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# Appendix

सत्यमेव जयते

# महाराष्ट्र शासन-कृषि विभाग

## जिल्हा मृद सर्वेक्षण व मृद चाचणी अधिकारी, औरंगाबाद.

### विशेष मृद नमुना

श्री/श्रीमती- डॉ अपर्णा मिलिंद घोटनकर  गांव - कानपूर

तालुका - पैठण  जिल्हा - औरंगाबाद

नमुना प्राप्त झाल्याची तारीख 06/02/2007~~2005~~  रू. 250/-

रोखीची पावती क्रमांक - 871310  पिक - मोसंबी

प्रयोगशाळा नमुना क्रमांक - 4533  स. नं. - 79

| अ. क्र. | मुलद्रव्यांची नावे | प्रत्यक्ष पृथ:करणानुसार प्रमाण | शेरा |
|---|---|---|---|
| 1 | सेंद्रीय कर्ब (टक्के) | 0.76 | साधारण भरपूर |
| 2 | उपलब्ध स्फुरद (कि/हे) | 33 | मध्यम |
| 3 | उपलब्ध पालाश (कि/हे) | 438 | अल्प ते भरपूर |
| 4 | युक्त कॅल्शीयम (टक्के) | 74.88 | मध्यम |
| 5 | युक्त मॅग्नेशियम (टक्के) | 11.36 | मध्यम |
| 6 | युक्त सोडीयम (टक्के) | 11.5 | मध्यम |
| 7 | मुक्त चुना (टक्के) | 6.87 | जास्त |
| 8 | सामू (पी.एच) | 7.6 | मध्यम अल्कधर्मी |
| 9 | एकूण विद्राव्य क्षारता | 0.349 | सर्वसाधारण |
| 10 | जमिनीचा पोत | — | चिकण |
| 11 | जलधारण क्षमता (टक्के) | 62.00 | |
| 12 | मातीची घनता (टक्के) | 4.51 | |
| 13 | मोठी वाळू (टक्के) | 15.40 | |
| 14 | बारीक वाळू (टक्के) | 6.11 | |
| 15 | पोयटा (टक्के) | 26.05 | |
| 16 | चिकन माती (टक्के) | 52.44 | |
| प्रथम वर्ष | | शिफारशी | |
| 17 | शेणखत (कि/झाड) | 5 | |
| 18 | युरिया (ग्रॅम/झाड) | 235 | |
| 19 | सिंगल सुपर फॉस्फेट (ग्रॅम/झाड) | 375 | |
| 20 | म्युरेट ऑफ पोटॅश (ग्रॅम/झाड) | — | |

टिप - वरील पृथ:करण अहवालाचा उपयोग कोर्टाच्या कामासाठी करता येणार नाही.

जिल्हा मृद सर्वेक्षण व मृद चाचणी
अधिकारी, औरंगाबाद.

# महाराष्ट्र शासन - कृषि विभाग
## जिल्हा मृद सर्वेक्षण व मृद चाचणी प्रयोगशाळा,औरंगाबाद

### जल तपासणी - अहवाल

श्री/श्रीमती.- डॉ. अपर्णा मिलींद धोटपाकर  गांव - कामूर
तालुका - पैठण  जिल्हा - औरंगाबाद
नमुना प्राप्त झाल्याची तारीख -6/2/२००७  र.रूपये - १००/-
रोखीचा पावती क्रंमाक - 8713107
प्रयोगशाळा नमुना क्रंमाक -  स.नं. - 79

| अ. क्रं | गुणधर्म तपासणी | गुणधर्माचे सर्वसाधारण प्रमाण | प्रत्यक्ष तपासणी नुसार प्रमाण |
|---|---|---|---|
| १ | सामू (पी.एच.) | ६.५०-७.५० | 7.4 |
| २ | क्षारता (इ.सी.) (एमएमहोज/सेमी) | ०.२५० पर्यंत - उत्तम पाणी<br>०.२५१ ते ०.७५० - मध्यम पाणी<br>०.७५१ ते १.०० - काळजीपूर्वक वापरावे<br>१.०० चे वर - खराब पाणी | 0.350 |
| ३ | पोटॅशियम (meq/Lit) | ३.०० | 1.90 |
| ४ | सोडीयम (meq/Lit) | ४.०० | 3.40 |
| ५ | कॅलशियम (meq/Lit) | ० ते १.२५ | 4.10 |
| ६ | मॅग्नेशियम (meq/Lit) | ० ते ५.०० | 4.80 |
| ७ | कॉर्बोनेट (meq/Lit) | ० ते १.५ | — |
| ८ | बायकॉर्बोनेट meq/Lit | ० ते १.५ | — |
| ९ | क्लोरीन (meq/Lit) | ० ते २.० | 1.15 |
| १० | सोडीयम ~~विसर्जकरण~~ शोषण गुणोत्तर (एस.ए.आर.) | १० पर्यंत सर्वसाधारण (उत्तम) | 1.98 |

टिप - वरील पृथःकरण अहवालाचा उपयोग कोर्टाच्या कामासाठी करता येणार नाही.

जिल्हा मृद सर्वेक्षण व मृद चाचणी
अधिकारी,औरंगाबाद

S. S. Laboratories
Gut No. 92, Plot No. 39, Deolai, Aurangabad - 431 005.
Ph.: 9422704994

## CERTIFICATE
## TO WHOM SO EVER IT MAY CONCERN

Dt. 03/02/2008

This is to certify that Dr.Ghotankar Aparna M has completed her analytical work of her PhD thesis titled " To study the effect of Ashwagandha and Shatavari cultivated by modern methods and method mentioned in Vruksha Ayurveda".. The results we have received are correct to the best of our knowledge.

Hence certified.

Dr.Mukund Salunis.
BAMS,MD

# C.S.M.S.S. Ayurveda College

Kanchanwadi, Paithan Road, Aurangabad.

## Case Record Form
## General Information of Patient

Name

Age Sex

Religion

Address

Occupation

OPD No. IPD No.

