Impact of safflower petal decoction supplementation on anthropometric measurements of selected subjects
T.N. KHAN, V.M. NALWADE AND J.P. NERLEKAR

ABSTRACT
Safflower (Carthamus tinctorius L.) florets contain two pigments Carthamin which is red and insoluble in water, and safflower yellow Carthamidin, which is soluble in water. Safflower pigments are safe for food and has curative effects on diseases. India is the largest producer of safflower (2.0 lakh tones). But it is cultivated as an oil seed crop and the valuable safflower petals are being wasted. Safflower petals decoction was prepared with 1.5 and 2.0 per cent concentration. A total number of 54 subjects, consisting of 18 hypertensive, 18 diabetic and 18 multiple health problems, were selected. Further these 18 subjects were divided into 3 groups and administered the different concentration of safflower petals decoction for 60 days. The anthropometric measurements were recorded at 0, 30 and 60 days. Administration of decoction of higher concentration for longer time had significant impact on reducing anthropometric measurements like body weight, body mass index, mid arm circumference and triceps skin fold.

Key words: Safflower petal decoction, Anthropometric measurements