

## **Distribution of Type 2 Diabetes Mellitus Patients Based on *Doshas* and *Pirakiruti***

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### **Abstract**

The human body is made up of *dehparamanu* (cell). In each and every cell, three *Doshas* namely *Vatham*, *Pitham* and *Kapham* coexist and function harmoniously. Based on *Doshas*, the lifespan is divided into three periods in Siddha System. They are *Kapha* (up to 33 years of age), *Pitha* (34-<66 years of age) and *Vatha* (>66-99 years of age) periods. Treatment based on Siddha Philosophy is aimed at keeping *Vatham*, *Pitham* and *Kapham* in equilibrium by correcting the imbalance by administering a drug, which is predominately of the opposite nature. As such it is a necessary to assess the *Pirakiruti* (Psychosomatic condition) of the subjects for effective treatment. In a study conducted recently with 193 type 2 diabetes mellitus patients, the occurrence of diabetes mellitus based on *Doshas* and *Pirakiruti* was assessed. Among the diabetic patients 161 and 32 respectively belonged to the *Pitha* and *Vatha* periods. None of the patients belonged to the *Kapha* period. There were more male diabetics (90) than females (71) in the *Pitha* as well as *Vatha* (25 males and 7 females) periods. The percentages of the males in *Pitha* and *Vatha* periods among the entire patients were 46.63 and 12.95 respectively while among the females were 36.78 and 3.63 respectively. The assessment of *Pirakiruti* of the subjects depends on the specific features based on *Doshas*. According to the different combinations of the features there were 68 *VathaPirakiruti* patients of whom 59% showed *VathaDosha* features, 23.5% *PithaDosha* features and 17.5 % of *KaphaDosha* features. Likewise, among 74 patients with *Pitha Pirakiruti* 64.7% showed features of *PithaDhosha*, 29.4% *VathaDosha* features and 5.9% *KaphaDosha* features. Moreover, among 51 patients

with *KaphaPirakiruti*, 55% showed features of *Kapha Dosha*, 25% *Vatha Dosha* features, and 20% of *Pitha Dosha* features. According to *Pirakiruti*, *Pitha Pirakiruti* (52 males and 22 females) subjects were higher than other *Pirakiruties* with lowest number in *KaphaPirakiruti* (29 males and 22 females). Among the 68 *Vatha Pirakiruti* patients there were equal number of males and females. The results of the present study could not be compared as studies of similar nature have not been reported.

**Key words:** Type 2 diabetes mellitus, *Pirakiruti*, *Dosha*