



Research Article

SURVEY ON AWARENESS OF PATIENTS WERE SUFFERED WITH DIABETES MELLITUS, ABOUT ALTERNATIVE MEDICAL SYSTEMS IN UVA, NORTH CENTRAL PROVINCES AND MULLAITHIVU, MANNAR, KILLINOCHCHI DISTRICTS IN NORTHERN PROVINCE OF SRI LANKA

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ABSTRACT

Diabetes Mellitus is becoming fastest considerable disease in the world. It is a metabolic disorder may result in deficiency or dysfunction of insulin production. The concept of *Ayurveda* that mentioned which are the loss of urinary disorders specially characterized by profuse urination with several abnormal qualities due to *Dhoshic* imbalances. According to the Siddha concept first increase *Azhal dhosha*, then increase *Vali dhosha*, after that again increase *Vali* and *Ayyam dhoshas* increased in same time disturbance of seven *Dhathus* function and eliminate body energy through urine. The concept of Unani that mentioned *Zinbatus shukkari* (Diabetes Mellitus) develops due to weakness of the kidney including with strong exposures power and weakness of the retentive power due to causative factors. The prevention method is the most suitable pathway for control this considerable disease. Awareness of people should be increased to fulfill that purpose, and all the medical systems should be come to proper way of combination. *Ayurveda*, *Siddha*, *Unani* are the other alternative medical systems can be provide awareness of treatment except of allopathic system. To find out the awareness of people about other alternative medical systems can control Diabetes Mellitus and a find out proper way of continuation of diabetes clinics in these medical systems. In the methodology, prepared questionnaire to collect details. Details were found traveled to *Sidda*, *Unani*, *Ayurveda* district hospitals, Central dispensaries and free Ayurveda dispensaries in Uva, North central and Killinochchi, Mannar, Mullaithivu districts. There is low percentage of hospitals provide Diabetes clinics (Uva-20%, North central -11%, Killinochchi, Mannar, Mullaithivu districts -25%). Approximately 40 patients record for clinics. 50% of patients concern for only *Ayurveda*, *Siddha*, *Unani* treatments for Diabetes in these areas.

KEYWORDS: *Prameha, Diabetes mellitus, Ayurveda, Siddha, Unani.*

INTRODUCTION

Diabetes Mellitus is becoming fastest considerable disease in the world. It is a metabolic disorder may result in deficiency or dysfunction of insulin production. The concept of *Ayurveda* that mentioned which are the loss of urinary disorders specially characterized by profuse urination with several abnormal qualities due to *Dhoshic* imbalances. According to the Siddha concept first increase *Azhal dhosha*, then increase *Vali dhosha*, after that again increase *Wali* and *Ayyam dhoshas* increased in same time disturbance of seven *Dhathus* function and eliminate body energy through urine. The concept of Unani that mentioned *Zinbatus shukkari* (Diabetes Mellitus) develops due to weakness of the kidney including with strong exposures power and weakness of the retentive power due to causative factors. The prevention method is the most suitable pathway for control this considerable disease. Awareness of people should be increased to fulfill that purpose, and all the medical systems should be come to proper way of combination. *Ayurveda*, *Siddha*, *Unani* are the other alternative medical systems can be provide awareness of treatment except of allopathic system. To find out the awareness of people about other alternative medical systems can control Diabetes Mellitus and a find

out proper way of continuation of diabetes clinics in these medical systems.

I. Objectives

To find out availability of diabetes clinics continuing in Ayurveda, Siddha, Unani Hospitals in Uva, North Central provinces, Mullaithivu, Mannar. Killinochchi districts in Northern province. What kind of treatment regiments they used. Pure Ayurveda, Siddha, Unani treatments or Combine treatment with allopathic. Find out amount of patients present to hospitals.

II. Including Criteria

Collect details from Ayurveda, Siddha, Unani Hospitals in Uva, North Central provinces, Mullaithivu, Mannar. Killinochchi districts in Northern province.

III. Excluding Criteria

Allopathic Hospitals, Homeopathy hospitals.

