

Vasaran[®]

Valsartan

- Treatment of heart failure
- Management of hypertension



eRx: 65266



eRx: 64100



eRx: 64197



Medicinal product

- valsartan® 40 mg Film-Coated tablet
- valsartan® 80 mg Scored Film-Coated tablet
- valsartan® 160 mg Scored Film-Coated tablet

Pharmacologic Category

Angiotensin II Receptor Blocker
Antihypertensive

Therapeutic indications

Treatment of heart failure
Management of hypertension
Reduction of cardiovascular mortality in patients with left ventricular dysfunction or failure post-myocardial infarction

Use: Off-Label

Acute coronary syndrome (secondary prevention of cardiovascular events); Improve kidney outcomes in hypertensive patients with chronic kidney disease (CKD) (diabetic and nondiabetic population)

Dosing

Hypertension: initial: 80 mg or 160 mg once daily. dose may be increased to achieve the desired effect; usual dosage range: 80 to 320 mg once daily; target dose: 160 to 320 mg once daily; maximum dose: 320 mg/day
Heart failure: Initial: 40 mg twice daily; titrate dose to 80 mg, and then to 160 mg twice daily, as tolerated; maximum dose: 320 mg/day

Left ventricular dysfunction or failure after MI: Initial: 20 mg twice daily; may increase within 7 days to 40 mg twice daily; titrate dose to target of 160 mg twice daily as tolerated; may initiate ≥ 12 hours following MI

Mechanism of action

Valsartan produces direct antagonism of the angiotensin II (AT₂) receptors, unlike the ACE inhibitors. It displaces angiotensin II from the AT₁ receptor and produces its blood pressure-lowering effects by antagonizing AT₁-induced vasoconstriction, aldosterone release, catecholamine release, arginine vasopressin release, water intake, and hypertrophic responses. This action results in a more efficient blockade of the cardiovascular effects of angiotensin II and fewer side effects than the ACE inhibitors

Contraindications

Pregnancy
Breast-feeding
Hypersensitivity to the active substance or to any of the excipients
Severe hepatic impairment, biliary cirrhosis, and cholestasis
Concomitant use with Aliskiren-containing products in patients with diabetes mellitus or renal impairment

Interactions

Taking the following drugs or supplements while taking valsartan may cause adverse reactions: Potassium-sparing diuretics, Potassium supplements, Salt substitutes, NSAIDs, Lithium, ACE Inhibitors, Aliskiren, and Other ARBs

Significant adverse reaction

Allergic reaction, hyperkalemia, hypotension, Increased blood urea nitrogen, Dizziness

Special warnings and precautions

Fetal Toxicity: Valsartan poses serious risks to an unborn baby. Women should not take valsartan during pregnancy
Hypotension: Valsartan can cause low blood pressure, leading to dizziness or lightheadedness
Kidney Problems: Valsartan increases the risk of acute kidney failure. The kidney function should be monitored
High Potassium Levels: Some patients may see an increase in their potassium levels while taking valsartan

Administration

Administer with or without food

Monitoring Parameters

Baseline and periodic blood pressure, electrolyte panels, renal function; in HF, serum potassium during dose escalation and periodically thereafter

Pregnancy and breastfeeding

Drugs that act on the renin-angiotensin system can cause injury and death to the developing fetus. Discontinue as soon as possible once pregnancy is detected
Valsartan is not recommended for use during breastfeeding and alternative treatments with better-established safety profiles during breastfeeding are preferable

References

- 1 <https://www.upToDate.com/>
- 2- <https://www.drugs.com/>
- 3- <https://www.medicines.org.uk/>
- 4- <https://www.medicalnewstoday.com/>