

# Cross Sectional Study on *Madhumegam* (Diabetes Mellitus) Patients with respect to “*Avathaigal - 10*”, at Government Siddha Medical College and Hospital, Palayamkottai (May - August 2018)

Kalaimathi M<sup>1</sup>, Kingsly A<sup>2</sup>, Rajarajeshwari A<sup>3</sup>

<sup>1</sup>PG Scholar, Department of Gunapadam, <sup>2</sup>Reader and HOD, Department of Gunapadam, <sup>3</sup>Lecturer Grade II, Research methodology and medical biostatistics, Government Siddha Medical college, Palayamkottai, Tirunelveli, India.

## ABSTRACT

### Background

*Madhumegam* is one of the major common disease mentioned in siddha literature. This disease comes to end by ten numbers of *avathaigal* which will be correlated to the complication occur in diabetes mellitus. The alarming rate of higher incidences increase as on every year which is confessed upon by the ICMR guidelines - 2005. The statistics says that every tenth of Indian population is being suffered by diabetes mellitus which will be increased 32 million in 2030. WHO projects that diabetes will be the 7<sup>th</sup> leading cause of death in 2030. Prevalence of diabetes in

10.2% and 9.2% among urban men and rural (men), respectively among woman 8.0% and 6.3% in urban and rural respectively as per the National Health Survey 2015 - 2016 in Tamilnadu.

**Aim:** This study was designed to evaluate onset and present symptoms of *Avathigal- 10* in *madhumegam* patients.

**Materials & Methods:** The study was a hospital based, cross sectional study carried out at government siddha medical college, Palayamkottai, Tirunelveli District, Tamilnadu, India. A total of 70 responders of Diabetic patients more over randomly selected for the study.

**Results:** In this study diabetics will occur the patients in mostly above 30-40 yrs 10%, diabetics

will occur male patients in 54.3% & Female - 45.7% and onset of *avathaigal-10* symptoms occurs in diabetics patients most after 2 years at 20%, presence first symptom-frequent urination at night time 42.88% UTI infection - 4.3%, dryness of tongue- 51.4%, Nausea-4.29%, wounds, crams and cyst - 10%, diarrhoea-4.29%, other infections 1.43%, TB history - Nil & TB symptoms - nil.

### Conclusion:

*Avathai-10* symptoms in *madhumegam* are most prevalence in untreated Diabetes patients.

**Keywords:** *Madhumegam*, *Avathaigal-10*, cross sectional study hospital based.

Corresponding author

Kalaimathi M

PG Scholar, Department of  
Gunapadam

[drkalaimathi1994@gmail.com](mailto:drkalaimathi1994@gmail.com)

## INTRODUCTION

In siddha system of medicine disease are classified into 4448 types. According to that sage *yugi vaithiya chinthamani Meganoi* is classified into 20 types. *Madhumegam* is one among them which comes under *pitha* type is called “*Thithippuneer*”, “*InippuNeer*” “*Neerinaiperukkalnoi*”, and it is correlated with “Diabetes mellitus” in modern system. Diabetes mellitus is a chemical condition characterized by frequent and excessive passage of urine with sweetness eventually leading to deterioration of seven body constituents. Diabetes mellitus is chronic progressive metabolic disorder. It is due to hypoglycemic and hyperglycemic as a common end type for all types of diabetes mellitus is followed by micro and macro vascular complications leading to cardiovascular disease, nephropathy and retinopathy. In this circumstance using and preventing of the non-communicable disease is a major target for medical fraternity and research. so this untreated *madhumegam* comes to end by 10 number of *avathaigal* which will be

correlated to the complication occurs in diabetes mellitus.

### They are following:

- i Gradual increase in body weight
- ii Increased urination and often mixed with *seman*.
- iii Dryness of tongue and throat and gas trouble.
- iv Increased thirst.
- v Increased frequency in urination and makes mental worry.
- vi Restlessness on bed breathlessness.
- vii Appearance of boils/wounds and cysts.
- viii Vomiting, tasteless sensation -occurs.
- ix Infection of micro organisms & other infectious disease
- x Finally suffer with tuberculosis and cause death.

