

Abstract No. 05

A post-treatment assessment on the quality of life of *Prameha* (Diabetic) patients; a study conducted at *Prameha* clinic in Bandaranaike Memorial Ayurveda Research Institute

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Abstract

According to Ayurveda, *Prameha* refers to the passing of urine, qualified by prefix “*Pra*”, the excess in both frequency and quantity. The name *Prameha* is self-explanatory, which means “*Prabhuthamutrata*” (excessive urination) and “*Avilamutratha*” (Turbid urine). There are twenty types of *Prameha*. All types of urinary abnormalities are developed to *Madhumeha*, unless treated in early diagnosis and it becomes incurable. Diabetes mellitus resembles with *Prameha* in signs and symptoms. Diabetes is multifactorial disease which emerges as an irreversible outcome of a combination of metabolic and modifiable risk factors and is one of the leading non communicable diseases (NCDs) that affects morbidity, mortality and disability in the world. Diabetes is divided into 2 major subgroups as, Type I Diabetes mellitus (Insulin Deficiency) and Type II Diabetes mellitus (Insulin Resistant). It is mainly driven by unhealthy diets, insufficient physical activities, obesity and overweight. Quality of life is the general well-being of individuals and societies, outlining negative and positive features of life. It observes life satisfaction, including everything from physical health, family, education, employment, wealth, safety, security, freedom, religious beliefs, finance and the environment. This study was designed to identify the quality of life of *Prameha* patients who received Ayurveda treatment at *Prameha* Clinic in Bandaranaike Memorial Ayurveda Research Institute, Navinna, Sri Lanka. Cross- descriptive research (prospective study) was carried out at *Prameha* Clinic in this institute and accessed by 50 *Prameha* (diabetic) patients with SF 36 stranded questionnaire distributed among those who received treatment only under Ayurveda drug modalities. According to data analysis of the variables of general health, limitations of activities, physical health, emotional health problems, social activities, pain and energy and emotions the null hypothesis was rejected and the alternative hypothesis was accepted at the significant level $p < 0.05$. It can be concluded that there was an improvement of quality of life of the subjected patients.

Keywords: *Prameha*, Diabetes, Quality of life

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