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Summary

The possible mode of action of the lately demonstrated steroid effect on the immediate type allergic reaction has been studied.

The influence of a topical steroid, budesonide, on the nasal mucosal histamine content and anti-IgE induced histamine release was studied in an open study. A one-week treatment with budesonide, used locally in the nose, was administered to twenty-two hay-fever patients who were studied out of the pollen season.

There was a decrease of histamine content after steroid treatment and also a blockade of the anti-IgE mediated histamine release, as shown in an in-vitro release procedure. This steroid effect may partly explain the effect of steroids on the immediate reaction, as it has been demonstrated in allergen challenge studies.