

Wavehist 8 Tablet

Betahistine (8 mg) Tablet

Description:

Betahistine (8 mg) is a histamine analog used to manage vertigo, tinnitus, and hearing loss associated with Ménière's disease and vestibular disorders. It works by improving blood circulation in the inner ear and reducing the symptoms of balance disorders.

Composition:

Each tablet contains:

- **Betahistine Dihydrochloride: 8 mg**
-

Indications:

Betahistine (8 mg) is indicated for:

1. **Ménière's Disease:**
 - Treatment of symptoms such as vertigo, tinnitus, and hearing loss associated with the disease.
 2. **Vestibular Vertigo:**
 - Management of recurrent dizziness and balance disturbances caused by inner ear problems.
-

Mechanism of Action:

- Betahistine is a partial H1 receptor agonist and H3 receptor antagonist.
 - It increases blood flow to the inner ear by improving microcirculation in the stria vascularis.
 - It reduces endolymphatic pressure, helping to alleviate symptoms like vertigo and tinnitus.
 - Vestibular compensation is improved, aiding balance restoration.
-

Dosage and Administration:

- **Usual Adult Dose:**
 - 1 tablet (8 mg) taken 2-3 times daily, preferably with meals to minimize stomach upset.
 - Dosage may be adjusted based on individual patient response.
 - **Pediatric Use:**
 - Not recommended for use in children.
-

Side Effects:

Common side effects:

- Headache
- Nausea
- Stomach upset or indigestion

Less common side effects:

- Skin rash, itching, or hives (indicating an allergic reaction).
 - Dizziness or drowsiness.
-

Precautions:

1. **Peptic Ulcer Disease:**
 - Caution is advised in patients with a history of gastric ulcers.
2. **Asthma:**
 - Use with caution in patients with bronchial asthma or other respiratory conditions.
3. **Pregnancy and Breastfeeding:**
 - Should be used during pregnancy or lactation only if clearly necessary and prescribed by a doctor.
4. **Hypotension:**
 - Betahistine can cause a slight reduction in blood pressure; monitor in hypertensive patients.

Note: It may take several weeks of regular use to see significant improvement in symptoms. Always follow your healthcare provider's instructions and attend follow-up appointments to monitor progress.

Manufactured in India for:

CafoliTM
L I F E C A R E

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 of its components.**
- **Pheochromocytoma (adrenal gland tumor).**

Drug Interactions:

- **Antihistamines: May reduce the effectiveness of Betahistine.**
- **Monoamine Oxidase Inhibitors (MAOIs): May increase Betahistine levels; monitor for side effects.**

Storage Instructions:

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