

# Wavehist 16 Tablet

## Betahistine (16 mg) Tablet

---

### Description:

Betahistine (16 mg) is a histamine analog primarily used for the treatment of Ménière's disease and vestibular disorders. It improves blood flow in the inner ear, reducing symptoms such as vertigo, tinnitus, and hearing loss.

---

### Composition:

#### Each tablet contains:

- **Betahistine Dihydrochloride: 16 mg**
- 

### Indications:

Betahistine is indicated for the treatment of:

1. **Ménière's Disease:**
    - Symptoms including episodic vertigo, tinnitus, and progressive hearing loss.
  2. **Vestibular Disorders:**
    - Dizziness or balance issues caused by inner ear problems.
  3. **Recurrent Vertigo:**
    - Symptomatic relief of vestibular vertigo not associated with Ménière's disease.
- 

### Mechanism of Action:

Betahistine acts as a partial histamine H1-receptor agonist and H3-receptor antagonist, leading to:

- Increased microcirculation in the inner ear by improving blood flow to the stria vascularis.
  - Reduction of endolymphatic pressure, alleviating vertigo and tinnitus.
  - Modulation of vestibular function, aiding in balance restoration.
- 

### Dosage and Administration:

- **Usual Adult Dose:**
    - 16 mg taken 2–3 times daily, preferably with meals to minimize gastric discomfort.
    - Dosage may be adjusted based on the severity of symptoms and patient response.
  - **Pediatric Use:**
    - Safety and efficacy in children have not been established.
- 

### Side Effects:

#### Common side effects:

- Nausea
- Headache
- Stomach upset

#### Rare side effects:

- Allergic reactions such as rash, itching, or hives
  - Mild gastric discomfort
- 

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

### Precautions:

1. **Asthma:**
  - Use cautiously in patients with a history of bronchial asthma.
2. **Peptic Ulcer Disease:**
  - Caution in patients with active or a history of gastric ulcers.
3. **Pregnancy and Breastfeeding:**
  - Use during pregnancy only if clearly needed. Avoid during lactation unless prescribed by a doctor.
4. **Hypotension:**
  - Monitor blood pressure as Betahistine may cause a slight drop.

**Note: Betahistine may take several weeks of consistent use for maximum therapeutic effect. Use under medical supervision, and report any unusual symptoms to your healthcare provider immediately.**

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,  
Panchkula-134113

TM: Trademark Applied for

---

### Contraindications:

- Hypersensitivity to Betahistine or any tablet component.
  - Presence of pheochromocytoma (adrenal gland tumor).
- 

### Drug Interactions:

- **Antihistamines:** May reduce the efficacy of Betahistine.
  - **Monoamine Oxidase Inhibitors (MAOIs):** Potential increase in Betahistine levels; monitor closely.
- 

### Storage Instructions: