

APPENDIX-1 DEMOGRAPHIC SHEETS

व्यक्तिशः विवरण

नाम— वर्तमान कष्ट— ई मेल—
पता—
दूरभाष — मोबाईल— आयु— वजन— ऊँचाई—
लिंग—
 विवाहित , गृहिणी , अवकाश प्राप्त , निजी व्यवसायी , नौकरी , विद्यार्थी ,
 समाज सेवी
वर्तमान रोग— कैंसर , मधुमेह , उच्च रक्तचाप , कोलेस्ट्रॉल ,
 हायपोथायरॉयडिज्म , अनियमित मासिक , गाँठें , लिवर , अस्थमा , त्वचारोग
, मूत्र रोग , कब्ज , गैस , अम्लता , अपचन , शरीरदर्द , गठिया ,
 रक्ताल्पता , वेरीकोज वेन्स , माइग्रेन , मानसिक तनाव , अन्य
 रक्तचाप..... हीमोग्लोबीन.....रक्त शर्कराभोजन पूर्व..... भोजन बाद.....
 नाड़ी गति.....एलडीएल.....एचडीएल.....ट्रायग्लिसरॉयड..... टीएसएच.....टी 3.....
 टी 4.....
वर्तमान औषधियाँ — होम्योपैथिक आयुर्वेदिक एलोपैथिक
औषधि मात्रा एवं नाम (किस रोग हेतु) —
पका हुआ आहार लेने का समय— सुबह.....दोपहर.....शाम.....रात्रि.....

कोई परिवर्तन किया हो तो वर्तमान समय— सुबह.....दोपहर.....शाम.....
 रात्रि.....
 प्रातः उठने का समय रात्रि में सोने का समय
दिन की निद्रा—.....घंटे, कार्य करने के घंटे— दिन.....घंटे, रात्रि पाली.
घंटे

दिनचर्या में— नेति , कपालभाति , कुंजल , एनिमा , व्यायाम , योगासन ,
 प्राणायाम , सैर , जिम , आदतें— शराब मात्रा....., सिगरेट मात्रा.....,
 तम्बाकू मात्रा....., कोल्ड्रिंक मात्रा....., चाय/कॉफी मात्रा....., सामिष
 मात्रा....., कोई अन्य मात्रा...

माता को हुए रोग—

पिता को हुए रोग—

परिवार में साथ रहने वाले सदस्य— माता पिता पति पत्नी भाई बहन पुत्र
 पुत्री अन्य सदस्य संख्या , जीवनसाथी— साथ है अन्य स्थान पर हैं
 जीवित नहीं

निवास का स्थान— घनी बस्ती मध्यम बस्ती एकांत क्षेत्र

जीवन शैली— कम्प्यूटर एसी दो पहिया चार पहिया फ्रिज केबल टीवी
 सीढ़ियां

परिवार की आय— उच्च मध्यम निम्न

दिनांक.....

हस्ताक्षर.....

Swami Vivekananda Yoga Anusandhana Samsthana

Stop Diabetes Movement (Patient Survey)

Name **E-mail -**
Address **Mobil-**

Weigh- **Height-** **Age-** **Gender-** **Marital**
status-

Occupation- Service- Business- Retired- Housewife-
 Student-
 Social Worker- Farmer- Others-
Income group- Higher /Middle /Low **Veg/non Veg-**

**Alcohol/Smoking/Tobacco/ Others - Past Status - Frequency-
Quantity- Present Status - Frequency-
Quantity-
Existing family members/ Numbers----- Spouse / Siblings/ In-
laws/ Parents/ Others Education- Working hours -
Night shift-
Yogasana/ Pranayama/ Gym/ Sports/ Walk – Minutes -
Daily- Twice/ Once/ Weekly/ Monthly/ Nothing-**

Family History of T2DM- Mother/Father/Siblings

**Latest report- FBS- PPBS- HbA1c-
Existing Medicine- Homeopathy/ Ayurveda/ Allopathic/ Others -
Insulin – Quantity/ Frequency-**

**Other associated problems – Cancer/ BP/ Heart/ Thyroid/
Cholesterol/ Skin/ Anaemia/ Varicose veins/ Asthma/ Urinary/
Migraine/ Stress/ Menstrual/ Liver/ Others-
Minor diseases- Gastric/ Acidity/ Allergies/ Joint- Back- Neck-
Shoulder- Heel pain/ Indigestion/ Ear/ Eye/ Others-**

**Normal Times of Eating Cooked Food (earlier)–
Morning- Afternoon- Evening- Night-
Snacking Habit (earlier) - Yes/ No**

**Cooked Food eating time (At present) – Morning- Afternoon-
Evening- Night- Snacking Habit (At present) - Yes/ No**

Wakeup time- Sleeping Time- Night- Afternoon-

Date-

Signature-

APPENDIX-2 Abbreviations Used in Appendix

TA	<i>Triticum aestivum</i>
AVN	<i>Adhatoda vasica</i> Nees
EO	<i>Emblica officinalis</i> Gaertn
TC	<i>Tinospora cordifolia</i>
T2DM	Type 2 Diabetes Mellitus
CM	Cyclic Meditation
IRT	Instant Relaxation Technique
QRT	Quick Relaxation Technique
DRT	Deep Relaxation Technique
SMET	Self Management of Excessive Tension
FBS	Fasting Blood Sugar
PPBS	Post Prandial Blood Sugar
SBP	Systolic Blood Pressure
DBP	Diastolic Blood Pressure
PR	Pulse Rate
HB	Hemoglobin
BHT	Breath Holding Time
HDL	High Density Lipoprotein
LDL	Low Density Lipoprotein
VLDL	Very Low Density Lipoprotein
BMR	Basal Metabolic Rate

APPENDIX-3: RAW DATA TABLES

TABLE 1.1: TABLE FOR SBP OF EVERY 15 DAY FOR GROUP 1

PARTICIPANTS	GROUP	BP Systol Pre	BP Systol 15	BP Systol 30	BP Systol 45	BP Systol 60	BP Systol 75	BP Systol Post
R1	1	140	134	145	142	131	125	125
R2	1	142	130	125	120	123	120	120
R3	1	134	129	104	100	113	110	121
R4	1	121	116	115	118	126	123	120
R5	1	113	117	93	101	108	160	130
R6	1	131	111	110	137	125	127	128
R7	1	130	122	104	118	120	122	124
R8	1	130	130	125	124	125	123	122
R9	1	94	92	99	115	109	120	120
R10	1	131	118	126	123	132	125	121
R11	1	120	105	113	110	109	103	112
R12	1	145	114	133	129	128	126	122
R13	1	118	120	121	119	123	123	121
R14	1	168	163	107	105	109	117	119
R15	1	111	85	90	93	93	105	120
R16	1	121	101	115	101	108	102	115
R17	1	117	102	111	113	105	110	122
R18	1	117	97	90	98	98	97	97
R19	1	117	118	115	122	118	122	123
R20	1	114	109	129	123	116	118	121
R21	1	113	117	93	101	108	106	109
R22	1	114	118	120	123	108	136	129
R23	1	111	114	104	104	110	111	119
R24	1	165	130	130	139	137	122	120
R25	1	128	124	134	128	115	120	120
R26	1	130	139	116	117	118	120	121
R27	1	127	121	124	123	121	124	91
R28	1	108	145	125	129	113	113	118
R29	1	134	124	134	134	134	130	125
R30	1	131	108	121	102	121	123	121
R31	1	103	122	120	121	121	139	122
R32	1	83	106	108	117	116	116	121
R33	1	96	110	114	114	117	117	115
R34	1	113	112	114	111	113	100	101
R35	1	144	122	141	135	135	130	132
R36	1	140	113	134	124	119	122	120
R37	1	115	74	110	107	115	119	120
R38	1	145	140	123	129	130	122	122

