Appendix:

Table 1: Demographic characteristics of randomized controlled trials

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Zhou Xia, 2014[1]	CU	N	18-70	Mizolastine; cyproheptadine	10 mg/po/qd;2 mg/po/hs	Cured (n = 11), markedly effective (n = 26), effective (n = 5) and ineffective (n = 4). Total effective rate: 91.30%.	Adverse reactions: salivation, dry mouth, relieved after drug withdrawal, no serious adverse reactions occurred.	4w	N	18-70	Mizolastine	10 mg/po/qd	Cured (n = 9), markedly effective (n = 20), effective (n = 10) and ineffective (n = 5). Total effective rate: 88.64%.	Adverse reactions: salivation, dry mouth, relieved after drug withdrawal, no serious adverse reactions occurred.
Li Huifang, 2006[2]	CU	N	14-57	Mizolastine; cyproheptadine	10 mg/po/am; 3 mg/po/qn	Cured (n = 25), markedly effective (n = 11), effective (n = 4) and ineffective (n = 0). Total effective rate: 90.0%.	Mild drowsiness, dizziness (n=3) and general malaise (n=1). ADR (%) = 10.00%	28d	N	14-57	Mizolastine	10 mg/po/qd	Cured (n = 15), markedly effective (n = 10), effective (n = 12) and ineffective (n = 3). Total effective rate: 62.5%.	Dizziness, headache, and stomach discomfort (n = 4). ADR (%) = 10.00%
Zhang hecheng, 2017[3]	CU	44/46	18-74	Mizolastine combined with cyproheptadine taper therapy		Cured (n = 48), markedly effective (n = 35), improved (n = 7) and ineffective (n = 0). Total effective rate: 92.22%.	Dizziness (n = 2), gastrointestinal discomfort (n = 2) and drowsiness (n = 7). ADR (%) = 12.22%.	10w	45/45	18-72	Mizolastine	10 mg/po/hs	Cured (n = 38), markedly effective (n = 33), improved (n = 15) and ineffective (n = 4). Total effective rate: 78.88%.	Dizziness (n = 1), gastrointestinal discomfort (n = 2) and drowsiness (n = 6). ADR (%) = 10%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Usage and Dosage	Usage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Lin Xiaohong, 2014[4]	CU	N	18-62	Mizolastine combined with cyproheptadine tapering therapy: ① the first course of treatment: mizolastine 10mg/d (after breakfast), cyproheptadine 2 mg/d (before bedtime), for 1 week; ② the second course of treatment: administration (po./hs.) on the first day, Mizolastine (10 mg), cyproheptadine (2 mg/po/hs) on the second day, alternately for 2 weeks; ③ the third course of treatment: mizolastine (10 mg/po/hs) on the first day, cyproheptadine (2 mg/po/hs) on the second day, 3 days of drug withdrawal, a total of 3 weeks; ④ the fourth course of treatment: mizolastine (10 mg/po/hs) on the first day, drug withdrawal on the second day, cyproheptadine (2 mg/po/hs) on the third day, and a total of 4 weeks of drug withdrawal on the fourth day; ⑤ the fifth courses of treatment: on the first day, mizolastine (10 mg/po/hs) and the drug was discontinued for 3 days, for 4 weeks; ⑥ the sixth course of treatment: mizolastine (10 mg/po/hs) once a week, and the drug was discontinued after 7 weeks.	Cured (n = 67), markedly effective (n = 16), effective (n = 5) and ineffective (n = 1). Total effective rate: 93.26%.	Dizziness (n = 1), drowsiness (n = 6), and gastrointestinal discomfort (n = 2). ADR (%) = 13.43%.	The control group: 6 weeks. The intervention group: 7 weeks	N	18-62	Mizolastine	10 mg/po/hs	Cured (n = 55), markedly effective (n = 19), effective (n = 14) and ineffective (n=19). Total effective rate: 83.15%.	Drowsiness (n = 3), and gastrointestinal discomfort (n = 2). ADR (%) = 9.09%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Tan Zhouxia, 2017[5]	CU	N	19-72	Mizolastine combined with cyproheptadine tapering therapy, the first course of treatment: mizolastine (10 mg/po/ac/hs) and cyproheptadine (2 mg/po/hs). Mizolastine and cyproheptadine need to be tapered gradually and discontinued at the 7th week after the patient finishes the course of treatment.		Effective (n = 33). Total effective rate: 82%	ADR (n = 2), ADR (%) = 5%	The Control group: 6 weeks. The Intervention group: 7 weeks	N	19-72	Mizolastine	10 mg/po/qd	Effective (n = 23). Total effective rate: 57%	ADR (n = 8), ADR (%) = 20%
Liu Xuemei, 2016[6]	CU	44/50	39.6 ± 5.4[a]	Mizolastine and cyproheptadine tapering therapy: ① Course 1: mizolastine 10mg and cyproheptadine 2mg orally every day for 1 week. ② Course 2: alternate oral administration of mizolastine and cyproheptadine (dosage unchanged) every other day before going to bed, for a total of 2 weeks. ③ Course 3 to Course 6: The types and doses of drugs taken orally before going to bed are the same as those of Course 2, but the alternating cycles of Course 3 to Course 5 are every 2 days, 3 days and 4 days respectively, for a total of 2 weeks; Every 5 days, a total of 1 week.		Cured (n = 48), markedly effective (n = 35), improved (n = 7) and ineffective (n = 0). Total effective rate: 100.00%.	Dizziness (n = 2), gastrointestinal discomfort (n = 3) and drowsiness (n = 7). ADR (%) = 12.77%	10 w	42/52	40.3 ± 5.8[a]	Mizolastine	10 mg/po/hs	Cured (n = 38), markedly effective (n = 32), improved (n = 14) and ineffective (n = 4). Total effective rate: 95.45%.	Dizziness (n = 1), gastrointestinal discomfort (n = 2) and drowsiness (n = 6). ADR (%) = 9.57%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Zhang Jingxian, 2015[7]	CU	51/52	16-63	Ebastine	10 mg/po/hs	Cured (n = 26), improved (n = 17) and ineffective (n = 1). Total effective rate: 87.0%. Relapse (n = 21). Recurrence rate: 22.8%.	ADR (n = 9), ADR (%) = 8.7%	12 w	47/59	17-64		① The first course of treatment: ebastine: 10 mg/po/hs, cyproheptadine: 2 mg/po/hs, Doxepin: 25 mg/po/hs, 2 weeks; ② the second course of treatment: ebastine: 10 mg/po/qd, cyproheptadine: 2 mg/po/hs, doxepin: 25 mg/po/hs, 2 weeks; ③ The third course of treatment: ebastine: 10 mg/po/qd, cyproheptadine: 2 mg/po/hs, 2 weeks; ④ The fourth course of treatment: ebastine 5 mg/po/qd, cyproheptadine: 2 mg/po/hs, 2 weeks; ⑤ The fifth course of treatment: ebastine: 5 mg before bedtime on the first day, orally once, and cyproheptadine 2 mg before bedtime on the second day, cyclically for 2 weeks; ⑥ The sixth course of treatment: ebastine 5 mg, orally once every other day before bedtime for 2 weeks.	Cured (n = 43), markedly effective (n = 30), effective (n = 20) and ineffective (n = 3). Total effective rate: 96.9%. Relapse (n = 10), recurrence rate: 10.4%.	ADR (n = 9), ADR (%) = 9.4%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Xie hong, 2017[8]	CU	22/23	18-50	Course 1: mizolastine 10mgpo/qd, cyproheptadine 2mg/po/qd for 1 week. Course 2: mizolastine or cyproheptadine po/qd, use alternately, the same dose as course 1, for a total of 2 weeks. Course 3: take 2d as a cycle, and use drugs alternately every 2d. Course 4: take 3d as a cycle, and use drugs alternately every 3d. Course 5: take 4d as a cycle, and use drugs alternately every 4d. Course 6: take 5d as a cycle, and alternately use drugs every 5d. The taking method is the same as that of course 2, but the alternate cycle of course 3 to 5 is 2, 3 and 4 days, respectively, for 2 weeks; the alternate cycle of course 6 is 5 days, and a total of 1 week.		Markedly effective (n = 39), effective (n = 3) and ineffective (n = 3). Total effective rate: 93.3%.	Dizziness (n = 1), gastrointestinal discomfort (n = 2) and drowsiness (n = 1). ADR (%) = 8.8%.	6 w	22/23	19-51	Mizolastine	10 mg/po/hs	Markedly effective (n = 21), effective (n = 13) and ineffective (n = 11). Total effective rate: 75.5%.	Dizziness (n = 6), gastrointestinal discomfort (n = 8) and drowsiness (n = 6). ADR (%) = 44.4%.
Shuai Hong, 2019[9]	CU	15/15	31.42 ± 5.74[a]	Lcetirizine dihydrochloride; loratadine	10 mg/po/qd;10 mg/po/qd	Markedly effective (n = 24), effective (n = 6) and ineffective (n = 0). Total effective rate: 100%.	Nausea (n = 1), dizziness (n = 1). ADR (%) = 6.7%.	2 w	14/16	31.17 ± 5.04 [a]	Lcetirizine dihydrochloride	10 mg/po/qd	Markedly effective (n = 20), effective (n = 7) and ineffective (n = 3). Total effective rate: 90%.	Headache (n = 1), dizziness (n = 1). ADR (%) = 6.7%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Jin Xuan, 2018[10]	CU	N	18-57	Cetirizine; loratadine	10 mg/po/qd; 10 mg/po/qd	Cured (n = 27), markedly effective (n = 9), improved (n = 3) and ineffective (n = 1). Total effective rate: 90.00%.	N	4 w	N	18-57	Cetirizine	10 mg/po/qd	Cured (n = 17), markedly effective (n = 12), improved (n = 7) and ineffective (n = 4). Total effective rate: 72.50%.	N
Zhou Yong, 2011[11]	urticaria	25/15	17-65	Loratadine; cetirizine	10 mg/po/qd; 10 mg/po/qd	Effective (n = 28), improved (n = 10) and ineffective (n=2). Total effective rate: 95.0%	Gastrointestinal discomfort (n = 0) ADR (%) = 0.00%	2 w	26/14	17-66	Loratadine	10 mg/po/qd	Effective (n = 20), improved (n = 13) and ineffective (n = 3). Total effective rate: 82.5%	Gastrointestinal discomfort (n = 4) ADR (%) = 10.00%
Fu Changshuai, 2020[12]	CU	17/24	21-58	Cetirizine; loratadine	10 mg/po/qd; 10 mg/po/qd	Cured (n=21), markedly effective (n = 16), effective (n = 3) and ineffective (n = 1). Total effective rate: 90.24%.	Dizziness (n = 2), abnormal liver function (n = 1) headache (n = 1). ADR (%) = 9.76%.	4 w	18/23	22-57	Cetirizine	10 mg/po/qd	Cured (n = 11), markedly effective (n = 18), effective (n = 10) and ineffective (n = 2). Total effective rate: 70.73%.	Dizziness (n = 3), abnormal liver function (n = 1) headache (n = 1) and dry mouth (n = 1). ADR (%) = 14.63%.
Pan guangsong, 2018[13]	CU	28/32	18-68	Cetirizine; loratadine	10 mg/po/qd;10 mg/po/qd	Markedly effective (n = 38), effective (n = 20), improved (n = 2) and ineffective (n = 0). Total effective rate: 96.67%.	Headache (n=1), gastrointestinal discomfort (n=1). ADR (%) = 3.33%.	2w	26/34	20-66	Cetirizine	10 mg/po/qd	Markedly effective (n = 14), effective (n = 35), improved (n = 9) and ineffective (n=2). Total effective rate: 81.67%.	Headache (n = 2), gastrointestinal discomfort (n = 3). ADR (%) = 8.33%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Hu Wei, 2015[14]	CU	61/57	8.15 ± 0.52[a]	Levocetirizine; desloratadine	2.5 mg (2-6 years old),5mg (7-12 years old) /po/ am/qd; for 3 W, 2.5 mg (2-6 years old), 5 mg (7-12 years old)/po/qn; for 6 W	Total effective rate: 93.22%.	Dizziness (n = 3), dry mouth (n = 3), headache (n = 2) and dizziness + dry mouth (n = 1). ADR (%) = 7.63%.	6 w	Group 1: 60/58; Group 2: 59/59	Group 1: 7.98 ± 0.53[a]; Group 2: 8.36 ± 0.54[a]	Group 1: desloratadine; group 2: levocetirizine	Group 1：2.5 mg (2-6 years old), 5 mg (7-12 years old)/po/qn; group 2: 2.5 mg (2-6 years old), 5mg (7-12 years old)/po/am/qd;	Group 1: total effective rate: 81.20%. Group 2: total effective rate: 78.95%.	Group 1: dizziness (n = 3), dry mouth (n = 1). ADR (%) = 3.39%. Group 2: dizziness (n = 3), dry mouth (n = 1) and headache (n = 1). ADR (%) = 4.24%.
Liu Haichang, 2019[15]	CU	16/25	17-62	Levocetirizine dihydrochloride; desloratadine	5 mg/po/qd; 5 mg/po/qd; use alternately	Markedly effective (n = 16), effective (n = 23) and ineffective (n = 2). Total effective rate: 95.12%.	Drowsiness (n = 1) and tiredness (n = 2). ADR (%) = 7.32%	N	17/24	18-61	Desloratadine	5 mg/po/qd	Markedly effective (n = 13), effective (n = 20) and ineffective (n = 8). Total effective rate: 80.49%.	Headache (n = 1), drowsiness (n = 4), stomach ache (n = 1), and tiredness (n = 4). ADR (%) = 24.39%
Wang Sheng, 2019[16]	CU	23/20	6-14	Levocetirizine; desloratadine	3-5 mg/po/qd; 3-5 mg/po/qd	Markedly effective (n = 19), effective (n = 22) and ineffective (n = 2). Total effective rate: 95.35%.	Dizziness (n = 1). ADR (%) = 2.33%.	3 w	25/18	7-14	Levocetirizine	3-5 mg/po/qd	Markedly effective (n = 17), effective (n = 16) and ineffective (n = 10). Total effective rate: 76.74%.	Dizziness (n = 1), dry mouth (n = 1). ADR (%) = 4.65%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Jiang Pingfeng, 2021[17]	CU	20/20	2-12	Desloratadine; Levocetirizine dihydrochloride	> 7 years old, 5 mg/po/qn; ≤ 7 years old, 2.5 mg/po/qn	Markedly effective (n = 21), effective (n = 18) and ineffective (n = 1). Total effective rate: 97.50%.	Drowsiness (n = 1), dry mouth (n = 2) and fatigue (n = 1). ADR (%) = 10.0%.	3 w	19/21	3-11	Desloratadine	> 7 years old, 5 mg/po/qn; ≤ 7 years old, 2.5 mg/po/qn	Markedly effective (n = 12), effective (n = 19) and ineffective (n = 9). Total effective rate: 77.50%.	Drowsiness (n = 1), dry mouth (n = 1) and fatigue (n = 1). ADR (%) = 7.5%.
Rao Xiaofang, 2020[18]	CU	18/12	16-53	Levocetirizine; desloratadine	5 mg/po/qd; use alternately	Cured (n = 19), effective (n = 11) and ineffective (n = 0). Total effective rate: 100.00%.	Vomiting and nausea occurred (n = 1) ADR (%) = 3.3%.	1 m	18/12	16-53	Desloratadine	5 mg/po/qd	Cured (n = 14), effective (n = 13) and ineffective (n = 3). Total effective rate: 90.00%.	Vomiting and nausea (n = 4), headache and dizziness (n = 2), and pain in other parts of the body (n=1). ADR (%) = 16.7%.
Cai Xiangyun, 2020[19]	CU	28/29	20-63	Levocetirizine; desloratadine	5 mg/po/qd; use alternately	N	Fatigue (n = 1), drowsiness (n = 2). ADR (%) = 5.26%.	1 m	30/27	19-62	Levocetirizine	10 mg/po/qd	N	Fatigue (n = 4), drowsiness (n = 6), and dry mouth (n = 3). ADR (%) = 22.81%.
Chen Naifen, 2016[20]	CU	18/12	8-51	Levocetirizine dihydrochloride; ketotifen	10 mg/po/qd; 1 mg/po/qd	Cured (n = 14), markedly effective (n = 9), effective (n = 4) and ineffective (n = 3). Total effective rate: 86.3%.	Dry mouth (n = 1), dizziness (n = 1). ADR (%) = 3.5%	4 w	17/13	9-53	Levocetirizine dihydrochloride	10 mg/po/qd	Cured (n = 11), markedly effective (n = 8), effective (n = 6) and ineffective (n = 5). Total effective rate: 78.5%.	Dry mouth (n = 1), dizziness (n = 1), drowsiness (n = 1). ADR (%) = 13.04%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Shao Runpeng, 2018[21]	CU	15/19	22-46	Levocetirizine; ketotifen	5 mg/po/qd; 1 mg/po/bid	Cured (n = 25), markedly effective (n = 5), effective (n = 3) and ineffective (n = 1). Total effective rate: 97.06%.	N	30 d	15/19	22-46	Levocetirizine	5 mg/po/qd	Cured (n = 16), markedly effective (n = 9), effective (n = 5) and ineffective (n = 4). Total effective rate: 88.23%.	N
Zhong Zhengming, 2009[22]	CU	72/54	15-71	Levocetirizine dihydrochloride; ketotifen	5 mg/po/am/qd; 1 mg/po/bid	Cured (n = 64), markedly effective (n = 50), effective (n = 11) and ineffective (n = 1). Total effective rate: 90.3%.	N	28 d	36/27	13-69	Levocetirizine dihydrochloride	5 mg/po/am/qd	Cured (n = 24), markedly effective (n = 21), effective (n = 6) and ineffective (n = 3). Total effective rate: 71.4%.	N
Mo Wenjian, 2008[23]	CU	20/22	18-53	Levocetirizine dihydrochloride; ketotifen	5 mg/po/qn; 1 mg/po/bid	Cured (n = 26), markedly effective (n = 13), effective (n = 2) and ineffective (n = 1). Total effective rate: 92.86%.	Headache + fatigue + dry mouth + gastrointestinal discomfort (n = 6). ADR (%) = 14.29%.	4 w	18/16	18/16	Levocetirizine dihydrochloride	5 mg/po/qn	Cured (n = 14), markedly effective (n = 11), effective (n = 6) and ineffective (n = 3). Total effective rate: 75.53%.	Headache + fatigue + dry mouth + gastro- intestinal discomfort (n = 5). ADR (%) = 14.71%.
Zhang juanhua, 2012[24]	CU	N	32.7 ± 8.9[a]	Levocetirizine; ketotifen	5 mg/po/qd; 1 mg/po/bid	Markedly effective (n = 58). Total effective rate: 96.9%.	N	4 w	N	32.7 ± 8.9[a]	Levocetirizine	5 mg/po/qd	Markedly effective (n = 48). Total effective rate: 87.5%.	N

