List of Tables

Table No.	Tables	Page no.
2.1	Neurodevelopmental disorder by type, Indian states 2017: State-Level Disease Burden Initiative Mental Disorders Collaborators	10
2.2	Share of global population of various mental disorders	11
2.3	Percentage of total DALYs due to each cause under mental disorder in India	15
2.4	Main prebiotic definitions evolved from 1995 until 2017	55
4.1	Score Cut-offs for Becks Depression Inventory	77
4.2	Inclusion – Exclusion criteria for selection of research subjects	79
4.3	Specifications of Fructooligosaccharide used for supplementation	81
4.4	Details of media used in determining the gut flora of the subjects	85
5.2.1	Distribution of screened subjects according to various depression categories	99
5.2.2	General characteristics of normal, mild to moderate and severely depressed subjects	100
5.2.3	Macro and micro nutrient intake of normal, mild to moderate and severe depressed subjects as per 24 hours dietary recall	102
5.2.4	Percent prevalence of medical complications among normal, mild to moderately depressed and severely depressed subjects	104
5.2.5	Percent prevalence of food and exercise habit of normal, mild to moderately depressed and severely depressed subjects	107
5.2.6	Defecation pattern according to score analysis in normal, mild to moderately depresses and severely depressed subjects	108
5.2.7	Pearson's Correlation observed among various parameters of mild to moderately depressed subjects	110

5.3.1	Mean values for depression score, serum cortisol and log count of gut microbiota and defecation profile of mild to moderate depressed subjects before and after ambil supplementation	114
5.4.1	Mean values for depression score, serum cortisol and log count of gut microbiota and defecation profile of mild to moderate depressed subjects before and after fructooligosaccharide(prebiotic) supplementation	118
5.5.1	Mean values for depression score, serum cortisol and log count of gut microbiota and defecation profile of mild to moderate depressed subjects before and after fresh buttermilk supplementation	122
5.6.1	Mean values for depression score, serum cortisol and log count of gut microbiota and defecation profile of mild to moderate depressed subjects before and after tetrapacked buttermilk supplementation	126
5.7.1	Pre and post assessment of depression, blood serum cortisol, and log count with respect to Lactobacillus, Bifidobacteria and E. coli in mild to moderately depressed subjects after intervention with FOS and fermented beverages	130