Dose of Pyridoxine in TB Regimens

Sir,

Pyridoxine (C₈H₁₁NO₃) is used in all tuberculosis regimens. The purpose is to prevent the possibility of INH induced peripheral neuropathy. The dose of pyridoxine needed is recommended to be 10 mg daily. Yet, one often sees in practice that much higher doses are used. Presumably this is because INH related neuropathy is considered to be particularly common in subjects who are diabetic, those addicted to alcohol, severely malnourished subjects, subjects with seizure disorder and HIV infection. The prescribing clinician might intuitively -- but not based on evidence -- feel that a higher dose may be beneficial in these situations. Such prescriptions are also not uncommon in pregnant women with coincident tuberculosis. But it must be remembered that each milligram of pyridoxine inactivates one milligram of INH. This may render the regimen less robust. It is particularly relevant in subjects who are being treated with re-treatment regimens and in cases of drug resistant tuberculosis in whom bioavailability of INH is of importance. It might also be relevant to mention in this context that high doses of pyridoxine over long periods of time might cause peripheral neuropathy in itself.

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Reference