

Impact of Nutrition Counseling and Supplementation of Medicinal Plants on the Anthropometry and Blood Pressure of the Diabetic Subjects

Anita Kochhar, Malkit Nagi and Rajbir Sachdeva

Department of Food & Nutrition, College of Home Science, Punjab Agricultural University, Ludhiana, Punjab, India

KEYWORDS Anthropometric Profile. Nutrition Education. Traditional. Medicinal Plants. NIDDM.

ABSTRACT Sixty non insulin dependent male diabetic subjects were selected from PAU Hospital, Ludhiana. Selected subjects were divided into two categories according to their grades of obesity i.e. overweight and normal weight to take their anthropometric measurements. After assessing the basic knowledge of the subjects about the disease by knowledge testing questionnaire, the subjects were imparted nutrition education regarding the disease, its symptoms, causes, complications and dietary modifications. Supplementation of three medicinal plants namely bittergourd, jamun seeds and fenugreek seeds was done along with nutrition education. These plants were dried, powdered and mixed in equal proportions and two gram of this mixture was given to the subjects for a period of 3 months. The height, weight, mid upper arm circumference, tricep skinfold thickness and BMI of the subjects was measured before and after experimental period. A significant decrease in weight (74.3 to 70.14 kg), body mass index (27.47 to 25.84 kg/m) and MUAC (27.69 to 25.70 cm) was observed in overweight subjects and there was increase in the percentage (65 to 82%) of normal weight subjects having BMI between 20-25. The mean systolic (136 to 123 mm Hg) and diastolic (90 to 83 mm Hg) blood pressure decreased significantly ($P \leq 0.05$) after intervention. Hence, it can be said that supplementation of these traditional medicinal plants and nutrition counseling is an effective measure to bring about favourable and significant changes in anthropometry of the diabetic subjects.