

Appendix Criteria for gradation

Appendix 1: Scoring and Gradation for assessment of Lifestyle

Serial number	Criterion	Points for scoring	Scoring pattern
1	Luke warm food	3	Extremely hot food which causes ulceration of mouth
		2	More hot food which produces burning sensation in mouth, esophagus
		1	More hot food but not producing any symptom
		0	Luke warm and freshly prepared food
		-1	Reheated food
		-2	Food having temperature equal to room temperature
		-3	Freeze food
2	Unctuous food	3	(a) Food containing additional ghee + (b) cooked in more quantity of oil + (c) containing milk product
		2	(a) + (b) + No (c)
		1	No (a) + (b) + No (c)
		0	(a) + No (b) + No (c)
		-1	(a) + (d) cooked in less quantity of oil + (e) do not contain pulses, potato etc.
		-2	No (a) + (d) + (e)
		-3	No (a) + (d) + No (e)

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Appendix 1: Contd...

Sr. no.	Criterion	Points for scoring	Scoring pattern
3	Proper quantity	3	(a) Eats more in quantity than hunger- almost daily which causes uneasiness in sitting, sleeping, walking, breathing, talking
		2	(a) 4-6 times/week leading to unwillingness for food
		1	(a) 1-2 times/week leading to pressure in abdomen
		0	No (a) with no pressure in abdomen, hunger satisfaction, easiness in sitting etc.
		-1	(b) Eat less in quantity than hunger 1-2 times/week leading to lightness in abdomen
		-2	(b) 4-6 times/week leading to willingness for food
		-3	(b) Almost daily leading to inability for sitting etc.
4	Intake of food at proper time	3	>2 h before feeling of hunger, daily
		2	1-2 h before feeling of hunger, 3-4 times/week
		1	½-1 h before feeling of hunger, 1-2 times/week
		0	Within ½ h after feeling of hunger, daily
		-1	½-1 h after feeling of hunger, 1-2 times/week
		-2	1-2 h after feeling of hunger, 3-4 times/week
		-3	>2 h after feeling of hunger, daily
5	Incompatible food	0	No intake of hot + cold food at same time
		1	Moderately cold + moderately hot, occasionally
		2	Very cold + very hot, occasionally
		3	Very cold + very hot, daily
6	Intake of meal with full concentration	0	No (a) tension/TV/phone calls/computer/chatting at the time of meal
		1	(a) Occasionally, for some time during meal
		2	(a) Often, during whole meal
7	Intake of meal without talking	0	No talk/about 12 sentences
		1	Talk occasionally, for some time during meal/2-6 sentences
		2	Talk often, during whole meal/6-10 sentences
8	Intake of meal without laughing	0	No laugh
		1	Laugh occasionally, for some time during meal
		2	Laugh often, during whole meal
9	Intake of meal not very slow not very fast	3	>40 min
		2	30-40 min
		1	20-30 min
10	Conduct after lunch	0	15-20 min
		-1	10-15 min
		-2	5-10 min
		-3	<5 min
		3	Sleep with in ½ h
		2	Sleep after 1-1½ h
		1	Sleep after 2 h
0	Rest but do not sleep/walk for 5-10 min		
11	Pressure on abdomen	-1	Not heavy work like
		-2	Moderately heavy work
		-3	Heavy work
12	Duration of sleep	0	No
		1	Tight clothing
		2	Work in sitting posture with pressure on abdomen
12	Duration of sleep	3	Sleep in prone position
		0	No sleep
		1	30-60 min/occasionally
12	Duration of sleep	2	1-2 h/often
		3	>2 h/almost daily

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Appendix 1: Contd...

