

## **ABSTRACT**

Atopic dermatitis is a multifactorial chronic inflammatory disease which is one of the most common skin diseases. The prevalence is relatively high and is still growing. In former times, atopic dermatitis was considered primarily a childhood disease but today, the prevalence is increasing in adult patients too. Atopic dermatitis is a chronic incurable disease with a significant negative impact on patients' lives. The negative impact on the quality of life often leads to a lack of adherence of these patients to the standard treatment procedure, which implies the need to combine different therapies in the field of complementary and alternative medicine. While there is still not enough data available to conclude that adjuvant therapies are effective in the conventional sense, there are already promising results that suggest that these therapeutic strategies might be an alternative to treating this disease.

Although mild and moderate forms of disease can be well controlled using external treatments, such as emollients, topical corticosteroids, and local calcineurin inhibitors, the treatment of severe atopic dermatitis is still a major challenge. Systemic treatment with corticosteroids is a relatively effective treatment in many cases, but cannot be used for a long time due to numerous side effects. And treatment with immunosuppressants has similar problems.

In recent years, significant progress has been made in specifying the pathogenesis of the disease itself. As a result, new drugs are constantly being developed that target the inflammatory mediators involved - biological drugs. Most often, there are recombinant monoclonal antibodies directed against various mediators of inflammation. Most often against interleukins, and against immunoglobulin E. Most monoclonal antibodies are still a subject of extensive clinical studies.

**Keywords:** Atopy, allergy, atopic dermatitis, biological drugs, recombinant monoclonal antibodies