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Shao Xiaohui, 2018[25]	refractory urticaria	23/17	21-76	Fexofenadine hydrochloride; desloratadine citrate	60 mg/po/bid; 8.8 mg/po/qd	Cured (n = 15), markedly effective (n = 18), effective (n = 4) and ineffective (n = 3). Total effective rate: 92.5%.	Sleepy (n = 2), dry mouth (n = 1), nausea (n = 1). ADR (%) = 10.0%	N	22/18	20-75	Fexofenadine hydrochloride	60 mg/po/bid	Cured (n = 10), markedly effective (n = 16), effective (n = 3) and ineffective (n = 11). Total effective rate: 77.5%.	Drowsiness (n = 1), dry mouth (n = 1), nausea (n = 1). ADR (%) = 7.5%
Li Fang, 2019[26]	refractory urticaria	19/16	22-66	Desloratadine citrate; fexofenadine	8.8 mg/po/qd; 60 mg/po/bid	Markedly effective (n = 17), improved (n = 15) and ineffective (n = 3). Total effective rate: 91.43%.	N	3 m	18/17	23-65	Desloratadine citrate	8.8 mg/po/qd	Markedly effective (n = 11), improved (n = 14) and ineffective (n = 10). Total effective rate: 71.43%.	N
Fu Xuefeng, 2017[27]	refractory urticaria	28/22	23-71	Desloratadine citrate; fexofenadine	8.8 mg/po/qd; 60 mg/po/bid	Markedly effective (n = 20), effective (n = 24) and ineffective (n = 6). Total effective rate: 88.0%.	ADR (n = 2), ADR (%) = 4.0%	3 m	29/21	23-70	Desloratadine citrate	8.8 mg/po/qd	Markedly effective (n = 15), effective (n = 21) and ineffective (n = 14). Total effective rate: 72.0%.	ADR(n = 3), ADR (%) = 6.0%
Liu Jianan, 2020[28]	refractory urticaria	19/11	19-70	Desloratadine citrate; fexofenadine	8.8 mg/po/qd; One tablets/po/bid	N	Drowsiness (n = 0), dry mouth (n = 0), nausea (n = 1) and sleepy (n = 1). ADR (%) = 6.67%	N	17/13	20-71	Desloratadine citrate	8.8 mg/po/qd;	N	Drowsiness (n = 2), dry mouth (n = 1), nausea (n = 1) and sleepy (n = 2). ADR (%) = 26.67%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Liang Yongqiang, 2020[29]	refractory urticaria	37/13	37/13	Fexofenadine hydrochloride; desloratadine citrate	8.8 mg/po/qd; 60 mg/po/bid	Effective (n = 30), general (n = 17) and ineffective (n = 3). Total effective rate: 94%.	N	N	36/14	22-85	Desloratadine citrate	8.8 mg/po/qd	Effective (n = 23), general (n = 15) and ineffective (n = 12). Total effective rate: 76%.	N
Xu Fengju, 2014[30]	CU	18/15	38.8 ± 5.3[a]	Cyproheptadine hydrochloride; loratadine	2 mg/po/tid; 10 mg/po/qd	Total effective rate: 90.9%.	Dizziness (n = 3), nausea (n = 2). ADR (%) = 15.2%	50 d	17/16	37.6 ± 6.5[a]	Cyproheptadine hydrochloride	2 mg/po/tid	Total effective rate: 75.8%.	Dry mouth + drowsiness (n = 2), nausea (n = 2) and dizziness + powerless (n = 2). ADR (%) = 18.2%
Liu Jian, 2012[31]	CU	25/26	21-76	Cyproheptadine; loratadine	2 mg/po/tid; 10 mg/po/qd	Cured (n = 35), markedly effective (n = 10), improved (n = 4) and ineffective (n = 2). Total effective rate: 88.24%.	Mild drowsiness (n = 1) and mild dizziness (n = 1). ADR (%) = 3.92%.	6w	26/25	22-73	Cyproheptadine	2 mg/po/tid	Cured (n = 25), markedly effective (n = 7), improved (n = 6) and ineffective (n = 13). Total effective rate: 62.75%.	Mild drowsiness (n = 5), mild dizziness (n = 3) and dry mouth (n = 2). ADR (%) = 19.61%.
Wu Meijun, 2018[32]	CU	21/16	23-70	Desloratadine citrate; ketotifen fumarate	One tablets/po/qd; one tablets/po/am, pm/bid	Cured (n = 21), markedly effective (n = 11), effective (n = 4) and ineffective (n = 1). Total effective rate: 97.2%.	N	A few months	20/17	22-71	Desloratadine citrate	One tablets/po/qd	Cured (n = 15), markedly effective (n = 7), effective (n = 7) and ineffective (n = 8). Total effective rate: 78.3%.	N

