

LIST OF TABLES

TABLE NO.	TITLE	PAGE NO.
2.1	Dietary nutrients associated with non-alcoholic fatty liver disease	52
2.2	Typical features of non-alcoholic fatty liver disease (NAFLD) and alcoholic fatty liver disease (AFLD)	60
2.3	Non-invasive methods of detecting hepatic fat	66
2.4	Therapeutic weight loss techniques in NAFLD	90
2.5	Phytoconstituents characterized in different parts of <i>tinospora cordifolia</i>	116
3.1	Knowledge index of type 2 diabetes mellitus	133
3.2	Knowledge index of NAFLD	133
3.3	Attitude and practice index on type 2 diabetes and NAFLD	134
3.4	Classification and category of KAP scores	134
3.5	Data obtained in phase II	138
3.6	Tools and techniques for data generation	146, 147, 148
3.7	Classification of hs-CRP according to CDC and AHA, 2003	159
3.8	National cholesterol education program (NCEP) adult treatment panel (ATP) IV classification for high blood cholesterol	165
3.9	Ultrasonographic grading of hepatic steatosis	176
4.1	Age and duration of diabetes of type 2 diabetes patients with NAFLD and normal liver from the gender perspective (Mean \pm SD)	188
4.2	Drug profile of type 2 diabetes patients with NAFLD and normal liver (N, %)	190
4.3	Physical activity profile of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	194

TABLE NO.	TITLE	PAGE NO.
4.4	Physical activity of type 2 diabetes patients with normal liver and different grades of hepatic steatosis (Mean \pm SD)	195
4.5	Difference in total metminutes/week based on liver status	195
4.6	Anthropometric profile of type 2 diabetic patients with NAFLD and normal liver (Mean \pm SD)	197
4.7	Anthropometric profile of type 2 diabetic patients with NAFLD and normal liver from gender perspective (Mean \pm SD)	198
4.8	Anthropometric profile of type 2 diabetic patients with normal liver and different grades of hepatic steatosis (Mean \pm SD)	199
4.9	Differences in anthropometric indices among type 2 diabetes patients with normal liver and different grades of hepatic steatosis	200
4.10	Dietary habits and nutrient intake of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	205
4.11	Percent distribution of calories from macronutrients of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	205
4.12	Nutrient intake of type 2 diabetes patients with NAFLD from gender prespective (Mean \pm SD)	206
4.13	Percent distribution of macro-nutrients of type 2 diabetes patients with NAFLD and normal liver from gender prespective (Mean \pm SD)	206
4.14	Nutrient intake of type 2 diabetes patients with normal liver and different grades of hepatic steatosis (Mean \pm SD)	207, 208
4.15	Difference in nutrient intake of subjects with normal liver and different grade of hepatic steatosis	208

TABLE NO.	TITLE	PAGE NO.
4.16	Percent distribution of macronutrients of type 2 diabetes patients with normal liver and different grades of hepatic steatosis (Mean \pm SD)	209
4.17	Difference in proportion of protein intake of subjects with normal liver and different grade of hepatic steatosis	209
4.18	Complete blood count profile of type 2 diabetic patients with NAFLD and normal liver (Mean \pm SD)	212
4.19	Iron profile of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	212
4.20	Renal profile of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	216
4.21	Renal profile of type 2 diabetes patients with NAFLD from gender perspective (Mean \pm SD)	216
4.22	Lipid profile and hs-CRP of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	218
4.23	Lipid profile of type 2 diabetic patients with normal liver and with different grades of hepatic steatosis (Mean \pm SD)	220
4.24	Atherogenic index of plasma and hs-CRP of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	223
4.25	Hs-CRP of type 2 diabetes patients with normal liver and with different grades of hepatic steatosis (Mean \pm SD)	224
4.26	Differences in hs-CRP across different hepatic status	224
4.27	Hepatic profile of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	226
4.28	Hepatic profile of type 2 diabetes patients with normal liver and with different grades of hepatic steatosis (Mean \pm SD)	227

