

Comparison of Blood Glucose Level among the Vegetarian, Non-Vegetarian and Junk Food in Geriatric type 2 diabetic Patients from Amravati Region M.S.

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Abstract

The meaning of diabetes was first depicted in 250 BC by the Greek Apollonius of Memphis. Diabetes is derived from Greek word meaning siphon- to pass through and mellitus derived from Latin word meaning honey or sweet. . Diabetes diseases first described with an Egyptian manuscript from 1500 BC refer to discharge of urine more than normal Simultaneously Indian doctors watched a similar side effect and characterized it as madhumeha or nectar. They saw that pee would draw in ants. The old Greek doctor Aerates of Cappadocia was given the main complete clinical depiction he additionally noticed that an extreme measure of urine pass through the kidneys. Diabetes is a group of metabolic disorders in which the ability to form or respond to the body's hormone insulin is spoiled, resulting in abnormal metabolism of carbohydrates and increased levels of blood glucose. Type 2 diabetes develops, when the body gets impervious to insulin or when the pancreas can't deliver enough insulin. The early symptoms can be bland. Sometimes patient can't notice them. The primary and common symptoms are hunger and fatigue because body converts the food into glucose that cells use for energy. But cells need insulin to bring the glucose in .If body doesn't make enough or anyinsulin, or your cells resist the insulin body makes, the glucose can't get into them and body have no energy. This can make more hungry (Polyphagia) and tired than normal person". "Second symptom excessive urine ((Polyuria)) and being thirstier (Polydipsia) body reabsorbs glucose as it passes through kidneys. But when diabetes pushes blood sugar up, kidneys may not be able to bring it all back in. This causes the body to make more urine, and that takes fluids. Dry mouth and itchy skin symptom because of body is using fluids to make urine, the moisture of body get reduced Could get dehydrated and mouth feel dry and dry skin can make itchy skin, headache, fatigue, slow healing of cuts, and again blurred vision is also one of the early symptom of diabetes changing fluid volume in body could make the lenses in eyes swell up, in that condition change shape and lose their ability to focus". Diabetic neuropathy and diabetic retinopathy is the most common complication of diabetes. Diabetic neuropathy refers to the damage that affects the nerves of the body in people who have diabetes. People who don't control their blood sugar

levels those who have high blood cholesterol, or who are overweight are more susceptible. Diet may help to maintain type 2 diabetes. Vegan or fruit mixed diets regularly to be higher in fiber which slows the rate sugar is soaking up into the blood stream. Changing diet pattern from nonvegan to a vegan diet maintain diabetes.

Nonveg eating as an absolute variable is to find out definitely by self, and clinically useful as a diabetes risk factor. Junk foods are high in calories and low in vitamins, minerals and fiber. Junk food likewise commonly contains a lot of included sugar and high in saturated fats with the goal that garbage nourishment to process all the more rapidly, which can build glucose levels and terrible cholesterol.

Geriatric means old age or aged person. Geriatric age is defined by various 'authorities' nation-states for different purposes and there are no general consequences about the exact numerical figure of geriatric age. However, for the purpose of scientific study the age of 65 and above 65 years are often used despite its arbitrary nature, for which the origins and surrounding debates can be followed since the end of the 1800s through the mid-1900s. The study was carried out in the Diabetes serial camp, Diabetes Association, Amravati branch in India. Amravati is a city in the state of Maharashtra, India. It is located between 20° 32' and 21° 46' north latitudes and 76° 37' and 78° 27' longitudes (Amravati District Collector Office, 2011). Amravati city gets its name from Ambadevi, the temple is situated in the center of the city (Amravati.nic.in). Amravati is famous for educational status and high literacy rates. The literacy rate of Amravati is 93 %. Population of Amravati in 2011 was 1,031,100 Known geriatric type 2 diabetic age 65 and above 65 years 350 patients selected for the study Selected patients did not take insulin while taking regular medicines (metformine, sulfonylureas, glimipride, sitagliptin, vildagliptin). Diet status of the diabetic patients studied by questionnaire about Veg, Nonveg and Junk Food etc. The blood glucose testing carried out by GOD-POD method. All the patients were taken from the single diabetes center of India in serial camps organized by diabetic Association Amravati branch of India, after the permission of diabetic association and consent from patients. Patients coming to this diabetic camp were from rural areas, under the Amravati district and Amravati

city. The testing and related work carried out in the laboratory of P.G. Department of Zoology, Govt. Vidharbh Institute of Science and Humanities, Amravati. The quantitative analysis performed by Biochemical kit methods according to their protocols provided along with. From the study it is revealed that the non-vegetarian patients differ significantly with vegetarian (MD=77.82) and junk food (MD=51.83) diet habit patients as both the values are greater than the critical difference values of 21.56 and 29.16 respectively. But vegetarian and junk food diet habit patients do not differ significantly in respect to their blood glucose level as the mean difference 25.99 is less than the critical difference 30.17.

From the glucose mean value it is concluded that vegetarian, non-vegetarian, and junk food diet habit patients differ significantly with respect to blood glucose level. On the basis of mean values highest blood glucose level is observed in non-vegetarian patients than vegetarian and junk food diet habit patients. It means blood glucose level is affected by the food habit of the patients. The blood glucose level in vegetarian patients is comparatively less than the non-vegetarian and junk food consuming patients.