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Wang Jun, 2013[33]	CU	13/17	18-64	Cyproheptadine; loratadine	2 mg/po/tid;	Cured (n = 21), markedly effective (n = 6), improved (n = 2) and ineffective (n = 1). Total effective rate: 90.00%.	Dizziness and drowsiness (n = 1), ADR (%) = 3.33%	The control group: 6 w, the intervention group: 6 m	12/18	17-65	Cyproheptadine	2 mg/po/tid	Cured (n = 15), markedly effective (n = 4), improved (n = 3) and ineffective (n = 8). Total effective rate: 63.33%.	Dizziness and drowsiness (n = 1), ADR (%) = 3.33%
Hu Liyun, 2016[34]	CU	21/17	20-70	Desloratadine citrate; ketotifen fumarate	8.8 mg/po/qd; 1 mg/po/hs	Cured (n = 20), markedly effective (n = 12), improved (n = 5) and ineffective (n = 1). Total effective rate: 84.2%. Relapse (n = 3), recurrence rate: 7.89%.	N	1 m	22/16	21-73	Desloratadine citrate	8.8 mg/po/qd	Cured (n = 15), markedly effective (n = 8), improved (n = 13) and ineffective (n = 2). Total effective rate: 60.5%. Relapse (n = 9), recurrence rate: 23.68%.	N
Sun Huili, 2021[35]	CU	N	36.94 ± 6.82[a]	Desloratadine citrate; ketotifen fumarate	8.9 mg/po/am/qd;1 mg/po/qd	Cured (n = 23), markedly effective (n = 14), improved (n = 3) and ineffective (n = 1). Total effective rate: 90.24%.	No ADR	30 d	N	36.52 ± 6.17[a]	Desloratadine citrate	8.9 mg/po/am/qd	Cured (n = 14), markedly effective (n = 16), improved (n = 8) and ineffective (n = 3). Total effective rate: 73.17%.	No ADR
Niu Baohua, 2018[36]	CU	23/22	18-69	Cetirizine dihydrochloride; promethazine hydrochloride	10 mg/po/hs; 12.5 mg/po/qid	Cured (n = 26), markedly effective (n = 9), effective (n = 9) and ineffective (n = 1). Total effective rate: 97.78%.	Drowsiness (n = 2). ADR (%) = 4.44%	8 w	21/24	18-68	Cetirizine dihydrochloride	10 mg/po/hs	Cured (n = 21), markedly effective (n = 7), effective (n = 9) and ineffective (n = 8). Total effective rate: 82.22%.	Drowsiness (n = 2). ADR (%) = 4.44%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Wang Gang, 2017[37]	CU	N	35.8 ± 6.1[a]	Cetirizine dihydrochloride; promethazine hydrochloride	10 mg/po/hs; 12.5 mg/po/qid	Cured (n = 107), markedly effective (n = 58), effective (n = 11) and ineffective (n = 8). Total effective rate: 95.6%.	N	8 w	N	35.8 ± 6.1[a]	Cetirizine dihydrochloride	10 mg/po/hs	Cured (n = 85), markedly effective (n = 39), effective (n = 36) and ineffective (n = 24). Total effective rate: 87.0%.	N
Wu Yanfen, 2017[38]	CU	29/29	32.3 ± 10.6[a]	Cetirizine dihydrochloride; promethazine hydrochloride	One tablet/po/hs; one tablet/po/qid	Cured (n = 36), markedly effective (n = 15), effective (n = 5). Total effective rate: 96.55%.	ADRs related to the drug (n = 2), drowsiness (n = 1), headache (n = 1). ADR (%) = 5.2%	8 w	28/30	34.8 ± 9.7[a]	Cetirizine dihydrochloride	One tablet/po/hs	Cured (n = 24), markedly effective (n = 18), effective (n = 9). Total effective rate: 87.93%.	ADRs related to the drug (n = 2), drowsiness (n = 1), gastrointestinal discomfort (n = 1). ADR (%) = 6.9%
Ren Shuhui, 2010[39]	urticaria	26/11	21-60	Desloratadine; ebastine	5 mg/po/qd;10 mg/po/qn	N	Dry mouth (n = 3), fatigue (n = 1), headache (n = 2). ADR (%) = 16.22%. Relapse (n = 2), recurrence rate: 5.40%.	28 d	24/13	20-59	Desloratadine	5 mg/po/qd	N	Dry mouth (n = 3), fatigue (n = 2), headache (n = 1). ADR (%) = 13.51% Relapse (n = 7), recurrence rate: 18.92%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Xiao Changqing, 2015[40]	CU	8/7	18-82	Oral mizolastine, 10 mg twice a day. At the same time, oral ketotifen 1 mg each time, 3 times a day. The dose of ketotifen should be reduced to 1 mg each time, twice a day, within 7 days of starting the drug or when severe drowsiness and nervousness occur. Depending on the condition, the drug compatibility should be decreased to: oral mizolastine, 10 mg each time, once a day. At the same time, oral ketotifen 1 mg each time, once a day.		Markedly effective (n = 8), effective (n = 6) and ineffective (n = 1). Total effective rate: 93.30%.	The overall adverse reactions in the intervention group were higher than those in the control group.	N	8/7	18-80	Mizolastine	10 mg/po/bid, decrease the drug compatibility within 90 days to 120 days depending on the disease condition: 10 mg/po/qd	Markedly effective (n = 7), effective (n = 5) and ineffective (n = 3). Total effective rate: 80.00%.	The overall adverse reactions in the intervention group were higher than those in the control group.
Ning Han, 2021[41]	CU	8/11	23-56	Levocetirizine; desloratadine citrate	5-10 mg/po/pm; 8.8 mg/po/prn, use alternately	Cured (n = 10), markedly effective (n = 5), effective (n = 3) and ineffective (n = 1). Total effective rate: 94.7%.	N	30 d	8/12	22-56	Levocetirizine	5-10 mg/po/prn	Cured (n = 6), markedly effective (n = 4), effective (n = 3) and ineffective (n = 6). Total effective rate: 68.4%.	N
Ni Qianjian, 2020[42]	CU	19/17	23-58	Levocetirizine dihydrochloride; desloratadine citrate	10 mg/po/qd; 8.8 mg/po/qd	Markedly effective (n = 13), effective (n = 21) and ineffective (n = 2). Total effective rate: 94.44%.	Drowsiness (n = 1), dry mouth (n = 1), fatigue (n = 1) and dizziness (n = 1). ADR (%) = 8.33%	2 w	22/14	24-57	Levocetirizine dihydrochloride	10 mg/po/qd	Markedly effective (n = 8), effective (n = 15) and ineffective (n = 13). Total effective rate: 63.89%.	Drowsiness (n = 1), dry mouth (n = 1), fatigue (n = 0) and dizziness (n = 0). ADR (%) = 5.56%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Qin Yueninng, 2012[43]	CU	N	12-65	The first course of treatment: ebastine 10mg after breakfast and cyproheptadine 2mg before going to bed every day, for a total of 7 days; the second course of treatment: ebastine 10mg before going to bed on the first day, and cyproheptadine before going to bed on the second day heptidine 2mg, cycled for 14d. The third course of treatment: 10 mg of ebastine before going to bed on the first day, 2 mg of cyproheptadine before going to bed on the second day, drug withdrawal on the third day, and a cycle of 14 days. The fourth course of treatment: 10 mg of ebastine before going to bed on the first day, discontinued on the second day, cyproheptadine 10 mg before going to bed on the third day, and discontinued on the fourth day. The fifth course of treatment: the medication interval is increased by 1d every week until only one dose is required in 7d. If the symptoms recur during the course of treatment, stop the next course of treatment and keep it for 1-14 days before decreasing.	Cured (n = 91), markedly effective (n = 22), improved (n = 10) and ineffective (n = 1). Total effective rate: 91.13%.	Drowsiness (n = 10), dizziness (n = 1) and gastrointestinal discomfort (n = 2). ADR (%) = 5.51%	6 w	N	12-65	Ebastine	10 mg/po/hs	Cured (n = 79), markedly effective (n = 14), improved (n = 18) and ineffective (n = 1). Total effective rate: 83.04%.	Drowsiness (n = 2); ADR (%) = 0.85%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Liu Guanzhi, 2019[44]	CU	23/17	22-72	Levocetirizine; ebastine	5 mg/po/qd; 10 mg/po/qd	Markedly effective (n = 34), effective (n = 5) and ineffective (n = 1). Total effective rate: 97.5%.	N	4 w	20/20	22-71	Levocetirizine	5 mg/po/qd	Markedly effective (n = 12), effective (n = 17) and ineffective (n = 11). Total effective rate: 72.5%.	N
Kong Qingshan, 2014[45]	CU	N	31-53	Cyproheptadine hydrochloride tablets; desloratadine citrate tablets	2 tablets/bid; 1 tablets/qd.	Markedly effective (n = 34), effective (n = 20) and ineffective (n = 4). Total effective rate: 93.10%.	No obvious ADR	2 w	N	32-55	Cyproheptadine hydrochloride tablets	2 tablets/bid	Markedly effective (n = 23), effective (n = 18) and ineffective (n = 17). Total effective rate: 70.68%.	No obvious ADR
Li Yan, 2020[46]	CU	24/29	42.91 ± 12.08[a]	Avastin capsule; loratadine	8 mg/tid; 10 mg/qd	Cured (n = 23), markedly effective (n = 9), effective (n = 15) and ineffective (n = 6). Total effective rate: 60.38%.	Sleepiness (n = 3), stomach upset (n = 2), headache (n = 1), abnormal liver function (n = 1). ADR (%) = 11.5%.	4 w	24/35	2.53 ± 12.79[a]	Avastin capsule; loratadine (placebo)	8 mg/tid; 10 mg/qd	Cured (n = 20), markedly effective (n = 2), effective (n = 21) and ineffective (n = 16). Total effective rate: 37.29%.	Sleepiness (n = 1), stomach upset (n = 1), abnormal liver function (n = 1). ADR (%) = 4.5%.
Hu Liyun, 2014[47]	CU	N	16-77	Desloratadine citrate tablets; chlorphenamine maleate tablets.	8 mg/qd; 4 mg/qd, 30 min before hs.	Cured (n = 14), markedly effective (n = 10), effective (n = 3) and ineffective (n = 3). Total effective rate: 90.00%.	Mild fatigue (n = 3). ADR (%) = 10%.	3 m	N	16-77	Desloratadine citrate tablets	8 mg/qd.	Cured (n = 6), markedly effective (n = 10), effective (n = 2) and ineffective (n = 7). Total effective rate: 72.00%.	Mild fatigue (n = 4). ADR (%) = 16%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Yang Yufeng, 2016[48]	CU	33/31	20-75	Desloratadine tablets; ketotifen fumarate tablets	5 mg/qd; 1.38 mg/bid po.	Cured (n = 37), markedly effective (n = 25), effective (n = 7) and ineffective (n = 2). Total effective rate: 96.88%.	Dizziness, fatigue, lethargy	1 m	33/30	22-70	Desloratadine tablets	5 mg/qd	Cured (n = 17), markedly effective (n = 16), effective (n = 14) and ineffective (n = 17). Total effective rate: 73.44%.	Dizziness, fatigue, lethargy
Zhang Hui, 2017[49]	CU	23/19	17-61	Levocetirizine dihydrochloride tablets; fexofenadine hydrochloride tablets	5 mg/qd qn; 60 mg/bid	Cured (n = 21), effective (n = 17) and ineffective (n = 4). Total effective rate: 90.48%.	N	4 w	24/18	18-56	Levocetirizine dihydrochloride tablets	5 mg/qd qn	Cured (n = 9), effective (n = 15) and ineffective (n = 18). Total effective rate: 57.14%.	N
Wang Sheng, 2019[50]	CU	35/32	5-11	Loratadine tablets; clemastine fumarate tablets	10 mg/qd po (weight ＞ 30 kg), 5 mg/qd po (wight ≤ 30 kg) ; 2 mg/qd po,≤ 30 mL/d.	Cured (n = 32), markedly effective (n = 17), effective (n = 10) and ineffective (n = 8). Total effective rate: 88.06%.	Dry mouth (n = 1), lethargy (n = 3) and diarrhea/constipation (n = 1). ADR (%) = 7.46%.	14 d	39/28	3-12	Loratadine tablets	2 mg/qd po, ≤ 30 mL/d	Cured (n = 25), markedly effective (n = 16), effective (n = 8) and ineffective (n = 18). Total effective rate: 73.13%.	Dry mouth (n = 4), lethargy (n = 5), diarrhea/constipation (n = 2), liver and kidney dysfunction (n = 2). ADR (%) = 19.40%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Zhou Shunlong, 2017 [51]	CSU	34/21	5.13 ± 0.91[a]	Desloratadine tablets; loratadine tablets	1.25 mg (2-5 year), 2.5 mg (6-12 year), po/qm; 5 mg (weight ＜ 30 kg), 10 mg (wight ≥ 30 kg)	Cured (n = 33), markedly effective (n = 17), effective (n = 4) and ineffective (n = 1). Total effective rate: 93.90%.	Sleepiness (n = 3), headache (n = 1), dry mouth (n = 1), abdominal discomfort (n = 1). ADR (%) = 10.9%.	28 d	Control group 1: 35/21, 4.69 ±0.87[a]; Control group 2: 32/23, 5.09 ± 0.88[a].		Control group 1: placebo, half a tablets, qm/po, and loratadine tablets hs/po; control group 2: placebo, half a tablets, qm/po, and desloratadine tablets hs/po	Control group 1: cured (n = 27), markedly effective (n = 13), effective (n = 12) and ineffective (n = 4). Total effective rate: 71.40%. Control group 2: cured (n = 27), markedly effective (n = 14), effective (n = 11) and ineffective (n = 3). Total effective rate: 74.50%.	Control group 1: sleepiness (n = 2), dry mouth (n = 1), loss of appetite (n = 1), exacerbation of urticaria (n = 1). ADR (%) = 8.9%. Control group 2: fatigue (n = 1), dry mouth (n = 2) and nausea (n = 2). ADR (%) = 9.1%.
Zeng Li, 2008 [52]	CU	30/30	43.2[a]	Fexofenadine; loratadine	120 mg/qd; 10 mg/qd.	Cured (n = 40), markedly effective (n = 16), effective (n = 3) and ineffective (n = 1). Total effective rate: 93.30%.	Mild dizziness (n = 2), and mild fatigue and palpitation (n = 1). ADR (%) = 5%.	28 d	Fexofenadine group: 29/31, 42.6[a]; loratadine group: 29/31, 41.9[a].		Fexofenadine group: fexofenadine/120 mg/qd; loratadine group: carritin, 10 mg/qd.	Fexofenadine group: cured (n = 35), markedly effective (n = 17), effective (n = 7) and ineffective (n = 1). Total effective rate: 86.80%. Loratadine group: cured (n = 32), markedly effective (n = 18), effective (n = 8) and ineffective (n = 2). Total effective rate: 83.30%.	Fexofenadine group: mild sleepiness and palpitation (n = 2), and moderate sleepiness (n = 1). ADR (%) = 5%. Loratadine group: Mild dizziness (n = 2) and mild fatigue (n = 1). ADR (%) = 5%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Jiang Haiyan, 2010[53]	CU	N	8-16	Mizolastine tablets; chlorphenamine maleate tablets	10 mg/qd po, 30 min before ac; 4 mg/qd po, 30 min before hs.	Cured (n = 20), markedly effective (n = 4), effective (n = 9) and ineffective (n = 2). Total effective rate: 82.85%.	Dizziness and fatigue and mild drowsiness (n = 1). ADR (%) = 1.47%.	3 w	N	8-16	Cetirizine hydrochloride tablets, ranitidine.	10 mg/qd po, 30 min before ac; 150 mg/bid po.	Cured (n = 16), markedly effective (n = 6), effective (n = 9) and ineffective (n = 2). Total effective rate: 75.75%.	Dry mouth (n = 1). ADR (%) = 1.47%.
Zhong Xingang, 2013[54]	CU	N	17-60	Ketotifen tablets; loratadine granule	1 mg/bid; 10 mg/qd.	Cured (n = 32), markedly effective (n = 56), effective (n = 8) and ineffective (n = 4). Total effective rate: 88.00%.	Fatigue and lethargy (n = 4). ADR (%) = 2%.	4 w	N	17- 60	Loratadine granule	10 mg/qd	Cured (n = 29), markedly effective (n = 47), effective (n = 13) and ineffective (n = 11). Total effective rate: 76.00%.	Headache (n = 1). ADR (%) = 0.5%.
Lu Huayan, 2013[55]	CU	17/16	18-65	Fexofenadine hydrochloride tablets; chlorphenamine maleate tablets	30 mg/tid po; 4 mg/qd, qn.	Cured (n = 18), markedly effective (n = 10), improved (n = 3) and ineffective (n = 2). Total effective rate: 93.94%.	Lethargy (n = 2), dizziness (n = 2) and nausea and vomiting (n = 2). ADR (%) = 15.15%.	28 d	15/17	18-65	Chlorphenamine maleate tablets	4 mg/tid	Cured (n = 13), markedly effective (n = 7), improved (n = 5) and ineffective (n = 7). Total effective rate: 78.13%.	Drowsiness, drowsiness and fatigue (n = 20), dizziness, nausea, vomiting (n = 2), thirst and polyuria (n = 2). ADR (%) = 75%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Lan Jianping, 2021[56]	CU	28/19	23-58	Setastine hydrochloride; loratadine	1 mg/bid, qm, qn; 5 mg/qd.	Cured (n = 19), markedly effective (n = 25), effective (n = 2) and ineffective (n = 1). Total effective rate: 93.62%.	N	6 m	26/21	22-56	Mizolastine	10 mg/qd.	Cured (n = 12), markedly effective (n = 25), effective (n = 7) and ineffective (n = 3). Total effective rate: 78.72%.	N
Li Guodong, 2017[57]	CU	12/25	18-66	Cetirizine;loratadine	10 mg/po/qd; 10 mg/po/qd	Cured (n = 26), markedly effective (n = 9), and ineffective (n = 7). Total effective rate: 94.60%	Dizziness (n = 3), dry mouth (n = 1). ADR (%) = 10.8%.	4 w	Group 1:12/26; Group 2:13/25	Group 1:19-64; Group 2:18-65	Group 1: loratadine. Group 2: cetirizine	Group 1: 10 mg/po/qd. Group 2: 10 mg/po/qd	Group 1: cured (n = 18), markedly effective (n = 8), and ineffective (n = 12). Total effective rate: 68.42%. Group 2: cured (n = 19), markedly effective (n = 10), and ineffective (n = 9). Total effective rate: 76.32%	Group 1: dizziness (n = 2), dry mouth (n = 2). ADR (%) = 10.5%. Group 2: dizziness (n = 2), dry mouth (n = 1). ADR (%) = 7.9%.
Li Fengzhi, 2006[58]	CU	30/27	43.2[a]	Loratadine; cyproheptadine	10 mg/qd; 2 mg/bid, pm, hs.	Cured (n = 28), markedly effective (n = 18), effective (n = 9) and ineffective (n = 2). Total effective rate: 80.70%.	N	2 w	Loratadine group: 29/28, 42.6[a]; cyproheptadine group: 26/31, 41.9 [a]			Loratadine group: 10 mg/qd; cyproheptadine group: 2 mg/bid.	Loratadine group: cured (n = 20), markedly effective (n = 19), effective (n = 14) and ineffective (n = 4). Total effective rate: 68.40%. Cyproheptadine group: cured (n = 18), markedly effective (n = 12), effective (n = 17) and ineffective (n = 7). Total effective rate: 52.6%.	Loratadine group: no ADR; cyproheptadine group: drowsiness (n = 5) and dry mouth (n= 2). ADR (%) = 12.28%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Fang Hui, 2020 [59]	CU	82/62	21-65	Levocetirizine dihydrochloride tablets; desloratadine citrate	10 mg/qd; 8.8 mg/qd.	Cured (n = 71), markedly effective (n = 44), effective (n = 26) and ineffective (n = 3). Total effective rate: 97.92%.	N	4 w	84/60	20-63	Levocetirizine dihydrochloride tablets	10 mg/qd.	Cured (n = 48), markedly effective (n = 47), effective (n = 37) and ineffective (n = 12). Total effective rate: 91.67%.	N
Liang Yanfen, 2015 [60]	CU	N	18-65	Course one: fexofenadine, 60 mg/bid, ketotifen, 1mg, hs, for 7 days in total. Course two: on the first day, fexofenadine, 60 mg/bid, on the second day, ketotifen, hs, for 14 days in total. Course three: on the first day, fexofenadine, 60 mg/bid, stopping the drug on the second day; ketotifen, 1mg on the three night before going to bed, for 21 days in total. Course four: on the first day, fexofenadine, 60 mg/bid; ketotifen, 1mg on the second night before going to bed, and stopping the drug on the third day, for 21 days in total. Course five: on the 1st day, fexofenadine, 60mg/bid, stop taking it on the 2nd and 3rd day, and take ketotifen 1mg before going to bed on the 4th night for 21 days. Course 6th: on the 1st day, fexofenadine, 60 mg/bid, taking ketotifen 1mg on the 2nd night before going to bed, and stopping the drug on the 3rd and 4th day for 14 days. Contronl group: fexofenadine, 60 mg/bid.		Cured (n = 44), markedly effective (n = 29), effective (n = 21) and ineffective (n = 3). Total effective rate: 75.40%.	Dry mouth, drowsiness, headache and dizziness (n = 10). ADR (%) = 10.31%.	N	N	18-65	Fexofenadine	60 mg/bid.	Cured (n = 17), markedly effective (n = 23), effective (n = 39) and ineffective (n = 10). Total effective rate: 44.90%.	Dry mouth, drowsiness, headache and dizziness (n = 8). ADR (%) = 8.99%

