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Study on interrelationship between Obesity (Medoroga) & DM (Prameha)

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Abstract

Introduction

Medoroga/ Obesity and Prameha are the diseases known to mankind long back since the vedic period, it is considered as a health risk in this jet world also. Obesity is a multifactoral problem caused by one or more factors involving Genetics, Dietary habits, Sedentary lifestyle, Psychological factors, Endocrinal/metabolic disorders, which is also described by the Ayurvedic texts. It is a risk for diseases like diabetes, cardiovascular diseases, osteoarthritis etc. which can be prevented by weight control. Medoroga and Prameha are the diseases caused by santarpana or over eating. In the development of diabetes mellitus, obesity precedes the onset of diabetes by months to years. Studies also show that there is a strong correlation between relative weight and the prevalence of diabetes.

Study plan

The purpose of the present study was to study the interrelationship between the Medoroga or obesity and prameha and other associated diseases. The aetiological factors, clinical features as well as on the basis of laboratory and other investigations, the correlation between them is tried to explain. The study was performed on the basis of standard diagnostic criteria, various laboratory investigations etc.

Material & Methods

The diagnostic criteria for obesity i.e. BMI, Waist-Hip ratio recommended by WHO was adopted in present study. For the estimation of total sr. cholesterol and HDL-cholesterol, diagnostic kit provided by 'Span Diagnostic' by 'One step method of Wybenga and Pilegi' was used. The estimation of serum triglycerides was done by available kit by 'Span Diagnostics'. Enzymatic GPO-ESPAS method by colorimeteric method.

Summary & Conclusions

The discussion states that the prameha i.e. madhumeha has a strong relation with medoroga.

There is dyslipidemia, both in the obesity as well as diabetes mellitus which was seen in our cases. But the significant results show that hypertriglyceridemia is the main. The linear correlation matrix between blood sugar (F&PP) and serum cholesterol, TG, HDL, LDL and BMI for 22 patients was calculated, shows that cholesterol value and TG values are significant for blood sugar, TG is significant for cholesterol and LDL values.

Biography

Dr. Mrs.Priyadarshini Tewari has done her graduation (BAMS) from Nagpur University in year Dec. 1994, completed one year internship in Feb. 1996. Persuaded her post –graduation M.D. (Ayurveda) with specialization in Kayachikitsa-Vikriti Vigyan from IMS, Banaras Hindu University, Varanasi in year 2000. Her research topic was *"Study on Interrelationship between Medoroga (obesity) and Prameha (D.M.)"*. After completion of post graduation, she did Senior Residency for the period of 3 years at Faculty of Ayurveda, IMS, Banaras Hindu University, Varanasi from Nov.2000 to Nov. 2003. She has worked as 'Lecturer' in various reputed institutes. Worked as 'Associate Professor' with Pad. Dr. D. Y.Patil College of Ayurveda & Research Institute, Navi Mumbai. She has joined Banaras Hindu University as 'Asst. Prof' in June 2011. She is having teaching experience of more than 12 years, she is actively engaged in UG, PG, PhD teaching and also in research work. Completed a project funded by BHU on "Molecular genetics Analysis of Ayurvedic –Prakriti and Diabetes Mellitus." in association with Centre for Genetic Diseases, BHU, Varanasi. In two projects she is working as Co- investigator. She has presented research papers in various national and international seminars, and also delivered Guest lectures in seminars and conferences. She has to her credit of published more than 10 papers and many articles in various journals and magazine. She is life member of many organizations and member of editorial board of various reputed journals. At present residing in Varanasi and associated with the academic, cultural, administrative and various other activities of Banaras Hindu University.

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