

# HISTALIN

## COUGH EXPECTORANT

### PRESENTATION

Histalin cough expectorant is a green coloured liquid with a sweet-citrus taste.

Each 5 ml of expectorant contains the following active ingredients:

Chlorpheniramine Maleate BP 1.0mg  
Promethazine HCl BP 2.5mg  
Diphenhydramine HCl BP 5.0mg  
Ephedrine HCl BP 7.5mg  
Ammonium Chloride BP 90.0mg  
Sodium Citrate BP 45.0mg

### PHARMACOLOGICAL ACTIONS

Chlorpheniramine is an antihistamine.

Promethazine, a phenothiazine derivative, is a sedating Histamine H<sub>1</sub>-receptor antagonist (antihistamine) with antimuscarinic, significant sedative and some serotonin-antagonist properties.

Diphenhydramine, a monoethanolamine derivative, is a sedating antihistamine with antimuscarinic and pronounced sedative properties.

Ephedrine is a nasal and chest decongestant.

Ammonium Chloride is used as an expectorant in productive cough.

Sodium Citrate is chiefly used to soothe the throat.

### PHARMACOKINETICS

Chlorpheniramine Maleate is almost completely absorbed after administration by mouth, peak plasma concentrations occurring at about 2.5 to 6 hours.

Promethazine is well absorbed after oral administration. Peak plasma concentrations have been observed 2 to 3 hours after administration. Promethazine is widely distributed; it enters the brain, crosses the placenta, and passes into breast milk.

Diphenhydramine hydrochloride is well absorbed from the gastrointestinal tract, though high first-pass metabolism appears to affect systemic availability. Peak plasma concentrations are achieved about 1 to 4 hours after administration by mouth.

Ephedrine is rapidly and completely absorbed after oral administration and extensively distributed throughout the body, with accumulation in the liver, lungs, kidneys, spleen and brain.

Ammonium Chloride is absorbed from the gastrointestinal tract. The ammonium ion is converted into urea in the liver, the anion thus liberated into the blood stream and extracellular fluid causes a metabolic acidosis and decreases the pH of the urine; this is followed by transient diuresis.

Sodium Citrate is metabolised after absorption to bicarbonate.

### INDICATION

Histalin cough expectorant immediately soothes and eases irritation caused by coughs. It loosens phlegm, clears bronchial and nasal congestion, making coughs more productive. Histalin's effective combination of active ingredients provides soothing relief in chesty coughs.

### DOSAGE AND ADMINISTRATION

It should be taken four times daily

#### Adults

Two 5ml spoonfuls 4 times a day

#### Children

6-12 yrs : One 5ml spoonful 4 times a day  
2-6 yrs : Half 5ml spoonful 4 times a day  
Under 2 yrs : As directed by a doctor.

The stated doses should not be exceeded.

### PRECAUTIONS

Histalin cough expectorant should not be taken by patients with known hypersensitivity to any of the active ingredients.

It may cause drowsiness and therefore impair the ability to drive or operate machinery. Alcoholic drinks should also be avoided whilst taking Histalin cough expectorant.

Pregnant women should seek the advice of a Doctor or Pharmacist before taking Histalin cough expectorant. If symptoms persist, then consult your doctor.

### SIDE-EFFECTS

Side effects are not common with Histalin cough expectorant and when they occur they are usually mild.

The side effects are outlined as below:

Chlorpheniramine Maleate and Promethazine may cause drowsiness, lassitude, dizziness, incoordination, headache, psychomotor impairment, dry mouth, thickened respiratory tract secretions, blurred vision, urinary difficulty or retention, constipation and increased gastric reflux.

Diphenhydramine effects may vary from slight drowsiness to deep sleep, and including lassitude, dizziness, headaches and incoordination. It may

also lead to antimuscarinic effects, such as dry mouth, thickened respiratory tract secretions, blurred vision, urinary difficulty or retention, constipation and increased gastric reflux. Paradoxical stimulation may occasionally occur, especially at high doses and in children or the elderly.

The most common side-effects of ephedrine are tachycardia, anxiety, nausea, restlessness and insomnia. Tremor, dry mouth, impaired circulation to the extremities, hypertension, headache and cardiac arrhythmias may occur.

Large doses of Ammonium Chloride may cause a profound acidosis and hypokalaemia, which should be treated symptomatically.

Sodium Citrate may lead to hypokalaemia and metabolic alkalosis, especially in patients with impaired renal function. Muscle hypertonicity, twitching and tetany may develop, especially in hypocalcaemic patients.

If any unusual effects are noticed the medicine should be stopped and a Doctor or pharmacist consulted.

### STORAGE

Store below 25°C, in a dry and dark place. Keep out of reach of children.

### LEGAL CATEGORY

Pharmacy Sale Medicine (P)

### PACKAGE QUANTITIES

60ml  
100ml  
5Ltr

Ref: P07H0371



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