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Staevska, M, 2014[61]	CU	16/8	19-68	Levocetirizine; hydroxyazine	15 mg/qd; 50 mg/qn.	Has a high degree of sedation.	N	5 d	NN	N	Mizolastine	10 mg/qd.	Mild sedation	N
Lu Song, 2020[62]	CU	13/12	24-68	Avastin; loratadine.	Po/tid; 10 mg/po,qd	Markedly effective (n = 19), effective (n = 5) and ineffective (n = 1). Total effective rate: 96.00%.	Drowsiness (n = 1) and stomach discomfort (n = 2). ADR (%) = 12.00%.	4 w	12/13	23-67	Avastin; Placebo (loratadine tablets in the same dose)	Po/tid; 10 mg/po,qd	Markedly effective (n = 13), effective (n = 4) and ineffective (n = 8). Total effective rate: 68.00%.	Drowsiness (n = 2). ADR (%) = 8.00%.
Li Xiaoping, 2022[63]	CU	24/19	21-65	Avastin; loratadine.	8 mg/po/tid; 10 mg/po,qd	Cured (n = 19), markedly effective (n = 17), effective (n = 5) and ineffective (n = 2). Total effective rate: 95.35%.	Headache (n = 1), stomach discomfort (n = 2) and drowsiness (n = 2). ADR (%) = 11.63%.	4 w	22/20	21-64	Avastin	8 mg/po/tid	Cured (n = 12), markedly effective (n = 11), effective (n = 10) and ineffective (n = 9). Total effective rate: 78.57%.	Headache (n = 1), stomach discomfort (n = 1) and drowsiness (n = 1). ADR (%) = 7.14%.
Chen jianshe, 2020[64]	CU	112/87	16-65	Olotadine; Cetirizine	5 mg/po/bid; 10 mg/po/qc	Cured (n = 102), markedly effective (n = 72), effective (n = 20) and ineffective (n = 5). Total effective rate: 97.49%.	N	1 m	110/89	18-66	Cetirizine	10 mg/po/qc	Cured (n = 70), markedly effective (n = 74), effective (n = 35) and ineffective (n = 20). Total effective rate: 89.95%.	N