Economic Status of Family

---

Present Complaints

Associated

History

Family History

Personal

Occupational

# General Examination (Rogi Pariksha)

## Ashtavidha Pariksha

| | | | |
|---|---|---|---|
| Nadi | Vatadhikya, Pittadhikya, Kaphadhikya. | Shabda | Atur / Anatur |
| Pulse - | / Min. | | |
| Mala | Sam / Niram | Sparsha | Ushna, Sheet, Anushna, Ruksha, Khar, Slaksha, Snigdha. |
| Mutra | Samyak / Asamyak | Druka | Atur / Anatur |
| Jivha | Sam / Niram | Akurti | Ayam Vistartah<br>Prakrut / Vikrut |

**Prakrutitaha** V/P/K/VP/VK/PK/Sam

**Strotas Parikshanm**

**1) Pranavaha Strotas**

| | | |
|---|---|---|
| Hriday | /Min | |
| Nasa | Abhishyanda / Shotha | Ura |
| | Asti / Nasti | |
| Kantha | Abhishyanda / Shotha | |
| | Asti / Nasti | |

**2) Annavaha**

| | |
|---|---|
| Danta / Dantaveshta | Prakrut / Vikrut |
| Jivha | Sam/NIram/Vidar |
| Udardarshan | |

**3) Udakwaha**

| | |
|---|---|
| Talu | Ardra / Shushka |
| Kloma | Ardra / Shushka |
| Twacha | Ardra / Shushka |
| Netra | Ardra / Shushka |
| Jivha | Ardra / Shushka |

**4) Rasavaha**

| | |
|---|---|
| Hirday | /Min Gati |
| Nadi | /Min Gati |

Twacha - Skin Turgor, Lusture, Elasticity.

Oshtha - Rasapurnatva / Shushktva.

**5) Raktavaha**

| | | | |
|---|---|---|---|
| Yakrita | Prakrut/ Vridhi | Twacha | Prabha - Prakrut/Vikrut |
| Pliha | Prakrut/ Vridhi | Netra | Araktata / Panduta |
| | | Nakha | Araktata / Panduta |
| | | Jivha | Araktata / Panduta |

**6) Mansavaha**

Snayu Sanhanan Hin/Madhyam / Uttam

Upachay / Apachay

Twaka Sanhanan Hin/Madhyam / Uttam

Gilayu

Bhar

**7) Medovaha**

| | |
|---|---|
| Swed | Aswed /Atiswed / Prakrut Swed Pravritti |
| Spika | Medasanchiti Asti/Nasti. |
| Ura | Medasanchiti Asti/Nasti. |
| Kati | Medasanchiti Asti/Nasti. |
| Udar | Medasanchiti Asti/Nasti. |

**8) Asthivaha**

| | |
|---|---|
| Danta | Danta Patan, Carries / Attrition / Enamel |
| Nakha | |
| Kesha | |
| Sandhi | Unnat/Gudha/Prakrut |

**9) Majjavaha**

Asthi Sandhi Parvami

Shira

A kshivitsneha

**10) Shukravaha**

Vrishan

**11) Purishvaha**

Pakwashaya

Guda

Purisha

| | | |
|---|---|---|
| Matra | Gandha | |
| Vama | Sanhaman | Kathina/Drava/Alpa Samhata/ Susamata |

**12) Mutravaha**

Vrikka

Gavinyo

| | | |
|---|---|---|
| Mutra | Matra | |
| Vama | Gandha | |

Frequency / Veg

**13) Swedavaha**

| | | | |
|---|---|---|---|
| Meda | Medasanchiti Asti /Nasti | Sweda | Prakrut/Aswed/Atiswed |

**14) Stanyavha**

**15) Manovaha**

| | | | |
|---|---|---|---|
| Nidra | Samyak/Asamyak | Buddhi | Hin/Madhyam/Uttam |
| Smriti | Hin/Madhyam/Uttam | Swapna darshan | Asti / Nasti |

**16) Vikrutitaha Pariksha (Rog Pariksha)**

**Samprati**

Samprati Ghatak

Dosha Vata
Pitta
Kapha

Dooshya

**17) Vyadhivinischaya**

**18) Specific Examination**

HB % Total Serum Protein

**19) Upashaya / Anupashaya**

| | | |
|---|---|---|
| Chikitsa | Shatavari (m) Kalpa | Shatavari (v) Kalpa |
| | Ashwagandha (m) Kalpa | Ashwagandha (v) Kalpa |
| | Sugar | |

Dose Anupana

Route of Drug Administration.

Kalavadhi / Duration

T/T Follow up

| | 0 | 15 | 30 | 45 | 60 |
|---|---|---|---|---|---|
| Body Wt (Kg.)<br><br>Midarm Circumference Rt & Lt<br><br>Ht (Cm.) | | | | | |

