

Need for further research on *Anguli Parimana*

The study “Ayurvedic Body Size Measurements and Their Association with Adiposity and Diabetes” is a very encouraging exercise and should be appreciated.^[1] First, the Pune Maternal Nutrition Study (PMNS) exercise is a valuable cohort study, ongoing with meticulous care and exemplary data management. It is a unique facility in the field of chronic diseases. The authors have built a network of scientifically oriented Ayurvedic experts to understand the utility of some ancient parameters. These Ayurvedic experts in their turn have understood difficulties in the measurements and standardized their methods for this work. I am sure that, in time to come, this network would explore newer and different approaches to understand complex relationships to understand the causality and management of metabolic diseases.

I have a few reservations all the same for this research work. Various “*Parimana*,” mentioned in the Ayurvedic literature, might be specific for a given race. Are they applicable universally? Is there a need to examine this issue? The present study is constrained by a small sample. Difficulties expressed by the authors about availability

of eligible participants are appreciated. Measurements too have to be performed rigorously and must have been very time consuming. But, then, only smaller numbers of observation are available. Such data can provide some leads for future work and may not lead to definite conclusions.

Associations have been examined for several parameters. Observed statistically significant relationships can explain only 3-9% of the observations. In such situations, it is not possible to conclude that “*Anguli Parimana*” could be an alternative predictor in metabolic diseases. The proportion of diabetes-related disorders and number of such cases in the observed sample is quite low and hence this too proves to be a handicap in undertaking further work.

In spite of the limitations mentioned above, efforts made by the investigators should be appreciated. We can expect further interesting work and analysis in this unique venture.

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