TABLE NO.	TITLE	PAGE NO.
4.29	Differences in AP and GGT across different hepatic status	227
4.30	Thyroid profile of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	229
4.31	Vitamin D status of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	229
4.32	Glycemic profile of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD)	231
4.33	Liver span of type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD, N, %)	232
4.34	Differences in liver span across hepatic status	232
4.35	Prevalence of frequency of features of metabolic syndrome among type 2 diabetes patients with NAFLD and normal liver (Mean \pm SD, N, %)	234
4.36	Hepatic steatosis grade based on number of features of metabolic syndrome	235
4.37	Prevalence of frequency of features of metabolic syndrome among type 2 diabetes patients with normal liver and different grades of hepatic steatosis (Mean \pm SD, N, %)	237
4.38	Risk factor assessment for NAFLD among type 2 diabetes patients (N, %)	240, 241
4.39	Impact of cottonseed oil on health status of patients with type 2 diabetes (Mean \pm SD)	242
4.40	Forward stepwise logistic regression for deriving predictor variables for NAFLD in type 2 diabetes	243
4.41	Forward regression for arriving at predictor variables for severity of hepatic steatosis in NAFLD in type 2 diabetes mellitus	244
4.42	ANOVA of predictor variables for severity of NAFLD (c)	245

TABLE NO.	TITLE	PAGE NO.
4.43	Coefficients of predictors of severity of NAFLD in type 2 diabetes (a)	245
4.44	Role limitation due to physical health among type 2 diabetic subjects with NAFLD from gender perspective (N, %)	272, 273
4.45	Role limitation due to physical health among type 2 diabetic subjects with different grades of hepatic steatosis (N, %)	274, 275
4.46	Physical endurance of type 2 diabetic subjects with NAFLD from gender perspective (N, %)	278, 279
4.47	Physical endurance of type 2 diabetes subjects with different grades of hepatic steatosis (N, %)	280, 281
4.48	Symptoms bothersness of type 2 diabetic subjects with NAFLD from gender perspective (N, %)	283
4.49	Symptoms bothersness of type 2 diabetic subjects with different grades of hepatic steatosis (N, %)	284
4.50	General health of type 2 diabetic subjects with NAFLD from gender perspective (N, %)	286
4.51	General health of type 2 diabetic subjects with different grades of hepatic steatosis (N, %)	287
4.52	Treatment satisfaction of type 2 diabetic subjects with NAFLD from gender perspective (N, %)	290
4.53	Treatment satisfaction of type 2 diabetic subjects with different grades of hepatic steatosis (N, %)	291
4.54	Financial worries of type 2 diabetic subjects with NAFLD from gender perspective (N, %)	294
4.55	Financial worries of type 2 diabetic subjects with different grades of hepatic steatosis (N, %)	295
4.56	Emotional / mental health of type 2 diabetic subjects with NAFLD from gender perspective (N, %)	298, 299

TABLE NO.	TITLE	PAGE NO.
4.57	Emotional / mental health of type 2 diabetic subjects with different grades of hepatic steatosis (N, %)	299, 300
4.58	Diet satisfaction of type 2 diabetic subjects with NAFLD from gender perspective (N, %)	303
4.59	Diet satisfaction of type 2 diabetic subjects with different grades of hepatic steatosis (N, %)	304
4.60	Quality of life of type 2 diabetic subjects with NAFLD from gender perspective (Mean \pm SD)	306
4.61	Quality of life of type 2 diabetics with different grades of hepatic steatosis (Mean \pm SD)	308
4.62	Differences in domains of quality of life between grades of hepatic steatosis	308
4.63	Knowledge about type 2 diabetes mellitus among type 2 diabetes patients with NAFLD (N, %)	315, 316
4.64	Impact of nutrition counselling on knowledge scores on type 2 diabetes (Mean \pm SD)	317
4.65	Impact of nutrition counselling on total scores on knowledge on diabetes (Mean \pm SD)	320
4.66	Knowledge about NAFLD among type 2 diabetes patients with NAFLD (N, %)	324, 325
4.67	Impact of nutrition counselling on knowledge scores of NAFLD (Mean \pm SD)	326
4.68	Impact of nutrition counselling on the total knowledge scores of NAFLD (Mean \pm SD)	329
4.69	Attitude and practice of type 2 diabetes patients with NAFLD (N, %)	332, 333
4.70	Impact of nutrition counselling on attitude and practices scores on type 2 diabetes and NAFLD (Mean \pm SD)	334, 335
4.71	Impact of nutrition counselling on the attitude and practices of type 2 diabetes and NAFLD (Mean \pm SD)	338