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Hou Kun, 2019 [65]	CU	24/16	19-66	Loratadine; Cetirizine	10 mg/po/qd; 10 mg/po/qd	The serum IgE level, the score of pruritus degree and the number of wind masses in the intervention group were lower than those in the control group, and the diameter of red halo in the intervention group was shorter than that in the control group ($P<0.05$).	N	1 m	19/21	19-68	Cetirizine	10 mg/po/qd	The serum IgE level, the score of pruritus degree and the number of wind masses in the intervention group were lower than those in the control group, and the diameter of red halo in the intervention group was shorter than that in the control group ($P<0.05$).	N
Wang, S, 2019 [66]	CU	59/58	N	Levocetirizine; Ebastin	One tablet, qd; One tablet, qd	Cured (n = 71), markedly effective (n = 37), effective (n = 8) and ineffective (n = 1). Total effective rate: 99.15%.	Lethargy (n = 3), thirst (n = 2) and dizziness (n = 2). ADR (%) = 5.98%.	4 w	65/52	N	Levocetirizine	One tablet, qd	Cured (n = 55), markedly effective (n = 40), effective (n = 17) and ineffective (n = 5). Total effective rate: 85.47%.	Lethargy (n = 5), thirst (n = 3) and dizziness (n = 2). ADR (%) = 8.55%.
Wang Jingxia, 2017[67]	CU	22/21	20-62	Levocetirizine; ebastin	5 mg/po/qd; 10 mg/po/qd	Markedly effective (n = 22), effective (n = 18) and ineffective (n = 3). Total effective rate: 93.02%.	ADR (%) = 2.33%.	4 w	23/20	19-63	Levocetirizine	5 mg/po/qd	Markedly effective (n = 16), effective (n = 15) and ineffective (n = 12). Total effective rate: 72.09%.	ADR (%) = 9.30%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Meng Qiang, 2021[68]	CU	17/19	24-68	Levocetirizine; ebastin	5 mg/po/qd; 10 mg/po/qd	Markedly effective (n = 26), effective (n = 9) and ineffective (n = 1). Total effective rate: 97.22%.	Mild diarrhea (n = 1), headache (n = 1), lethargy (n = 1), ADR (%) = 8.33%	1 m	16/17	23-69	Levocetirizine	5 mg/po/qd	Markedly effective (n = 16), effective (n = 14) and ineffective (n = 6). Total effective rate: 83.33%.	Mild diarrhea (n = 1), headache (n = 2), lethargy (n = 1), ADR (%) = 11.11%
Yang Maoqin, 2022[69]	CU	30/16	18-53	Levocetirizine; Benzenesulfonbetastine	5 mg/po/qd; 10 mg/po/bid	Cured (n = 24), markedly effective (n = 16), effective (n = 5) and ineffective (n = 1). Total effective rate: 97.83%.	Thirsty (n = 1), gastrointestinal discomfort (n = 1), and felt sleepy (n = 1). ADR (%) = 6.52%.	8 w	29/17	18-52	Levocetirizine	5 mg/po/qd	Cured (n = 18), markedly effective (n = 14), effective (n = 7) and ineffective (n = 7). Total effective rate: 84.78%.	Thirsty (n = 2), gastrointestinal discomfort (n = 1), and headache (n = 1). ADR (%) = 8.70%.
Zhang canbiao, 2021[70]	CU	33/22	19-67	Desloratadine; Mizolastine	5 mg/po/qd; 10 mg/po/qd	Markedly effective (n = 29), effective (n = 24) and ineffective (n = 2). Total effective rate: 96.36%.	Dry mouth (n = 1), fatigue (n = 0) and drowsiness (n = 1), ADR (%) = 3.64%.	14 d	34/21	20-66	Mizolastine	10 mg/po/qd	Markedly effective (n = 26), effective (n = 20) and ineffective (n = 9). Total effective rate: 83.64%.	Dry mouth (n = 3), fatigue (n = 2) and drowsiness (n = 3), ADR (%) = 14.55%.
li zenglin, 2020[71]	Refractory urticaria	14/11	19-67	Fexofenadine; Desloratadine citrate	60 mg/bid; 8.8 mg/qd	The experimental group is better than the control group.	Drowsy (n = 1) and dry mouth (n = 1), ADR (%) = 8%.	3 m	15/10	21-65	Desloratadine citrate	8.8 mg/qd	The experimental group is better than the control group.	Drowsy (n = 3), nausea (n = 2) and dry mouth (n = 3), ADR (%) = 32%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Zhang Lei, 2020[72]	CU	20/15	41-75	Ebastine tablets; rupatadine fumarate tablets	One tablet, qd; one tablet, qd;	Cured (n = 21), improved (n = 12) and ineffective (n = 2). Total effective rate: 94.29%.	Headache (n = 1), stomach discomfort (n = 1) and rash (n = 2). ADR (%) = 11. 43%	4 w	19/16	41-75	Ebastine tablets	One tablet, qd.	Cured (n = 19), improved (n = 9) and ineffective (n = 7). Total effective rate: 80.00%.	Headache (n = 1) and stomach discomfort (n = 2). ADR (%) = 8.57%
Li yun, 2016[73]	CU	24/19	3-12	Levocetirizine; Desloratadine	5 mg/qd; 5 mg/qd	Cured (n = 24), markedly effective (n = 14) and ineffective (n = 5). Total effective rate: 88.37%.	Dry mouth (n = 2), drowsiness (n = 2) and headache (n = 1), ADR (%) = 11.60%.	4 w	22/21	2-13	Desloratadine	5 mg/qd	Cured (n = 9), markedly effective (n = 21) and ineffective (n = 12). Total effective rate: 69.77%.	Dry mouth (n = 1), drowsiness (n = 1) and headache (n = 2), ADR (%) = 9.30%.
Ten Wei, 2017 [74]	Refractory urticaria	N	N	Desloratadine Citrate; 8.8 mg/po/qd		After treatment, the indexes of inflammatory factors in the observation group were lower than those in the control group (P < 0.05). The indexes of immune function in the control group were significantly lower than those in the observation group (P < 0.05).	N	3 m	28/12	23-70	Fexofenadine 60 mg/po/bid; Desloratadine Citrate; 8.8 mg/po/qd		After treatment, the indexes of inflammatory factors in the observation group were lower than those in the control group (P < 0.05). The indexes of immune function in the control group were significantly lower than those in the observation group (P < 0.05).	N

