Assessments of pyridoxal and thiamine as antidiabetic supplements in combination with insulin for type 2 diabetes in India.

 Objective: The present study was to evaluate the antihyperglycemic potential of pyridoxal and thiamine in combination with insulin in type 2 diabetes patients.

 Methods: Eighty patients with type 2 diabetes were randomly selected and divided into four equal groups. Group A received insulin, group B received pyridoxal, group C received thiamine, and group D received insulin, pyridoxal, and thiamine. The study was conducted for 8 weeks, and the blood glucose levels were recorded at baseline and at 2, 4, 6, and 8 weeks.

 Results: The results showed a significant reduction in blood glucose levels in all groups compared to baseline. The combination of insulin, pyridoxal, and thiamine showed the most significant reduction in blood glucose levels, followed by insulin alone, pyridoxal alone, and thiamine alone.

 Conclusion: The combination of insulin, pyridoxal, and thiamine can be considered as a potential antihyperglycemic agent in type 2 diabetes patients.

 Keywords: Type 2 diabetes, Insulin, Pyridoxal, Thiamine.