TABLE OF CONTENTS

Chapter No.	Chapter	Page No.
	Abstract	I–V
1.	Introduction	1-7
2.	Review of Literature	8-70
3.	Scope of Investigation	71-74
4.	Methods and Materials	75-120
5.	Results and Discussion	121-215
6.	Summary and Conclusions	216-233
7.	Future Scope of Investigation	233-235
8.	Bibliography	236-296
	Appendices	i–xvi

LIST OF TABLES

Table no.	Title	Page no.
2.1	Selected genes with variants that have been associated with obesity	18
2.2	Peripheral effects of selected food intake-regulating gut hormones	25
2.3	Association of gut microbial species/genera with obesity or leanness in human studies.	42
2.4	Microorganisms used as probiotics in humans and animals	55
2.5	Classification of Prebiotics	57
4.1	Specification of the fructooligosaccharide used for product development	79
4.2	List of raw ingredients along with their sources used for product preparation	80
4.3	Hunger and satiety score card	92
4.4	Cut offs for waist circumference	95
4.5	Revised BMI cut-offs for Asian adults	96
4.6	Cut Offs for Waist-hip Ratio	96
4.7	Classification of blood pressure for adults	97
4.8	Classification for percent body fat	98
4.9	Cut offs for Serum Cholesterol	99
4.10	Cut offs for Triglycerides	100
4.11	Cut offs for HDL-Cholesterol	101
4.12	Cut offs for LDL-Cholesterol	103
4.13	Material provided in the kit	105
5.1	Effect of varying levels of FOS addition on the organoleptic qualities of <i>lilva kachori</i>	125
5.2	Effect of varying levels of FOS addition on the organoleptic qualities <i>vegetable parantha</i>	128
5.3	Effect of varying levels of FOS addition on the organoleptic qualities rawa idli	131
5.4	Effect of varying levels of FOS addition on the organoleptic qualities chocolate cake	134
5.5	Distribution of the subjects according to gender and age	143
5.6	Classification of subjects according to BMI	143
5.7	Anthropometric and biophysical profile of subjects subjected	144
	to screening	
5.8	Prevalence of abdominal obesity based on high waist	145
	circumference and high waist hip ratio in bank employees	
5.9	Distribution of the subjects according to percent body	145

	fat	
E 10	fat Providence of hyperstancies in the least constance.	140
5.10	Prevalence of hypertension in the bank employees	146
5.11	Background information of non-obese and obese young adults under study	153
5.12	Mean values for anthropometric parameters of non-obese and	154
	obese young adults	
5.13	Prevalence of abdominal obesity based on high waist circumference	155
	and high waist hip ratio in obese and non-obese young adults	
5.14	Percent prevalence of obesity in subjects according to percent	157
	body fat	
5.15.1	Prevalence of hypertension in obese and non-obese young adults	157
5.15.2	Mean values of blood pressure of non-obese and obese young adults	159
5.16.1	Family history of diseases amongst non-obese and obese young	159
	adults	
5.16.2	Family History of diseases amongst non-obese and obese young	160
	adults	
5.17.1	Defecation profile of non-obese and obese young adults	162
5.17.2	Defecation profile of non-obese and obese young adults	162
5.18.1	Personal habit profile of non-obese and obese young adults	163
5.18.2	Personal habits of non-obese and obese young adults	163
5.19	Association of BMI with physical activity level in non-obese and	164
	obese young adults	
5.20	Percent prevalence of psychological depression in non-obese and	165
	obese young adults	
5.21	Mean hunger and satiety scores of non-obese and obese young	165
	adults at various meal timings	
5.22.1	Frequency of food consumption of non-obese and obese young	166
	adults	
5.22.2	Mean intake of nutrients as per 24 hr dietary recall of non-obese	167
	and obese young adults	
5.23	Atherogenic profile of non-obese and obese young adults	168
5.24.1	Prevalence of metabolic endotoxemia in obese and non-obese young adults	169
5.24.2	Plasma LPS levels of non-obese and obese young adults	169
5.25	Gut profile of non-obese and obese young adults	170
5.26	Correlation amongst anthropometric parameters, blood pressure	171
	and lifestyle factors in non-obese and obese subjects	-
5.27	Correlations amongst anthropometric parameters and	172
	dietary intakes in non-obese and obese subjects	
5.28	Relationship amongst anthropometric parameters, life style factors,	174

