

## **Aquagenic Urticaria: A Report of Two Cases**

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### **Abstract**

**Background:** *Aquagenic urticaria: A type of physical urticaria in which the skin itches and burns following contact with water of any type including one's own sweat or tears at any temperature (hot is worse than cold), for any length of time. While aquagenic urticaria is not a classic histamine-induced allergic reaction, antihistamine may help manage the symptoms. Aquagenic urticaria was first described in 1964 by Shelly and Rawnsley.*

**Objective:** *To provide a 'case-study review' on the article Aquagenic Urticaria associated with water allergy a rare disease.*

**Method:** *Started a research on rare diseases and focused on an interesting disease called aquagenic urticaria on 'a case-review study'.*

**Result:** *Aquagenic urticaria is more common in women than in men and appears during puberty or several years later. Pinpoint sized wheals affecting the shoulder, arms, trunk, abdomen, and back; within 10 minutes of contact with water. Each episode lasted for 20-40 minutes and spontaneously resolved. In both the cases, the physical examination revealed no other abnormalities.*

**Conclusion:** *The exact underlying causes of Aquagenic urticaria are poorly understood. Some theories say an interaction between water and a substance like chlorine found in the water in or on the skin generates a toxic material which leads to development of hives. The allergy-like symptoms are due to release of histamine.*

**Keywords:** *Aquagenic urticaria, hives, histamine.*