

# Helozine 100 ml Syrup

## Hydroxyzine (10 mg) Syrup: Detailed Information

**Generic Name:** Hydroxyzine

**Brand Names:** Vistaril, Atarax (and other local or regional brands)

**Dosage Form:** Syrup (10 mg per 5 mL)

## Description

Hydroxyzine is an antihistamine used to treat various conditions, including allergy symptoms, anxiety, and nausea. It works by blocking histamine receptors and acting on the central nervous system to produce a calming effect.

## Indications and Uses

Hydroxyzine syrup is commonly prescribed for:

- Allergy Symptoms**
  - Sneezing
  - Itching
  - Runny nose
  - Hives
- Anxiety and Tension**
  - As a short-term treatment for anxiety disorders or anxiety associated with stress.
- Nausea and Vomiting**
  - Often used to manage nausea in specific cases.
- Preoperative Sedation**
  - To calm and relax patients before medical or dental procedures.
- Skin Conditions**

- Relief of itching associated with eczema or dermatitis.

## Dosage and Administration

- **Adults:**
  - For anxiety: 50–100 mg daily in divided doses (usually 10 mg every 4–6 hours).
  - For itching: 25 mg three to four times daily.
- **Children (6–12 years):**
  - 10–25 mg up to three to four times daily.
- **Children (under 6 years):**
  - 2.5–5 mL every 6–8 hours (adjust based on response).

*Always follow the exact dosage prescribed by the physician.*

## Mechanism of Action

Hydroxyzine competes with histamine for H1-receptor sites in tissues, reducing allergy symptoms. It also suppresses activity in certain areas of the central nervous system, resulting in sedative, anti-anxiety, and anti-nausea effects.

## Side Effects

Common side effects include:

- Drowsiness
- Dry mouth
- Dizziness

- **Blurred vision**
- **Constipation**
- **Headache**

#### **Severe side effects:**

- **Confusion**
- **Rapid heartbeat**
- **Tremors**
- **Shortness of breath (rare, requires immediate medical attention)**

#### **Contraindications**

##### **Do not use Hydroxyzine if you:**

- 1. Are allergic to hydroxyzine or similar medications.**
- 2. Have a known QT prolongation or other heart rhythm disorders.**
- 3. Are pregnant (should be avoided in the first trimester unless essential).**

#### **Precautions**

- 1. Sedation: May impair mental alertness; avoid driving or operating heavy machinery.**
- 2. Alcohol Interaction: Avoid alcohol as it increases drowsiness.**
- 3. Medical History: Inform your doctor if you have liver or kidney disease, asthma, or glaucoma.**
- 4. Drug Interactions: Avoid combining with other sedatives, antihistamines, or medications causing drowsiness without consulting your doctor.**

#### **Storage**

- **Store at room temperature (20–25°C / 68–77°F).**

- **Keep away from direct sunlight and moisture.**
- **Keep out of reach of children.**

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#### **Special Note**

- **Hydroxyzine is a prescription-only medication.**
- **Use as directed and do not exceed the prescribed dose.**
- **Consult your healthcare provider if symptoms persist or worsen.**

**Would you like further clarification or a specific focus, such as pediatric use or interactions?**

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