TABLE NO.	TITLE	PAGE NO.
4.72	Impact of nutrition counselling on the knowledge attitude and practice scores of type 2 diabetes and NAFLD (Mean \pm SD)	339
4.73	General profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	342
4.74	Drug profile, supplement usage and addictions of type 2 diabetes subjects with NAFLD (N, %)	343
4.75	Oil consumption patterns of type 2 diabetes subjects with NAFLD (N, %)	344
4.76	Dietary habits of type 2 diabetes patients with NAFLD (N, %)	344
4.77	Impact of lifestyle modification therapy on anthropometric profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	348
4.78	Impact of lifestyle modification therapy on blood pressure of type 2 diabetes subjects with NAFLD (Mean \pm SD)	349
4.79	Difference in sbp in experimental group	349
4.80	Impact of lifestyle modification therapy on the nutrient intake of type 2 diabetes patients with NAFLD (Mean \pm SD)	351, 352, 353
4.81	Difference in soluble fibre intake in experimental arm subjects	354
4.82	Percent distribution of macronutrients of type 2 diabetes patients with NAFLD (Mean \pm SD)	355
4.83	Impact of lifestyle modification therapy on iron profile of type 2 diabetes subjects with NAFLD (mean \pm SD)	356
4.84	Impact of lifestyle modification therapy on renal profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	357

TABLE NO.	TITLE	PAGE NO.
4.85	Impact of lifestyle modification therapy on thyroid profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	357
4.86	Impact of lifestyle modification therapy on lipid profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	360
4.87	Impact of lifestyle modification therapy on lipid ratios of type 2 diabetes subjects with NAFLD (Mean \pm SD)	362
4.88	Impact of lifestyle modification therapy on hs-CRP of type 2 diabetes subjects with NAFLD (Mean \pm SD)	363
4.89	Impact of lifestyle modification therapy on glycemic profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	365
4.90	Impact of lifestyle modification therapy on hepatic profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	366
4.91	Impact of lifestyle modification therapy on number of features of metabolic syndrome among type 2 diabetes subjects with NAFLD (N, %)	370
4.92	Impact of lifestyle modification therapy on number of features of metabolic syndrome among type 2 diabetes subjects with NAFLD (Mean \pm SD)	370
4.93	Impact of lifestyle modification therapy on physical activity profile of type 2 diabetes subjects with NAFLD (Mean \pm SD)	371
4.94	Impact of lifestyle modification therapy on liver span of type 2 diabetes subjects with NAFLD (Mean \pm SD)	375
4.95	Impact of lifestyle modification therapy on severity of USG steatosis (Mean \pm SD)	376
4.96	Impact of lifestyle modification therapy on liver status of the type 2 diabetes subjects with NAFLD (N, %)	377

