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A study comparison of monotherapy with metformin, Vitamin –D3, Vitamin -B3, chromium piconilate and lifestyle modification in development of type II diabetes mellitus in the patient of metabolic syndrome

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Background: Metabolic syndrome is a combination of multiple risk factors that increases an individual chance of developing cardiovascular or type II diabetes mellitus and most of people with metabolic syndrome have Insulin resistance, which elevates the risk of developing Type II diabetes mellitus. While the pathogenesis of the metabolic syndrome and each of its components is complex and not well understood, central obesity and insulin resistance are acknowledged as important causative factors. Most scrutinized literature was collected from different sources including PubMed.

Aim: To compare the incidence of progression of metabolic syndrome into type II diabetes mellitus in patient who were put on one of the following treatments along with lifestyle modification :-Metformin , Chromium Piconilate ,Vitamin –D3 and Niacin (Vitamin. -B3).

Results: 250 Participants was enrolled during 3 years of the study. 145 (58%) male and 105 (48%) Female has been found metabolic syndrome. A total (8%) of patient has been found incidence of progression of metabolic syndrome into Type II Diabetes Mellitus. In different group as Metformin group (0%), Niacin group (6%), Vit-D3 group (0%), Chromium Piconilate group (16%) and (18%) in the life style modification group.

Biography

Sanjay Banjare, completed his PhD at the age of 30 years from SGT university Gurgaon. He is the Assistant Professor in Department of Pharmacology CIMS Bilaspur Chhattisgarh. He has published more than 5 papers in reputed journals and has been serving as an editorial board member of repute. Published paper as a coresponding author more than 10 papers in international journal.