

A REVIEW ARTICLE

Dr. Arpan Dutta Roy¹, Bhaswati Mirdda², Dr. SK Todi³, Dr. TK Chatterjee⁴

1. Dr. Arpan Dutta Roy Clinical Pharmacologist , Department of ITU , Academics and Research (Pharmacovigilance) , AMRI Hospitals Pvt Ltd, Dhakuriya Kolkata
2. Bhaswati Mirdda- Student, Pharmacovigilance (CRC) , Jadavpur University Kolkata,
3. Dr. SK Todi- Director, Dept. of Critical care medicine & Emergency, Medical adviser, Head Of the department, Academics and research , AMRI hospital , Dhakuriya Kolkata
4. Prof.(Dr) TK Chatterjee -Dean, JIS University, Niljunj Road, Agarpara, Kolkata Ex- Director ,CRC ,Jadavpur University Kolkata

Email ID- arpanroy585@gmail.com

INTRODUCTION

Diabetes Mellitus (i.e. DM), commonly known as diabetes, is a group of metabolic disorder disease in which there are high blood sugar levels over a prolonged period ^[1]. Diabetes mellitus (DM) was first found as a disease around 3000 years ago by the ancient Egyptians and Indians, demonstrating some medical features which are very similar to what we now know as diabetes. The ancient Indian physician, Sushruta and the surgeon Charaka (400–500 Anno Domini) were able to identify the two types of Diabetes or ‘*madhumeha*’, later named as Type I and Type II diabetes ^[2]. DM is a combination of two words, “diabetes” Greek word derivative, means siphon-to passes through and the Latin word “mellitus” which stands for honeyed or sweet. After a long time in 1776, excess sugar level in blood and urine was first confirmed in a laboratory in Great Britain by Dobson^[3]. The term "diabetes mellitus" describes a metabolic disorder of multiple etiologies characterized by chronic hyperglycaemia with disturbances of carbohydrate, fat and protein metabolism resulting from defects in insulin secretion, insulin action or both. The effects of diabetes mellitus include long-term damage, dysfunction and failure of various organs (WHO 1999). Symptoms of high blood sugar are highly frequent urination, increased thirst, and increased hunger. If it is left untreated, diabetes can cause many end-organ complications. Acute complications can

cause diabetic ketoacidosis, hyperosmolar hyperglycemic state, (Pub Med)

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