Cinnarizine

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ABSTRACT

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This article discusses the clinical action, pharmacokinetics, and indications for clinical use.

Keywords: Cinnarizine, Calcium channel blocker, Clinical uses

*See End Note for complete author details

Cinnarizine is a selective Calcium channel blocker, belonging to group IV of Calcium antagonist. It has an anti-histaminic (H-1) effect also.

Pharmacodynamics

- It inhibits contraction of vascular smooth muscle cells by blocking calcium channels.
- Blockade of cellular influx of Calcium is tissue selective and results in anti-vasoconstrictor properties without affecting blood pressure and heart rate.
- It also decreases contractile activity of vasoactive substances such as norepinephrine and serotonin
- It decreases blood viscosity and may improve deficient micro circulation.
- Inhibits stimulation of vestibular systems which results in suppression of autonomic disturbances.

Pharmacokinetics

Peak plasma levels are obtained 1-3 hours after intake. Half life is 4 hours.

Indications

- Labrynthine disorders-vertigo, dizziness
- Prophylaxis of motion sickness and migraine.
- Maintenance therapy in tinnitus,muscular headache.
- Maintenance therapy for symptoms of peripheral circulatory disorders including Raynaud's phenomenon, Nocturnal cramps, Varicose ulcers etc.

Administration

Preferably taken after food.

Dosage

- Vestibular disorders -25mg thrice daily
- Cerebral Circulatory disorders- 25mg thrice daily
- Pheripheral Circulatory disorders-50 mg thrice daily

Special Precaution

May cause epigastric distress, somnolence. Caution to be taken while on alcohol or CNS depressants

Adverse Reaction

Headache, Dry mouth, weight gain, perspiration. Prolonged therapy in elderly people can cause aggravation or appearance of extra pyramidal symptoms and depression.

END NOTE

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