

Brand Name: BELSTRA-M

Composition: Bilastine & Montelukast sodium Tablet

Dosage Form: Tablets

Category: Anti-Allergic / Anti-Histamine

Packaging Type: ALU-ALU

Packaging: 10 x 10

Brief product introduction:

BELSTRA-M is a clinically advanced anti-allergic tablet manufactured by **AstraEureka Pharmaceutical**, combining the power of **Bilastine (20 mg)**, a non-sedating antihistamine, and **Montelukast (10 mg)**, a leukotriene receptor antagonist. This dual-action formulation effectively manages symptoms of allergic rhinitis, urticaria, and other respiratory allergies by targeting both histamine and leukotriene pathways. BELSTRA-M offers fast, long-lasting relief without causing drowsiness, making it ideal for daily use in allergy sufferers seeking both comfort and clarity.

Composition:

Each film-coated tablet contains:

Bilastine.....	20 mg
Montelukast Sodium IP	
eq. to Montelukast.....	10 mg
Excipients.....	q.s.

Key Ingredients:

1. **Bilastine 20 mg** – A second-generation non-sedating antihistamine
2. **Montelukast 10 mg** – A leukotriene receptor antagonist

Key Benefits:

1. Provides rapid and long-lasting relief from allergic rhinitis symptoms
2. Effective in seasonal and perennial allergic conditions
3. Reduces nasal congestion, sneezing, itching, and watery eyes
4. Controls allergic skin conditions like urticaria
5. Non-sedating and suitable for daytime use
6. Improves breathing and reduces inflammation in allergic airway disease

Indications:

1. Allergic rhinitis (seasonal and perennial)
2. Chronic idiopathic urticaria
3. Bronchial asthma (as an adjunct therapy)
4. Allergic conjunctivitis

5. Atopic dermatitis (supportive therapy)

Directions for Use:

1. Take the tablet orally with water
2. Best taken on an empty stomach (1 hour before or 2 hours after meals)
3. Do not chew or break the tablet

Dosage and Administration:

1. **Adults and adolescents (12 years and older):** One tablet once daily or as directed by a physician
2. **Not recommended for children under 12 years without medical advice**
3. Avoid taking with fruit juice (may reduce bilastine absorption)

Safety Information:

1. Use under medical supervision, especially in patients with renal impairment
2. Avoid alcohol and other sedatives while on this medication
3. Regular monitoring in patients with asthma or hepatic impairment
4. Not advised during pregnancy or breastfeeding unless necessary

Mechanism of Action:

- **Bilastine:** Selectively blocks peripheral H₁-receptors to prevent histamine-mediated allergic symptoms without causing sedation. It does not cross the blood-brain barrier significantly, which limits central side effects.
- **Montelukast:** Selectively inhibits cysteinyl leukotriene receptor CysLT₁ in the lungs and bronchial tubes. This blocks the action of leukotrienes (inflammatory mediators), leading to reduced bronchoconstriction, inflammation, mucus secretion, and airway edema in allergic conditions.

Contraindications:

1. Known hypersensitivity to Bilastine, Montelukast, or any excipients
2. Severe hepatic impairment
3. History of neuropsychiatric disorders (use with caution)
4. Not recommended for acute asthma attacks

Side Effects:

1. Headache
2. Abdominal pain or discomfort
3. Drowsiness (rare with bilastine)

4. Skin rash or allergic reaction
5. Mood changes or sleep disturbances (rare with montelukast)

Important Notice:

- This is a prescription-only medicine
- Not intended for emergency treatment of asthma attacks
- Do not exceed recommended dose
- Report any unusual behavioral or mood changes immediately

Storage Condition:

1. Store in a cool, dry place below 25°C
2. Protect from light and moisture
3. Keep out of reach of children

Packing Information:

- ALU-ALU strip packing.
- 10 tablets per strip.
- 10 strips per box (10 x 10 packaging).