Sr. no.	Criterion	Points for scoring	Scoring pattern
13	Travelling after meal	0	No
		1	½-1h/convenient vehicles/on smooth roads/occasionally
		2	1-2 h/moderately in convenient vehicles/on moderately rough roads/often
		3	Travelling for >2h/inconvenient vehicles/on rough roads/almost daily
14	Exposure to sunlight after meal	0	No
		1	30-60 min in other seasons/15-30 min in summer/occasionally
		2	45-90 min in other seasons/30-45 min in summer/often
		3	>90 min in other seasons/>45 min in summer/almost daily
15	Conducts after dinner	0	Walk for 5-10 min/sleep after 2 h of dinner
		1	Sleep within 2 h of dinner
		2	Sleep within 1-1½ h of dinner
		3	Sleep within ½ h of dinner
16	Relation of water intake with food	3	>200 ml just after meal
		2	100-200 ml after 1h of meal
		1	100-200 ml after ½ h of meal
		0	Sip by sip during meal
		-1	Abruptly during meal which hampers appetite
		-2	100-200 ml before meal
		-3	>200 ml before meal
17	Quantity of water intake with food	3	More than thirst and produces symptoms such as pressure in abdomen, pressure in chest and vomiting
		2	More than thirst and produces symptoms such as pressure in abdomen
		1	Drink water in more quantity than thirst but does not produce any symptom
		0	Required quantity of water on thirst
		-1	No intake of water even on thirst for ½-1 h and do not cause any symptom/occasionally
		-2	No intake of water even on thirst for 1-2 h and cause symptoms such as dryness of mouth/often
		-3	No intake of water even on thirst for >2h and cause symptoms such as tiredness, chest pain/almost daily
18	Intake of food on thirst and water on hunger	3	More quantity of water on hunger causing nausea, vomiting/almost daily
		2	Moderate quantity of water on hunger hampers the appetite/often
		1	Small quantity of water on hunger produces no symptoms/occasionally
		0	No intake of food on thirst/water on hunger
		-1	Small quantity of food on thirst but not cause any symptoms/occasionally
		-2	Moderate quantity of food on thirst which causes symptoms such as pain in abdomen/often
		-3	More quantity of food on thirst which causes symptoms such as pain in chest region/almost daily
19	Intake of water immediately after waking up	0	No
		1	<100 ml/occasionally
		2	100-200 ml/often
		3	>200 ml/almost daily
20	Water immediately before sleep at night	0	No
		1	<100 ml/occasionally
		2	100-200 ml/often
		3	>200 ml/almost daily
21	(a) Day sleep (late awakening + after noon sleep) + (b) vigilance at night	3	(a) >4 h/day/almost daily
		2	(a) 3-4 h/day/often
		1	(a) 1-2 h/day/occasionally
		0	No (a) + (b)
		-1	No (a) + (b)
		-2	(b) 3-4 h/day/often
		-3	(b) >4 h/day/almost daily

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Appendix 1: Contd...

Sr. no.	Criterion	Points for scoring	Scoring pattern
22	Quantity of exercise	3	No
		2	Not regularly/for 5-10 min
		1	Regularly/for 10-15 min
		0	Regularly up to half of capacity leading to sweating in arms, forehead, increase in heartbeat in winter-autumn, and little less in summer- rainy season
		-1	Little more quantity leading to thirst
		-2	Moderate quantity leading to coughing
23	Suppression of urges of urine and defecation	-3	Excess quantity leading to fever
		0	No
		1	Occasionally/30-45 min
		2	Often/45-90 min
24	Quantity of work	3	Almost daily/>90 min
		3	<2 h/day, not heavy work
		2	2-4 h/day, not heavy work
		1	4-6 h/day, not heavy work
		0	6-8 h/day, moderate work
		1	8-10 h/day, moderate work
		2	10-12 h/day, moderate work
3	>12 h/day, heavy work		

Appendix 2: Scoring and Gradation of symptoms of *Agnimandya*

Serial number	Criterion	Scoring pattern	Scoring pattern
1	Indigestion	0	No
		1	After heavy meal
		2	After intake of food in normal quantity
		3	After intake of food in less in quantity
2	Abdominal heaviness	0	1½ h after meal
		1	1½-13 h of meal
		2	3-6 h of meal
		3	6-8 h of meal
3	Hyper salivation	0	No
		1	Present but no inconvenience
		2	Has to spit once or twice
		3	Spits continuously, hampering his speech or dribbling of saliva at night
4	Dislike of food	0	No
		1	Partially at lunch/ dinner
		2	Partially at lunch + dinner
		3	Completely at lunch + dinner
5	Vomiting	0	No
		1	Occasionally
		2	2-3 times/week
		3	>3 times/week
6	Constipation	0	No
		1	Passage of stool after stimulation like smoking, tea etc, with proper quantity
		2	Frequently irregular with less quantity need laxatives frequently
		3	Always constipated even after stimulation and laxatives

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Appendix 2: Contd...

Serial number	Criterion	Scoring pattern	Points for scoring
Abhyavaharana Shakti			
1	Quantity of food	0	Proper quantity
		1	25 % less
		2	50 % less
		3	>50 % less
2	Frequency of food per day	0	>2 times
		1	2 times
		2	1 time
		3	<1 time
3	Intensity of hunger	0	Proper
		1	Moderate
		2	Less
		3	No hunger
Jarana Shakti			
4	Feeling of lightness after meal	0	<2 h
		1	4-6 h
		2	6-8 h
		3	>8 h
5	Activeness after meal	0	<2 h
		1	<2h
		2	6-8 h
		3	>8 h
6	Pure belching	0	<3 h
		1	3-5 h
		2	5-8 h
		3	>8 h
4	Feeling of hunger	0	<4 h
		1	4-6 h
		2	6-8 h
		3	>8 h
5	Disappearance of exhaustion	0	<2 h
		1	4-6 h
		2	6-8 h
		3	>8 h
Mala Samata			
1	Sticky stool	0	No
		1	Rarely
		2	Frequently
		3	Always
2	Foul smelling	0	No
		1	Rarely
		2	Frequently
		3	Always
3	Loose consistency of stool	0	No
		1	Rarely
		2	Frequently
		3	Always
4	Presence of undigested food practices	0	No
		1	Rarely
		2	Frequently
		3	Always

Statistical analysis: Statistical analysis was carried out using Student's *t*-test