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Guo Wenli, 2013 [75]	CU	21/17	35.92 ± 9.21[a]	Observation group 1: ebastine and desloratadine; observation group 2: ebastin and doxepin.	Observation group 1: 10 mg/po/qn; 5 mg/po/qn; observation group 2: 10 mg/po/qn; 25 mg/po/qn;	Observation group 1: cured (n = 25), markedly effective (n = 7), effective (n = 5) and ineffective (n = 1). Total effective rate: 84.21%. Observation group 2: cured (n = 26), markedly effective (n = 8), effective (n = 4). Total effective rate: 89.47%.	Observation group 1: dizziness (n = 4), drowsiness (n = 2) and dry mouth (n = 2). ADR (%) = 21.05%. Observation group 2: dizziness (n = 4), drowsiness (n = 1), dry mouth (n = 2) and Gastrointestinal discomfort (n = 1). ADR (%) = 21.05%.	4 w	21/17	35.92 ± 9.21[a]	Ebastine; desloratadine	10 mg/po/qn; 5 mg/po/qn	Cured (n = 12), markedly effective (n = 12), effective (n = 10) and ineffective (n = 4). Total effective rate: 63.16%.	Dizziness (n = 4), drowsiness (n = 2), dry mouth (n = 1) and headache (n = 1). ADR (%) = 21.05%.
Heng Kun, 2017 [76]	CU	38/41	18-60	Levocetirizine, desloratadine	5 mg; 5 mg	Cured (n = 55), markedly effective (n = 15), effective (n = 13) and ineffective (n = 0). Total effective rate: 97.50%.	ADR (%) = 3.75%.	18 m	Control group 1: 36/43; Control group 2: 40/39	18-58; 19-60	Levocetirizine 5 mg, desloratadine 5 mg		Control group 1: Cured (n = 55), markedly effective (n = 15), effective (n = 13) and ineffective (n = 0). Total effective rate: 97.50%.; Control group 2: Cured (n = 55), markedly effective (n = 15), effective (n = 13) and ineffective (n = 0). Total effective rate: 97.50%.:	Control group 1: ADR (%) = 5.00%; Control group 2: ADR (%) = 3.75%.

Table 1 (continued)

First author, Year	Disease	The intervention group						Treatment duration	The control group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Liao Xueli, 2021 [77]	CRU	N	2-12	Levocetirizine oral liquid; loratadine tablets	Po, 2.5 mg (2-5)/5 mg (6-12), qd; 2.5 mg (body weight < 30kg) or 5 mg (body weight > 30kg), po qd.	Cured (n = 18), markedly effective (n = 25) and effective (n = 28). Total effective rate: 93.42%.	Lethargy (n = 2), fatigue (n = 3), dry mouth (n = 1) and gastrointestinal discomfort (n = 1). ADR (%) = 9.21%.	6 w	N	2-12	Levocetirizine oral liquid	Po, 2.5 mg (2-5)/5 mg (6-12), qd.	Cured (n = 11), markedly effective (n = 20) and effective (n = 30). Total effective rate: 81.33%.	Lethargy (n = 4), fatigue (n = 5), dry mouth (n = 2) and gastrointestinal discomfort (n = 0). ADR (%) = 14.67%.
Li Hong, 2021 [78]	CU	29/21	19-72	Cetirizine; desloratadine	10 mg/qd po; 10 mg/qd	Markedly effective (n = 24), effective (n = 25) and ineffective (n = 1). Total effective rate: 98.00%.	N	28 d	28/22	20-72	Cetirizine	10 mg/qd po.	Markedly effective (n = 20), effective (n = 21) and ineffective (n = 9). Total effective rate: 82.00%.	N

CU: chronic urticaria, CSU: chronic spontaneous urticarial, CRU: chronic refractory urticaria, w: week, m: month, N: not reported, ADR: adverse drug reaction, d: day, M/F: Male/female

[a] Represents the average age

Table 2: Demographic characteristics of case/case series reports

First author, Year	Disease	The intervention group							Treatment duration
		M	F	Age (year)	Drug	Usage and Dosage	Results	Adverse reactions	
McCracken, J, 2014 [79]	urticaria	1		61	Fexofenadine; cetirizine; Ketotifen	180 mg qd; 10 mg qn; 1 mg bid	Improve	N	N
Zou Ailing, 2022[80]	urticaria		1	48	Rupatadine fumarate; Desloratadine Citrate	10 mg/d; 8.8mg/d.	Repeated illness, poor effect	N	N
Deng huirong, 2020[81]	Acute urticaria		1	31	Mizolastine;Ketotifen; levocetirizine oral solution	10 mg po qd; 1mg po bid; 10 ml po qn	After half a month, the skin returned to normal	N	N
zhu yanmei, 2019[82]	Refractory urticaria	1		8	Kairuitan ; chlorpheniramine; levocetirizine.	10 mg qd; 4 mg qd; 5 mg qd	Invalid	N	More than 2 months
Sabbagh, R, 2009[83]	Vascular edema		1	46	Hydroxyazine; fexofenadine	25 mg,qd; 180 mg,qd	Improve	N	N
Leblanc, A, 2009[84]	Mastocytosis	1		44	Levocetirizine; ketotifen	5mg/d; 1mg/d	There is no further manifestation of the disease.	N	N
Aguilar, K. A, 2009[85]	urticaria		1	1	Loratadine, chlorphenamine	N	Without any pathological changes.	N	5 d
Zhu Qiangping, 2011[86]	CU	33	19	20-55	Cetirizine tablets; cyproheptadine tablets.	10 mg, po qm; 2 mg, po qn.	Cured (n = 15) and markedly effective (n = 7). Total effective rate: 92.30%.	Mild somnolence (n = 10), ADR (%) = 19.23%.	2 w
Long Xiaoyan, 2008[87]	Chronic idiopathic urticaria	20	26	32.13 ± 3.35[a]	Levocetirizine tablets; ketotifen tablets.	5 mg, qd; 1 mg, bid.	Cured (n = 9), markedly effective (n = 21), improved (n = 11) and ineffective (n = 6). Total effective rate: 65.2%.	N	28 d

Table 2 (continued)

First author, Year	Disease	The intervention group							Treatment duration
		M	F	Age (year)	Drug	Usage and Dosage	Results	Adverse reactions	
Liang Binhui, 2007[88]	CU	13	21	18-63	Ketotifen tablets; cetirizine hydrochloride tablets.	1 mg, qn; 10 mg, qm.	Cured (n = 16), markedly effective (n = 14), effective (n = 3) and ineffective (n = 1). Total effective rate: 88.24%.	Mild tiredness (n = 9), mild dizziness and fatigue (n = 6), dry mouth (n = 7) and sleepy (n = 4). ADR (%) = 76.47%.	4 w

CU: chronic urticaria, w: week; m: month, N: not reported, ADR: adverse drug reaction, d: day, M: Male, F: Female