TABLE 1.2: TABLE FOR SBP OF EVERY 15 DAY FOR GROUP 2

PARTICIPANTS	GROUP	BP Systol Pre	BP Systol 15	BP Systol 30	BP Systol 45	BP Systol 60	BP Systol 75	BP Systol Post
Y1	2	115	114	130	115	110	129	120
Y2	2	100	105	95	101	103	115	119
Y3	2	119	115	115	111	110	115	125
Y4	2	136	115	118	120	117	110	108
Y5	2	122	125	122	125	128	123	123
Y6	2	143	141	132	130	125	120	125
Y7	2	145	142	129	130	128	148	125
Y8	2	114	113	103	103	114	107	109
Y9	2	100	105	114	109	100	101	115
Y10	2	109	92	87	97	85	107	89
Y11	2	140	132	109	114	123	125	128
Y12	2	148	144	115	118	116	118	119
Y13	2	120	96	100	106	107	90	105
Y14	2	111	126	137	128	122	118	118
Y15	2	138	138	130	104	147	107	127
Y16	2	118	98	115	106	146	120	125
Y17	2	146	139	144	116	117	117	121
Y18	2	131	130	124	127	120	118	115
Y19	2	131	131	108	122	120	138	120
Y20	2	130	131	70	79	106	110	112
Y21	2	129	122	114	102	112	123	121
Y22	2	119	110	132	126	147	130	125
Y23	2	118	101	129	135	134	153	132
Y24	2	127	126	130	122	102	110	118
Y25	2	124	122	123	121	122	120	120
Y26	2	109	113	115	120	122	100	120
Y27	2	108	109	120	70	117	111	116
Y28	2	118	123	118	125	135	116	120
Y29	2	100	101	104	101	102	102	102
Y30	2	127	102	130	106	118	115	119
Y31	2	99	100	111	113	113	119	120
Y32	2	114	117	131	130	125	123	120
Y33	2	118	108	110	113	114	119	120
Y34	2	131	118	121	113	130	123	121
Y35	2	125	124	125	125	123	125	123
Y36	2	114	135	135	122	121	120	120
Y37	2	128	122	121	121	121	120	120

TABLE 1.3: TABLE FOR SBP OF EVERY 15 DAY FOR GROUP 3

PARTICIPANTS	GROUP	BP Systol Pre	BP Systol 15	BP Systol 30	BP Systol 45	BP Systol 60	BP Systol 75	BP Systol Post
C1	3	99	112	98	117	118	100	99
C2	3	99	100	111	113	113	119	120
C3	3	134	124	134	134	134	130	125
C4	3	131	108	121	102	121	123	121
C5	3	130	131	132	130	131	130	130
C6	3	109	107	108	109	110	112	111
C7	3	107	108	107	109	107	107	107
C8	3	103	122	120	121	121	139	122
C9	3	114	117	131	130	125	123	120
C10	3	83	106	108	117	116	116	121
C11	3	104	103	100	100	101	99	99
C12	3	118	108	110	113	114	119	120
C13	3	137	103	139	120	118	110	109
C14	3	96	110	114	114	117	117	115
C15	3	114	118	117	118	115	117	115
C16	3	107	109	107	110	115	113	111
C17	3	108	107	101	101	106	115	109
C18	3	126	120	120	120	120	121	120
C19	3	146	145	145	143	141	140	140
C20	3	143	143	145	145	140	140	141
C21	3	131	118	121	113	130	123	121
C22	3	115	118	147	126	122	117	119
C23	3	125	124	125	125	123	125	123
C24	3	113	112	114	111	113	100	101
C25	3	144	122	141	135	135	130	132
C26	3	114	135	135	122	121	120	120
C27	3	130	135	138	139	138	138	137
C28	3	125	123	119	120	111	124	111
C29	3	140	113	134	124	119	122	120
C30	3	139	107	120	129	128	138	137
C31	3	94	91	110	156	115	121	120
C32	3	115	74	110	107	115	119	120
C33	3	128	122	121	121	121	120	120
C34	3	145	140	123	129	130	122	122
C35	3	150	145	145	140	130	140	140
C36	3	143	145	148	148	148	145	144
C37	3	127	120	114	117	117	118	116

TABLE 1.4: TABLE FOR DBP OF EVERY 15 DAY FOR GROUP 1

PARTICIPANTS	GROUP	BP Dystol Pre	BP Dystol 15	BP Dystol 30	BP Dystol 45	BP Dystol 60	BP Dystol 75	BP Dystol Post
R1	1	95	90	90	80	80	80	80
R2	1	83	80	80	81	82	82	80
R3	1	67	68	72	64	62	63	75
R4	1	94	77	73	72	95	87	90
R5	1	78	50	53	61	64	62	53
R6	1	82	66	74	66	67	69	70
R7	1	60	59	65	92	80	86	80
R8	1	89	83	85	83	83	79	79
R9	1	66	66	59	74	67	85	83
R10	1	93	75	85	75	79	76	76
R11	1	87	67	70	67	73	70	72
R12	1	87	78	79	76	77	73	78
R13	1	76	78	81	81	78	78	80
R14	1	67	67	62	71	66	72	77
R15	1	77	53	53	60	54	69	65
R16	1	77	69	72	75	81	74	79
R17	1	76	60	76	71	75	68	79
R18	1	76	52	43	66	55	51	59
R19	1	70	75	76	80	71	78	78
R20	1	75	69	83	80	82	79	79
R21	1	78	50	53	61	64	76	76
R22	1	86	85	86	75	71	81	80
R23	1	61	62	69	73	62	75	80
R24	1	71	73	70	70	71	71	71
R25	1	71	70	73	78	75	80	80
R26	1	86	61	80	80	78	81	80
R27	1	81	85	81	80	80	81	81
R28	1	46	70	54	71	70	68	81
R29	1	100	82	92	93	93	78	81
R30	1	87	66	76	62	76	79	80
R31	1	57	78	86	77	82	84	84
R32	1	38	81	86	62	68	63	70
R33	1	75	78	64	64	79	87	84
R34	1	87	84	82	69	67	62	69
R35	1	106	79	88	79	85	86	84
R36	1	101	74	81	83	80	83	82
R37	1	118	83	76	72	81	83	82
R38	1	90	90	89	89	87	85	82

TABLE 1.4: TABLE FOR DBP OF EVERY 15 DAY FOR GROUP 2

PARTICIPANTS	GROUP	BP Dystol Pre	BP Dystol 15	BP Dystol 30	BP Dystol 45	BP Dystol 60	BP Dystol 75	BP Dystol Post
Y1	2	68	67	76	75	72	78	80
Y2	2	57	59	65	75	75	76	75
Y3	2	63	60	75	64	70	71	72
Y4	2	101	70	78	76	71	73	74
Y5	2	90	94	89	85	80	85	82
Y6	2	101	92	85	85	82	84	81
Y7	2	81	69	70	90	86	83	82
Y8	2	74	75	74	77	65	70	87
Y9	2	72	62	68	57	70	64	66
Y10	2	69	56	88	63	54	62	78
Y11	2	110	97	111	96	93	83	83
Y12	2	70	70	70	76	78	76	79
Y13	2	45	80	47	70	61	60	75
Y14	2	84	80	81	82	70	78	80
Y15	2	78	76	74	69	68	72	79
Y16	2	85	80	60	70	83	80	78
Y17	2	84	74	87	71	79	79	81
Y18	2	89	88	85	87	86	83	81
Y19	2	69	69	61	67	80	72	89
Y20	2	70	71	72	73	73	75	77
Y21	2	88	60	70	67	76	80	79
Y22	2	54	93	77	79	80	88	84
Y23	2	87	87	76	85	91	90	85
Y24	2	70	70	80	32	75	66	70
Y25	2	67	77	78	79	78	80	80
Y26	2	56	57	62	76	67	66	76
Y27	2	63	62	74	47	74	75	78
Y28	2	81	71	71	76	80	82	79
Y29	2	63	63	64	64	65	67	76
Y30	2	63	52	47	69	63	68	70
Y31	2	90	89	88	89	84	84	82
Y32	2	81	55	71	76	68	69	74
Y33	2	76	58	68	69	74	70	73
Y34	2	72	69	70	65	77	78	80
Y35	2	85	85	86	86	87	76	79
Y36	2	87	70	73	72	72	80	80
Y37	2	63	63	73	75	75	75	76

TABLE 1.6: TABLE FOR DBP OF EVERY 15 DAY FOR GROUP 3

PARTICIPANTS	GROUP	BP Dystol Pre	BP Dystol 15	BP Dystol 30	BP Dystol 45	BP Dystol 60	BP Dystol 75	BP Dystol Post
C1	3	87	88	87	85	88	89	85
C2	3	77	50	74	74	67	85	85
C3	3	98	95	90	93	84	78	92
C4	3	79	82	59	69	75	81	89
C5	3	73	73	79	86	64	82	80
C6	3	59	60	64	66	64	69	69
C7	3	90	74	66	72	76	81	67
C8	3	80	79	80	72	76	96	80
C9	3	76	62	76	70	72	70	70
C10	3	86	77	78	71	68	79	78
C11	3	90	88	87	89	88	87	88
C12	3	54	55	65	56	62	55	55
C13	3	52	53	58	59	62	63	68
C14	3	64	69	65	63	64	62	63
C15	3	62	57	65	56	68	60	60
C16	3	87	47	64	64	67	73	83
C17	3	65	65	64	65	63	62	63
C18	3	61	63	59	71	69	69	61
C19	3	87	88	87	86	87	86	86
C20	3	68	67	68	66	67	66	67
C21	3	67	60	60	61	61	61	62
C22	3	58	58	55	57	56	54	54
C23	3	92	62	69	70	66	71	73
C24	3	79	74	67	76	73	66	66
C25	3	108	62	63	72	78	80	76
C26	3	102	60	67	73	74	72	70
C27	3	76	74	78	76	78	79	79
C28	3	92	92	91	91	91	90	90
C29	3	90	90	91	91	90	91	91
C30	3	73	78	74	78	80	81	80
C31	3	90	90	89	89	87	89	88
C32	3	80	81	81	86	84	82	82
C33	3	119	91	75	78	79	87	90
C34	3	64	50	60	52	60	64	65
C35	3	89	89	90	91	90	90	91
C36	3	90	90	89	87	87	87	89
C37	3	89	70	75	70	74	78	73

TABLE 1.7: TABLE FOR PULSE RATE OF EVERY 15 DAY FOR GROUP 1

PARTICIPANTS	GROUP	Pulse Pre	Pulse15	Pulse 30	Pulse 45	Pulse 60	Pulse 75	Pulse Post
R1	1	92	89	88	78	75	76	70
R2	1	87	77	75	72	70	73	72
R3	1	91	85	88	70	70	79	71
R4	1	91	89	87	83	84	77	72
R5	1	54	66	51	54	59	63	67
R6	1	74	68	77	82	75	77	72
R7	1	75	72	54	65	72	82	73
R8	1	81	80	76	73	73	72	72
R9	1	75	68	52	51	61	64	69
R10	1	84	72	70	69	73	71	78
R11	1	75	79	73	69	69	64	70
R12	1	76	91	88	75	73	80	76
R13	1	76	78	70	73	70	72	71
R14	1	87	85	83	78	72	71	70
R15	1	91	72	78	81	76	84	76
R16	1	88	73	78	88	75	73	73
R17	1	63	56	77	67	65	70	71
R18	1	73	64	66	78	81	80	78
R19	1	79	67	68	63	68	62	70
R20	1	86	112	84	92	90	76	73
R21	1	54	66	51	54	59	51	71
R22	1	80	86	68	63	61	62	70
R23	1	81	70	73	64	83	68	71
R24	1	90	87	73	86	83	83	75
R25	1	95	81	98	86	80	74	70
R26	1	83	80	72	74	75	78	70
R27	1	66	68	69	70	71	69	69
R28	1	111	125	100	91	113	100	90
R29	1	84	86	78	83	79	76	72
R30	1	88	79	82	63	80	63	70
R31	1	100	85	80	70	85	85	75
R32	1	74	82	66	81	85	78	70
R33	1	80	82	70	79	78	72	70
R34	1	78	70	70	69	70	64	69
R35	1	75	74	81	75	74	61	65
R36	1	99	89	86	77	78	81	74
R37	1	76	76	82	81	76	76	70
R38	1	90	65	67	68	67	71	70

TABLE 1.8: TABLE FOR PULSE RATE OF EVERY 15 DAY FOR GROUP 2

PARTICIPANTS	GROUP	Pulse Pre	Pulse15	Pulse 30	Pulse 45	Pulse 60	Pulse 75	Pulse Post
Y1	2	60	62	67	62	69	70	70
Y2	2	70	70	71	72	70	71	72
Y3	2	79	75	71	72	70	72	71
Y4	2	80	63	68	68	74	69	62
Y5	2	80	75	70	71	70	73	71
Y6	2	57	58	61	70	71	70	70
Y7	2	90	88	86	86	82	77	75
Y8	2	84	79	75	74	82	69	69
Y9	2	79	88	83	93	84	76	73
Y10	2	80	75	72	69	65	64	69
Y11	2	101	100	86	79	89	90	79
Y12	2	80	88	76	80	80	81	79
Y13	2	90	78	66	64	73	76	80
Y14	2	67	71	79	78	56	67	70
Y15	2	79	94	88	79	88	77	69
Y16	2	86	92	76	76	97	88	80
Y17	2	91	87	85	90	75	74	78
Y18	2	80	80	78	79	72	73	75
Y19	2	80	82	82	89	82	83	76
Y20	2	75	74	82	88	87	82	76
Y21	2	86	82	72	65	78	70	67
Y22	2	82	99	81	83	85	82	80
Y23	2	87	78	72	66	82	63	68
Y24	2	75	87	80	78	65	90	73
Y25	2	79	78	71	73	75	72	72
Y26	2	78	86	82	85	68	74	73
Y27	2	79	60	68	63	74	71	70
Y28	2	89	101	92	87	94	92	79
Y29	2	91	100	98	95	98	98	89
Y30	2	66	69	79	61	75	59	67
Y31	2	89	90	70	71	72	73	72
Y32	2	94	89	77	76	76	71	70
Y33	2	85	90	80	82	78	88	71
Y34	2	105	97	92	86	98	85	86
Y35	2	104	100	80	73	72	71	73
Y36	2	85	74	82	59	58	74	74
Y37	2	83	81	81	79	74	75	71

TABLE 1.9: TABLE FOR PULSE RATE OF EVERY 15 DAY FOR GROUP 3

PARTICIPANTS	GROUP	Pulse Pre	Pulse15	Pulse 30	Pulse 45	Pulse 60	Pulse 75	Pulse Post
C1	3	60	57	65	58	60	62	65
C2	3	83	95	97	77	87	85	88
C3	3	99	90	100	98	102	92	101
C4	3	82	70	81	71	83	81	74
C5	3	83	77	84	80	68	69	72
C6	3	54	56	58	57	58	58	57
C7	3	76	69	71	64	73	80	83
C8	3	81	80	78	77	72	89	90
C9	3	88	68	77	80	80	78	79
C10	3	70	98	90	71	93	90	91
C11	3	88	87	85	79	87	88	89
C12	3	55	86	81	82	82	72	89
C13	3	88		86	61	78	80	72
C14	3	62	89	84	80	89	86	89
C15	3	87	74	61	79	66	70	69
C16	3	84	77	68	76	68	81	90
C17	3	89	87	85	86	89	78	88
C18	3	63	63	67	67	68	64	60
C19	3	57	55	51	61	60	60	65
C20	3	51	53	55	51	56	60	61
C21	3	63	67	61	62	63	62	60
C22	3	49	50	53	50	49	53	55
C23	3	99	76	79	65	64	69	71
C24	3	75	78	70	76	71	78	78
C25	3	93	86	85	82	80	86	90
C26	3	85	78	83	77	78	78	88
C27	3	101	92	89	89	90	90	83
C28	3	100	99	95	91	98	100	100
C29	3	90	90	91	92	90	92	92
C30	3	83	82	83	71	76	80	80
C31	3	101	102	98	100	99	101	100
C32	3	76	80	75	69	74	73	78
C33	3	87	82	75	59	83	74	84
C34	3	67	59	58	64	64	74	75
C35	3	53	53	54	52	53	54	54
C36	3	50	50	51	60	56	59	58
C37	3	85	83	78	80	81	79	80

TABLE 1.10: TABLE FOR FBS OF EVERY 15 DAY FOR GROYPUP 1

PARTICIPANTS	GROUP	FBS Pre	FBS 15	FBS 30	FBS 45	FBS 60	FBS 75	FBS POST
R1	1	121	120	115	118	110	105	101
R2	1	130	128	121	112	110	89	150
R3	1	102	91	91	106	96	54	54
R4	1	116	115	110	108	105	105	102
R5	1	112	92	83	105	77	93	93
R6	1	105	101	112	100	98	100	97
R7	1	102	101	98	93	91	90	104
R8	1	108	105	100	80	70	65	54
R9	1	108	96	93	89	102	55	54
R10	1	105	93	100	113	98	57	57
R11	1	128	123	95	96	84	89	89
R12	1	100	93	97	111	113	101	101
R13	1	112	102	98	104	105	100	100
R14	1	109	105	103	130	100	103	103
R15	1	113	95	89	88	77	73	73
R16	1	114	141	41	120	93	107	110
R17	1	100	91	111	106	99	81	81
R18	1	150	94	98	118	110	112	118
R19	1	104	107	103	118	101	88	88
R20	1	114	85	80	84	87	80	97
R21	1	112	92	83	105	77	93	93
R22	1	106	95	94	97	110	67	67
R23	1	104	111	97	89	116	84	84
R24	1	101	92	94	111	103	65	65
R25	1	110	111	91	98	97	103	93
R26	1	149	98	101	103	100	91	91
R27	1	91	105	95	105	94	108	88
R28	1	112	98	104	109	115	90	90
R29	1	108	86	97	115	88	70	70
R30	1	112	92	101	107	103	68	68
R31	1	104	93	97	106	84	99	99
R32	1	101	107	102	93	90	101	101
R33	1	110	115	110	106	107	133	133
R34	1	130	120	89	87	91	84	84
R35	1	110	101	128	103	95	63	63
R36	1	103	113	105	91	90	92	92
R37	1	122	115	119	110	109	115	119
R38	1	92	80	78	81	80	89	101

TABLE 1.11: TABLE FOR FBS OF EVERY 15 DAY FOR GROYPUP 2

PARTICIPANTS	GROUP	FBS Pre	FBS 15	FBS 30	FBS 45	FBS 60	FBS 75	FBS POST
Y1	2	104	92	95	98	98	100	98
Y2	2	116	136	130	118	121	124	140
Y3	2	103	116	98	92	95	103	103
Y4	2	121	102	101	94	100	89	186
Y5	2	102	113	111	105	101	95	93
Y6	2	132	125	132	112	110	121	120
Y7	2	205	200	189	176	139	121	93
Y8	2	107	110	115	121	112	105	98
Y9	2	101	110	120	131	112	132	64
Y10	2	111	113	98	93	136	133	93
Y11	2	100	104	94	101	114	95	95
Y12	2	104	93	90	95	92	90	90
Y13	2	100	89	83	93	95	66	66
Y14	2	109	101	106	119	102	92	108
Y15	2	111	108	109	133	95	65	65
Y16	2	124	103	68	97	94	58	118
Y17	2	107	93	83	95	87	82	58
Y18	2	111	132	131	138	110	98	57
Y19	2	112	107	109	125	110	100	100
Y20	2	104	137	113	120	124	122	122
Y21	2	102	98	97	104	101	98	98
Y22	2	112	107	106	96	112	103	103
Y23	2	109	105	94	88	104	64	64
Y24	2	107	117	105	100	90	85	85
Y25	2	126	106	104	105	99	98	85
Y26	2	98	111	110	112	85	57	100
Y27	2	101	107	90	108	75	61	61
Y28	2	100	111	118	113	113	108	108
Y29	2	129	130	130	131	132	132	130
Y30	2	145	86	89	111	83	100	105
Y31	2	222	166	156	150	151	150	147
Y32	2	121	100	97	96	91	76	58
Y33	2	176	160	156	150	120	118	90
Y34	2	175	115	121	133	142	180	180
Y35	2	150	150	143	147	144	130	120
Y36	2	103	99	96	104	82	100	100
Y37	2	134	130	132	133	132	132	130

TABLE 1.12: TABLE FOR FBS OF EVERY 15 DAY FOR GROYPUP 3

PARTICIPANTS	GROUP	FBS Pre	FBS 15	FBS 30	FBS 45	FBS 60	FBS 75	FBS POST
C1	3	154	156	154	160	165	168	176
C2	3	102	92	89	132	110	112	110
C3	3	119	110	100	112	114	97	197
C4	3	110	98	90	139	87	60	155
C5	3	108	89	96	98	112	100	119
C6	3	107	117	150	130	145	140	136
C7	3	103	113	105	120	111	121	194
C8	3	131	130	121	120	110	111	158
C9	3	101	131	123	132	130	129	93
C10	3	182	171	140	227	185	178	277
C11	3	124	134	141	141	158	128	125
C12	3	122	90	82	109	120	167	167
C13	3	104	107	105	115	114	113	110
C14	3	104	103	109	119	125	94	94
C15	3	108	104	102	100	85	88	189
C16	3	109	97	95	102	105	102	101
C17	3	117	120	119	118	119	120	120
C18	3	101	91	98	87	92	56	56
C19	3	119	120	125	130	130	150	155
C20	3	130	131	137	139	140	141	145
C21	3	112	120	119	130	125	128	134
C22	3	112	120	122	122	125	125	120
C23	3	101	99	97	102	101	151	151
C24	3	147	140	82	91	92	110	112
C25	3	105	111	96	98	93	98	198
C26	3	85	78	85	96	100	85	80
C27	3	92	126	120	120	110	108	108
C28	3	127	129	131	140	140	141	143
C29	3	152	151	158	159	159	165	170
C30	3	114	101	107	152	112	106	106
C31	3	133	120	121	123	121	120	153
C32	3	103	128	96	95	92	162	162
C33	3	107	104	114	109	119	129	160
C34	3	100	84	91	107	110	107	115
C35	3	116	116	115	119	121	124	125
C36	3	165	160	157	165	166	167	170
C37	3	115	110	113	150	131	101	201

