.

Dosage and Administration(s):
- Adults and adolescents; 1 dropper 2 to 3 times per day.
- Children (older than 2 years of age): The dosage should not exceed 1 to 2 drops per day.

This product should not be used for longer periods than 14 days as this may cause rebound hyperaemia and toxic follicular conjunctivitis.

If more than one medication need to be instilled into the eye, an interval of at least 5 minutes should be allowed between applications of different products.

References: