

Helozine 10 Tablet

Here is the information for Hydroxyzine (10mg) Tablet:

Information for the Use

Hydroxyzine (10mg) Tablet

Composition:

Each tablet contains:

- **Hydroxyzine: 10 mg**

Indications:

Hydroxyzine is an antihistamine used to treat a variety of conditions, including:

- **Anxiety and Tension:** Hydroxyzine is often used to manage anxiety, agitation, or tension, particularly in short-term situations.
- **Allergic Reactions:** It helps alleviate symptoms of allergies, such as itching, hives, and rashes, by blocking the effects of histamine in the body.
- **Sedation:** Hydroxyzine has sedative properties and may be used to promote relaxation or as a preoperative sedative in medical settings.
- **Nausea and Vomiting:** It can be used as an antiemetic to prevent or treat nausea and vomiting, especially related to anxiety or motion sickness.
- **Insomnia:** Due to its sedative effects, hydroxyzine may also be used for short-term treatment of sleep disturbances.
- **Skin Conditions:** It is sometimes used to reduce itching or discomfort caused by skin conditions such as eczema or contact dermatitis.

Mechanism of Action:

- **Hydroxyzine:** Hydroxyzine is an antihistamine that works by blocking the action of histamine, a substance in the body that causes allergy symptoms like itching, swelling, and rashes. It also has a calming effect on the central nervous system, which helps reduce anxiety and promote sedation. Additionally, hydroxyzine can inhibit nausea by blocking certain signals in the brain.

Dosage and Administration:

- **Adults:** The typical dosage of hydroxyzine is 10 mg to 50 mg per day, divided into 1 to 3 doses. The exact dose will depend on the condition being treated and the patient's response to the medication.
- **Anxiety or Sedation:** Typically, 10 mg to 50 mg can be taken 3 to 4 times a day.
- **Allergic Reactions:** For allergic symptoms, 10 mg to 25 mg every 4 to 6 hours may be recommended.
- **Insomnia:** A single dose of 25 mg to 50 mg may be taken before bedtime.

Always follow the specific dosing instructions provided by your healthcare provider.

Contraindications:

- **Hypersensitivity:** Hydroxyzine should not be used by individuals who are allergic to it or any of its components.
- **Pregnancy and Breastfeeding:** Hydroxyzine should only be used during pregnancy or breastfeeding if the benefits outweigh the risks, and only under the guidance of a healthcare provider.
- **Severe Respiratory Conditions:** People with respiratory conditions like severe

asthma should use hydroxyzine with caution due to its sedative effects.

- **Glaucoma or Prostate Issues:** Hydroxyzine should be used with caution in patients with narrow-angle glaucoma, prostatic hypertrophy, or urinary retention.

Precautions:

- **CNS Depression:** Hydroxyzine can cause drowsiness and sedation. Caution should be taken when performing tasks that require mental alertness, such as driving or operating machinery.
- **Alcohol:** Avoid alcohol consumption while taking hydroxyzine, as it can enhance the sedative effects and increase the risk of side effects.
- **Liver or Kidney Disease:** Individuals with liver or kidney problems should use hydroxyzine cautiously, as these organs help process the drug. Dose adjustments may be necessary.

Possible Side Effects:

Common side effects may include:

- Drowsiness or sedation
- Dry mouth
- Dizziness or lightheadedness
- Blurred vision
- Headache
- Nausea or vomiting

Serious side effects (rare but require medical attention):

- **Severe allergic reactions:** Rash, itching, swelling, or difficulty breathing.
- **Chest pain or rapid heartbeat:** These could be signs of a serious reaction, especially if combined with dizziness or fainting.
- **Severe dizziness, confusion, or loss of coordination:** These may indicate excessive sedation or overdose.

Drug Interactions:

- **CNS Depressants:** Hydroxyzine may increase the sedative effects of other central nervous system depressants, such as alcohol, benzodiazepines, and narcotic pain relievers.
- **Antidepressants and Antianxiety Medications:** The sedative effects may also be enhanced when used with medications for depression or anxiety.
- **Medications for Glaucoma:** Hydroxyzine may increase intraocular pressure in patients with glaucoma.
- **Antihypertensive Medications:** Hydroxyzine can cause a drop in blood pressure, so caution is advised when used with blood pressure-lowering medications.

Storage:

Store at room temperature (15°C–30°C), away from light and moisture. Keep out of reach of children.

Note: This is a general guideline. Always consult your healthcare provider before starting or adjusting any medication regimen, especially if you have underlying medical conditions or are taking other medications.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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