TABLE 2.1: TABLE FOR 5 LIPID PARAMETERS PRE-POST DATA FOR GROUP 1

PARTICIPANTS	GROUP	LDL Pre	LDL Post	HDL Pre	HDL Post	TRIGLYCER Pre	TRIGLYCER Post	Cholesterol Total Pre	Cholesterol Total Post	VLDL Cholesterol Pre	VLDL Cholesterol Post
R1	1	127.8	128	38.8	38	176.5	160	178	165	15.5	15.5
R2	1	116	109	35	35	108	132	160	143	26	21
R3	1	182	118	31	42	64	85	122	143	13	18
R4	1	125	129	39	35	265	152	194	163	53	31
R5	1	134	91	43	30	179	124	195	125	36	24
R6	1	85	105	45	47	61	90	132	145	13	18
R7	1	116	127	44	44	78	130	164	132	15	25
R8	1	93	110	39	44	123	109	143	173	24	26
R9	1	93	110	39	44	123	109	150	152	20	17
R10	1	180	133	40	38	137	126	180	124	27	25
R11	1	91	114	38	37	202	245	149	160	40	49
R12	1	136	119	40	30	356	114	192	173	28	21
R13	1	139	94	33	35	120	116	144	144	23	23
R14	1	80	95	37	44	122	76	133	119	24	14
R15	1	96	101	51	35	102	94	156	125	20	18
R16	1	123	110	41	45	302	192	198	163	20	38
R17	1	76	76	39	35	90	85	125	155	18	37
R18	1	92	89	28	58	194	86	143	120	38	18
R19	1	166	154	40	31	260	271	240	143	52	18
R20	1	68	87	31	32	60	70	98	206	13	40
R21	1	78	91	35	30	89	124	122	151	17	29
R22	1	124	145	44	41	81	109	171	143	16	68
R23	1	122	121	29	25	158	187	173	164	31	25
R24	1	57	65	49	48	89	86	113	165	17	40
R25	1	206	180	44	46	367	175	279	217	73	35
R26	1	71	81	31	32	92	100	111	151	68	55
R27	1	90	100	41	48	78	80	136	130	15	21
R28	1	47	81	53	44	97	127	110	135	19	18
R29	1	89	83	46	40	93	127	142	109	18	17
R30	1	114	107	32	24	358	276	165	178	81	71
R31	1	71	83	51	52	64	85	125	120	13	15
R32	1	56	79	32	32	67	73	93	111	13	19
R33	1	193	127	51	27	269	199	149	112	14	21
R34	1	89	100	36	36	66	160	128	136	13	15
R35	1	118	91	39	33	235	139	179	160	47	46.5
R36	1	107	90	35	29	273	342	172	152	54	22
R37	1	165	176	43	50	148	158	228	266	29	31.6
R38	1	128	51	45.2	46	185	98	195	178	37	19.6

TABLE 2.2: TABLE FOR 5 LIPID PARAMETERS PRE-POST DATA FOR GROUP 2

PARTICIPANTS	GROUP	LDL Pre	LDL Post	HDL Pre	HDL Post	TRIGLYCER Pre	TRIGLYCER Post	Cholesterol Total Pre	Cholesterol Total Post	VLDL Cholesterol Pre	VLDL Cholesterol Post
Y1	2	76	72	36	43	262	133	143	117	52	26
Y2	2	140	146	28	26	93	120	174	165	18	24
Y3	2	69	66	39	33	86	80	113	101	17	16
Y4	2	113	123	40	29	171	310	173	166	34	62
Y5	2	141	137	47	46	208	180	190	185	24	24
Y6	2	74	72	48	48	68	70	76	75	13.6	13
Y7	2	67	80	49	47	113	161	130	131	22	32
Y8	2	119	112	34	30	171	135	169	145	33	27
Y9	2	112	112	34	30	142	195	167	153	28	39
Y10	2	159	113	42	32	83	95	201	146	16	19
Y11	2	137	141	39	42	196	218	197	188	39	48
Y12	2	126	150	34	45	166	139	182	150	33	30
Y13	2	82	80	59	59	76	69	148	132	15	13
Y14	2	70	88	34	37	226	139	133	130	45	27
Y15	2	114	98	27	27	361	157	194	140	72	31
Y16	2	75	66	44	34	105	78	129	102	21	15
Y17	2	118	113	36	36	145	105	169	144	29	21
Y18	2	75	110	40	45	490	192	165	140	81	70
Y19	2	84	79	36	30	164	132	138	130	33	30
Y20	2	109	87	55	59	128	76	182	135	25	14
Y21	2	84	120	34	36	114	136	133	154	23	27
Y22	2	92	91	36	38	358	114	160	128	71	21
Y23	2	114	99	45	39	294	140	196	156	59	28
Y24	2	145	150	39	35	94	113	191	180	19	23
Y25	2	104	91	38	40	115	100	123	101	19	20
Y26	2	111	137	50	55	183	184	176	204	36	54
Y27	2	131	115	32	35	122	75	173	141	24	15
Y28	2	92	79	30	27	75	109	130	106	15	21
Y29	2	109	100	27	30	88	129	147	128	18	27
Y30	2	52	81	63	55	116	78	125	114	23	17
Y31	2	197.9	180	36	36	180	175	276	250	57.6	56
Y32	2	81	68	37	29	68	100	122	110	13	20
Y33	2	141	96	34	46	410	437	221	217	84	87
Y34	2	123	140	30	29	384	288	204	188	76	57
Y35	2	90.9	90	38.5	38	81	85	145.6	145	16.2	16
Y36	2	112	116	36	41	164	87	170	144	31	17
Y37	2	156	131	31	30	116	180	163	160	36	34

TABLE 2.3: TABLE FOR 5 LIPID PARAMETERS PRE-POST DATA FOR GROUP 3

PARTICIPANTS	GROUP	LDL Pre	LDL Post	HDL Pre	HDL Post	TRIGLYCER Pre	TRIGLYCER Post	Cholesterol Total Pre	Cholesterol Total Post	VLDL Cholesterol Pre	VLDL Cholesterol Post
C1	3	63.2	83	44.6	38	141	180	136	170	28.2	33
C2	3	40	146	30	33	199	156	188	181	40	31
C3	3	92	127	32	32	209	236	151	170	42	46
C4	3	141	174	41	39	119	115	196	199	80	23
C5	3	106	115	53	51	217	131	184	157	43	26
C6	3	125	138	38	36	168	186	197	199	29	30
C7	3	107	136	43	45	141	158	166	182	28	31
C8	3	118	146	29	33	510	240	222	187	13	48
C9	3	61	108	40	47	74	144	108	151	17	29
C10	3	54	88	34	31	89	144	111	128	18	29
C11	3	111	112	43	40	107	109	166	165	21	18
C12	3	68	86	58	49	90	108	133	105	18	21
C13	3	75	71	45	40	80	90	92	110	19	18
C14	3	93	90	65	60	144	156	176	180	29	32
C15	3	82	77	35	29	108	91	129	106	21	18
C16	3	117	122	32	33	131	144	180	159	62	28
C17	3	89	102	37	33	170	175	147	145	34	35
C18	3	128	152	50	45	108	105	190	189	21	21
C19	3	93	93	42	40	102	105	120	121	18	21
C20	3	178	180	37	38	201	220	235	239	31	32
C21	3	96	104	45	39	72	72	157	160	14.4	16
C22	3	96	68	46	38	117	87	121	145	17	23
C23	3	114	102	47	35	110	142	171	147	22	28
C24	3	83	126	41	36	155	134	141	157	31	27
C25	3	94	124	60	49	70	199	156	174	14	40
C26	3	74	86	37	32	77	78	116	115	15	16
C27	3	92	84	27	27	140	98	135	138	28	28
C28	3	98	98	38	38	93	95	112	102	21	18
C29	3	138	150	40	34	164	170	211	230	32	30
C30	3	69	90	40	41	106	137	125	108	21	18
C31	3	98	116	37	41	134	87	149	155	27	27
C32	3	115	81	36	35	193	239	169	126	38	48
C33	3	169	172	34	32	244	202	236	229	48	28
C34	3	91	122	45	44	209	109	158	164	41	21
C35	3	57	75	44	33	132	136	111	100	26	27
C36	3	101	115	30	30	214	230	230	240	22	23
C37	3	96	122	28	31	213	340	161	163	68	43