### AIM OF THE STUDY:

To evaluate onset and present symptoms of *Avathaigal-10* in *madhumegam* patients at Government Siddha Medical College and hospital, Palayamkottai, Tirunelveli.

**Objective:****Primary objective:**

To evaluate the onset and complication of the *avathai-10* symptoms.

**Secondary Objectives:**

To study personal characteristic, may the patients have knowledge about the risk factor (or) complication of madhumegam.

**MATERIALS AND METHODS**

Questionnaire of this study about personal details.

**Study type:**

Observational study

**Study design:**

Cross sectional study (Hospital based)

**Study place:**

OPD of Government siddha medical college and hospital, Palayamkottai, Tirunelveli (District), Tamilnadu.

**Method of Approach:**

- i Face to face
- ii No intervention

**Sample size:**

Sample size is calculated by the epiinfo, confidence level 95% with estimated population size 158, with

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expected frequency 50% confidence limit  
5% got a sample size 70.

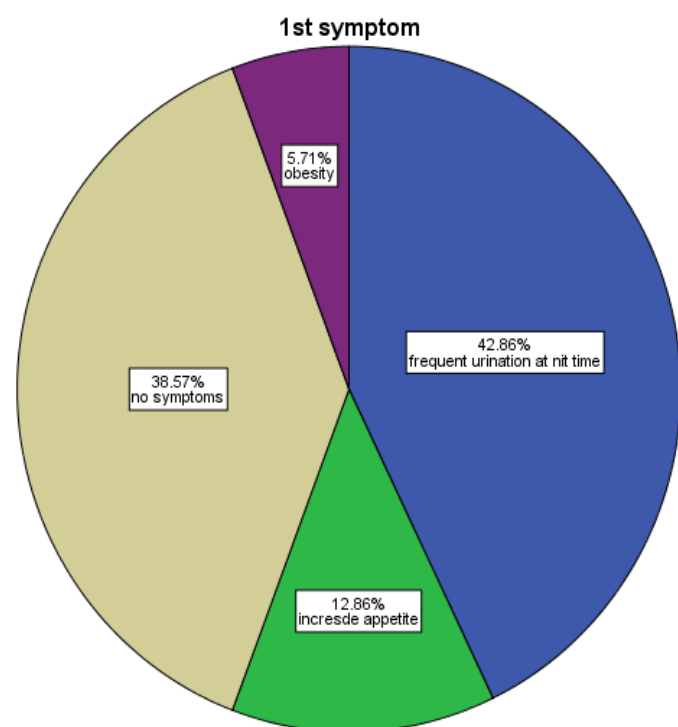
Further studies were followed with calculated sample size 70.

**Patient requirement:****Inclusion criteria:**

- Both gender
- Age above 18 years
- patient already diagnosed as diabetic (*madhumegam*)
- patients with report of a blood sugar level fasting and post prandial
- patients who are willing to give information.