Investigational Parameters

| | B.T. | A.T. |
|---|---|---|
| Hb % | | |
| Total Protein | | |

Any other

# Control Group

| SN | REG NO | AGE | SEX | MID ARM CIRCUMFERENCE ( cm ) | | | | | | WEIGHT ( kg ) | | | HEIGHT (cm) | | | HB (gm %) | | SR PROTEIN (gm/lit) | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | BT | | AT | | | | BT | AT | | BT | AT | | BT | AT | BT | AT |
| | | | | 0 M | | 1 M | | 2 M | | | | | | 1 | 2 | | | | |
| | | | | RT | LT | RT | LT | RT | LT | | | | | | | | | | |
| 1 | 19729 | 12 | Male | 18 | 18 | 18 | 18 | 18 | 18 | 28 | 28 | 28 | 140 | 140 | 140 | 9.4 | 10.0 | 6.8 | 6.5 |
| 2 | 19991 | 12 | Male | 15 | 14.5 | 15 | 15 | 15 | 15 | 22 | 22 | 22 | 127 | 127 | 128 | 10.9 | 10.9 | 5.3 | 5.3 |
| 3 | 20026 | 12 | Male | 14 | 14 | 14 | 14 | 15 | 15 | 22 | 22.5 | 23 | 124.5 | 125 | 126 | 9.6 | 10.5 | 5.7 | 7.8 |
| 4 | 20040 | 12 | Male | 14 | 14 | 14 | 14 | 14.5 | 15 | 21 | 21 | 22 | 132 | 132 | 132 | 9.5 | 9.6 | 5.7 | 5.5 |
| 5 | 20061 | 10 | Female | 17 | 17 | 17 | 17 | 17 | 17 | 22 | 22 | 22 | 119.5 | 120 | 120 | 8.2 | 8.5 | 5.5 | 6.1 |
| 6 | 21144 | 10 | Male | 17 | 17 | 17 | 17 | 17.5 | 18 | 30 | 30 | 30 | 135 | 135 | 135 | 9.8 | 11.0 | 5.1 | 6.1 |
| 7 | 21200 | 10 | Male | 17 | 17 | 17 | 17 | 17.5 | 18 | 26 | 26 | 27 | 126 | 127 | 128 | 10.2 | 10.0 | 5.8 | 6.0 |
| 8 | 21299 | 9 | Male | 16 | 15 | 16 | 15 | 16.5 | 15.5 | 19 | 19 | 19.5 | 116 | 116 | 116 | 9.2 | 10.0 | 5.9 | 5.9 |
| 9 | 22241 | 8 | Male | 15 | 16 | 15 | 16 | 15.5 | 17 | 20 | 20 | 21 | 125 | 125 | 126 | 11.7 | 11.8 | 5.2 | 5.5 |
| 10 | 23373 | 14 | Female | 22.5 | 22 | 23 | 22.5 | 23 | 23 | 41 | 41 | 42 | 145 | 145 | 146 | 11.5 | 11.5 | 5.9 | 6.0 |
| 11 | 23545 | 12 | Male | 19 | 19 | 19 | 19 | 19 | 19 | 30 | 30 | 30 | 145 | 145 | 146 | 10.2 | 10.3 | 7.0 | 7.0 |
| 12 | 23551 | 11 | Male | 17.5 | 17.5 | 17.5 | 17.5 | 17.5 | 17.5 | 29.5 | 30 | 30 | 144 | 144 | 144 | 8.6 | 9.0 | 6.3 | 6.3 |
| 13 | 23570 | 11 | Male | 18 | 17 | 18 | 17 | 18 | 17 | 31 | 31 | 31 | 147 | 147 | 147 | 11.2 | 11.0 | 6.3 | 6.5 |
| 14 | 23592 | 13 | Male | 18 | 18 | 18 | 18 | 19 | 19 | 28 | 28 | 29 | 143 | 144 | 145 | 10.7 | 11.0 | 5.2 | 5.2 |
| 15 | 23585 | 14 | Male | 18.5 | 19 | 18.5 | 19 | 18.5 | 19 | 33.5 | 33.5 | 34 | 148 | 148 | 148 | 11.8 | 11.8 | 6.7 | 6.7 |
| 16 | 23628 | 12 | Male | 18 | 19 | 18 | 19 | 18 | 19 | 38 | 38 | 38 | 152 | 152 | 152 | 9.6 | 10.0 | 5.0 | 5.0 |
| 17 | 23960 | 11 | Female | 17 | 16.5 | 17 | 17 | 17 | 17 | 22.5 | 23 | 23 | 129.5 | 130 | 130 | 8.0 | 9.0 | 8.0 | 7.0 |
| 18 | 6113 | 15 | Male | 19 | 19 | 19 | 19 | 19 | 19 | 30 | 32 | 34 | 147 | 148 | 149 | 9.1 | 11.7 | 6.2 | 6.5 |
| 19 | 6115 | 13 | Male | 19 | 18 | 19 | 18 | 19 | 18.5 | 29 | 29 | 29 | 146 | 146 | 146 | 10.7 | 10.7 | 5.2 | 5.3 |
| 20 | 305 | 10 | Male | 18 | 18 | 18 | 18 | 18 | 18 | 30 | 30 | 30 | 141 | 141 | 142 | 8.0 | 8.6 | 6.0 | 6.3 |
| 21 | 306 | 8 | Female | 16 | 16 | 16 | 16 | 16 | 17 | 23 | 23 | 23.5 | 121 | 121 | 121 | 8.0 | 8.4 | 5.4 | 5.5 |
| 22 | 307 | 9 | Male | 17 | 17 | 17 | 17 | 18 | 18 | 29.5 | 30 | 30 | 136 | 136 | 136 | 9.1 | 9.5 | 6.0 | 6.0 |
| 23 | 308 | 12 | Male | 17 | 18 | 17 | 18 | 17 | 18 | 31 | 31 | 31 | 147.5 | 148 | 148 | 9.6 | 9.1 | 6.0 | 6.0 |
| 24 | 1234 | 15 | Female | 18 | 18 | 18 | 18 | 18 | 18 | 30 | 30 | 30 | 143 | 144 | 144 | 11.8 | 12.0 | 7.4 | 7.0 |
| 25 | 3680 | 13 | Male | 19 | 19 | 19 | 19 | 20 | 19 | 26 | 26 | 26 | 134 | 134 | 134 | 12.0 | 12.0 | 5.4 | 6.0 |
| 26 | 5912 | 8 | Male | 13.5 | 14 | 13.5 | 14 | 13.5 | 14 | 22 | 22 | 22 | 122 | 123 | 123 | 10.2 | 10.7 | 5.0 | 6.0 |
| 27 | 5922 | 10 | Female | 16 | 16 | 16 | 16 | 16 | 17 | 22 | 22 | 22.5 | 119 | 119 | 120 | 9.1 | 9.1 | 5.8 | 5.9 |
| 28 | 5923 | 8 | Male | 16 | 16 | 16 | 16 | 16 | 16 | 20 | 20 | 20 | 117 | 117 | 117 | 10.2 | 11.4 | 6.0 | 6.3 |
| 29 | 5931 | 8 | Male | 17.5 | 17.5 | 17.5 | 17.5 | 17.5 | 17.5 | 31 | 31 | 32 | 144 | 144 | 144 | 11.5 | 11.5 | 5.7 | 5.9 |
| 30 | 5955 | 7 | Male | 14 | 14 | 14 | 14 | 14 | 14 | 20 | 20 | 19 | 121 | 122 | 124 | 10.2 | 11.4 | 6.0 | 6.3 |

