



Received on 06 February, 2017; received in revised form, 06 April, 2017; accepted, 26 April, 2017; published 01 September, 2017

## POTENTIAL POSITIVE EFFECT OF ORAL PYRIDOXINE ALONE AND IN COMBINATION WITH MECLIZINE ON CIGARETTES SMOKING DURING TENDAYS' TRIAL

Jubran K. Hassan\*

Department of Clinical Pharmacy, College of Pharmacy, University of Basrah, Iraq.

### Keywords:

Cigarettes smoking,  
B6, meclizine-B6, Pyridoxine,  
Navidoxin-B6

### Correspondence to Author:

Jubran K. Hassan

Ph.D

Department of Clinical Pharmacy,  
College of Pharmacy, University of  
Basrah, Basrah City, Iraq.


E-mail: jubranhassan@gmail.com

**ABSTRACT: Purpose:** Several medications are currently available for trying smoking cessation, such as nicotine replacement therapy or antidepressants. This study investigates potential effect of Meclizine-B6 combination; and B6 tablets administrated orally for possibility of reducing number of cigarettes smoked per day during 10 days. **Methods:** Using placebo control study. In which adult smokers' volunteers were assigned to one of study groups; control (N=20) or meclizine-B6 (N=50) and B6 group (N=50). All volunteers take their medications as single daily dose at night and the start to report number of cigarettes smoked daily from day 1 to day 10 with reporting the side effects appeared during the study. **Results:** The results showed there was significant declining in number of cigarettes daily smoked as compared with day 1 of study especially in B6 group. In This group, also higher percentage of volunteers showed significant smoking declining as compared to meclizine-b6 and control group. And most common side effects reported were drowsiness and headache especially in meclizine-B6 group. The potential role of B6 in smoking may require further evaluation using different doses. **Conclusions:** Oral administration of vitamin B6 as single daily dose of 50mg alone or in combination with Meclizine 25 mg may result in declining in number of daily cigarettes smoking; the effect will occur more when B6 was used alone rather than in combination of Meclizine.

**INTRODUCTION:** Cigarettes smoking is considered as risk factor and responsible for increased incidence of several diseases; that more prevalent among smoker than non-smokers, such as lung problems like COPD; lung cancer and cardiovascular diseases which may responsible for their premature death<sup>1</sup>. Several medications are currently a available for trying smoking cessation, including nicotine replacement therapy; antidepressants (bupropion)<sup>2</sup>, and other agents recently used like nortriptyline<sup>3</sup>, clonidine<sup>4</sup> vernicline<sup>5</sup> and cysteine<sup>6</sup> all with variable rate of success.

Recently; Meclizine which is antihistamine used as an ant vertigo/antiemetic agent, specifically in the prevention and treatment of nausea, vomiting and dizziness associated with motion sickness<sup>7</sup> seems promising as a Potential Smoking Cessation Treatment according to the last clinical trial<sup>8</sup>. Vitamin B6 or what is called Pyridoxine which is involved a coenzyme (co-factor) for many bio reactions including decarboxylation, transamination, racemization, elimination, replacement, and beta-group interconversion these reactions are required for macronutrient metabolism, neurotransmitter synthesis, hemoglobin synthesis and gene expression<sup>9</sup>.

Some of Iraqi patients reported declining in the need for cigarette smoking when they used supplement of Vitamin B6 as tablets. The Novelty of this study is that the potential effect of Vitamin B6 on cigarettes smoking was not reported before even by FDA.

|  |  |
|--|--|
| <b>QUICK RESPONSE CODE</b><br>                              | <b>DOI:</b><br>10.13040/IJPSR.0975-8232.8(9).3966-70<br><br>Article can be accessed online on:<br><a href="http://www.ijpsr.com">www.ijpsr.com</a> |
| <b>DOI link:</b> <a href="http://dx.doi.org/10.13040/IJPSR.0975-8232.8(9).3966-70">http://dx.doi.org/10.13040/IJPSR.0975-8232.8(9).3966-70</a> |  |