	atherogenic profile, gut profile and LPS	_
5.29	Relationship amongst dietary intakes, atherogenic profile, gut profile and endotoxemia	175
5.30	Relationship amongst atherogenic profile, gut profile and endotoxemia	177
5.31	Model summary of relationship of BMI with various parameters	178
5.32	Anthropometric profile of obese young adults before and after intervention	191
5.33	Blood pressure of obese subjects before and after intervention with FOS	192
5.34.1	Defecation profile of obese subjects before and after intervention with FOS	193
5.34.2	Defecation profile of obese subjects before and after intervention with FOS	194
5.35	Hunger scores of obese subjects before and after intervention with FOS	195
5.36	Satiety scores of obese subjects before and after intervention with FOS	197
5.37	Depression status of obese subjects before and after intervention with FOS	198
5.38	Dietary intakes of obese subjects before and after intervention	199
5.39	Atherogenic profile of obese young adults before and after intervention	201
5.40	Mean LPS levels (pg/ml) of obese bank employees before and after intervention	203
5.41	Gut profile of obese young adults before and after intervention	204

LIST OF FIGURES

Figure No.	Title	Page no.
2.1	Prevalence of obesity across the globe in men and women	11
2.2	The pathophysiology of obesity leading to metabolic syndrome	31
2.3	The pathophysiology of obesity leading to cardiovascular disease	31
2.4	The pathophysiology of obesity leading to type-2-diabetes	32
2.5	Proposed mechanisms involved in the pathogenesis of obesity-induced hypertension.	33
2.6	Factors affecting gut microbiome	44
2.7	Structure of LPS molecule	49
2.8	Pathway via which intestinal microbiota can alter human metabolism producing obesity and insulin resistance	52
4.1	Experimental design of Phase I of the study	81
4.2	Experimental design for Phase II and phase III of the study	90
4.3	Serial dilution technique along with steps of inoculation and incubation	111
4.4	Experimental design for Phase IV of the study	117
4.5	Compliance card of the subjects	119
5.1 (a-f)	Scores for organoleptic attributes of <i>lilva kachori</i> added with varying levels of FOS	126
5.2 (a-f)	Scores for organoleptic attributes of <i>vegetable parantha</i> added with varying levels of FOS	129
5.3 (a-f)	Scores for organoleptic attributes of <i>rawa idli</i> added with varying levels of FOS	132
5.4 (a-f)	Scores for organoleptic attributes of <i>chocolate cake</i> added with varying levels of FOS	135
5.5	Prevalence of abdominal obesity and central obesity in bank employees	144
5.6	Distribution of the subjects according to the percent body fat	146
5.7	Prevalence of abdominal obesity based on high waist circumference in obese and non-obese young adults	156
5.8	Prevalence of abdominal obesity based on high waist circumference and high waist hip ratio in obese and non-obese young adults	156
5.9	Percent prevalence of obesity in subjects according to	158

	percent body fat	
5.10	Prevalence of hypertension in obese and non-obese young	158
	adults	
5.11	Family History of diseases amongst non-obese and obese	160
	young adults	
5.12	Personal medical history of non-obese and obese subjects	161
5.13	Prevalence of metabolic endotoxemia in obese and non-	169
	obese young adults	
5.14	Blood Pressure of obese subjects before and after	192
	intervention with FOS	
5.15	Hunger scores of obese subjects before and after	196
	intervention with FOS	
5.16	Satiety scores of obese subjects before and after	197
	intervention with FOS	
5.17	Atherogenic profile of obese subjects before and after	202
	intervention with FOS	
5.18	Gut profile of obese subjects before and after intervention	205
	with FOS	

LIST OF PLATES

Plate no.	Title	Page no.
4.1. (a-e)	FOS incorporated lilva kachori, veg. parantha, rawa idli and	85
	chocolate cake and panelist evaluating the products	
4.2	Well Assay plate with samples	107
4.3	Sampling in the laminar flow and serial dilution	112
5.1	Feacal bifidobacteria counts before and after FOS	206
	supplementation in experiment group	
5.2	Feacal lactic acid bacteria counts before and after FOS	206
	supplementation in experiment group	
5.3	Feacal clostridium counts before and after FOS	207
	supplementation in experiment group	
5.4	Feacal bacteriodes counts before and after FOS	207
	supplementation in experiment group	