

The effectiveness of oral vitamin B6 on behavioral disorders due to use of Phenobarbital in children 2 to 15 years old with seizure

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Introduction & Aim: Five million people worldwide have epilepsy and 3 million of them are children. Phenobarbital is one of the oldest, safest and most available anti-epileptic drugs. The drug approved by WHO as first-line therapy for partial and generalized tonic-clonic seizures. Behavioral problems including hyperactivity, aggression, inattention and restlessness are seen due to Phenobarbital. Therefore, we evaluate the effectiveness of vitamin B6 on behavioral disorders due to Phenobarbital in epileptic patients.

Methods: In this study, 77 patients with seizures between 2 and 15 years were enrolled in two groups. One group received Phenobarbital plus vitamin B6 and the other group Phenobarbital plus placebo. After 3 month we change two groups and crossed them (after 10 days washed out period) and study continued for 3 months again. Behavioral parameter are evaluated in starting of study, 3 month later and at the end of study (6 month later) using the modified Conner's questionnaire and the data were collected and analyzed by statistical software.

Results: There was no difference in hyperactivity, attention and aggression between two groups at the end of 3 month study but after crossing two groups we found statistical difference between two groups in hyperactivity (P value <0.01). This study showed that behavioral disorders due to Phenobarbital use in epileptic children reduced overtime and if we prescribe vitamin B6 with Phenobarbital this improvement will be more significant.

Conclusion: This study showed that behavioral disorders due to Phenobarbital use in epileptic children reduced overtime and if we prescribe Vitamin B6 with Phenobarbital this improvement will be more significant.

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