Control Group

# Ashwagandha [v]

| SN | REG NO | AGE | SEX | MID ARM CIRCUMFERENCE ( cm ) | | | | | | WEIGHT ( kg ) | | | HEIGHT (cm) | | | HB (gm %) | | SR PROTEIN (gm%) | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | BT | | AT | | | | BT | AT | | BT | AT | | BT | AT | BT | AT |
| | | | | 0 M | | 1 M | | 2 M | | | | | | 1 | 2 | | | | |
| | | | | RT | LT | RT | LT | RT | LT | | | | | | | | | | |
| 1 | 22058 | 7 | Male | 14.5 | 15 | 15 | 15 | 16 | 16.5 | 20 | 20 | 22 | 112 | 113 | 114 | 11.2 | 11.5 | 5.7 | 8.1 |
| 2 | 22101 | 8 | Male | 15 | 15 | 16 | 15.5 | 16.5 | 16.5 | 15 | 16 | 17.5 | 110 | 111 | 112 | 10.0 | 11 | 4.2 | 6.2 |
| 3 | 22134 | 8 | Female | 16 | 16 | 17 | 17 | 18 | 18 | 20 | 20 | 22 | 125 | 126 | 127.5 | 9.6 | 10.7 | 5.9 | 7.0 |
| 4 | 22168 | 7 | Male | 17 | 16 | 17 | 17 | 18.5 | 18 | 19 | 20 | 21 | 117 | 118 | 118 | 10.7 | 11.6 | 5.3 | 7.4 |
| 5 | 22174 | 10 | Male | 16.5 | 17 | 17 | 18 | 18.5 | 19 | 23 | 24 | 25.5 | 122 | 124 | 125 | 9.6 | 10.7 | 4.1 | 6.4 |
| 6 | 22199 | 8 | Male | 16 | 16 | 17 | 17 | 17.5 | 17.5 | 19 | 20 | 21 | 116 | 117 | 118 | 8.0 | 9.5 | 5.5 | 7.0 |
| 7 | 22557 | 12 | Female | 17 | 17.5 | 18.5 | 18.5 | 19 | 19.5 | 31 | 31.5 | 33 | 147.5 | 148 | 149 | 8.4 | 9.3 | 5.1 | 7.0 |
| 8 | 22580 | 13 | Male | 17 | 16 | 17.5 | 16.5 | 18 | 17 | 25 | 28 | 28.5 | 131 | 134.5 | 135 | 10.7 | 11.6 | 5.2 | 7.5 |
| 9 | 22562 | 13 | Female | 17 | 17 | 19 | 18.5 | 19 | 18.5 | 25.5 | 27 | 28 | 134 | 138 | 138 | 10.0 | 12.0 | 4.2 | 6.4 |
| 10 | 22568 | 13 | Male | 18 | 18 | 19.5 | 19 | 19.5 | 19.5 | 28 | 29 | 30 | 130 | 130 | 132 | 10.7 | 11.5 | 4.1 | 6.5 |
| 11 | 23089 | 10 | male | 17 | 17 | 17 | 17 | 18.5 | 18.5 | 27 | 28 | 29 | 132 | 132 | 133 | 11.2 | 12.0 | 6.0 | 6.4 |
| 12 | 22885 | 6 | Male | 14 | 14 | 14.5 | 14.5 | 16 | 16 | 19 | 20 | 21 | 104 | 104 | 105 | 9.4 | 10.0 | 4.6 | 6.0 |
| 13 | 22691 | 10 | Female | 16 | 16 | 17 | 17 | 17.5 | 17.5 | 22 | 23 | 24 | 119 | 121 | 122 | 9.6 | 11.7 | 7.0 | 7.2 |
| 14 | 23468 | 10 | Male | 19 | 18.5 | 19 | 19 | 21 | 20.5 | 30 | 31 | 32 | 137 | 138 | 139 | 9.6 | 10.7 | 5.1 | 7.0 |
| 15 | 23563 | 10 | Male | 20 | 19.5 | 20 | 20 | 21 | 20.5 | 30 | 31.5 | 32 | 148 | 148 | 150 | 8.0 | 9.5 | 5.7 | 7.0 |
| 16 | 23625 | 11 | Male | 20 | 19.5 | 20 | 20 | 21 | 20.5 | 39 | 39 | 40.5 | 155 | 155 | 156 | 10.0 | 11.5 | 6.4 | 7.2 |
| 17 | 23636 | 10 | Male | 14.5 | 14 | 15 | 15 | 16 | 15.5 | 20 | 21.5 | 23 | 130 | 130 | 132 | 9.2 | 10.3 | 5.2 | 6.5 |
| 18 | 23699 | 10 | Female | 16 | 15 | 16.5 | 15.5 | 17 | 16 | 22 | 23 | 23.5 | 128 | 129 | 130 | 9.8 | 10.7 | 5.1 | 6.6 |
| 19 | 23962 | 13 | Male | 17 | 16.5 | 17 | 17 | 18 | 17.5 | 27 | 27.5 | 29 | 139 | 140 | 140 | 11.2 | 11.5 | 5.6 | 8.2 |
| 20 | 23965 | 8 | Female | 16 | 16 | 16 | 16 | 16.5 | 16.5 | 21.5 | 22.5 | 23.5 | 127 | 127 | 128 | 11.5 | 11.7 | 6.2 | 7.0 |
| 21 | 24086 | 13 | Female | 16 | 16 | 16.5 | 16.5 | 17.5 | 17.5 | 39 | 39 | 40 | 152 | 152 | 153 | 7.2 | 9.0 | 5.2 | 6.5 |
| 22 | 24304 | 5.5 | Male | 14.5 | 14.5 | 15 | 15 | 16 | 16 | 15 | 16 | 17 | 113 | 113 | 115 | 9.2 | 10.4 | 5.3 | 6.6 |
| 23 | 24365 | 9 | Male | 17 | 17 | 18 | 18 | 19 | 19 | 26 | 26.5 | 27.5 | 131 | 132 | 134 | 10.0 | 11.5 | 6.3 | 7.3 |
| 24 | 319 | 8 | Male | 15 | 15 | 16 | 16 | 17 | 17 | 22 | 24 | 25 | 121 | 122 | 123 | 9.2 | 10.2 | 5.2 | 6.6 |
| 25 | 613 | 7 | Male | 17 | 17 | 18 | 18 | 19 | 19 | 22 | 23 | 24.5 | 123 | 124 | 125 | 8.3 | 9.5 | 5.1 | 7.0 |
| 26 | 1280 | 7 | Male | 14 | 14 | 15 | 15 | 15.5 | 15.5 | 18 | 18 | 19 | 112 | 112 | 113 | 8.5 | 9.6 | 4.5 | 7.1 |
| 27 | 929 | 7 | Male | 16 | 16 | 17 | 17 | 17.5 | 17.5 | 21 | 22 | 23 | 122 | 123 | 125 | 9.2 | 10.3 | 4.2 | 6.5 |
| 28 | 1020 | 7 | Male | 15 | 15 | 16 | 16 | 17 | 17 | 20 | 21 | 22 | 112 | 113 | 114.5 | 7.9 | 8.9 | 5.1 | 6.8 |
| 29 | 1524 | 9 | Male | 16 | 16 | 17 | 17 | 17.5 | 17.5 | 20 | 21 | 21 | 117 | 118 | 120 | 10.2 | 10.7 | 5.0 | 6.0 |
| 30 | 2392 | 12 | Male | 18 | 18 | 18.5 | 18.5 | 19.5 | 19.5 | 31 | 31.5 | 32 | 144 | 145 | 146 | 10.1 | 10.8 | 5.1 | 6.2 |