IV. Research Methodology

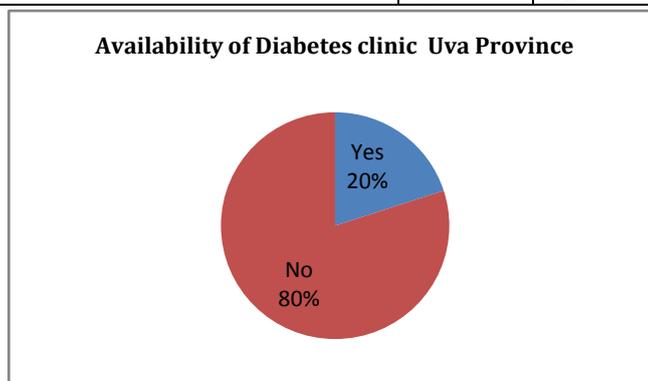
Travel and find out Which hospitals are continuing clinic for Diabetes (*Madhumeha*) in Uva, North Central provinces, Mullaithivu, Mannar. Killinochchi districts in Northern province.

Details Collected data by questioner. It included Name of the Hospital, Number of patients present, Classified patients according to treatments, Kind of align methods uses E.g. Yoga, Meditation.

V. Results

Uva Province	
Hospital	Amount
Base Hospital	3
Central dispensary	24
Free Ayurveda Dispensary	12
Ayurveda health Centre	01
Total	40

Availability of Diabetes clinic	Yes	No
	08	32

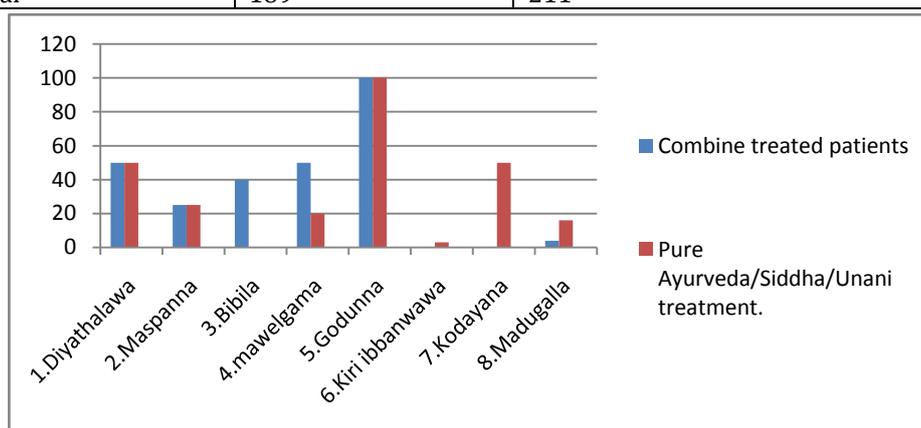


Number of Patients presents for a month

Number of patients	Amount of hospitals
0-25	2
25-50	2
50-75	2
75-100	0
100<	2

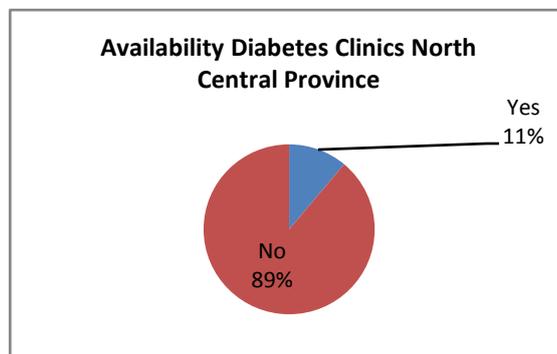
Amount of patients are treated with pure Ayurveda, Siddha, Unani treatment or combined allopathic treatments in Uva Province.

Hospital	Combine treated patients	Pure Ayurveda/Siddha/Unani treatment
Diyathalawa	50	50
Maspanna	25	25
Bibila	40	0
Mawelgama	50	20
Godunna	100	100
Kiri ibbanwawa	0	3
Kodayana	0	50
Madugalla	4	16
Total	189	211



North Central Province	
Hospital	Amount
Base Hospital	3
Central dispensary	24
Free Ayurveda Dispensary	9
Ayurveda health Centre	0
Total	36

