



## Ketotifen

Ketotifen is an antihistamine and mast cell stabilizer that is primarily used to treat allergic conditions like asthma and allergic rhinitis. Ketotifen is being used successfully in patients with COVID-19 syndrome, also known as long COVID, due to its ability to modulate the immune response and reduce inflammation.

Post-COVID-19 syndrome encompasses a wide range of symptoms that continue for weeks or months after the acute phase of the infection has resolved. These symptoms can include fatigue, shortness of breath, chest pain, joint pain, and cognitive disturbances, among others.

Here's how Ketotifen might help with post-COVID symptoms:

**Mast Cell Stabilization:** Mast cells are part of the immune system and can release inflammatory substances like histamine. In some individuals with long COVID, there may be mast cell activation, contributing to ongoing symptoms. Ketotifen, as a mast cell stabilizer, could potentially reduce this inappropriate immune activation.

**Anti-inflammatory Effects:** By reducing the release of histamine and other inflammatory mediators, Ketotifen might help alleviate inflammation-related symptoms such as pain, swelling, and brain fog.

**Allergy Symptoms Relief:** For those who have allergies exacerbated by COVID-19, Ketotifen can help manage these symptoms.

However, it's important to note a few key points:

Treatment for post-COVID-19 syndrome is highly individualized, depending on the range and severity of symptoms experienced by the individual.