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Title: Efficacy of carbamazepine in treatment of bronchial asthma

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Body: Settings: The real break-through in asthma treatment is still unreachable. In many cases drugs are not effective for reaching the control state. Objectives: To investigate the efficacy of Carbamazepine in treatment of bronchial asthma. Patients and methods: A Randomized, double-blind, Parallel 6-month trial. Hundred patients were fulfilled the inclusion criteria and divided into two groups. Group (1) received Carbamazepine (600 – 1600 mg/day) in addition to their usual anti-asthmatic treatment and group (2) received only the usual anti-asthmatic therapy. Baseline Electroencephalography (EEG) studies was done to all patients. Assessment of asthma control according to GINA classification was done before, 3 and 6 months after therapy. Results: The mean age of studied patients were (37.9 ± 9.47 & 28.6 ± 11.06) respectively. Two cases in group 1 showed abnormal EEG and no abnormality in group 2. As regards Level of asthma control, there was statistically significant difference between first visit and third visit in both groups with high value in group 1 (P value 0.001, 0.04). In comparing spirometric data of both groups at each visit revealed statistically significant P value in all parameters (FEV1 0.001, FVC 0.003, PEF 0.01, FEF25-75 0.001) except FEV1/FVC (P value was 0.264). The frequency of acute asthma exacerbation in both groups was (0.5 ± 0.57 & 3.2 ± 0.98) in group 1 and 2 respectively (95% CI 2.4 to 3.1) with highly significant p value 0.003. In Carbamazepine group dizziness was recorded in 6 cases 12%, itching in 2 cases 4%, and increasing sleepiness in 2 cases 4 %. Conclusion: carbamazepine is effective in treatment and in achievement of better asthma control with minimal side effect.