TABLE OF CONTENTS

| Sr. No. | Contents | Page No. |
|------------|---|----------|
| | Abstract | i-iv |
| 1 | Introduction | 1-39 |
| 2 | Review of Literature | 40-140 |
| 3 | Methods and Materials | 141-165 |
| 4 | Results and Discussion | 166-282 |
| 5 | Summary | 283-289 |
| 6 | Conclusion | 290 |
| | Recommendations | 291 |
| 7 | Bibliography | 292-314 |
| | Appendices | |
| 1. | Consent Form | i |
| 2. | General questionnaire | ii |
| 3. | MRS scale and other symptoms | iv |
| 4. | Knowledge, Attitude and practices (Predesigned questionnaire) | v |
| 5. | Food frequency (Predesigned questionnaire) | vi |