

## **Anthropometric indices among *Mathumega* disease patients (Diabetic Type 11) in the Vadamarachy area according to Siddha perspective**

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The objective of this study was to determine the anthropometric indices for Vadamarachy area among the *mathumega disease patients* (Diabetes Type II). In a study conducted recently with 193 type II diabetes mellitus patients aged 40-70 years. The occurrence of diabetes mellitus based on *Pirakruti* was assessed. The height and weight were measured using standardized equipment and body mass index (BMI) calculated. Asian cut of value for BMI was used to group the patients as overweight and obese. The study design was approved by the Ethical Review Committee, Faculty of Medicine, University of Jaffna. According to the different combinations of the features there were 68 *Vatha Pirakruti* patients, 74 patients with *Pitha Pirakruti*, and 51 patients with *Kapha Pirakruti*. According to *Pirakruti*, *Pitha Pirakruti* subjects were higher than other *Pirakruti*s with lowest number in *Kapha Pirakruti*. The mean height of  $158.5 \pm 11.2$  cm in males was significantly ( $p$  value=0.001) higher than females ( $150.8 \pm 7.5$ cm), the mean height of total study sample was  $155.36 \pm 10.55$  cm. 62.86Kg is the average weight of the subjects. Majority of the diabetic subjects were in Class 1 obesity (50.26 %) and 29 (15.03 %) patients were with Class 2 obesity, 12.44 % were overweight. Central obesity was present in 55.9% of the patients. The highest incidence of diabetic mellitus patients mostly over weight and obesity was predominantly seen in 150 patients (77.73%). Among the diabetic patients 161 and 32 belonged to the *Pitha* and *Vatha* Prakruti respectively. According to *Pirakruti*, *Pitha Pirakruti* (52 males and 22 females) subjects were higher than other *Pirakruti*s with lowest number in *Kapha Pirakruti* (29 males and 22 females).

**Keywords:** Anthropometric indices, Pirakruti, Dosha Mathumegam, Type 2 diabetes mellitus

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