Buspar History and Information

Buspar (Buspirone) is an anti-anxiety agent of the azapirone class of medications that are commonly used as an add-on to antidepressants. Buspar works by stimulating Serotonin type receptors on nerves, changing the chemical messages that nerves transmit to each other. Buspar has moderate affinity for brain Dopamine receptors and some studies do suggest that Buspar has an indirect effect on other neurotransmitter systems. Due to the short half-life of Buspar, multiple daily dosages are generally required.

Buspar is approved by the FDA for the treatment of anxiety disorders and short-term relief of anxiety symptoms. In the United Kingdom, Buspar is indicated only for short-term treatment of anxiety.

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The most common side effects of Buspar are dizziness, nausea, headaches, nervousness, lightheadedness, excitement and insomnia. Studies indicate that Buspar is less sedating than other anti-anxiety medications and does not produce significant functional impairment. However, the central nervous system effects are not predictable. Because Buspar binds to central dopamine receptors, questions have been raised about its potential to cause acute and chronic changes in neurological function (dystonia, pseudo-parkinsonism, akathasia, tardive dyskinesia). It is not known if these neurological changes are solely related to Dopamine or other increased noradrenergic activity.

Approximately 10% of patients in the Buspar premarketing clinical efficacy trials discontinued treatment due to an adverse event including central nervous system disturbances, dizziness, insomnia, gastrointestinal upset, nausea and miscellaneous disturbances.

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(FDA). The products and labels mentioned / sold are not intended to diagnose, treat, cure, or prevent any disease or illness.

*Because prescription medications can cause severe withdrawal reactions, do not stop taking any medication without first consulting your physician. The decision to taper any medication should be discussed with your doctor and done with their consent and support.*