[a] Represents the average age

Table 3: The demographic characteristics of non-randomized trials

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Wang Yanxia, 2020[89]	CU	92/83	22-67	Levocetirizine dihydrochloride	10 mg/po/qd	Markedly effective (n = 77), effective (n = 80) and ineffective (n = 18). Total effective rate: 89.71%.	N	2 w	95/80	21-68	Levocetirizine dihydrochloride; desloratadine	10 mg/po/qd; 10 mg/po/qd	Markedly effective (n = 91), effective (n = 76) and ineffective (n = 8). Total effective rate: 95.43%.	N
Wang Jing, 2020[90]	Refractory CU	N	22-78	Desloratadine citrate	po/qd	Markedly effective (n = 13), improved (n = 9) and ineffective (n = 7). Total effective rate: 75.9%.	N	3 m	N	22-78	Desloratadine citrate; fexofenadine	po/qd; 60 mg/po/qd	Markedly effective (n = 17), improved (n = 11) and ineffective (n = 1). Total effective rate: 96.6%.	N
Lu Junfang, 2020[91]	CU	28/17	21-45	Desloratadine	10 mg/po/qd	Cured (n = 16), markedly effective (n = 7), improved (n = 11) and ineffective (n = 11). Total effective rate: 75.56%.	N	N	27/18	22-44	Desloratadine; levocetirizine dihydrochloride	10 mg/po/qd; 10 mg/po/qd	Cured (n = 23), markedly effective (n = 10), improved (n = 8) and ineffective (n = 4). Total effective rate: 91.11%.	N
Ji Zhuyun, 2020[92]	CSU	23/17	22-69	Loratadine	10 mg/po/qd	Markedly effective (n = 20), effective (n = 11) and ineffective (n = 9). Total effective rate: 77.50%.	N	2 m	22/18	21-70	Loratadine; avastin	10 mg/po/qd; 8 mg/po/qd	Markedly effective (n = 28), effective (n = 10) and ineffective (n = 2). Total effective rate: 95.00%.	N
Cai Yun, 2018[93]	CU	31/49	28-67	Levocetirizine	5 mg/po/qd	Markedly effective (n = 34), effective (n = 30) and ineffective (n = 16). Total effective rate: 80.00%.	Dry mouth (n = 2); dizziness (n = 1). ADR (%) = 3.75%	4 w	30/50	27-68	Levocetirizine; ebastine	5 mg/po/qd; 10 mg/po/qd	Markedly effective (n = 56), effective (n = 22) and ineffective (n = 5). Total effective rate: 97.50%.	Dry mouth (n = 2). ADR (%) = 2.50%

Table 3 (continued)

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Cai Yonglian, 2019[94]	CU	17/13	18-65	Desloratadine citrate	8.8 mg/po/qd	Markedly effective (n = 10), effective (n = 14) and ineffective (n = 6). Total effective rate: 80.00%.	Tiredness (n = 1), dry mouth (n = 0), headache (n = 1) and drowsiness (n = 0). ADR (%) = 6.7%	28 d	16/14	18-66	Desloratadine citrate; levocetirizine dihydrochloride	8.8 mg/po/qd; 5 mg/po/qd	Markedly effective (n = 19), effective (n = 10) and ineffective (n = 1). Total effective rate: 96.67%.	Tiredness (n = 1), dry mouth (n = 1), headache (n = 1) and drowsiness (n = 0). ADR (%) = 10.0%
Liang Xuefen, 2014[95]	CU	N	23-57	Group 1: desloratadine; group 2: loratadine	5 mg/po/qd; 10 mg/po/qd	Group 1: markedly effective (n = 12), effective (n = 6) and ineffective (n = 4). Total effective rate: 81.82%. Group 2: markedly effective (n = 11), effective (n = 6) and ineffective (n = 5). Total effective rate: 77.27%.	N	84 d	N	23-57	Desloratadine; loratadine	5 mg/po/qd; 10 mg/po/qd	Markedly effective (n = 15), effective (n = 5) and ineffective (n = 2). Total effective rate: 90.91%.	N
Liu Wei, 2018[96]	Refractory CU	55/50	21-46	Desloratadine citrate	8.8 mg/po/qd	Markedly effective (n = 35), effective (n = 45) and ineffective (n = 25). Total effective rate: 76.19%.	N	3 m	56/49	22-65	Desloratadine citrate; fexofenadine	8.8 mg/po/qd; 60 mg/po/qd	Markedly effective (n = 50), effective (n = 46) and ineffective (n = 9). Total effective rate: 91.42%.	N

Table 3 (continued)

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Wang Chenjun, 2019 [97]	CU	22/21	18-58	Desloratadine citrate	8.8 mg/po/qd	Cured (n = 8), markedly effective (n = 12), effective (n = 12) and ineffective (n = 10). Total effective rate: 74.42%.	Dry mouth (n = 6), tiredness (n = 5) and drowsiness (n = 1). ADR (%) = 27.91%.	N	23/20	17-57	Desloratadine citrate; levocetirizine dihydrochloride	8.8 mg/po/qd; 10 mg/po/qd	Cured (n = 13), markedly effective (n = 17), effective (n = 10) and ineffective (n = 3). Total effective rate: 93.02%.	Dry mouth (n = 1), tiredness (n = 2) and drowsiness (n = 1). ADR (%) = 9.30%
Zhang Wei, 2010 [98]	CU	22/17	12-60	Loratadine	10 mg/po/qd	Total effective rate: 76.22%.	N	2 w	23/15	12-60	Loratadine; levocetirizine dihydrochloride	10 mg/po/qd; 10 mg/po/qd	Total effective rate: 78.36%.	Gastrointestinal discomfort + headache (n = 2), ADR (%) = 5.26%.
Zhang Yufang, 2022 [99]	CU	25/20	22-65	Loratadine	10 mg/po/qd	Control (n = 14), markedly effective (n = 12), effective (n = 10) and ineffective (n = 9). Total effective rate: 80.00%.	Central nervous system reaction (n = 1), digestive system reaction (n = 1), cardiovascular system reaction (n = 2), and elevated ALT (n = 0), ADR (%) = 8.88%.	2 w	27/18	23-65	Emestine fumarate; Loratadine	2 mg/po/qd; 10 mg/po/qd	Control (n = 18), markedly effective (n = 13), effective (n = 12) and ineffective (n = 2). Total effective rate: 95.56%.	Central nervous system reaction (n = 2), digestive system reaction (n = 2), cardiovascular system reaction (n = 1), and elevated ALT (n = 1), ADR (%) = 13.32%.

Table 3 (continued)

First author, Year	Diagnosis	The control group					Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Chen Yan, 2022[100]	CU	24/32	3-11	Loratadine 10mg/po/qn. body weight＜30kg, loratadine 5mg/po/qd, body weight＞30kg, loratadine 10mg/po/qd.		Cured (n = 30), markedly effective (n = 9), effective (n = 5) and ineffective (n = 12). Total effective rate: 78.60%.	Lethargy (n = 2), dizziness (n = 2), dry mouth (n = 2), loss of appetite (n = 3) and nausea (n = 2). ADR(%) = 19.60%.	4 w	23/20	17-57	Desloratadine: age: 2-5: 1.25 mg/d; 6-12: 2.5 mg/d; mizolastine, 10mg/po/qd.		Cured (n = 43), markedly effective (n = 6), effective (n = 2) and ineffective (n = 5). Total effective rate: 91.10%.	Lethargy (n = 1), dizziness (n = 2), dry mouth (n = 3), loss of appetite (n = 2) and nausea (n = 1). ADR(%) = 16.10%.
Chu Ruiqi, 2022[101]	urticaria	39/25	3-14	Levocetirizine: age: ≤5: 2.5mg/qm/po；≥5: 5mg/qm/po.		Markedly effective (n = 35), effective (n = 15) and ineffective (n = 14). Total effective rate: 78.13%.	Lethargy (n = 2), nausea (n = 2) and dry mouth (n = 3). ADR(%) = 10.94%.	4 w	37/27	3-15	Levocetirizine: age: ≤5: 2.5mg/qm/po；≥5: 5mg/qm/po. Loratadine 10mg/po/qn. body weight ＜30kg, loratadine 5mg/po/qd, body weight＞ 30kg, loratadine 10mg/po/qd.		Markedly effective (n = 48), effective (n = 13) and ineffective (n = 3). Total effective rate: 95.31%.	Lethargy (n = 1), nausea (n = 3) and dry mouth (n = 2). ADR(%) = 9.38%.
Ran Chuntao, 2016[102]	CU	59/41	18-65	Levocetirizine dihydrochloride; ebastine	5 mg/po/qd; 10 mg/po/qd	Cured (n = 51), markedly effective (n = 34), effective (n = 14) and ineffective (n = 1). Total effective rate: 99.0%.	Drowsiness (n = 4), dry mouth (n = 3) and dizziness (n = 2). ADR (%) = 9.0%	4 w	63/37	18-65	Levocetirizine dihydrochloride	5 mg/po/qd	Cured (n = 38), markedly effective (n = 31), effective (n = 27) and ineffective (n = 4). Total effective rate: 96.0%.	Drowsiness (n = 2), dry mouth (n = 2) and dizziness (n = 1). ADR (%) = 5.0%

Table 3 (continued)

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Li Zhonzhu, 2010 [103]	CU	N	15-65	Mizolastine	10 mg/po/hs	① The effective rate was 93.6%. ② The effective rate was 98.9%. ③ The effective rate was 99.5%.	The patient developed drowsiness, unresponsiveness, or dizziness during the first course of treatment. ADR% = 5.4%. There were 4 cases of stomach discomfort and 2 cases of delayed menstruation, all of which returned to normal after drug withdrawal in the third course of treatment.	The control group: 6 w. The experimental group: 7 w	N	15-65	① The first course of treatment: mizolastine 10 mg/pc and cyproheptadine 2 mg/hs, 7 days. ② The second course of treatment: mizolastine 10 mg/hs/the first day, cyproheptadine 2 mg/hs/the second day, 14 days. ③ The third course of treatment: mizolastine: 10 mg/hs/the first day, cyproheptadine 2 mg/hs/ the second day, stop the drug on the third day, and take it in a cycle for 21 days. ④ The fourth course of treatment: on the 1st day, mizolastine 10mg/hs, stop on the second day, cyproheptadine 10 mg/hs/on the 3rd day, stop on the 4th day, and take it in a cycle for 28 days. ⑤ The fifth course of treatment: stop cyproheptadine, mizolastine 10 mg on the first day, then stop the drug for 3 days, and take it in a cycle for 28 days. ⑥ The sixth course of treatment: mizolastine 10 mg/hs/qw, and the treatment was terminated after 7 weeks.	① The effective rate was 97.6%. ② The effective rate was 94.8%. ③ The effective rate was 98.0%. ④ The effective rate was 88.6%, and the recurrence rate was 11.4%. ⑤ The effective rate was 66.6%, and the recurrence rate was 33.4%. ⑥ The effective rate was 80.6%, and the recurrence rate was 19.4%.	The patient developed drowsiness, unresponsiveness, or dizziness during the first course of treatment. ADR% = 15%.

