

**AN OBSERVATIONAL STUDY ON APATHYA NIMITTAJA  
MADHUMEHA W.S.R TO TYPE II DIABETES MELLITUS**



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## AN OBSERVATIONAL STUDY ON *APATHYA NIMITTAJA MADHUMEHA* WSR TO TYPE II DIABETES MELLITUS

### Abstract

#### Introduction-

*Madhumeha* is a disease of antiquity, reference is regarding the same are available in ancient texts including *Charak samhita*. Diabetes mellitus which was once known as rich man disease has now become a common man's disease. Hypocrites have also made specific reference to diabetes. The 21<sup>st</sup> century with its continuous changing lifestyle environment and dietary habits has made man a victim of many diseases, DIABETES MELLITUS is one among them. It has gained gigantic growth in recent times as it is becoming the world's largest silent killer. The global impact of this disorder is immense in terms of human suffering and economic burden. *Ayurveda* classics have mentioned the term *apathya nimittaja* which suggest unwholesome diet and regimens responsible for causation of *madumeha*. . Hence a clinical observational study is planned to get better understanding regarding the *nidanas* of *madhumeha* which would be contributing for initiating preventive steps and better management.

Epidemiological studies states that the prevalence of DM has steadily increased among urban Indian adults from 5.2 % in 1984 to 14% in 2014. It is estimated that there are about 34 million adult's suffering from DM in India. Number is expected to increase to 57.2 million by 2025. Even with many medications available for DM management remains unsatisfactorily.

So an effort will be made here to analyse the *nidanas* of *madhumeha* especially the *apathya nimattaja* because it is a known fact that *nidana parivarajan* itself is a first line of treatment.

#### AIM :

- ❑ To study *Apathya nimittaja madhumeha* W.S.R to Diabetes Mellitus (DM Type 2)

**OBJECTIVES :**

- To study detail *nidanas* of Madhumeha Vyadhi.
- To study Diabetes Mellitus Type 2
- To study BMI.
- To study relationship between BMI and *Madhumeha*.

**Design :**

Observational study

**Methods :**

- 30(minimum) diagnosed patients of madhumeha will be selected according to inclusion criteria.
- Written informed consent of the patient will be taken prior to case taking
- BMI will be done.
- Detailed case history of the patient will be taken with special case proforma  
With the help of data we will study the *nidanas* of *madhumeha*

**Result:**

Detail study of Apathya nimittija madhumeha with special reference DM Type 2 was done.

**Conclusion/Discussion**

From the discussion it was concluded that Apathya nimittija mahumeha is correlated to Type 2 Diabetes Mellitus.

**Keywords:** *Madhumeha*, *Apathya nimittija*, Diabetes Mellitus(type 2)