Ashwagandha [v]

# Ashwagandha (M)

| SN | REG NO | AGE | SEX | MID ARM CIRCUMFERENCE ( cm ) | | | | | | WEIGHT ( kg ) | | | HEIGHT (cm) | | | HB (gm %) | | SR PROTEIN (gm/lit) | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | BT | | AT | | | | BT | AT | | BT | AT | | BT | AT | BT | AT |
| | | | | 0 M | | 1 M | | 2 M | | | | | | 1 | 2 | | | | |
| | | | | RT | LT | RT | LT | RT | LT | | | | | | | | | | |
| 1 | 20185 | 9 | Female | 16 | 16 | 16.5 | 16.5 | 17 | 17 | 22 | 22 | 23 | 120 | 121 | 122 | 10.2 | 11.4 | 5.2 | 7.4 |
| 2 | 20211 | 7 | Female | 13 | 13.5 | 13 | 13.5 | 14 | 14.5 | 13 | 13 | 14.5 | 95 | 95 | 97 | 9.2 | 11.0 | 4.7 | 6.3 |
| 3 | 20268 | 10 | Female | 16 | 16 | 16 | 16 | 17.5 | 17 | 22.5 | 22.5 | 23 | 125 | 125 | 126 | 10.2 | 11.3 | 4.7 | 6.7 |
| 4 | 20444 | 13 | Male | 17.5 | 17.5 | 18.5 | 18.5 | 19 | 19 | 31 | 32 | 32 | 144 | 144 | 144 | 10.7 | 11.5 | 5.2 | 5.9 |
| 5 | 20472 | 6 | Male | 15 | 15 | 15 | 15 | 16 | 16 | 19 | 19 | 20.5 | 111 | 112 | 113 | 11.2 | 12.5 | 5.1 | 6.9 |
| 6 | 20661 | 7 | Male | 14 | 14 | 14 | 14 | 15 | 15 | 16 | 16 | 17.5 | 108 | 108 | 109 | 10.2 | 11.3 | 5.3 | 7.1 |
| 7 | 20825 | 8 | Male | 14 | 14 | 14 | 14 | 15 | 15 | 16 | 16 | 17.5 | 109 | 109 | 111 | 9.2 | 11.0 | 4.8 | 6.6 |
| 8 | 21225 | 10 | Female | 16 | 16 | 16 | 16 | 17 | 17 | 25 | 25 | 25 | 136 | 136 | 138 | 8.6 | 9.6 | 4.6 | 7.0 |
| 9 | 21264 | 7 | Female | 13.5 | 13.5 | 13.5 | 13.5 | 14.5 | 14.5 | 13.5 | 13.5 | 14.5 | 102 | 102 | 103 | 10.2 | 11.2 | 5.2 | 6.6 |
| 10 | 21292 | 6 | Male | 13 | 13 | 13.5 | 13.5 | 14 | 14 | 14 | 14.5 | 15 | 104 | 104 | 105 | 10.5 | 11.5 | 5.6 | 6.9 |
| 11 | 21300 | 8 | Male | 17.5 | 17.5 | 17.5 | 18 | 18.5 | 18.5 | 20 | 20 | 21 | 121 | 121 | 122 | 10.7 | 11.8 | 5.9 | 7.5 |
| 12 | 21374 | 13 | Female | 17.5 | 17 | 18.5 | 18 | 19 | 18.5 | 30 | 30 | 31 | 140 | 140 | 141 | 11.9 | 12.5 | 5.6 | 7.0 |
| 13 | 21650 | 5 | Male | 15 | 14.5 | 15 | 14.5 | 15.5 | 15 | 14 | 15 | 15.5 | 101 | 101 | 102 | 11.2 | 11.4 | 5.1 | 6.8 |