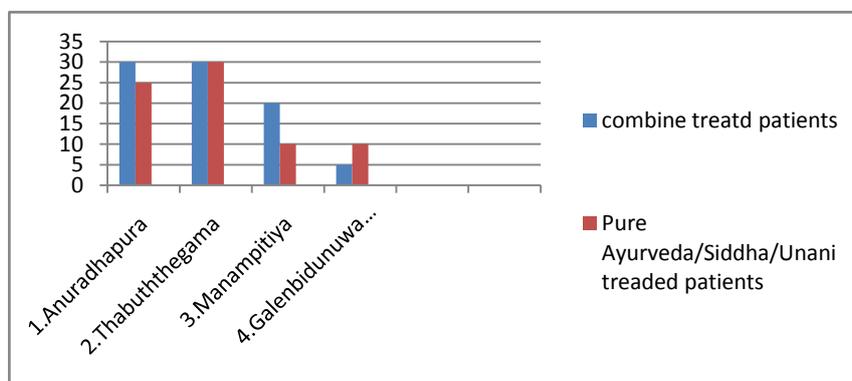
Availability Diabetes Clinics	Yes	No
	04	32



Number of patients	Amount of hospitals
0 -25	01
25 -50	01
50 -75	02
75 -100	0
100<	0

Amount of patients are treated with pure Ayurveda, Siddha, Unani treatment or combined allopathic treatments in North central province.

Hospital	Combine treated patients	Pure Ayurveda/Siddha/Unani treatment
Anuradhapura	30	25
Thabuththegama	30	30
Manampitiya	20	10
Galenbidunuwawa	5	10
Total	85	75

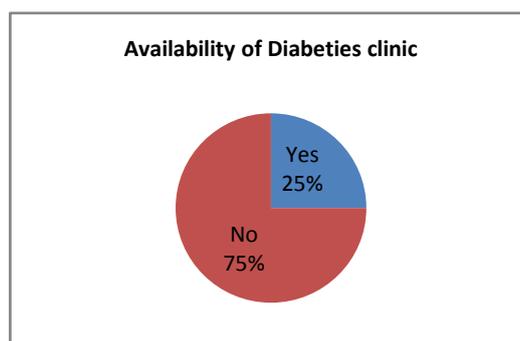


Northern Province-Kilinochchi, Mannar, Mulathive districts

Northern Province-Kilinochchi, Mannar, Mulathive districts	
Hospital	Amount
Base Hospital	3
Central dispensary	01
Free Ayurveda dispensary	0

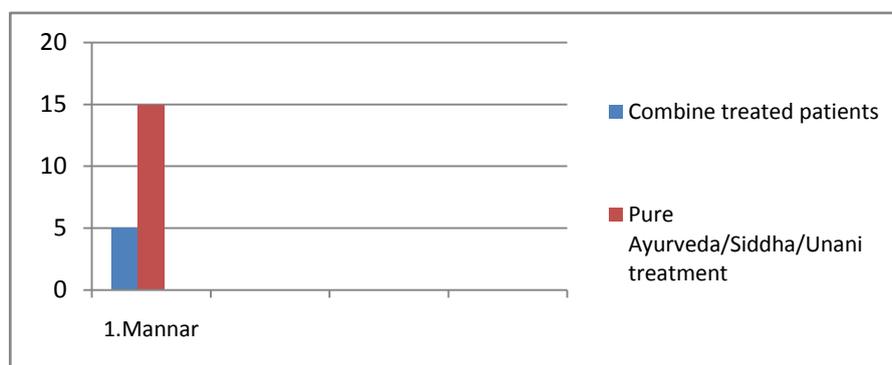
Ayurveda health Centre	0
Total	04

Availability Diabetes Clinics	Yes	No
	01	03



Amount of patients are treated with pure Ayurveda, Siddha, Unani treatment or combined allopathic treatments in Northern Province-Kilinochchi, Mannar, Mulathive districts.

Hospital	Combine treated patients	Pure Ayurveda/Siddha/Unani treatment
Mannar	05	15



SUGGESTIONS

There were plenty of drugs available in central and free Ayurveda dispensaries but lack of medical officers to continue diabetes clinics in these hospitals. Government can be appoint more Ayurveda, Siddha, Unani doctors rural hospitals and encourage them to establish diabetes clinics in these hospitals.

CONCLUSION

There is lower percentage of Ayurveda, Siddha, Unani hospitals provide Diabetes clinics (Uva-20%, Northcentral 11%, Killinochchi, Mannar, Mullaithivu districts -25%). Approximately 40 patients record for clinics.50% of patients concern for only *Ayurveda, Siddha, Unani* treatments for Diabetes in these areas.

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