

## **List of Abbreviations**

ANOVA- Analysis of Variance

BMI- Body mass index

CC: Chronic constipation

CFU- Colony forming unit

CIC- Chronic Idiopathic Constipation

CTRI- Clinical Trials Registry of India

CVD- Cardiovascular Diseases

DALY- Disability Adjusted Life Years

DNA: Deoxyribonucleic acid

EAR- Estimated Average Requirement

EU- European Commission

FC: Functional constipation

FFQ- Food frequency questionnaire

FGID- Function gastrointestinal disorders

FH- Family history

FOS- Fructooligosaccharide

GC- Gas Chromatography

GI- Gastro intestinal

GOS- Galactooligosaccharide

HDPE- High Density Poly Ethylene

HPLC- High performance liquid chromatography

IBS-C- Constipation predominant Inflammatory Bowel syndrome

IECHR- Institutional Ethics Committee for Human Research

IHME- Institute of Health Metrics and Evaluation

JASP- Jeffreys's Amazing Statistics Program

MSU- The Maharaja Sayajirao University of Baroda

NCD- Non communicable Diseases

NIN-ICMR- National Institute of Nutrition, Indian Council of Medical Research

NSAIDS- Non steroidal anti-inflammatory drugs

PAC-QOL- Person assessment of Constipation- quality of life

PC- Personal Computer

PDA- Potato Dextrose agar

QOL- Quality of Life

RCT- Randomized controlled trials

RDA- Recommended Daily Allowance

RI- Refractive Index

RPM- Rotation per minute

RT-PCR- Real time Polymerase chain reaction

SCFA- Short Chain fatty acid

TPC- Total plate count

VRBA- Violet Red Bile Agar

UK- United Kingdom

WHO- World Health Organisation