| 14 | 21651 | 10 | Female | 16 | 16.5 | 16.5 | 17 | 17 | 17.5 | 25.5 | 26 | 26.5 | 132 | 133 | 133.5 | 9.6 | 11.0 | 5.6 | 6.6 |
| 15 | 21952 | 13 | Male | 15.5 | 16 | 16 | 16.5 | 16.5 | 17 | 26 | 26.5 | 27.5 | 137 | 137 | 138 | 10.7 | 11.8 | 7.0 | 7.3 |
| 16 | 22005 | 10 | Male | 17.5 | 17.5 | 19 | 19 | 19 | 19 | 28 | 28 | 29 | 129 | 129 | 129 | 11.8 | 11.8 | 5.1 | 6.8 |
| 17 | 22616 | 13 | Female | 19 | 18 | 19 | 18 | 19.5 | 19 | 30 | 30 | 31 | 137 | 137 | 138 | 10.7 | 11.7 | 5.2 | 6.8 |
| 18 | 22595 | 13 | Male | 17.5 | 17 | 18 | 18 | 18.5 | 18 | 31 | 32 | 32.5 | 147 | 147 | 148 | 11.2 | 12.5 | 6.1 | 6.5 |
| 19 | 23086 | 13 | Male | 19 | 18 | 19 | 18 | 19.5 | 18.5 | 34 | 34 | 34.5 | 145 | 146.5 | 147 | 11.7 | 12.0 | 5.2 | 7.5 |
| 20 | 23095 | 13 | Male | 19 | 18 | 19 | 18 | 20 | 19 | 34 | 34 | 34.5 | 150 | 153 | 153 | 10.2 | 12.2 | 5.8 | 8.4 |
| 21 | 23367 | 8 | Male | 15 | 15 | 15 | 15 | 16 | 16 | 18 | 19 | 20 | 119 | 121 | 121 | 10.2 | 11.4 | 6.0 | 6.3 |
| 22 | 23372 | 8 | Male | 18.5 | 18 | 18.5 | 18 | 19 | 19 | 25.5 | 26 | 27 | 124 | 124 | 125 | 11.2 | 12.0 | 6.5 | 7.2 |
| 23 | 23467 | 10 | Male | 18.5 | 18 | 18.5 | 18.5 | 19.5 | 19.5 | 30 | 30 | 31 | 136 | 137 | 138 | 9.0 | 10.7 | 6.1 | 7.4 |
| 24 | 23469 | 11 | Male | 21 | 20 | 21 | 20 | 21.5 | 20.5 | 36 | 36 | 36 | 146 | 146 | 147 | 10.0 | 11.2 | 6.4 | 7.1 |
| 25 | 23566 | 12 | Male | 19 | 19 | 19 | 19 | 19.5 | 20 | 30.5 | 31 | 32 | 134 | 134 | 135 | 11.8 | 12.5 | 6.1 | 7.0 |
| 26 | 23572 | 12 | Male | 18.5 | 18 | 18.5 | 18 | 19.5 | 19 | 28 | 28 | 29 | 135 | 135 | 136 | 11.9 | 12.6 | 6.0 | 7.2 |
| 27 | 23634 | 13 | Male | 16.5 | 17 | 16.5 | 17 | 17.5 | 18 | 29 | 29 | 30.5 | 138 | 138 | 140 | 9.1 | 10.6 | 5.2 | 7.3 |
| 28 | 23619 | 13 | Male | 18.5 | 19 | 18.5 | 19 | 19.5 | 19.5 | 34 | 34 | 35 | 151 | 151 | 152 | 10.7 | 11.6 | 5.2 | 7.4 |
| 29 | 23588 | 12 | Male | 19 | 19 | 19 | 19.5 | 20 | 20 | 30.5 | 31 | 31 | 144 | 144 | 145 | 10.7 | 11.8 | 4.3 | 6.4 |
| 30 | 23703 | 10 | Female | 18 | 17.5 | 18 | 18 | 18 | 18 | 26 | 27 | 27.5 | 133 | 134 | 137 | 9.2 | 10.2 | 4.7 | 5.2 |

