

## Evaluation of anthropometric measurements and clinical examination of muslim families during entire ramzan period

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■ **ABSTRACT** : Present study was undertaken to evaluate anthropometric measurements and clinical assessment of selected Muslim families during entire Ramzan period. The sample was selected from Kolhapur city of Maharashtra. Purposive sampling technique was used to draw a sample for the study. A self-structured questionnaire was used as a tool for data collection. A non-significant change in anthropometric measurements of male and female subjects during Ramzan was observed. The frequency of clinical signs and symptoms such as lack of appetite, lethargy, tiredness, frequent headache, frequent infections, breathlessness giddiness, dehydration, bowel and bladder disturbance, indigestion and hyperacidity were increased during Ramzan. In a nutshell, it can be concluded that Ramzan fasting has a non-significant impact on anthropometric measurements of study population. But frequency of clinical symptoms of nutritional deficiencies were significantly increased during Ramzan fasting.

■ **KEY WORDS**: Ramzan fasting, Muslim families, Anthropometric measurements, Clinical examination

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