TABLE NO.	TITLE	PAGE NO.
4.97	Impact of lifestyle modification therapy on shifts in liver status among type 2 diabetes subjects with NAFLD (N, %)	378
4.98	Correlation of variables in the experimental arm (n=30)	379, 380, 381
4.99	Association of weight alterations with hepatic status among type 2 diabetes subjects with NAFLD (N, %)	382
4.100	Age and duration of diabetes of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	384
4.101	Drug profile of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (N, %)	384
4.102	Impact on the anthropometric and blood pressure profile of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	385
4.103	Impact on nutrient intake of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	388, 389, 390
4.104	Difference in soluble dietary fibre intake in subjects on lifestyle modification therapy with $\geq 7\%$ weight loss	390
4.105	Percent distribution of macronutrients of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	391
4.106	Difference in percent distribution of protein of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss	392
4.107	Physical activity profile of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	395
4.108	Impact on lipoproteins of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	396

TABLE NO.	TITLE	PAGE NO.
4.109	Impact on lipid ratios of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	398
4.110	Impact on Hs-CRP of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	401
4.111	Impact on glycemic profile of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	401
4.112	Impact on hepatic profile of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	402
4.113	Impact on number of features of metabolic syndrome among subjects with NAFLD on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	403
4.114	Impact on liver span of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (Mean \pm SD)	404
4.115	General profile of type 2 diabetics with dyslipidemia (Mean \pm SD, N, %)	426
4.116	Drug profile of type 2 diabetics with dyslipidemia (N, %)	426
4.117	Nutrient intake of type 2 diabetics with dyslipidemia (Mean \pm SD)	427, 428
4.118	Physical activity status of type 2 diabetics with dyslipidemia (Mean \pm SD)	428
4.119	Impact of tinospora cordifolia supplementation on anthropometric and blood pressure profile of type 2 diabetics with dyslipidemia (Mean \pm SD)	430

TABLE NO.	TITLE	PAGE NO.
4.120	Impact of tinospora cordifolia supplementation on renal profile of type 2 diabetics with dyslipidemia (Mean \pm SD)	431
4.121	Impact of tinospora cordifolia supplementation on lipid profile of type 2 diabetics with dyslipidemia (Mean \pm SD)	433
4.122	Impact of tinospora cordifolia supplementation on number of dyslipidemic features in type 2 diabetics with dyslipidemia (Mean \pm SD)	434
4.123	Impact of tinospora cordifolia supplementation on lipid ratios of type 2 diabetics with dyslipidemia (Mean \pm SD, N, %)	435
4.124	Impact of tinospora cordifolia supplementation on hs-crp of type 2 diabetics with dyslipidemia (Mean \pm SD)	437
4.125	Impact of tinospora cordifolia supplementation on hepatic profile of type 2 diabetics with dyslipidemia (Mean \pm SD)	438
4.126	Impact of tinospora cordifolia supplementation on glycemic profile of type 2 diabetics with dyslipidemia (Mean \pm SD)	439

LIST OF FIGURES

FIGURE NO.	TITLE	PAGE NO.
2.1	Liver histology in NAFLD	17
2.2	Histological changes associated with the spectrum of NAFLD	23
2.3	Changes in lipid homeostasis leading to NAFLD	30
2.4	NAFLD as a risk factor for hepatocellular carcinoma: mechanisms and implications	37
2.5	Prevalence of NAFLD in type 2 diabetics in India and other countries	42
2.6	Pathogenesis of NAFLD	58
2.7	Major repercussions of NAFLD	70
2.8	Progression of NAFLD	72
2.9	Schematic diagram of the pathophysiological processes involved in NAFLD leading to increased CV risk, highlighting the complex inter-relationships between visceral adipose tissue, adipocytokines, insulin resistance, ectopic fat accumulation and NAFLD	74
2.10	Management strategies in NAFLD	78
2.11	The role of whole grains in the prevention of NAFLD	94
2.12	Morphology of different parts of <i>tinospora cordifolia</i>	114
3.1	Experimental design phase I	129
3.2	Experimental design phase II (B, C)	137
3.3	Experimental design phase III (B)	144
3.4	Ultrasonographic normal liver	177
3.5	Ultrasonographic grade 1 hepatic steatosis	178
3.6	Ultrasonographic grade 2 hepatic steatosis	179
3.7	Ultrasonographic grade 3 hepatic steatosis	180
4.1	Prevalence of NAFLD among type 2 diabetes patients (%)	185