Ashwagandha (M)

# Shatavari (V)

| SN | REG NO | AGE | SEX | MID ARM CIRCUMFERENCE ( cm ) | | | | | | WEIGHT ( kg ) | | | HEIGHT (cm) | | | HB (gm %) | | SR PROTEIN (gm/lit) | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | BT | | AT | | | | BT | AT | | BT | AT | | BT | AT | BT | AT |
| | | | | 0 M | | 1 M | | 2 M | | | | | | 1 | 2 | | | | |
| | | | | RT | LT | RT | LT | RT | LT | | | | | | | | | | |
| 1 | 19325 | 9 | Male | 17 | 17 | 17.5 | 17.5 | 18 | 18.5 | 23 | 24 | 25 | 125 | 126 | 127 | 11.5 | 12.5 | 4.8 | 6.7 |
| 2 | 19330 | 7 | Male | 14 | 14 | 15 | 14.5 | 15 | 15 | 17 | 18 | 18 | 119 | 119 | 120 | 10.8 | 11.5 | 5.7 | 6.2 |
| 3 | 19333 | 8 | Male | 15 | 15 | 16 | 16 | 17 | 17.5 | 24 | 25 | 25.5 | 132 | 132 | 133 | 11.8 | 12.5 | 4.8 | 6.7 |
| 4 | 19335 | 8 | Female | 15 | 15 | 15.5 | 16 | 16 | 16.5 | 19 | 20 | 21 | 117 | 117 | 118 | 10.8 | 11.5 | 5.7 | 6.2 |
| 5 | 19674 | 12 | Male | 19 | 18 | 19 | 19 | 20 | 20 | 28 | 29 | 30 | 137 | 137 | 139 | 10.7 | 11.2 | 8.0 | 6.2 |
| 6 | 19724 | 9 | Female | 15.5 | 15.5 | 16 | 16 | 17 | 17 | 21 | 22 | 23 | 127 | 127 | 129 | 9.6 | 11.0 | 5.9 | 6.8 |
| 7 | 19727 | 8 | Male | 14 | 15 | 15.5 | 15.5 | 16 | 16 | 20 | 21 | 22 | 122 | 122 | 123 | 10.2 | 11.2 | 4.6 | 6.6 |
| 8 | 19728 | 5 | Female | 14.5 | 14.5 | 15 | 15 | 15.5 | 16 | 15 | 15.5 | 16.5 | 102 | 102.5 | 103 | 10.2 | 11.2 | 6.0 | 6.6 |
| 9 | 19922 | 13 | Female | 16 | 16.5 | 17 | 17 | 17.5 | 17.5 | 30 | 31 | 31.5 | 150 | 150 | 151 | 9.7 | 10.7 | 4.2 | 6.8 |
| 10 | 19923 | 7 | Male | 15 | 14 | 16 | 15.5 | 16.5 | 16 | 17 | 18 | 19.5 | 104 | 104 | 105 | 10.5 | 11.3 | 4.9 | 6.6 |
| 11 | 19925 | 12 | Female | 15.5 | 15.5 | 16 | 16.5 | 16.5 | 17 | 25 | 25.5 | 26.5 | 140 | 141.5 | 142 | 9.6 | 10.7 | 6.4 | 6.9 |
| 12 | 19991 | 12 | Male | 15 | 14.5 | 15.5 | 15.5 | 16 | 15.5 | 22 | 22 | 23 | 127 | 127 | 128 | 10.9 | 10.9 | 5.3 | 6.5 |
| 13 | 20025 | 12 | Male | 14 | 14 | 15.5 | 15.5 | 16 | 16 | 22 | 23 | 24 | 124.5 | 125 | 126 | 9.6 | 11.0 | 5.7 | 6.2 |
| 14 | 20030 | 11 | Male | 15 | 15 | 17 | 16 | 17 | 17 | 25 | 25.5 | 26.5 | 130 | 132 | 133 | 10.2 | 11.2 | 4.8 | 6.8 |
| 15 | 20033 | 7 | Male | 15 | 14.5 | 16 | 16 | 16.5 | 17 | 22 | 23 | 24 | 124.5 | 125 | 126 | 10.5 | 11.3 | 5.1 | 6.7 |
| 16 | 20040 | 12 | Male | 14 | 14 | 14.5 | 14.5 | 15.5 | 15.5 | 21 | 22 | 23 | 132 | 132 | 133 | 11.0 | 11.0 | 5.7 | 6.2 |
| 17 | 20048 | 8 | Male | 16 | 16 | 17.5 | 17.5 | 18 | 18 | 20 | 20.5 | 22 | 117 | 117 | 118 | 10.2 | 11.5 | 4.9 | 6.7 |
| 18 | 20333 | 10 | Male | 17.5 | 17 | 19 | 19 | 19.5 | 19 | 29 | 30 | 30 | 140 | 140 | 142 | 10.2 | 11.7 | 5.8 | 7.3 |
| 19 | 20334 | 14 | Male | 20.5 | 21 | 21 | 21 | 22 | 22.5 | 47 | 48 | 48 | 166 | 168 | 170 | 9.2 | 11.6 | 5.9 | 6.6 |
| 20 | 21143 | 8 | Female | 14.5 | 15 | 16 | 16 | 16.5 | 17 | 20 | 20.5 | 21.5 | 116 | 116.5 | 118 | 10.2 | 11.2 | 6.0 | 6.8 |
| 21 | 22001 | 12 | Male | 16.5 | 16.5 | 17 | 17.5 | 18 | 18 | 25 | 25.5 | 26.5 | 145 | 145 | 146.5 | 10.7 | 11.5 | 6.1 | 6.9 |
| 22 | 23006 | 10 | Female | 18 | 18 | 18.5 | 18.5 | 19.5 | 20 | 29 | 30 | 31 | 132 | 132 | 133 | 10.0 | 12.0 | 5.7 | 6.7 |
| 23 | 23575 | 14 | Male | 17.5 | 17 | 18 | 17.5 | 18.5 | 18 | 30.5 | 31 | 32 | 151.5 | 152 | 153 | 10.2 | 11.5 | 5.2 | 6.6 |
| 24 | 23549 | 13 | Male | 18.5 | 18.5 | 18.5 | 19 | 20 | 20 | 27 | 27.5 | 28.5 | 149.5 | 150 | 151 | 9.6 | 11.3 | 5.4 | 6.7 |
| 25 | 23773 | 8 | Female | 15 | 15 | 15.5 | 15.5 | 16.5 | 15 | 19 | 19.5 | 21 | 120 | 120 | 121 | 10.7 | 11.5 | 5.7 | 6.8 |
| 26 | 24005 | 8 | Female | 14 | 14 | 14.5 | 15 | 16 | 16 | 22 | 22.5 | 24 | 124 | 124.5 | 125.5 | 10.0 | 11.3 | 5.3 | 6.8 |
| 27 | 24125 | 7 | Male | 15 | 15 | 15.5 | 16 | 17 | 17 | 17 | 18 | 19 | 113 | 114 | 115 | 9.5 | 11.0 | 5.3 | 6.5 |
| 28 | 303 | 10 | Male | 16.5 | 16.5 | 17 | 17 | 17.5 | 18 | 24 | 24.5 | 25.5 | 129 | 129.5 | 130.5 | 9.6 | 10.7 | 5.0 | 6.2 |

Shatavari (V)