TABLE 3.1: TABLE FOR 3 BLOOD PARAMETERS AND HbA1c PRE-POST DATA FOR GROUP 1

PARTICIPANTS	GROUP	HB Pre	HB Post	HbA1c Pre	HbA1c Post	PH Pre	PH Post	CRIETININ Pre	CRIETININ Post
R1	1	12	12	6	5.6	6	6	0.8	0.8
R2	1	13	13.6	7.7	7.5	6	7	0.6	0.5
R3	1	11.5	14.5	5.2	5.3	6	7	1	0.7
R4	1	16	17	5.8	5.8	6	6	0.7	0.5
R5	1	16.4	17.1	5.8	5.9	5	6	0.6	0.6
R6	1	14.5	20.6	5.6	5.8	6	7	0.9	0.8
R7	1	13	15.1	5.1	5	6	6	0.8	0.7
R8	1	12.6	14.6	5.3	5.1	6	7	0.9	0.7
R9	1	12.6	14.6	5.3	5.5	6	6	0.9	0.7
R10	1	10	12	5.8	6	6	7	0.9	0.7
R11	1	13	14.9	4.6	5	6	6	0.9	0.8
R12	1	11.5	15	5.6	5.8	6	6	0.8	0.6
R13	1	11	14	5.8	5.6	6	6	0.8	0.8
R14	1	11	14.4	5.7	6	6	6	0.9	0.7
R15	1	15	12.7	5.5	5.8	6	6	0.9	0.6
R16	1	14	15.9	5.8	5.5	6	6	0.9	0.6
R17	1	13	16.2	5.5	5.9	6	6	0.7	0.6
R18	1	14	14.7	5	5.7	6	6	0.8	0.5
R19	1	12	14.7	5.7	5.9	6	7	0.9	0.8
R20	1	14	15	5	5	6	6	0.8	0.7
R21	1	10	11.1	5.3	5.9	6	6	0.8	0.6
R22	1	13	15.8	5.7	5.7	6	6	0.8	0.7
R23	1	13.6	15.6	5.3	5.5	6	6	0.9	0.7
R24	1	12.4	14.7	4.9	5.2	6	7	0.8	0.5
R25	1	15.9	15.6	5.4	5.5	6	6	0.7	0.7
R26	1	10	10.4	5.8	5.6	6	6	0.7	0.5
R27	1	13	14.5	5.8	5	6	6.5	0.9	0.8
R28	1	14.5	14.2	5.8	5.8	6	6	0.5	0.6
R29	1	12	14.6	5.6	5.8	6	6	0.8	0.6
R30	1	11	14.8	6.1	6.4	6	6	0.8	0.6
R31	1	14.5	15.4	5.7	5.6	6	6	0.8	0.5
R32	1	11	12.2	5.1	5.6	6	6	0.7	0.5
R33	1	12.7	15.1	5.7	5.9	6	6	0.9	0.7
R34	1	12	15.1	5.1	5.4	6	7	1	0.8
R35	1	23	23.3	5.1	4.1	6	6	0.8	0.7
R36	1	12.2	15	5.7	6	6	7	0.8	0.6
R37	1	12	13	6.6	6	7.5	7	0.5	0.5
R38	1	13	14	6	5.6	6	6	0.8	0.7

TABLE 3.2: TABLE FOR 3 BLOOD PARAMETERS AND HbA1c PRE-POST DATA FOR GROUP 2

PARTICIPANTS	GROUP	HB Pre	HB Post	HbA1c Pre	HbA1c Post	PH Pre	PH Post	CRETININ Pre	CRETININ Post
Y1	2	16	16.1	5.1	5.2	6	6	1	0.8
Y2	2	15.5	15.7	8	7.4	6	6	0.8	0.8
Y3	2	14.5	14.5	5.3	5.5	6	6	0.7	0.6
Y4	2	14.5	15	5.3	5.8	6	6	0.7	0.6
Y5	2	11.6	12	4.5	4.4	6	6	0.8	0.8
Y6	2	10.6	10.2	5.9	6.2	6	6	0.7	0.7
Y7	2	15	14.7	6.5	5.4	6	6	0.7	0.6
Y8	2	11	13.5	5.2	5.4	6	7	1	0.8
Y9	2	14	13.1	5.5	5.9	6	6	0.8	0.7
Y10	2	16.4	13	5.7	6.2	6	6	0.8	0.7
Y11	2	16	16.1	6.1	5.9	6	6	0.8	0.6
Y12	2	16	15.8	5.2	5.2	6	6	1.2	0.9
Y13	2	15.3	16.1	5.7	5.7	6	6.5	0.7	0.6
Y14	2	13.5	13.9	5.3	5.3	6	6	0.9	0.7
Y15	2	12.6	12.9	6.1	6.3	6	6	0.8	0.7
Y16	2	16	15.5	5.8	5.6	6	6	0.8	0.8
Y17	2	17	13	5.5	5.8	6	6	0.6	0.5
Y18	2	15.7	15.9	5.8	5.9	6	6	0.9	1
Y19	2	12	11.4	5.6	6	6	6	0.8	0.6
Y20	2	15	14.7	5.6	5.8	6	6	0.8	0.7
Y21	2	15	14.8	5.3	5.5	6	6	0.8	0.6
Y22	2	15.4	15.5	5.5	5.6	6	6	0.6	0.6
Y23	2	15.9	14.7	6.5	6.2	6	6	0.9	0.8
Y24	2	18	17.9	5.5	5.5	6	6	0.9	0.7
Y25	2	13	14	6.4	5.8	6	6	0.9	0.9
Y26	2	14.5	14.8	5.5	5.7	6	7	0.9	0.8
Y27	2	12.7	12.7	5.3	5.6	6	6	0.7	0.5
Y28	2	15	14.1	4.5	5.8	6	6	0.8	0.7
Y29	2	15.5	15.5	5.8	5.9	6	6	0.9	0.7
Y30	2	12.9	13	5.7	5.4	6	6	0.7	0.6
Y31	2	14	14	8	7.8	5	5	1.6	1.4
Y32	2	13.5	16	5.5	5.7	6	6	0.7	0.8
Y33	2	14.5	14.8	7	5.6	7.5	7	0.8	0.7
Y34	2	13.1	12.6	8	7.7	6	6	0.7	0.8
Y35	2	15	15	6.8	7	6	6	0.9	1
Y36	2	22	22.3	5.1	5.4	6	6	0.8	0.6
Y37	2	14	13.9	7.5	7.4	6.5	7	0.8	0.9

