Generic Symmetrel (Amantadine)

Introduction

Amantadine has an unusual history. It was first developed as an antiviral to treat and prevent influenza A, and doctors later discovered that it also improved symptoms in people with Parkinson's disease. Today, most flu strains are resistant to amantadine, so its main use is in managing movement symptoms. Generic Symmetrel contains amantadine.

Amantadine is not a cure for Parkinson's disease, but it can make daily movement easier for many people. Understanding how to take it and what side effects to watch for helps people use it safely.

What Is Generic Symmetrel?

Generic Symmetrel is an oral medicine containing amantadine hydrochloride, commonly supplied as 100 mg capsules or tablets.

It may be used for:

- Symptoms of Parkinson's disease, such as stiffness, tremor and slowness
- Involuntary movements (dyskinesia) caused by long-term Parkinson's treatment
- Movement side effects caused by certain other medicines
- Influenza A, in limited situations where the strain is known to be sensitive

Key Ingredient and Its Role

Amantadine

Amantadine has several actions in the brain. It increases the release of dopamine, a chemical messenger that is lacking in Parkinson's disease, and it blocks NMDA receptors, which are involved in abnormal involuntary movements.

As an antiviral, it blocks a protein that influenza A needs to release its genetic material inside cells, although resistance is now widespread.

How Does Generic Symmetrel Work?

In Parkinson's disease, the brain gradually loses cells that produce dopamine. This leads to stiffness, tremor and slow movement.

Amantadine helps the remaining nerve cells release more dopamine and slows its re-uptake, which can ease these symptoms. Its NMDA-blocking effect also helps reduce the involuntary movements that some people develop after years of levodopa treatment.

Potential Benefits of Generic Symmetrel

1. Eases Parkinson's Symptoms

It may reduce stiffness, tremor and slowness of movement.

2. Reduces Involuntary Movements

It is one of the few medicines that can help with levodopa-related dyskinesia.

3. Works Alongside Other Treatments

It can be combined with other Parkinson's medicines.

4. Helps With Medicine-Related Movement Problems

It may ease stiffness or tremor caused by certain other medicines.

5. Relatively Quick Effect

Some benefit may be noticed within days.

How to Take Generic Symmetrel

1. Take the dose prescribed for you, commonly 100 mg once or twice a day.
2. Swallow with water, with or without food.
3. Take the last dose of the day by mid-afternoon if it affects your sleep.
4. Do not stop suddenly, as symptoms can worsen sharply.
5. Keep regular appointments to review how well it is working.

People with kidney problems or older adults usually need lower doses.

When Can You Expect Results?

Some people notice improvement in stiffness or movement within a few days to two weeks. The effect may lessen after several months for some people, and your doctor may adjust your treatment.

Possible Side Effects

Commonly reported effects include:

- Dizziness or light-headedness
- Trouble sleeping
- Nausea
- Dry mouth
- Constipation
- Swelling of the ankles
- A blotchy, purple, net-like pattern on the skin of the legs (livedo reticularis)

Amantadine can cause confusion, hallucinations or vivid dreams, especially in older adults. Seek medical help for hallucinations, severe confusion, fainting, seizures or thoughts of self-harm.

Precautions and Storage

Tell your doctor if you have kidney disease, epilepsy, heart failure, glaucoma, or a history of mental health conditions. Avoid alcohol, which can increase dizziness and confusion. Take care when driving. Pregnant and breastfeeding women should seek medical advice. Never stop treatment suddenly.

Store at room temperature in the original pack, away from moisture. Keep out of the reach of children.

Important Ingredient Information

The active ingredient is amantadine hydrochloride, commonly 100 mg per capsule or tablet. Check the strength on your pack. Although amantadine began as an antiviral, it is now mainly used for Parkinson's disease and movement disorders.

Conclusion

Generic Symmetrel (amantadine) is a medicine that helps ease Parkinson's symptoms and reduce involuntary movements, with a history as an antiviral.

Taking it as directed, avoiding late doses if sleep is affected, never stopping suddenly and watching for confusion or hallucinations will help you use it safely.