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INTRODUCTION

Over the past 30 years, Diabetes Mellitus is being considered a major -reason for morbidity and mortality mostly affecting young and middle-aged people rather than just being taken as a mild disorder in elderly people. Diabetes Mellitus is a group of metabolic disorders featured by high levels of plasma glucose due to either insulin deficiency or insulin resistance. History of Diabetes Mellitus: -

Diabetes is among the foremost diseases illustrated by the manuscript of Egypt in 1552 BC involving too much emptying of the urine. Diabetes was also described as "Madhumeha" (sweet urine disease) by ancient Indians as they noticed that ants were attracted to urine. In the first century (81-133 A.D.) a Greek, Aretaeus of Cappadocia, explained the critical nature of the disease and termed it "diabetes" from the Greek word "siphon". Afterward, the word "mellitus" (honey sweet) was put forward in 1675 by Thomas Willis of Britain. In 1776, Dobson (Britain) established the existence of surplus sugar in blood and urine as a cause of their sweetness.

Epidemiology of Diabetes Mellitus: - Diabetes mellitus is currently the most prevalent endocrine disorder and is soon approaching the rank of a potential epidemic. In 2019, approximately 463 million adults (aged 20-79 years) were suffering from diabetes mellitus globally and the counting is estimated to reach 700 million by the year 2045 (figure 1). Diabetes Mellitus is a growing epidemic and is the most common endocrine disorder encountered in clinical practice affecting the metabolism of carbohydrates, proteins, and lipids.

Figure 1: Population suffering from Diabetes mellitus globally

Classification of Diabetes Mellitus: - Type 1 Diabetes Mellitus: -

Earlier recognized as IDDM, usually seen in children before the age of 15 years. About 5-10% of diabetes mellitus cases belong to this group. Diabetes mellitus type 1 is characterized by dysfunction of the β -cell function of the pancreas, resulting in the deficiency of insulin. This condition is believed to occur due to autoimmune, genetic, and environmental factors.

Type 2 Diabetes Mellitus: -

Formerly known as NIDDM, predominates in individuals above age 40. Approximately 90% of diabetes mellitus cases belong to this group. This condition is characterized by impaired action of insulin and it may progress to a complete lack of insulin secretion. This group of diabetes is most commonly associated with obesity.

Gestational diabetes mellitus: - This type of diabetes mellitus occurs when women develop high blood sugar during pregnancy, without any previous history of diabetes mellitus. It is often diagnosed through prenatal screening.


Action of Insulin in Type 2 Diabetes Mellitus



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INTRODUCTION



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The Effect of Mindfulness-Based intervention on Caregivers of Person with Chronic Schizophrenia Abstract When family members find out that a loved one has developed schizophrenia, they often feel helpless, angry, depressed, and anxious. As a result, the caregiver's psychological health is greatly affected, which increases both the caregiver's subjective and objective burden. As a result, they may require assistance and communication with mental health professionals at times. As a result, the study sought to assess the efficacy of mindfulness-based interventions on caregivers of people with chronic schizophrenia. Objectives: The study aimed to evaluate the effectiveness of a mindfulness-based intervention on various psychological parameters such as mindfulness, sense of control, and overall well-being in caregivers of people with chronic schizophrenia. Methodology: A total of 26 caregivers of persons with chronic schizophrenia, who fulfilled the inclusion and exclusion criteria were selected and formed into the Treatment As Usual (TAU) and Mindfulness Based Intervention with Treatment As Usual (MBITAU) groups. The current intervention was found to be effective in increasing well-being and mindfulness, particularly action awareness, as the MBITAU group differed significantly from the TAU group in the post-assessment. Thus, MBI can be an effective therapy to maintain the psychological health of caregivers.

INTRODUCTION Introduction

The initial reactions, a family has when one of its members is diagnosed with mental illness include shock, denial, blame, and suffering. The suffering of primary caregivers is exacerbated in the case of those with schizophrenia, the most prevalent serious disorder with a poor prognosis. by symptoms and signs, caregiving demands, an inability to accept the loved one's illness and the ensuing emotional distress, the financial burden of treatment, the stigma associated with it, as well as other mental health conditions like anxiety, frustration, and a lack of coping mechanisms (Spaniol, Zipple & Lockwood, 1992). According to a review of the literature by Caqueo, Gutiérrez, and Miranda (2009), caretakers' quality of life can be negatively impacted by their own physical, emotional, and financial distress (Chenn et al., 2019), as a result of a variety of unmet needs, such as a lack of time for themselves, a significant financial burden, and a lack of improvement in the patient's capacity to perform family and social roles. Due to all of these circumstances, the stress levels of the primary caregivers are certain to increase and stay elevated. As a result, they may experience stress, worry, and depression, as well as high frustration, a loss of patience, and a lack of compassion for themselves and their patients (Chaddaa, 2014; Mehmood et al., 2022). Consequently, the expressed emotion towards the patient mounts, which could subsequently make the patient's condition worse. Thus, the vicious cycle of suffering is maintained, which hampers the psychological well-being of the caregiver.

Since expanded awareness of one's own feelings and experiences and acceptance are found to be predictors of psychological well-being (Lindsay & Creswell, 2017; McNall et al., 2021), an intervention that enhances these factors may be beneficial to improve the psychological well-being of the care givers. If the caretakers can accept, accommodate, and establish a non-judgmental attitude toward his moment-to-moment self-experience, they will not only secure their own well-being but also be able to get better control over their emotional reaction. As a result, they may be able to provide better care for the person suffering from schizophrenia.



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