Table 3 (continued)

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Guo Bo, 2013[104]	urticaria	22/19	16-58	Levocetirizine; Fexofenadine	5 mg/qd; 60 mg/bid	Cured (n = 33), markedly effective (n = 13), effective (n = 3) and ineffective (n = 2). Total effective rate: 87.80%.	Drowsiness and mild drowsiness (n = 4) and dry mouth (n = 2), ADR (%) = 14.63%.	4 w	21/18	17-55	Levocetirizine	5 mg/qd	Cured (n = 17), markedly effective (n = 9), effective (n = 7) and ineffective (n = 6). Total effective rate: 52.94%.	Drowsiness and mild drowsiness (n = 3), dry mouth (n = 1) and dizziness (n = 1), ADR (%) = 12.82%.
S. Schulz, 2009[105]	Itching urticaria	N	N	Levocetirizine 10mg and fexofenadine 360mg; Levocetirizine 10mg, fexofenadine 360mg and azelastine 4 mg; qd		The average remission rate of itching was 57.5% (two antihistamines), and 67.4% (three antihistamines)	ADRs are rarely observed.	N	N	N	Desloratadine 20mg; qd		The average remission rate of itching was 89% (desloratadine)	ADRs are rarely observed.
Han Zaigang, 2013[106]	CU	N	16-65	Epistine, fexofenadine	10 mg/bid po; 60 mg/bid po.	Cured (n = 43), markedly effective (n = 9), improved (n = 2) and ineffective (n = 1). Total effective rate: 94.50%.	N	3 w	N	16-65	Control group 1: epistine; control group 1: fexofenadine	Control group 1: 10 mg/bid po; control group 1: 60 mg/bid po.	Control group 1: cured (n = 34), markedly effective (n = 14), improved (n = 7) and ineffective (n = 3). Total effective rate: 82.70%. Control group 2: cured (n = 24), markedly effective (n = 10), improved (n = 8) and ineffective (n = 2). Total effective rate: 77.20%.	N

Table 3 (continued)

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Guo Xiaolan, 2013 [107]	CU	N	16-63	The first course of treatment: mizolastine 10 mg and ketotifen 1 mg before going to bed every night, for a total of 7 days. The second course of treatment: mizolastine 10 mg and ketotifen 1 mg before going to bed the next day, for a total of 14 days. The third course of treatment: mizolastine 10 mg and ketotifen 1 mg before going to bed the next day, for a total of 14 days. The fourth course of treatment: mizolastine 10 mg and ketotifen 1 mg before going to bed the next day, for a total of 14 days. The fifth course of treatment: mizolastine 10 mg and ketotifen 1 mg before going to bed the next day, for a total of 14 days. The sixth course of treatment: mizolastine 10 mg and ketotifen 1 mg before going to bed the next day, for a total of 7 days.	Cured (n = 43), markedly effective (n = 30), improved (n = 20) and ineffective (n = 3). Total effective rate: 76.1%.	Common ADRs = drowsiness, dizziness, dry mouth, nausea, etc. ADR (n = 12), ADR (%) = 12.5%	10 w	N	16-65	Mizolastine	The usage is the same as the intervention group	Cured (n = 18), markedly effective (n = 22), improved (n = 40) and ineffective (n = 12). Total effective rate: 43.5%.	Common ADRs = drowsiness, dizziness, dry mouth, nausea, etc. ADR (n = 10), ADR (%) =10.9%

Table 3 (continued)

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Wang Yuan, 2017[108]	CU	15/15	35.26 ± 5.23[a]	The first course of treatment (1 week in total): mizolastine, orally after breakfast, 10 mg per day; cyproheptadine, orally at bedtime, 2 mg per day. The second course of treatment (2 weeks in total): on the first day, orally (before going to bed) mizolastine 10 mg, on the second day, orally (before going to bed) 2 mg of cyproheptadine, alternately taking the drugs. The third course of treatment (3 weeks in total): On the first day, oral (before bedtime) mizolastine 10 mg, on the second day, orally (before bedtime) 2 mg of cyproheptadine, and on the third day, the drug was discontinued, and the medication was repeated. The 4th course of treatment (4 weeks in total): On the 1st day, orally (before bedtime) mizolastine 10mg, on the 2nd day, stop the drug, on the 3rd day, orally (before going to bed) 2 mg of cyproheptadine, on the 4th day, stop the drug, and cycle the drug. The 5th course of treatment (4 weeks in total): on the first day, mizolastine 10 mg was orally (before bedtime), and then the drug was discontinued for 3 days, and the drug was cyclically administered. The 6th course of treatment (7 weeks in total): On the first day, mizolastine 10 mg was orally (before bedtime), and then the drug was discontinued for 6 days, and the drug was cyclically administered.	Cured (n = 22), markedly effective (n = 6), improved (n = 1) and ineffective (n = 1). Total effective rate: 96.67%.	Dizziness (n = 1), gastrointestinal discomfort (n = 1) and drowsiness (n = 2. ADR (%) = 13.33%.	21 w	17/13	35.77 ± 5.35[a]	Mizolastine	10 mg/po/hs	Cured (n = 16), markedly effective (n = 4), improved (n = 2) and ineffective (n = 8). Total effective rate: 73.33%.	Gastrointestinal discomfort (n = 1) and drowsiness (n = 2). ADR (%) = 10%.

Table 3 (continued)

First author, Year	Diagnosis	The control group						Treatment duration	The intervention group					
		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions		M/F	Age (year)	Drug	Usage and Dosage	Efficient	Adverse reactions
Zhao Chuanjun, 2019 [109]	Refractory urticaria	21/19	21-60	Fexofenadine	60 mg/po/bid	Markedly effective (n = 15), effective (n = 17) and ineffective (n = 8). Total effective rate: 80.00%.	Lethargy (n = 2), nausea (n = 3) and xerostomia (n = 2). ADR (%) = 17.5%.	N	20/20	20-60	Desloratadine citrate 8.8 mg/po/qd; Fexofenadine 60 mg/po/bid		Markedly effective (n = 30), effective (n = 8) and ineffective (n = 2). Total effective rate: 95.00%.	Lethargy (n = 0), nausea (n = 1) and xerostomia (n = 1). ADR (%) = 5.00%.

CU: chronic urticaria, w: week, m: month, N: not reported, ADR: adverse drug reaction, d, day, M/F: Male/Female, [a] Represents the average age

Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) Checklist

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #
TITLE			
Title	1	Identify the report as a scoping review.	1
ABSTRACT			
Structured summary	2	Provide a structured summary that includes (as applicable): background, objectives, eligibility criteria, sources of evidence, charting methods, results, and conclusions that relate to the review questions and objectives.	1-2
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known. Explain why the review questions/objectives lend themselves to a scoping review approach.	3
Objectives	4	Provide an explicit statement of the questions and objectives being addressed with reference to their key elements (e.g., population or participants, concepts, and context) or other relevant key elements used to conceptualize the review questions and/or objectives.	4
METHODS			
Protocol and registration	5	Indicate whether a review protocol exists; state if and where it can be accessed (e.g., a Web address); and if available, provide registration information, including the registration number.	N
Eligibility criteria	6	Specify characteristics of the sources of evidence used as eligibility criteria (e.g., years considered, language, and publication status), and provide a rationale.	5
Information sources*	7	Describe all information sources in the search (e.g., databases with dates of coverage and contact with authors to identify additional sources), as well as the date the most recent search was executed.	5
Search	8	Present the full electronic search strategy for at least 1 database, including any limits used, such that it could be repeated.	Appendix 41-43
Selection of sources of evidence†	9	State the process for selecting sources of evidence (i.e., screening and eligibility) included in the scoping review.	Show in figure
Data charting process‡	10	Describe the methods of charting data from the included sources of evidence (e.g., calibrated forms or forms that have been tested by the team before their use, and whether data charting was done independently or in duplicate) and any processes for obtaining and confirming data from investigators.	6
Data items	11	List and define all variables for which data were sought and any assumptions and simplifications made.	6
Critical appraisal of individual sources of evidence§	12	If done, provide a rationale for conducting a critical appraisal of included sources of evidence; describe the methods used and how this information was used in any data synthesis (if appropriate).	N
Synthesis of results	13	Describe the methods of handling and summarizing the data that were charted.	6

SECTION	ITEM	PRISMA-ScR CHECKLIST ITEM	REPORTED ON PAGE #
RESULTS			
Selection of sources of evidence	14	Give numbers of sources of evidence screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally using a flow diagram.	Show in figure
Characteristics of sources of evidence	15	For each source of evidence, present characteristics for which data were charted and provide the citations.	7-10, 22-24
Critical appraisal within sources of evidence	16	If done, present data on critical appraisal of included sources of evidence (see item 12).	N
Results of individual sources of evidence	17	For each included source of evidence, present the relevant data that were charted that relate to the review questions and objectives.	Appendix 1-38
Synthesis of results	18	Summarize and/or present the charting results as they relate to the review questions and objectives.	22-24 and Appendix 1-38
DISCUSSION			
Summary of evidence	19	Summarize the main results (including an overview of concepts, themes, and types of evidence available), link to the review questions and objectives, and consider the relevance to key groups.	10-13
Limitations	20	Discuss the limitations of the scoping review process.	14
Conclusions	21	Provide a general interpretation of the results with respect to the review questions and objectives, as well as potential implications and/or next steps.	14
FUNDING			
Funding	22	Describe sources of funding for the included sources of evidence, as well as sources of funding for the scoping review. Describe the role of the funders of the scoping review.	N

JBI = Joanna Briggs Institute; PRISMA-ScR = Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews.

* Where *sources of evidence* (see second footnote) are compiled from, such as bibliographic databases, social media platforms, and Web sites.

† A more inclusive/heterogeneous term used to account for the different types of evidence or data sources (e.g., quantitative and/or qualitative research, expert opinion, and policy documents) that may be eligible in a scoping review as opposed to only studies. This is not to be confused with *information sources* (see first footnote).

‡ The frameworks by Arksey and O'Malley (6) and Levac and colleagues (7) and the JBI guidance (4, 5) refer to the process of data extraction in a scoping review as data charting.

§ The process of systematically examining research evidence to assess its validity, results, and relevance before using it to inform a decision. This term is used for items 12 and 19 instead of "risk of bias" (which is more applicable to systematic reviews of interventions) to include and acknowledge the various sources of evidence that may be used in a scoping review (e.g., quantitative and/or qualitative research, expert opinion, and policy document).

From: Tricco AC, Lillie E, Zarin W, O'Brien KK, Colquhoun H, Levac D, et al. PRISMA Extension for Scoping Reviews (PRISMAScR): Checklist and Explanation. Ann Intern Med. 2018; 169:467–473. doi: 10.7326/M18-0850.

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