FIGURE NO.	TITLE	PAGE NO.
4.2	Prevalence of NAFLD from gender prespective (%)	185
4.3	Prevalence of ultrasonographic grades of hepatic steatosis (%)	186
4.4	Prevalence of ultrasonographic grades of hepatic steatosis from gender perspective (%)	186
4.5	Age distribution of type 2 diabetes patients with NAFLD and normal liver (%)	188
4.6	Disease profile of type 2 diabetes patients with NAFLD and normal liver (%)	189
4.7	Frequency of eating out among type 2 diabetes patients with NAFLD and normal liver (%)	192
4.8	Physical activity status of type 2 diabetes patients with NAFLD and normal liver (%)	194
4.9	Physical activity profile of type 2 diabetes patients with normal liver and different grades of hepatic steatosis (%)	195
4.10	Nutritional status of type 2 diabetes patients with NAFLD and normal liver (%)	202
4.11	Nutritional status of type 2 diabetes patients with normal liver and different grades of hepatic steatosis (%)	202
4.12	Prevalence of anaemia among type 2 diabetes patients with NAFLD and normal liver (%)	214
4.13	CKD status of type 2 diabetes patients with NAFLD and normal liver (%)	216
4.14	Prevalence of dyslipidemia among type 2 diabetes patients with NAFLD and normal liver (%)	218
4.15	Prevalence of dyslipidemia among type 2 diabetes patients with normal liver and different grades of hepatic steatosis (%)	221
4.16	Atherogenic index of plasma profile of type 2 diabetes patients with NAFLD and normal liver (%)	223

FIGURE NO.	TITLE	PAGE NO.
4.17	Hs-CRP profile of type 2 diabetes patients with NAFLD and normal liver (%)	223
4.18	Hs-CRP profile of type 2 diabetes with different grades of hepatic steatosis (%)	224
4.19	Prevalence of vitamin D deficiency in type 2 diabetes patients with NAFLD and normal liver (%)	229
4.20	HbA1c profile of type 2 diabetes patients with NAFLD and normal liver (%)	231
4.21	Liver span of type 2 diabetes patients with normal liver and with different grades of hepatic steatosis	232
4.22	Prevalence of metabolic syndrome (IDF) among type 2 diabetes patients with naflD and normal liver (%)	234
4.23	Association of metabolic syndrome with NAFLD in type 2 diabetics (%)	235
4.24	Prevalence of metabolic syndrome (IDF) among type 2 diabetes patients with normal liver and different grades of hepatic steatosis (%)	237
4.25	NAFLD fibrosis score of type 2 diabetics with NAFLD from the gender perspective (mean \pm SD, N, %)	247
4.26	NAFLD fibrosis score of type 2 diabetics with different grades of hepatic steatosis (mean \pm SD, N, %)	247
4.27	FIB-4 score of NAFLD patients with type 2 diabetes from gender perspective (mean \pm SD, N, %)	248
4.28	FIB-4 score of type 2 diabetics with different grades of hepatic steatosis (mean \pm SD, N, %)	248
4.29	Algorithm for screening of type 2 diabetics for NAFLD	269
4.30	Prevalence of satisfaction in different domains of quality of life in type 2 diabetics with NAFLD from gender perspective (%)	307