TABLE 3.3: TABLE FOR 3 BLOOD PARAMETERS AND HbA1c PRE-POST DATA FOR GROUP 3

PARTICIPANTS	GROUP	HB Pre	HB Post	HbA1c Pre	HbA1c Post	PH Pre	PH Post	CRETININ Pre	CRETININ Post
C1	3	14	13.5	6.1	6.3	6	6	0.7	1
C2	3	16	16.8	5.6	5.7	6	6	0.9	0.8
C3	3	15	14.4	5.2	5.4	6	6	0.9	1
C4	3	13.5	13.4	5.7	5.8	6	6	0.9	0.9
C5	3	15.4	13.6	5.9	5.9	6	6	0.9	1
C6	3	14.5	14	5.3	5.8	6	5.5	0.9	1.2
C7	3	16.4	14.6	5.4	5.6	6	6	0.8	0.8
C8	3	14	14.1	5.8	5.9	6	6	0.7	0.8
C9	3	15	14.4	5.5	5.8	6	6	0.7	0.7
C10	3	13	13.05	7.8	7.9	6	6	1.4	1.4
C11	3	12	12	5.5	5.8	6	6	0.7	0.8
C12	3	15	14.9	5.6	5.9	6	6	0.7	0.8
C13	3	15	14.9	4.6	5.1	6	6	0.8	0.8
C14	3	16	16	5.4	6.4	6	6	0.9	0.7
C15	3	14	13.4	5.1	5.8	6	6	1.1	1.8
C16	3	14	12.9	5.9	6	6	6	0.7	0.7
C17	3	13	13	5.5	5.6	6	6	0.7	0.9
C18	3	14	12.9	5.8	6.1	6	6	0.8	0.8
C19	3	10	10	6	6.1	6	5.5	0.7	0.8
C20	3	14.5	14.5	5.9	6.2	5.5	5	1	1.1
C21	3	12	12	5.6	6.2	6	5.5	0.9	1
C22	3	15	14.8	4.5	5.6	6	7	0.7	0.7
C23	3	15	14.8	5.7	5.8	6	6	0.9	1
C24	3	14.5	13.9	5.3	5.4	6	6	0.7	0.7
C25	3	16.1	15.5	5.2	5.4	6	7	0.8	0.9
C26	3	11.6	10.9	5.8	5.5	6	6	0.8	0.8
C27	3	10.5	12.9	5.6	6	6	6	0.9	1.6
C28	3	9.6	9	5.9	6.1	8	8	0.7	0.7
C29	3	14	13	6.3	6.8	5.5	5	0.7	0.9
C30	3	12	15	5.6	6.1	6	7	0.9	0.9
C31	3	22.3	22.3	4.6	5.4	6	6	0.8	1.6
C32	3	14	14.4	5.4	5.6	6	6	0.8	1
C33	3	13.1	12.6	5.9	6.3	6	6	0.8	1
C34	3	14	14.6	5.3	5.8	6.5	6	0.8	0.8
C35	3	14.5	13	5.3	5.6	6	6	0.6	0.7
C36	3	14	14	6.4	6.9	6	5.5	0.8	1
C37	3	17	16.1	4.6	6.5	6	6	0.7	0.7

TABLE 4.1: TABLE FOR DEMOGRAPHIC DATA AND PRE-POST BHT FOR GROUP 1

PARTICIPANTS	AGE	HIGHT	WEIGHT	BMI	GROUP	BHT Pre	BHT Post
R1	48	167.64	64	22.1	1	12	18
R2	51	175.26	78	25.4	1	13	24
R3	29	162.59	65	24.6	1	19	26
R4	40	160.02	64	25	1	12	12
R5	30	154.94	51	23.7	1	19	22
R6	28	167.64	66	23.5	1	20	28
R7	24	170.18	60	20.7	1	20	26
R8	55	167.64	65	23.1	1	15	21
R9	55	162.59	65	24.6	1	13	13
R10	33	172.72	78	26.1	1	13	22
R11	48	160.02	61	23.8	1	15	17
R12	40	160.02	59	21.6	1	16	20
R13	40	162.59	58	21.9	1	12	18
R14	50	160.02	52	20.3	1	11	16
R15	47	167.64	60	21.3	1	14	19
R16	38	170.18	58	20	1	15	17
R17	36	170.18	61	21.1	1	11	16
R18	27	157.48	53	20.7	1	17	17
R19	35	170.18	68	23.5	1	15	20
R20	28	167.64	64	22.8	1	12	14
R21	30	160.02	67	26.2	1	15	23
R22	36	162.59	57	21.6	1	15	22
R23	40	167.64	59	21	1	12	17
R24	25	170.18	61	21.1	1	19	23
R25	39	167.64	59	21	1	16	20
R26	28	162.59	56	21.2	1	13	16
R27	60	172.72	65	21.8	1	20	25
R28	40	162.59	53	20.1	1	12	18
R29	29	160.02	60	23.4	1	17	20
R30	39	157.48	51	20.6	1	10	13
R31	35	165.1	64	23.5	1	16	22
R32	20	170.18	59	20.4	1	20	28
R33	45	162.59	55	20.8	1	12	20
R34	38	167.64	57	20.3	1	15	21
R35	37	167.64	68	24.2	1	14	20
R36	23	170.18	70	24.2	1	20	27
R37	55	157.48	64	25	1	16	20
R38	54	172.72	63	21.1	1	12	18

TABLE 4.2: TABLE FOR DEMOGRAPHIC DATA AND PRE-POST BHT FOR GROUP 2

PARTICIPANTS	AGE	HIGHT	WEIGHT	BMI	GROUP	BHT Pre	BHT Post
Y1	30	170.18	77	26.6	2	20	25
Y2	58	167.64	76	27	2	12	20
Y3	25	157.48	62	25	2	20	25
Y4	44	165.1	70	25.7	2	14	14
Y5	56	172.72	93	31.2	2	13	16
Y6	35	160.02	61	23.8	2	13	20
Y7	40	170.18	67	23.1	2	13	16
Y8	40	167.64	80	28.5	2	21	23
Y9	26	170.18	70	24.2	2	15	20
Y10	55	170.18	66	22.8	2	11	14
Y11	42	160.02	64	25	2	11	21
Y12	34	165.1	68	24.9	2	14	17
Y13	42	167.64	75	26.7	2	15	20
Y14	50	165.1	58	21.3	2	10	12
Y15	55	162.59	57	21.6	2	12	20
Y16	32	162.59	53	20.1	2	13	17
Y17	42	165.1	59	21.6	2	14	22
Y18	45	167.64	61	21.7	2	15	16
Y19	25	167.64	58	20.6	2	18	20
Y20	38	160.02	65	25.4	2	14	18
Y21	30	162.59	58	21.9	2	17	21
Y22	47	157.48	54	20.4	2	11	17
Y23	50	162.59	64	24.2	2	13	15
Y24	35	165.1	68	24.9	2	15	23
Y25	50	157.48	71	28.6	2	16	22
Y26	42	162.59	56	21.2	2	12	16
Y27	36	167.64	60	21.3	2	17	21
Y28	26	162.59	54	20.4	2	19	23
Y29	60	165.1	55	20.2	2	12	12
Y30	30	167.64	64	22.8	2	18	12
Y31	55	165.1	79	29	2	12	14
Y32	20	170.18	58	20.6	2	14	22
Y33	55	172.72	68	22.8	2	13	16
Y34	46	170.18	68	23.5	2	11	13
Y35	46	172.72	76	23.5	2	20	25
Y36	26	165.1	69	25.3	2	20	25
Y37	38	167.64	60	21.3	2	14	22

TABLE 4.3: TABLE FOR DEMOGRAPHIC DATA AND PRE-POST BHT FOR GROUP 3

PARTICIPANTS	AGE	HIGHT	WEIGHT	BMI	GROUP	BHT Pre	BHT Post
C1	53	167.64	67	23.8	3	13	13
C2	48	167.64	71	25.3	3	17	11
C3	55	162.59	69	26.1	3	17	16
C4	25	157.48	59	23.8	3	18	17
C5	25	172.72	79	26.5	3	21	20
C6	39	172.72	90	30.2	3	16	12
C7	50	167.64	70	24.9	3	17	17
C8	39	170.18	60	20.7	3	18	16
C9	25	157.48	61	24.6	3	12	13
C10	70	167.64	58	20.6	3	12	12
C11	21	157.48	53	21.4	3	20	15
C12	32	154.94	55	22.9	3	18	17
C13	30	160.02	58	22.7	3	15	15
C14	36	172.72	80	26.8	3	13	13
C15	70	170.18	58	20	3	11	11
C16	45	165.1	57	20.9	3	14	12
C17	45	162.59	56	21.2	3	13	13
C18	50	157.48	54	21.8	3	12	10
C19	56	154.94	61	25.4	3	13	13
C20	48	167.64	71	25.3	3	14	12
C21	47	160.02	57	22.3	3	15	12
C22	32	170.18	66	22.8	3	13	19
C23	29	157.48	51	20.6	3	20	27
C24	37	165.1	60	22	3	14	14
C25	43	167.64	61	21.7	3	14	17
C26	38	170.18	63	21.8	3	14	20
C27	34	167.64	64	22.8	3	17	15
C28	46	154.94	59	24.6	3	12	10
C29	61	157.48	78	31.5	3	12	10
C30	55	170.18	70	24.2	3	15	11
C31	46	167.64	69	24.6	3	12	12
C32	45	167.64	68	24.2	3	14	14
C33	34	162.59	56	21.2	3	17	15
C34	29	162.59	54	20.4	3	21	21
C35	32	162.59	56	21.2	3	16	12
C36	47	175.26	80	26	3	16	17
C37	35	172.72	78	26.1	3	12	17

