

Study to Assess Overweight in Diabetes Patients in OPD Patients

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Introduction

India, the Diabetes Capital of the world, our country is heading towards unwanted Title every day.

Diabetes or Madhumeha as it is called, has a sweet name but if not controlled can lead to a lot of bitterness in life. The fast economic growth, sedentary lifestyle, and unhealthy diets increase the risk of obesity and type 2 diabetes. Industrialisation and Digitalisation accompanied with an Artificial lifestyle is leading to an Overweight, Obese Individuals with an increased risk of Diabetes.

Every Household is familiar with Diabetes today.

Reduction in physical activity is helping for the rise of overweight and obesity in India. Increased body fat raises the risk of many diseases, including cancer, Type-2 diabetes, heart problems and lung conditions. Obesity and overweight are the most important risk factors responsible for diabetes.

Prevalence Data

In India, the prevalence of obesity is around 40% and according to the Indian Journal of Community Medicine, India has more than 135 million obese people. Some reports have predicted that by 2030, 27.8% of all those overweight in the world would be Indians.

Material and Methods.

The study was retrospective. A single day data of 100 patients who visited a Diabetes Care Centre was collected and analysed with a view to study the prevalence of Overweight/Obesity in Rural areas.

The degree to which a person is overweight is generally described by the body mass index (BMI).

The World Health Organization (WHO) states that for adults, the healthy range for BMI is between 18.5 and 24.9.

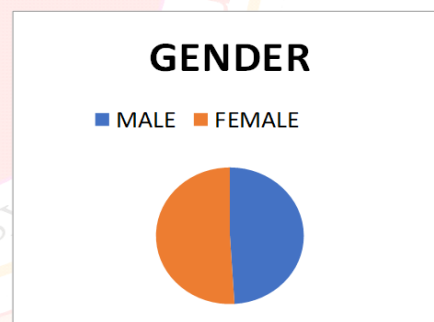
Overweight is defined as a body mass index of 25 to 29.9, and obesity is defined as a body mass index of 30 or higher. (1) These BMI cut points in adults are the same for men and women, regardless of their age.

Observations

Total 100 Patients Data was assessed and Following Observations were Noted.

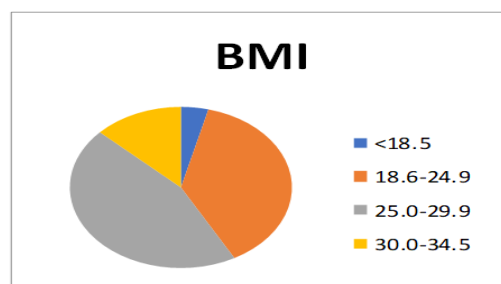
1. Genderwise-Total -100

Male	49 (49%)
Female	51 (51%)



BMI

< 18.5	4 (4%)
18.5-24.9	38 (38%)
25.0-29.9	45 (45%)
30.0-34.9	13 (13%)

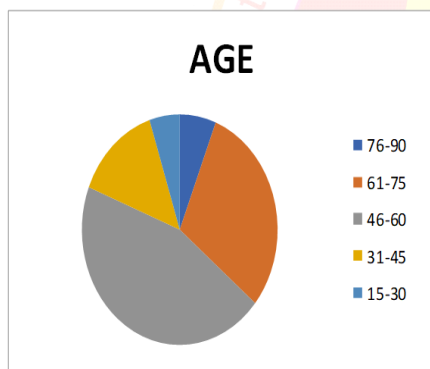


Result –

Out of the Total 100 patients record seen, Nearly 45 % Patients were found to be Overweight and about 13 % Patients were found to be Obese.

3.AGE-

Age Group(IN YEARS)	Patients
15-30	05
31-45	14
46-60	45
61-75	30
76-90	06



As per Age Distribution, Maximum patients were found in the 46-60 yrs age group.

Conclusion-

Obesity is a disease impacting most body systems. It affects the heart, liver, kidneys, joints, and reproductive system. It leads to a range of noncommunicable diseases (NCDs), such as type 2 diabetes, cardiovascular disease, hypertension and stroke, various forms of cancer, as well as mental health issues. People with obesity were also more likely to be hospitalized for COVID-19.

Healthy Lifestyle including proper diet needed to reduce the burden of Overweight/Obesity in Normal Individuals. Ayurveda and particularly Swasthavritta is beneficial to reduce the burden of Overweight in Diabetic Patients and it would help to further reduce the complications of Diabetes by helping to Glycaemic control. Furthermore detailed study is required for the same to find the ground reality in the majority of Diabetic Population.

Reference-

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