**Exclusion criteria:**

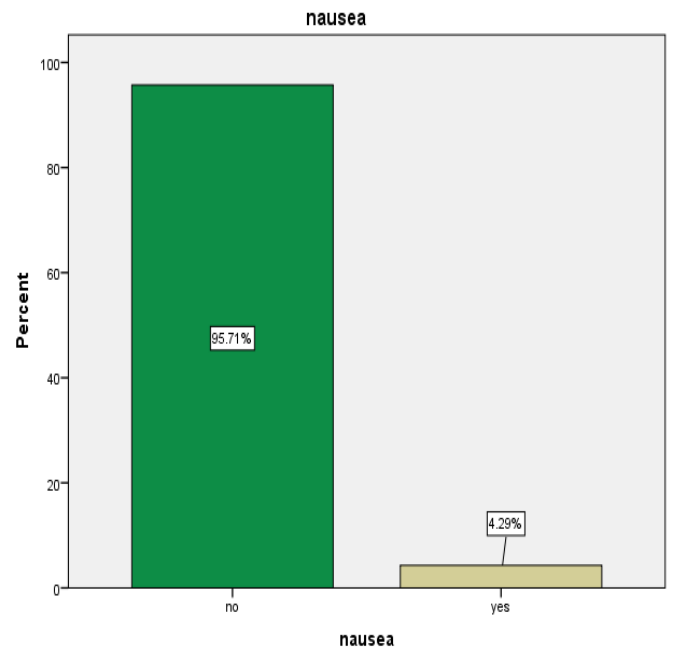
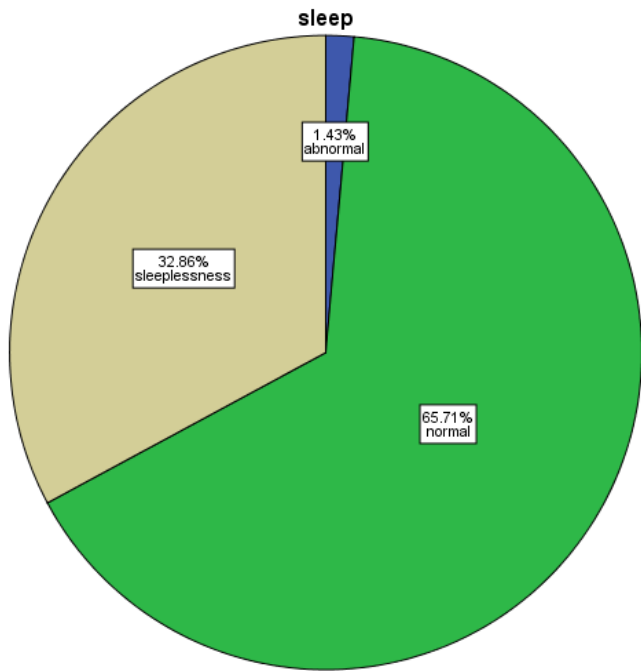
- Age below 18 years
- Patients who are not diagnosed as diabetic
- Patients with out the report of blood sugar level.
- Patients who are not willing to give information.

**RESULTS**

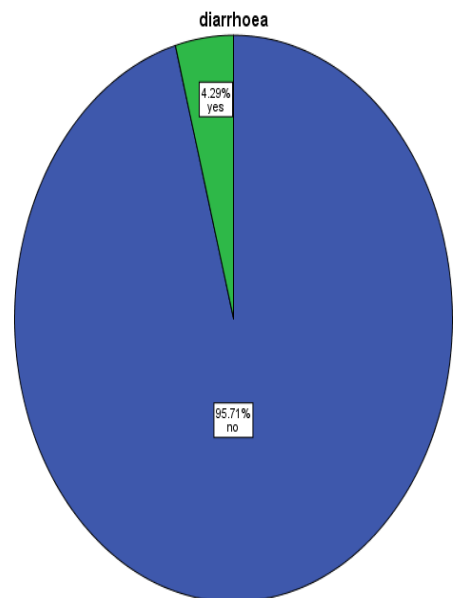
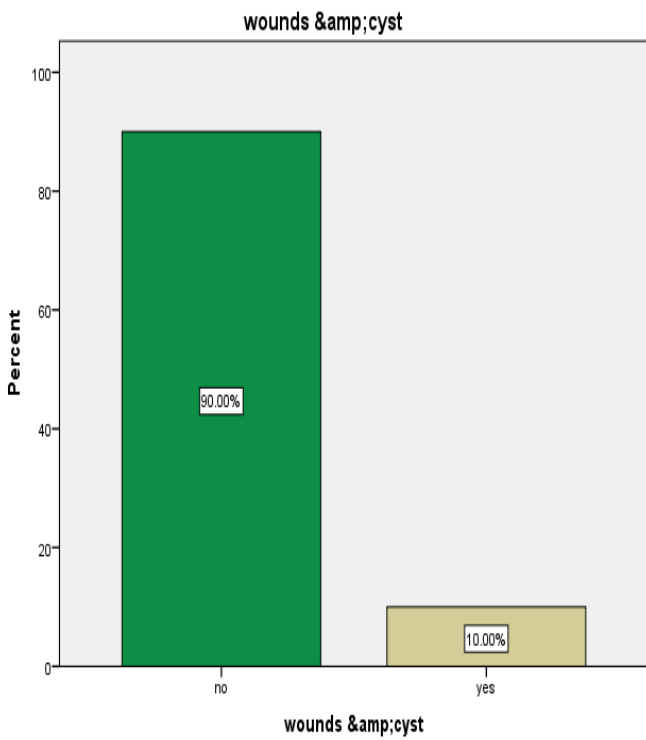
		UTI infection			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	no	67	95.7	95.7	95.7
	yes	3	4.3	4.3	100.0
	Total	70	100.0	100.0	

