

Proportional Growth Assessment of Spitian Boys of the Himalayas

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ABSTRACT The present cross sectional study on changes in body proportions of different parts during growing years has been conducted on Spitian boys, ranging in age from 5 to 20 years. Anthropometric data for height, weight, biacromial and bicristal diameters and skinfolds at triceps and subscapular was collected on 636 subjects during 1996-1998 from various areas of Spiti valley. The altitudes of different areas from where the data was collected range between 3500 -4200 metres above mean-sea-level. The age trends of proportional body weight in relation to height among Spitian boys expressed as Z-scores have been found to be positive up to 7 years of age and negative thereafter. The major difference between the biacromial and bicristal diameters is that while the relative bicristal diameter keeps on decreasing till the age of 14 years, the relative biacromial diameter stops decreasing at 11 years of age and gains thereafter. This seems to be the reason behind the differential growth of these two measures and the establishment of the masculine body form.