# Shatavari (V)

| SN | REG NO | AGE | SEX | MID ARM CIRCUMFERENCE ( cm ) | | | | | | WEIGHT ( kg ) | | | HEIGHT (cm) | | | HB (gm %) | | SR PROTEIN (gm/lit) | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | BT | | AT | | | | BT | AT | | BT | AT | | BT | AT | BT | AT |
| | | | | 0 M | | 1 M | | 2 M | | | | | | 1 | 2 | | | | |
| | | | | RT | LT | RT | LT | RT | LT | | | | | | | | | | |
| 1 | 19325 | 9 | Male | 17 | 17 | 17.5 | 17.5 | 18 | 18.5 | 23 | 24 | 25 | 125 | 126 | 127 | 11.5 | 12.5 | 4.8 | 6.7 |
| 2 | 19330 | 7 | Male | 14 | 14 | 15 | 14.5 | 15 | 15 | 17 | 18 | 18 | 119 | 119 | 120 | 10.8 | 11.5 | 5.7 | 6.2 |
| 3 | 19333 | 8 | Male | 15 | 15 | 16 | 16 | 17 | 17.5 | 24 | 25 | 25.5 | 132 | 132 | 133 | 11.8 | 12.5 | 4.8 | 6.7 |
| 4 | 19335 | 8 | Female | 15 | 15 | 15.5 | 16 | 16 | 16.5 | 19 | 20 | 21 | 117 | 117 | 118 | 10.8 | 11.5 | 5.7 | 6.2 |
| 5 | 19674 | 12 | Male | 19 | 18 | 19 | 19 | 20 | 20 | 28 | 29 | 30 | 137 | 137 | 139 | 10.7 | 11.2 | 8.0 | 6.2 |
| 6 | 19724 | 9 | Female | 15.5 | 15.5 | 16 | 16 | 17 | 17 | 21 | 22 | 23 | 127 | 127 | 129 | 9.6 | 11.0 | 5.9 | 6.8 |
| 7 | 19727 | 8 | Male | 14 | 15 | 15.5 | 15.5 | 16 | 16 | 20 | 21 | 22 | 122 | 122 | 123 | 10.2 | 11.2 | 4.6 | 6.6 |
| 8 | 19728 | 5 | Female | 14.5 | 14.5 | 15 | 15 | 15.5 | 16 | 15 | 15.5 | 16.5 | 102 | 102.5 | 103 | 10.2 | 11.2 | 6.0 | 6.6 |
| 9 | 19922 | 13 | Female | 16 | 16.5 | 17 | 17 | 17.5 | 17.5 | 30 | 31 | 31.5 | 150 | 150 | 151 | 9.7 | 10.7 | 4.2 | 6.8 |
| 10 | 19923 | 7 | Male | 15 | 14 | 16 | 15.5 | 16.5 | 16 | 17 | 18 | 19.5 | 104 | 104 | 105 | 10.5 | 11.3 | 4.9 | 6.6 |
| 11 | 19925 | 12 | Female | 15.5 | 15.5 | 16 | 16.5 | 16.5 | 17 | 25 | 25.5 | 26.5 | 140 | 141.5 | 142 | 9.6 | 10.7 | 6.4 | 6.9 |
| 12 | 19991 | 12 | Male | 15 | 14.5 | 15.5 | 15.5 | 16 | 15.5 | 22 | 22 | 23 | 127 | 127 | 128 | 10.9 | 10.9 | 5.3 | 6.5 |
| 13 | 20025 | 12 | Male | 14 | 14 | 15.5 | 15.5 | 16 | 16 | 22 | 23 | 24 | 124.5 | 125 | 126 | 9.6 | 11.0 | 5.7 | 6.2 |
| 14 | 20030 | 11 | Male | 15 | 15 | 17 | 16 | 17 | 17 | 25 | 25.5 | 26.5 | 130 | 132 | 133 | 10.2 | 11.2 | 4.8 | 6.8 |
| 15 | 20033 | 7 | Male | 15 | 14.5 | 16 | 16 | 16.5 | 17 | 22 | 23 | 24 | 124.5 | 125 | 126 | 10.5 | 11.3 | 5.1 | 6.7 |
| 16 | 20040 | 12 | Male | 14 | 14 | 14.5 | 14.5 | 15.5 | 15.5 | 21 | 22 | 23 | 132 | 132 | 133 | 11.0 | 11.0 | 5.7 | 6.2 |
| 17 | 20048 | 8 | Male | 16 | 16 | 17.5 | 17.5 | 18 | 18 | 20 | 20.5 | 22 | 117 | 117 | 118 | 10.2 | 11.5 | 4.9 | 6.7 |
| 18 | 20333 | 10 | Male | 17.5 | 17 | 19 | 19 | 19.5 | 19 | 29 | 30 | 30 | 140 | 140 | 142 | 10.2 | 11.7 | 5.8 | 7.3 |
| 19 | 20334 | 14 | Male | 20.5 | 21 | 21 | 21 | 22 | 22.5 | 47 | 48 | 48 | 166 | 168 | 170 | 9.2 | 11.6 | 5.9 | 6.6 |
| 20 | 21143 | 8 | Female | 14.5 | 15 | 16 | 16 | 16.5 | 17 | 20 | 20.5 | 21.5 | 116 | 116.5 | 118 | 10.2 | 11.2 | 6.0 | 6.8 |
| 21 | 22001 | 12 | Male | 16.5 | 16.5 | 17 | 17.5 | 18 | 18 | 25 | 25.5 | 26.5 | 145 | 145 | 146.5 | 10.7 | 11.5 | 6.1 | 6.9 |
| 22 | 23006 | 10 | Female | 18 | 18 | 18.5 | 18.5 | 19.5 | 20 | 29 | 30 | 31 | 132 | 132 | 133 | 10.0 | 12.0 | 5.7 | 6.7 |
| 23 | 23575 | 14 | Male | 17.5 | 17 | 18 | 17.5 | 18.5 | 18 | 30.5 | 31 | 32 | 151.5 | 152 | 153 | 10.2 | 11.5 | 5.2 | 6.6 |
| 24 | 23549 | 13 | Male | 18.5 | 18.5 | 18.5 | 19 | 20 | 20 | 27 | 27.5 | 28.5 | 149.5 | 150 | 151 | 9.6 | 11.3 | 5.4 | 6.7 |
| 25 | 23773 | 8 | Female | 15 | 15 | 15.5 | 15.5 | 16.5 | 15 | 19 | 19.5 | 21 | 120 | 120 | 121 | 10.7 | 11.5 | 5.7 | 6.8 |
| 26 | 24005 | 8 | Female | 14 | 14 | 14.5 | 15 | 16 | 16 | 22 | 22.5 | 24 | 124 | 124.5 | 125.5 | 10.0 | 11.3 | 5.3 | 6.8 |
| 27 | 24125 | 7 | Male | 15 | 15 | 15.5 | 16 | 17 | 17 | 17 | 18 | 19 | 113 | 114 | 115 | 9.5 | 11.0 | 5.3 | 6.5 |
| 28 | 303 | 10 | Male | 16.5 | 16.5 | 17 | 17 | 17.5 | 18 | 24 | 24.5 | 25.5 | 129 | 129.5 | 130.5 | 9.6 | 10.7 | 5.0 | 6.2 |

Shatavari (V)