

Buspar

Drug Name -- Buspar

Alternate Names – Buspirone

Manufacturer – Bristol-Myers Squibb

Type – Prescription (not controlled).

Pregnancy Issues – FDA Pregnancy Class B. Buspar is not expected to cause harm to a fetus or to cause birth defects. This, however, has not been proven over time. It is not known whether or not Buspar is transplacental. It is not known whether or not Buspar transfers into breast milk. [Both the transplacental issue and the breast milk transfer issue should be very easy for the medical community/manufacture to determine. Official studies and/or statements have not been made by Bristol-Myers Squibb. This is an irresponsible action.]

Addiction Potential – According to BMS, Buspar shows no tolerance issues, and no physical or psychological dependence issues. Buspar is not a drug of abuse. Buspar is only to be used for short-term relief. This drug should not be administered long-term except in extreme cases and under the direct care of a psychiatrist (and not from a Primary Care Physician). Buspar does not affix to the GABA_A receptor complex, as does the benzodiazepine class; the manufacturer admits that they do not understand the mechanism that causes Buspar to work (and associated dangers of that mechanism); while officially BMS states that Buspar is not addicting, there appear to be consequences (withdrawals) when stopping the drug. This would indicate physical (but not psychological) dependence issues. Dr. Peter Breggin has listed the withdrawals and has classified Buspar as an addictive psychoactive drug substance by empirical studies with patients. [See withdrawals below.]

Maximum Prescription Duration – According to the manufacturer, this drug should not be taken for more than four weeks. The manufacturer has determined that there is no demonstrated effectiveness of the drug beyond four weeks of administration. It is also not advisable to prescribe Buspar to patients who have previously been given any form of benzodiazepines (including Xanax and Valium). Since it is a bromide-based drug, the effects will become toxic if administered for a sustained period of time.

Cautions – Eating grapefruit, drinking grapefruit juice or consuming grapefruit by-products may cause sudden death. Buspar should not be administered to people with kidney or liver problems, or heart problems (including medicated hypertension). In long-term cases of administration blood tests must be administered for kidney and liver functionality since Buspar diminishes kidney and liver functions; Buspar should not be taken by individuals with seizure disorders; some people report feeling “mixed up” or “messed up” in their ability to make decisions and thus they become frozen in their ability to make decisions; alcohol should not be used in conjunction with Buspar; all sleeping drugs including hypnotics should be avoided (including over-the-counter sleep medications and Ambien).

Drug Interactions/Adverse effects – MAOI drugs may cause serious or fatal reactions with Buspar. These reactions including Marplan, Nardil, Azilect, Eldepryl, Emsam, or Parnate; Cold and allergy medicines; narcotics of all types; sleeping medication (prescription and non-prescription); muscle relaxers; seizure medication; Thorazine, Haldol, Serentil, Orap, or Mellaril; Decadron or Hexadrol; erythromycin (and its derivatives); Sporanox or Nizoral; Norvir; Rifadin, Rimactane, or Rifater; Capastat, Rifadin, Rimactane, Rifater, Vancocin, or Vanocin; calcium blockers such as Tiazac, Cartia, Cardizen, Calan, Covera, Isoptin, or Verelan; seizure medications such as Carbatrol, Tegretol, Dilantin, Luminal, or Solfoton; the concomitant use of Buspar with other CNS-active drugs has not been studied and extreme caution should be used. [This list is not complete.]

Class – Azaspirodecanedione (not a benzodiazepine and not affixed to the GABA_A receptor complex; this is a bromide-based drug substance that will be toxic over time. All bromides are dangerous to human life.)

Purpose – Reduction of anxiety symptoms, reduction of panic attacks, treatment of Generalized Anxiety Disorder (not deemed as effective for other Axis I Anxiety Disorders).

Side Effects – Buspar may cause illogical thinking, confusion, and illogical decision-making capabilities that may seriously effect life decisions; extreme emotional instability has been indicated in some cases (including despair that leads to suicidal ideation or suicide attempts), feelings of catastrophe and utter despair without the ability to act or react accordingly and logically; Buspar is only minimally reactive to alcohol and in its responsible use should not result in overdose symptoms; other side effects include lack of coordination; drowsiness, dizziness, blurred vision; restlessness; nausea, upset stomach, diarrhea; insomnia; since Buspar binds to dopamine receptors, it may cause dystonia, pseudo-parkinsonism, akathisia, and tardive dyskinesia; cardiovascular side effects include chest pain, hypotension, hypertension, congestive heart failure, heart attack, and bradycardia; central nervous system effects include dream disturbances, depersonalization, dysphoria, noise intolerance, euphoria, akathisia, fearfulness, loss of interest in life, dissociative reaction, hallucinations, suicidal ideation, seizures, slurred speech and psychosis; gastrointestinal effects include stomach problems including diarrhea, nausea, and vomiting, extreme flatulence, rectal bleeding, increased appetite and weight gain; muscular effects include muscle cramps, muscle spasms and arthralgias; sexual/genital side effects include leaking breasts, urinary hesitancy, menstrual irregularity, enuresis, nocturia, libido dysfunctions, and impotence.

Withdrawals – Some people report that initial cessation of Buspar results in extreme confusion and complete inability to act or react to life situations; illogical and damaging decisions can be made; vacating of all emotional response to life; extreme headaches similar to migraines; nausea; life-threatening neurological reactions; extreme anxiety; extreme and pathological depression; abdominal pains; aching; agoraphobia; blurred vision; altered and bizarre perceptions; diarrhea; distended abdomen; feeling of unreality; flatulence; food cravings and extreme weight gain; hair loss; heart palpitations; insomnia; lethargy; loss of balance; metallic taste; muscle spasms; nightmares; panic attacks; paranoia and unrealistic fears; persistent and unpleasant memories; hippocampus disruption resulting in short-term memory issues (unclear if these issues are permanent); speech difficulties; sweating; and sudden suicidal ideations/suicide attempts. [See Dr. Peter Breggin's work regarding Buspar addiction and withdrawal at www.labelmesane.com.]

Sources – Drugs.com, realmentalhealth.com, labelmesane.com, psyweb.com

[Editorial Note: In my research of psychoactive drug substances I only include indications that come from the manufacturer or reputable drug-related focus groups. I do not include personal opinion or enhancements of facts from sources. With this drug, however, I must issue a caution due to information that I discovered on personal forums dedicated to this drug and its effects on people. Individuals who had taken or were currently taking Buspar consistently complained of severe alteration of decision-making abilities to the point where the diminution of those abilities severely altered life. Individuals consistently complained, also, of even more severe cognitive and emotional disturbances when attempting to discontinue use of the drug. One individual classified this drug as a “demon in pill form” and complained that it was destroying his life. Although this information is not scientific or tempered through official sources, users should beware of these potential effects from actual users.]