

LIST OF FIGURES

Figure No.	Title	Page no.
2.1	Projections of global death due to NCDs from year 2002 to 2030	9
2.2	Pattern of NCDs related DALY's in India	10
2.3	Burden of IHD and stroke in India	11
2.4 (a)	No. of DALYs (in lakhs) due to cancer in males in India	12
2.4 (b)	No. of DALYs (in lakhs) due to cancer in females in India	13
2.5	Percent burden of disease caused by Obesity	14
2.6	Global prevalence of Diabetes	16
2.7(a)	Top ten countries with diabetes globally	18
2.7(b)	Undiagnosed percentage and cases of diabetes	18
2.7(c)	Prevalence of diabetes based on income groups	19
2.7(d)	Deaths attributable to diabetes (in millions) by age	19
2.8	Comparative prevalence of diabetes in South East Asia	20
2.9	Estimated number of diabetic subjects in India	22
2.10	Population based study on prevalence of diabetes in various states of India	23
2.11	Comparative prevalence of diabetes across various cities of India	24
2.12	Type 1 Diabetes: causes, symptoms, complications and management	29
2.13	Type 2 Diabetes: causes, symptoms, complications and management	30
2.14	Pathophysiology of Type 2 Diabetes	33
2.15	The regulation of metabolism by insulin	35
2.16	The regulation of glucose metabolism in the liver	35
2.17	Synchronization of insulin and glucagon hormones	37
2.18	Mechanism showing regulation of gut incretins	39
2.19	Schematic representation of oxidative stress and vascular complications	45
2.20	Potential mechanisms by which hyperglycemia and its immediate biochemical sequel induce hyperglycemic damage	48
2.21	Flowchart depicting the progression of CHD due to type 2 diabetes mellitus	51
2.22	Changes with Age in Number of Bacterias in Faeces	56
2.23	Quantitative overview of the predominant human microbiota	58

Figure No.	Title	Page no.
2.24	Schematic average distribution of dominant, sub-dominant and minor components of human fecal microflora	59
2.25	Metabolic pathways of intestinal microbiota	64
2.26	Structure of inulin (left) and Fructooligosaccharide (right)	78
2.27	Schematic of production and bioavailability of SCFA from FOS/inulin	94
2.28	Immune modulating effect of FOS	97
2.29	The pathways of colon cancer reduction by oligofructose	99
2.30	The pathway of mineral absorption by oligofructose	101
2.31	High fat feeding diet changes the gut microflora, promote endotoxaemia and obesity	104
2.32	Changing in gut microbiota by prebiotic (FOS) and decrease in LPS activity	105
2.33	Mechanisms proposed by which gut microbiota may influence the host cardio-metabolic phenotype	108
2.34	Summary of effect of FOS in regulation of glucose homeostasis via GLP-1	113
4.1.1	Experimental design of Phase I of the study	123
4.2.1	Experimental Plan for recovery of FOS in food products	131
4.2.2	Determination of β - Fructan Dietary Fiber (FOS) by HPLC	134
4.3.1	Experimental Design of Phase II and III	138
4.3.9.1	Serial Dilution technique along with Steps of Inoculation and Incubation	157
5.0.1 (a-h)	Scores for organoleptic attributes of <i>chapati</i> substituted with varying levels of FOS	167-168
5.0.2 (a-h)	Scores for organoleptic attributes of <i>thepla</i> substituted with varying levels of FOS	175-176
5.0.3 (a-g)	Scores for organoleptic attributes of <i>dhokla</i> substituted with varying levels of FOS	182-183
5.0.4 (a-e)	Scores for organoleptic attributes of <i>patra</i> substituted with varying levels of FOS	189
5.1.1.1	Chromatograms depicting the FOS standard peak obtained at various concentrations (a-f)	191
5.1.1.2	Standard calibration curve plotted for various concentrations of FOS	192
5.1.1.3	Chromatograms depicting standard for (a) Sucrose (b) Glucose (c) Fructose	193

Figure No.	Title	Page no.
5.1.2.1	Webgraph showing percent recovery of FOS after using various processing techniques for <i>chapati</i> , <i>thepla</i> , <i>dhokla</i> and <i>patra</i>	194
5.2.2	Percent prevalence of secondary complications among the subjects	205
5.2.3	Percent prevalence of family history among the subjects	207
5.2.4	Physical activity pattern of type 2 diabetic subjects	209
5.2.5	Percent subjects according to BMI as per Asia Pacific classification	211
5.2.6.a	Percent subjects with varying control of hypertension	214
5.2.6.b	Percent subjects with varying control of HbA1c	214
5.2.6.c	Percent subjects with varying levels of total serum cholesterol	215
5.2.6.d	Percent subjects with varying levels of total serum triglyceride	215
5.2.7.1	Unbalanced percent distribution of energy from macronutrients by type 2 diabetic subjects	223
5.2.7.2	Ideal % distribution of energy v/s % distribution of energy by the subjects	226
5.2.8	Frequency of consumption of probiotics and prebiotic foods by type 2 diabetic subjects	228
5.2.9	Difference in <i>bifidobacterial</i> counts on biochemical parameters and dietary fiber values of the subjects	231
5.3.3.1.a	Glycemic response of the subjects before and after FOS supplementation	254
5.3.3.1.b	Glycemic response and GLP-1 levels of the subjects before and after FOS supplementation	255
5.3.4.1	Lipemic response of the subjects before and after FOS supplementation	261
5.5.1	Microbial colonization of the subjects before and after intervention	269
5.7.1	Percent contribution of the predictor variables in reduction of FBS and PP2BS as per regression analysis	281
5.7.2	Percent contribution of the predictor variables in reduction of HbA _{1c} and increase in GLP-1 as per regression analysis	284