

## In Mnemonic

### Montelukast My Mnemonics

M. Medication for Bronchial Asthma Monotherapy

O. Oral Onset of action 1hour, Duration of action 24hrs

N. Nasal congestion, nasal itching, rhinorrhea, sneezing <--Indicated

T. Targeted, dual mechanism of action, acting both as a bronchodilator and anti-inflammatory.  
E. Excretion--> Biliary

L. Leukotriene receptor antagonist Liver Metabolism (CYP2C8-major, CYP3A4 and CYP2C9-minor)  
U. Uncontrolled with ICS /ICS-LABA <---indicated

K. Keeps binding to protein 99%

A. Allergic Rhinitis S. Systemically active drug-->dual mode of action ie : bronchodilator and anti-inflammatory. Safety profile in patients of all ages and was well-tolerated.--both adults and children. T. Timing of Elimination half life-2.7–5.5 hours -----

Bilastine My Mnemonics

B. Bilastine -New second generation Antihistamine, Oral

I. Indicated in Allergic Rhinoconjunctivitis

L. Lowest H1 Receptor occupancy in Brain.

A. Affinity to H1 Receptors three times higher than Cetrizine and six times higher than Fexofenadrine. S. Spontaneous urticaria -Chronic (CSU)

T. Time of action -onset of action 1hour, Duration of action -26hrs

I. Improves quality of life when combined with Montelukast

N. Non. Sedating H1 Antihistamine. Non Brain Penetration Property

E. Effective in both Seasonal and Perennial allergic Rhinitis Effective in all nasal symptoms including nasal obstruction

*Dr. Rajsekar*