FIGURE NO.	TITLE	PAGE NO.
4.31	Prevalence of satisfaction in different domains of quality of life in type 2 diabetics with NAFLD from grades of hepatic steatosis perspective (%)	309
4.32	Percent improvement in diabetes knowledge scores in type 2 diabetics with NAFLD after nutrition counselling (%)	318
4.33	Impact of nutrition counselling on knowledge scores of type 2 diabetics with NAFLD (%)	320
4.34	Improvement in NAFLD knowledge scores among type 2 diabetics with NAFLD (%)	327
4.35	Impact of nutrition counselling on NAFLD knowledge scores in type 2 diabetics with NAFLD (%)	329
4.36	Improvement in attitudes and practices of type 2 diabetics with NAFLD (%)	336
4.37	Impact of nutrition counselling on attitudes and practices of type 2 diabetics with NAFLD (%)	338
4.38	Improvement in KAP score among type 2 diabetics with NAFLD (%)	339
4.39	Disease profile of type 2 diabetes subjects with NAFLD (%)	342
4.40	Impact of lifestyle modification therapy on nutritional status of type 2 diabetes subjects with NAFLD (%)	350
4.41	Weight alterations based on $\geq 7\%$ of type 2 diabetes patients with NAFLD (%)	350
4.42	Impact of lifestyle modification therapy on soluble dietary fibre intake of type 2 diabetes patients with NAFLD (mean \pm SD)	354
4.43	Impact of lifestyle modification therapy on eating out among type 2 diabetes subjects with NAFLD (%)	356
4.44	Impact on HDL-C of type 2 diabetics with NAFLD (mean \pm SD)	360

FIGURE NO.	TITLE	PAGE NO.
4.45	Impact of lifestyle modification therapy on prevalence of dyslipidemia among type 2 diabetes subjects with NAFLD (N, %)	361
4.46	Impact of lifestyle modification therapy on elevated lipid ratios of type 2 diabetes subjects with NAFLD (%)	362
4.47	Impact of lifestyle modification therapy on hs-CRP profile of type 2 diabetes subjects with NAFLD (%)	363
4.48	Impact of lifestyle modification therapy on glycated hemoglobin of type 2 diabetes subjects with NAFLD (%)	365
4.49	Impact of lifestyle modification therapy on prevalence of metabolic syndrome among type 2 diabetes subjects with NAFLD (%)	369
4.50	Physical activity status of type 2 diabetes subjects with NAFLD (%)	371
4.51	Impact of lifestyle modification therapy on liver span of type 2 diabetes subjects with NAFLD (%)	375
4.52	Impact of lifestyle modification therapy on prevalence of NAFLD in type 2 diabetics (%)	376
4.53	Impact of lifestyle modification therapy on liver status of the type 2 diabetes subjects with NAFLD (%)	377
4.54	Impact on the nutritional status of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	386
4.55	Impact on frequency of eating out among NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	392
4.56	Physical activity status of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	395
4.57	Impact on prevalence of dyslipidemia on NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	397

FIGURE NO.	TITLE	PAGE NO.
4.58	Impact on prevalence of elevated lipid ratios of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	398
4.59	Impact on hs-CRP status of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	401
4.60	Glycated hemoglobin status of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	402
4.61	Impact on prevalence of metabolic syndrome among subjects with NAFLD on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	403
4.62	Impact on prevalence of hepatomegaly of NAFLD subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	404
4.63	Impact on prevalence of NAFLD in subjects on lifestyle modification therapy with $\geq 7\%$ weight loss (%)	405
4.64	Physical activity profile of type 2 diabetics with dyslipidemia (%)	428
4.65	Impact of tinospora cordifolia supplementation on nutritional status of type 2 diabetics with dyslipidemia (%)	431
4.66	Impact of tinospora cordifolia supplementation on prevalence of dyslipidemia in type 2 diabetics with dyslipidemia (%)	434
4.67	Impact of tinospora cordifolia supplementation on prevalence of elevated hs-CRP of type 2 diabetics with dyslipidemia (%)	437
4.68	Impact Of tinospora cordifolia supplementation on Hba1c status of type 2 diabetics with dyslipidemia (%)	439
4.69	Impact of tinospora cordifolia supplementation on prevalence of metabolic syndrome (IDF) in type 2 diabetics with dyslipidemia (%)	440