**Table 2: Comparison of QOL scores in two groups by dietary patterns of women**

|  |  |  |
| --- | --- | --- |
| **Diet pattern** | **Study Group (n=79)** | **Control Group (n=77)** |
| **No. (%)** | **Mean (± SD) scores**  | **No. (%)** | **Mean (± SD) scores**  |
| **Veg** | 75 (94.93) | 6.4\*\* ±4.1 | 52 (67.53) | 17.4 ± 9.8 |
| **Non-veg** | 1 (1.26) | - | 21 (27.27) | 17.2 ± 6.6 |
| **Fast food** | 2 (2.52) | 8.5 ± 6.4 | - | - |
| **Veg & Non-Veg** | - | - | 1 (1.3) | - |
| **Non-veg & Fast food** | 1 (1.26) | - | 2 (2.6) | 18.0 ± 9.9 |
| **Veg, Non-veg & Fast food** | 1 (1.26) | - | 0 | - |
| \*\*P < 0.0001 |

**More proportion of subjects followed veg diet pattern in Study group, while more preferred non-veg diet in Control group. Likerts Scores were found significantly higher in Control as compared to Study group in subjects preferring veg diet pattern ( p<0.0001).**

Sudarshankriyaseems to have some impact in lowering the Likerts score, when veg. diet and socio-demographic features are remaining constant factor in both groups