

Hydroxyzine is an antihistamine used to treat anxiety, allergies, nausea, and sleep disorders. It works by blocking histamine and calming the central nervous system, making it useful for both allergic and emotional conditions.

🧪 Chemical Composition

- **Active Ingredient:** *Hydroxyzine hydrochloride* or *Hydroxyzine pamoate*
- **Molecular Formula:** $C_{21}H_{27}ClN_2O_2$
- **Drug Class:** First-generation H1-antihistamine
- **Formulations:**
 - Tablets: 10 mg, 25 mg, 50 mg
 - Syrup: 10 mg/5 mL
 - Oral drops
 - Injection: 25 mg/mL, 50 mg/mL

💊 Dosage & Administration

- **Route:** Oral or intramuscular (IM)
- **Typical Adult Dosage:**
 - *Anxiety:* 50–100 mg/day in divided doses
 - *Allergies:* 25 mg 3–4 times daily
 - *Sedation before surgery:* 50–100 mg IM
- **Pediatric Dosage:**
 - 0.6 mg/kg/dose orally every 6–8 hours (max 50 mg/day)
- **Administration Tips:**
 - Can be taken with or without food
 - Avoid alcohol and other sedatives

🌱 Medical Uses

- **Primary Indications:**
 - *Anxiety and tension*
 - *Allergic conditions* (e.g., urticaria, rhinitis)
 - *Nausea and vomiting*
 - *Insomnia*
 - *Preoperative sedation*
- **Mechanism of Action:**
 - Blocks H1 histamine receptors
 - Depresses subcortical CNS activity, producing sedation and anti-anxiety effects

⚠ Side Effects

Common:

- Drowsiness
- Dry mouth
- Headache

- Dizziness

Less Common but Serious:

- Confusion (especially in elderly)
- Blurred vision
- Urinary retention
- QT prolongation (rare)

ⓘ Risks & Precautions

- **Contraindications:**
 - Early pregnancy
 - Prolonged QT interval or heart rhythm disorders
 - Allergy to hydroxyzine or cetirizine
- **Pregnancy & Breastfeeding:**
 - Avoid in early pregnancy; use with caution during breastfeeding
- **Drug Interactions:**
 - May interact with CNS depressants, alcohol, and anticholinergic drugs
- **Monitoring:**
 - ECG monitoring in patients with cardiac risk factors

🗣 Patient Feedback & Complaints

Positive Feedback:

- Effective for anxiety and sleep
- Fast relief from itching and allergic reactions
- Non-addictive alternative to benzodiazepines

Common Complaints:

- Excessive drowsiness
- Dry mouth and dizziness
- Confusion in older adults
- Not suitable for long-term anxiety management

📊 Summary Table

Category	Details
Drug Name	Hydroxyzine
Active Ingredient	Hydroxyzine hydrochloride or pamoate
Use	Anxiety, allergies, nausea, insomnia

Dosage	25–100 mg/day orally or IM
Common Side Effects	Drowsiness, dry mouth, headache, dizziness
Serious Risks	QT prolongation, confusion, urinary retention
Patient Feedback	Effective; sedation, dry mouth, confusion in elderly
Contraindications	Pregnancy, heart rhythm disorders, allergy to hydroxyzine

Sources:

- [Drugs.com – Hydroxyzine Overview](<https://www.drugs.com/hydroxyzine.html>)
- [Practo – Hydroxyzine Details](<https://www.practo.com/medicine-info/hydroxyzine-142-api>)
- [CARE Hospitals – Hydroxyzine Uses and Risks](<https://www.carehospitals.com/medicine-detail/hydroxyzine>)