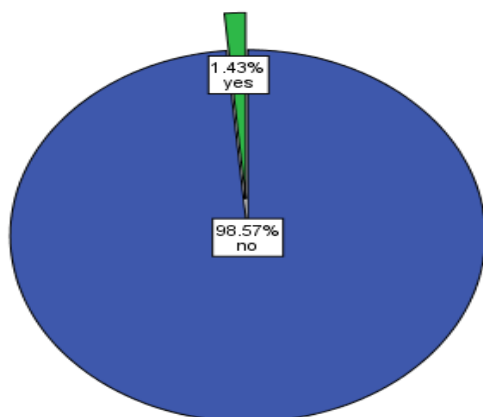
		dryness of tongue			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	no	34	48.6	48.6	48.6
	yes	36	51.4	51.4	100.0
	Total	70	100.0	100.0	

		Flatulence			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	no	64	91.4	91.4	91.4
	yes	6	8.6	8.6	100.0
	Total	70	100.0	100.0	



TB history& TB symptons				
Valid	Frequency	Percent	Valid Percent	Cumulative Percent
no	70	100.0	100.0	100.0
d				



**any infections****DISCUSSION**

Our study conducted in government siddha medical college, Palayamkottai district of Tirunelveli had a total of 70 respondents, out of those 32 female (45.7%) and male 38 (54.3%) were in the age group of 30-40 years 7 responders, 41-50 years 17 responders, 51-60 years 26 responders above 61 years 20 responders.

onset of diabetes in the patients 1 - 12 months - 8 responders, 1 - 3 years - 36 responders, 4 - 10 years - 17 responders, above 10 years - 9 responders.

Patient that have Genetic history about 34 responders (48.57%).

The most frequent in first symptoms of the responders have frequent urination at night time (42.88%) (fig 1) Responders have UTI infections about 4.3% (Fig-2) Dryness of tongue about

Peer reviewed, Open Access Journal (51.4%)(Fig-3) Flatulence occurs 8.6% (Fig-4) Sleep disturbance 32.86% (Fig-5) Nausea& Tastelessness 4.29% (Fig-6) Wounds and cyst formation about - 10% (Fig-7) Diarrhoea Presence about 4.29% (Fig-8) other infections 1.43% (Fig-9) TB history & TB symptoms - nil (Fig-10)

**CONCLUSION**

Diabetes mellitus is a most common non-communicable disease. In this circumstances using and preventing the non-communicable disease is a major target for medical fraternity and researchers.

So patients should be aware this diabetes mellitus and for patient prevent and cure of its complications. They must advised eating healthy diet and exercise. Aasanas and resistance training (twice a week) is very beneficial for maintaining blood sugar control.

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