TABLE 5.1: TABLE FOR PRE-POST *DOṢA BALA* PARAMETERS FOR GROUP 1

PARTICIPANTS	AGE	GROUP	BAL [VAT] Pre	BAL [VAT] Post	BAL [PITT] Pre	BAL [PITT] Post	BAL [KAPH] Pre	BAL [KAPH] Post
R1	48	1	4	1	3	2	4	1
R2	51	1	2	2	4	3	4	1
R3	29	1	3	2	4	3	2	2
R4	40	1	1	1	3	3	1	1
R5	30	1	4	2	2	3	4	3
R6	28	1	2	2	4	4	4	2
R7	24	1	2	3	2	2	4	2
R8	55	1	2	1	2	3	4	1
R9	55	1	1	2	3	3	2	3
R10	33	1	2	2	2	2	3	2
R11	48	1	3	2	3	3	3	3
R12	40	1	2	1	4	3	3	3
R13	40	1	2	2	3	2	3	2
R14	50	1	3	2	2	2	3	1
R15	47	1	2	1	3	2	3	1
R16	38	1	4	2	3	2	2	1
R17	36	1	1	2	3	2	2	2
R18	27	1	2	1	4	2	2	1
R19	35	1	3	3	3	3	3	1
R20	28	1	1	3	3	2	2	1
R21	30	1	3	4	2	2	4	2
R22	36	1	2	3	2	2	4	1
R23	40	1	2	3	2	3	4	2
R24	25	1	2	2	4	2	3	3
R25	39	1	3	3	4	3	3	2
R26	28	1	1	2	3	2	3	1
R27	60	1	3	4	2	4	4	4
R28	40	1	1	3	3	2	4	1
R29	29	1	5	2	3	1	2	1
R30	39	1	2	3	3	2	3	1
R31	35	1	1	1	3	2	4	2
R32	20	1	4	2	3	3	2	2
R33	45	1	2	2	3	3	4	2
R34	38	1	3	2	3	3	2	2
R35	37	1	2	2	3	3	2	2
R36	23	1	1	2	4	3	2	1
R37	55	1	3	2	3	1	1	1
R38	54	1	2	2	3	2	2	2

TABLE 5.2: TABLE FOR PRE-POST *DOṢA BALA* PARAMETERS FOR GROUP 2

PARTICIPANTS	AGE	GROUP	BAL [VAT] Pre	BAL [VAT] Post	BAL [PITT] Pre	BAL [PITT] Post	BAL [KAPH] Pre	BAL [KAPH] Post
Y1	30	2	2	2	2	2	5	2
Y2	58	2	2	2	3	3	3	2
Y3	25	2	2	2	3	3	4	1
Y4	44	2	1	2	2	4	4	2
Y5	56	2	1	2	2	3	4	1
Y6	35	2	3	2	2	3	2	2
Y7	40	2	1	1	2	2	4	1
Y8	40	2	3	2	4	3	2	1
Y9	26	2	2	2	3	3	2	2
Y10	55	2	2	3	3	3	4	2
Y11	42	2	3	2	4	2	3	2
Y12	34	2	3	1	1	2	3	2
Y13	42	2	1	1	3	2	3	1
Y14	50	2	3	3	4	2	2	2
Y15	55	2	2	3	4	2	2	2
Y16	32	2	2	2	4	4	3	3
Y17	42	2	3	4	4	3	2	1
Y18	45	2	2	2	4	3	2	1
Y19	25	2	2	4	3	3	4	2
Y20	38	2	2	1	3	2	2	2
Y21	30	2	2	2	3	3	2	2
Y22	47	2	1	1	3	2	3	2
Y23	50	2	3	3	1	2	3	2
Y24	35	2	3	3	3	2	2	2
Y25	50	2	1	2	3	2	4	2
Y26	42	2	2	4	3	2	3	3
Y27	36	2	1	2	3	2	3	3
Y28	26	2	1	1	3	4	4	2
Y29	60	2	2	2	3	3	2	2
Y30	30	2	5	1	3	4	2	3
Y31	55	2	5	3	3	3	2	2
Y32	20	2	2	3	3	1	4	2
Y33	55	2	1	1	3	2	3	2
Y34	46	2	4	1	2	2	2	3
Y35	46	2	2	2	4	2	2	2
Y36	26	2	3	1	2	3	1	2
Y37	38	2	3	2	3	3	1	2

TABLE 5.3: TABLE FOR PRE-POST *DOŞA BALA* PARAMETERS FOR GROUP 3

PARTICIPANTS	AGE	GROUP	BAL [VAT] Pre	BAL [VAT] Post	BAL [PITT] Pre	BAL [PITT] Post	BAL [KAPH] Pre	BAL [KAPH] Post
C1	53	3	2	2	4	3	3	1
C2	48	3	2	2	4	3	3	2
C3	55	3	2	1	3	3	2	4
C4	25	3	2	2	3	4	2	2
C5	25	3	3	2	3	3	4	3
C6	39	3	2	2	3	3	2	2
C7	50	3	2	1	3	2	2	2
C8	39	3	3	2	3	1	3	1
C9	25	3	3	2	4	4	3	4
C10	70	3	1	3	2	4	3	2
C11	21	3	2	2	3	2	2	3
C12	32	3	2	2	3	3	3	1
C13	30	3	2	2	3	3	4	2
C14	36	3	2	2	3	2	3	4
C15	70	3	3	4	2	2	3	4
C16	45	3	1	1	3	2	4	1
C17	45	3	2	2	3	4	4	4
C18	50	3	5	1	3	2	2	4
C19	56	3	1	3	2	3	4	4
C20	48	3	3	4	3	4	4	4
C21	47	3	1	2	2	2	4	4
C22	32	3	1	1	3	1	2	3
C23	29	3	1	1	3	1	1	2
C24	37	3	2	3	3	3	3	4
C25	43	3	2	3	3	2	2	4
C26	38	3	3	4	2	3	2	3
C27	34	3	3	3	4	3	2	2
C28	46	3	3	4	4	4	2	4
C29	61	3	3	4	4	4	1	2
C30	55	3	1	2	4	4	2	3
C31	46	3	2	3	3	3	2	2
C32	45	3	3	2	2	2	1	1
C33	34	3	2	3	3	3	1	2
C34	29	3	3	3	3	3	1	3
C35	32	3	4	2	1	3	2	3
C36	47	3	3	3	2	3	2	3
C37	35	3	3	3	4	3	2	3

APPENDIX-4: LIST OF PUBLICATIONS FROM THIS STUDY

Date of submission	Date of resubmission	Date of Acceptance	Title	Publisher
16 February 2016	-	23-01-17	Lowering Creatinine Levels by Herbal Treatment and Yoga: a Pilot Controlled Trial	EJPMR
07 June 2016	25-08-16	15-02-17	Traditional Complementary Medicine Practices for Newly Diagnosed Type 2 Diabetes: a Controlled Trial	Complementary Medicine Research
29 August 2016	03-09-16	5-10-16	Blood Pressure and Pulse Rate: A Controlled Trial	International Journal of Complementary and Alternative Medicine