

EPIDEMIOLOGICAL ASSESSMENT OF
IODINE DEFICIENCY DISORDERS
BY
CLINICAL AND BIOCHEMICAL
PREVALENCE INDICATORS
IN
GUJARAT, HIMACHAL PRADESH AND
TAMILNADU STATES

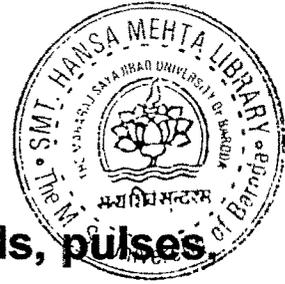
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Goitrogens consumed in Cereals, pulses, oils and vegetables of Gujarat



- | CEREALS | VEGETABLES | Green Leaves | |
|----------------|----------------|-------------------|--------------------------|
| 1 Wheat | 11 Cauliflower | 23 Fenugreek | 34 Kankoda |
| 2 Pearl millet | 12 Cabbage | 24 Spinach | 35 Parvel |
| 3 Jowar | 13 Tomato | 25 Dil | 36 Fansi |
| 4 Nagli White | 14 Onion | 26 Tandajjo | 37 Kand |
| 5 Nagli Red | 15 Potatoes | 27 Sadgwa Beans | 38 Arvi |
| | 16 Ginger | 28 Bambo Shoots | 39 Tuver |
| PULSES | 17 Dodi | 29 Amorphophallus | 40 Zucchini |
| 6 Tuver | 18 Garlic | 30 Giloda | 41 Longmelon |
| 7 Udad | 19 Chillies | 31 Guar | 42 Bitter Melon |
| | 20 Eggplant | 32 Cucumber | 43 Snake Beans |
| OILS | 21 Carrot | 33 Ratarhu | 44 Papdi Beans |
| 8 Groundnut | 22 Peas | | 45 Capsicum |
| 9 Cottonseed | | | 46 Okra (ladies fingers) |
| 10 Kharsani | | | |
| Sunflower | | | |